

Davis Aquatic Masters



Box 921 Davis, California

CALENDAR OF EVENTS February 1985

Friday	Feb 15	EVENTS COMMITTEE MEETING - 7 pm * 1239 E. 8th
Wednesday	Feb 20	FITNESS-DIET WORKSHOP II - 8 pm Civic Center Gym - Speaker Liz Applegate ENTRIES DUE - Fairfield meet Team sponsored - *
Saturday	Feb 23	BEER TASTING - 1 pm * Stonegate Country Club
Tuesday	Mar 5	BOARD OF DIRECTORS MEETING - 7:30 pm 202 Faro
Saturday	Mar 9	FAIRFIELD SHORT COURSE MEET Fairfield High School Pool 7:45 am Warmup - 9 am start 10 lanes x 25 yards
Wednesday	Mar 13	SOCIAL COMMITTEE MEETING - 7:30 pm * 315 Antioch
Friday	Mar 22	ENTRIES DUE - PM SHORT COURSE CHAMPIONSHIPS
Sunday	Mar 31	DAM CHILDREN'S (0-10 yrs) EASTER EGG HUNT * Chestnut Park - 1:00 pm sharp!
Saturday	Apr 6	PM SHORT COURSE CHAMPIONSHIPS
Saturday	Apr 13	Indian Valley Community Colleges
Sunday	Apr 14	Novato
Saturday	Apr 17	SPRING DINNER DANCE * Square Dance and Barbeque - UCD Silo
Sunday	May 5	CINCO DE MAYO INTRASQUAD MEET and PICNIC

CORRECTION

There is an error in the 'Approved 1985 Budget' as it appeared in last month's newsletter. The club's total projected revenue is \$100,500 not \$105,000 as printed.

WORKOUT SCHEDULE

6:00 am	Civic Center
7:00 am	Civic Center
8:00 am	Civic Center
10:00 am	Civic Center*
11:00 am	Civic Center
12:00 pm	Civic Center
1:00 pm	Civic Center
6:00 pm	Civic Center
7:00 pm	Civic Center
8:00 pm	Civic Center

* Seniors only

LONG RANGE GOALS and OBJECTIVES
DAVIS AQUATICS MASTERS

The Purposes for the following Goals and objectives are:

1. to serve as benchmarks for future club development,
2. to serve as Guidelines for the assessment of club Personnel,
3. and to give guidance to governing committees and the elected board.

It is intended that these Goals be incorporated into the Policies and Procedures for the club and be reviewed Periodically, ie. every four years.

I. EXPANSION OF CLUB FACILITIES TO ACCOMMODATE A TARGETED MEMBERSHIP OF 750

Related Objective:

1. Support of swimming groups in Davis whose orderly expansion will facilitate in turn DAM's influence on the community and growth, e.g. Aquadarts and Davis Aquatic Council.

II. ACQUIRE MORE COMPLETE CONTROL OF THE MANAGEMENT OF A SWIMMING FACILITY

Related objectives:

1. Improve our financial base for the eventual lease of the Civic Center facility or for seed monies to plan a new facility. The current target is set at \$40,000, e.g. the cost of one year's Pool rental from the city of Davis.
2. Gain sponsors for the club who are willing to contribute to the support of Civic Center Pool expansion or modification, or alternatively, to underwrite the costs of building a new facility.
3. Explore options, such as negotiation of a contract with the school district for use of the "new" Emerson facility.
4. In the interim, improve the existing facility; e.g. decking, inclosure, etc.

III. MAINTAIN AFFORDABILITY

IV. IMPROVE THE COMPETITIVE SPIRIT OF THE CLUB

Related objectives:

1. As a club win at the least one major United States Masters Swimming event Per year.
2. Sponsor or co-sponsor a major competitive swimming event at the least every two years.
3. Encourage a significant number of the membership to qualify as USMS Judges, scorekeepers, etc.

V. MAINTAIN A PROGRAM WHOSE PRIMARY FOCUS IS FITNESS AND BROADEN THE RESOURCES OF THE CLUB RELATED TO IMPROVING FITNESS

Related Objectives:

1. Improve and upgrade weight room facility and equipment.
2. Effect appropriate education and training with the goal of minimizing swimming related injury.

VI. ENCOURAGE AND WORK TOWARDS IMPROVING PARTICIPATION BY MEMBERS IN CLUB ACTIVITIES AND EVENTS

VII. WORK TOWARDS IMPROVING OUR PUBLIC IMAGE AND BROADENING OUR BASE OF POLITICAL INFLUENCE WITH THE VARIOUS CITY OF DAVIS GOVERNING BODIES

ATTENTION BIRKENSTOCK WEARERS

Judith, the proprietor at Birkenstock's Plus here in Davis, is offering 20% off to Davis Aquatic Masters with a bulk order of 10 pairs or more. For instance the Birkenstock Massage Sandals (\$17.00) and the synthetic Birkenstock (\$30.00) plus all other styles. To order and get in on the discount call Birkenstock's Plus or go in and order - must be prepaid. Delivery time is 7-10 days once 10 orders are received.

DAMAGED HAIR?

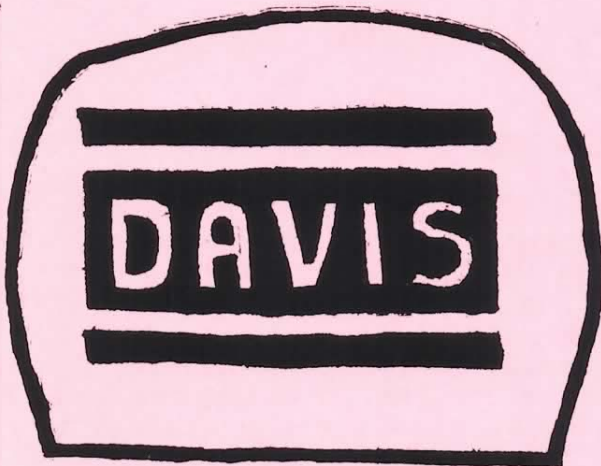
Swimmer's Hair Shampoo and Conditioner is a mild chlorine remover. Many D.A.M. swimmers have been using it on a regular basis to remove chlorine from their hair. It works well! Bring an empty shampoo bottle to your coach and it will be returned to you the next day! Cost is \$2.50 for 8 oz. bottle. Save your hair!

CONGRATULATIONS SENIOR SWIMMERS

Lucille Barry (75 years) and Lillian Rowan (79 years) were recently interviewed by local Sacramento papers and received lengthy articles, Lucille even got her picture in! These two ladies were of interest to the papers because they are active seniors still competing in Masters swimming. They, and the whole senior group (10 am), are an inspiration to all of us! Way to go, ladies! The articles are posted at the pool!

D.A.M. T-SHIRTS

Still available at Creative T-Shirts, 202 Second Street in downtown Davis (across from Togo's). All colors and sizes are available to order - club colors are readily available. Get yours before the spring rush!



ORDER A TEAM SWIM CAP!

COST is \$ 3.50 per cap (tax included)

How do you order one?

Send a check payable to Lynda Yancher and a self-addressed, stamped (20 ¢ for each cap ordered) large size

envelope to: D.A.M. CAPS
521 FIRST ST.
Davis, 95616

GET THEM NOW FOR THE SPRING
SWIM COMPETITIONS!

DEADLINE TO ORDER IS MARCH 20th!!!!
Caps will be here in early APRIL.

EVENTS

COUNTRY SWING AND SQUARE DANCE WITH WESTERN BBQ...

April 27 from 7-11 pm at the Silo, on the UCD campus. A perfect chance to dine and kick up your heels with Masters, in the true Aggie spirit! Reservation and menu details to be featured in next month's newsletter.

EASTER EGG HUNT

Peter Cottontail has informed the Social Committee that he will be making an appearance at Chestnut Park on Sunday, March 31, 1 pm (the weekend before Easter) for an Easter Egg Hunt ... a perfect afternoon outing for children 10 and under. All egg painters will be asked to put their brushes to work a little early, donating two dozen eggs. Watch for more details in next month's newsletter.

DAVIS AQUATIC MASTERS Davis, California

President, Bob Rucker
Vice-President, Vince Pedroia

Board Members:

Bruce Braly
Ed Branam
Jack Horton
Susan Milburn
Marie Paquette

Treasurer, Barb Paulson

Head Coach, Ross Yancher

For information call
756-4234

CHOCOLATE TASTING

Event the most hardcore of chocolate junkies found sweet satisfaction at D.A.M.'s Annual Chocolate Tasting.

In addition to consuming prodigious amounts of brownies, cakes and whatever, the tasters paid special tribute to long-time D.A.M. member Anne Garson, who will be moving soon to San Francisco.

Winners of the various categories were as follows:

Most Old Fashioned : Don Veress
Messiest : **Andy Kuniyuki**
Best Brownie : **Anne Garson**
Nuttiest : **Elfreda Sauers**
Most Healthful : **Rosie Enriquez**
Richest : **Karen Ozment**
Janice Tacconi
Cliff Matsuda

Special thanks for prizes to On and **Bruce Braley** and **Patti Gay** of "Real Klass". All those who attended convalesced nicely and some were even seen swimming the following Monday. That's fitness!

-- Brett Stone

ANNUAL BEER TASTING

A few D.A.M. veteran beer tasters have recently spent some time at Mansion Cellars, carefully selecting the beers for this year's tasting, scheduled for Saturday, February 23, 1 pm at Stonegate Country Club. The \$5 entry fee will provide you with the opportunity to taste 15 prize-winning beers. No one under 21 admitted.

TEAM SPONSORED EVENTS
1985

The Events Committee finally received a copy of the events sponsored by the Pacific Masters Swimming (PMS) for 1985. We met on January 22, and chose to sponsor the following events for Davis Aquatic Masters:

MARCH 9 Fairfield Masters Short course meet
 Fairfield High School, Fairfield

APRIL 6,13,14 PMS Short Course Championships
 Indian Valley Colleges, Novato

MAY 5 Special DAM meet - CINCO DE MAYO

JUNE 29,30 Sierra Nevada long course meet
 Idylwild Pool, Reno, Nevada

JULY 20 Trans-Tahoe Relay

JULY 26,28 PMS Long Course Championships
 Solano Community College, Fairfield

AUGUST 17 Donner Lake Open Water Swim - 2.7 miles

AUGUST 24 Whiskeytown Open Water Swim - 2 miles

NOVEMBER 16,17 San Francisco State short course indoor meet
 SF State

[*** NOTE: When the club sponsors an event, the Events Committee pays all entry fees for that event. However, if you sign up for an event and do not swim, you are required to reimburse the club.]

BOARD NOTES =====

At recent meetings, the Board and the Coach developed a range of goals to aid in the future development of the club. The current feeling is commitment to future growth. However, this will necessitate gaining more control over management of a pool or pools to insure accomodating all club members. Also, we will have to broaden sponsors for the club to maintain affordability. The Board and the coaching staff would also encourage a more competitive spirit in the club, yet maintain fitness as the primary focus.

Further, we would like your input. How do you feel about the following goal statements and their proposed use? Post your comments on the bulletin board at Civic Center Pool or mail them to R.B. Rucker (432 Del Oro Ave.) or the club's P.O. Box 921.

SEE NEXT PAGE ...

--- Bob Rucker, President

MEETINGS

EVENTS COMMITTEE

Ever wonder what happens at Events Committee meetings? Why not come February 15th and find out. You are on the committee if you show up and your input is desired and appreciated. Refreshments are always available.

Currently we are making plans for the Berryessa National Championship (2 mile) Swim. This is our first National Championship and lots needs to be done.

We still need a few committee heads, are you interested?

Health and Safety - "hypothermia patrol", arrange for first aid.

Buoys - placement, pickup

Parking - shuttling folks to and from the starting line

Refreshments - round up goodies and serve them to hungry folks

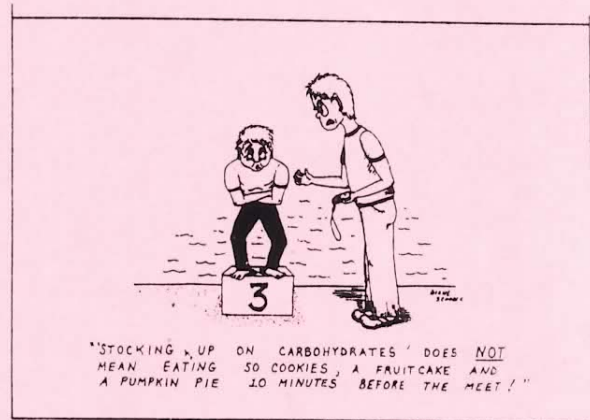
Set Up and Clean Up - need I say more?

Margaret Dunbar is in charge of coordinating the whole event. Brett Stone is Boat Chairperson. Diana Barnes is in charge of results. McKinlay Associates (Michael's company) is providing computer programs. The Braleys are in charge of awards and beer. Carol Lane will be doing the registration.



SOCIAL COMMITTEE

Everyone is welcome to attend the next meeting at Brett Stone's home, 35 Antioch (go north on Oak, turn right at the first cross street after 8th St.) on Wednesday, March 1 at 7:30 pm. The Easter Egg Hunt and Spring Dinner Dance plans will be finalized.



The Newsletter is published monthly on the Tuesday following the Board of Directors meeting. Announcements and other items of interest must be submitted no later than 6:30 pm on the Friday after the Board meeting. Items can be submitted to Diana Barnes (753-1688), Ross Yancher (753-6920) or given to your coach.