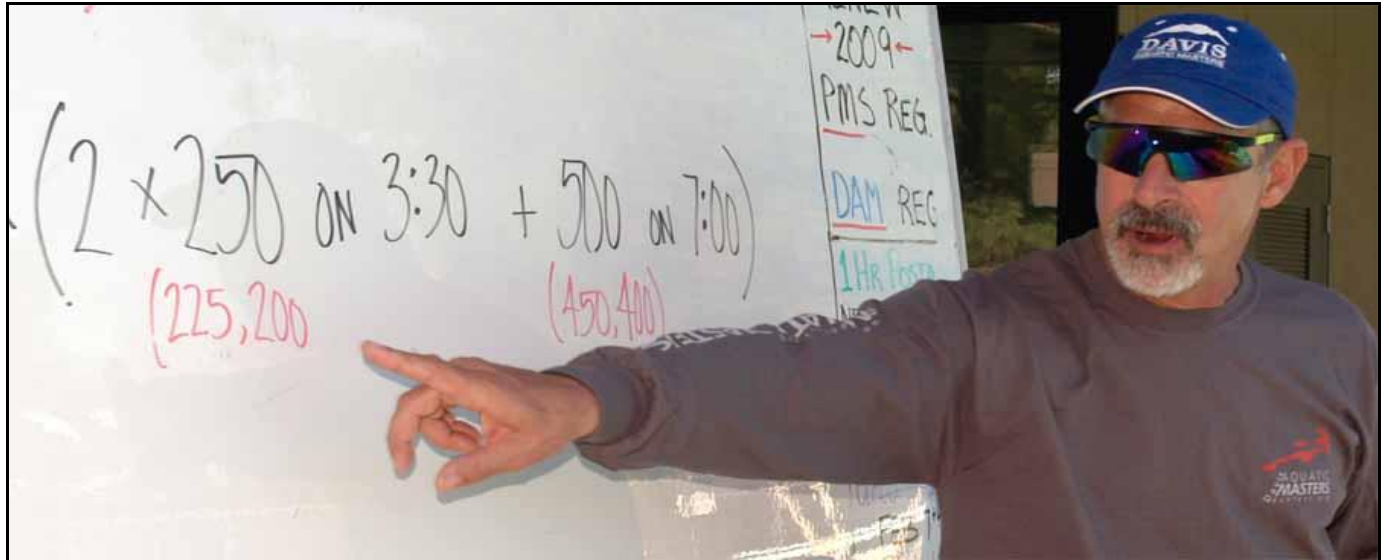


It's Party Time ... See Page 10



Photograph by Tom Martens

Stu Is Coach of the Year

By Dan Sperka

DAM Head Coach Stu Kahn has been selected as the Pacific Masters Coach of the Year award.

After a review of a number of applicants, a committee of coaches selected Stu for the honor.

The award recognizes "the Pacific Masters Swimming coach who has demonstrated outstanding coaching qualities." This is not a popularity contest, but rather the selection is based on criteria which include competitive factors (team and individual performances at PMS and USMS events), non-competitive factors (club vigor, size and growth, club participation and volunteering, and club having hosted well-run events) and professional accomplishments (published works and participation in local, regional and national clinics and committees).

The criteria are considered for the past calendar year as well as for the career of the coach with their club. In his brief acceptance speech, Stu first thanked Mary, and so do we all. To paraphrase the old adage, behind every great Head Coach there is a great Assistant Head Coach! DAM truly has an outstanding coaching staff, one we can all be proud of. Thanks and Congratulations to Stu and Mary!

Between the Lane Lines:

Workout Schedule, Dues	2	PacMasters Results	7	Swimmers of the Year	9
Finance Director's Tips	5	New Team Records	8	Calendar	10
Birthdays and New Members	6	High Point Rankings.....	8	Victory Party	10

Board of Directors

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Coaches & Staff

Stu Kahn & Mary Kahn, Head Coach & Asst. Head Coach	kahnschwim@gmail.com
Kerry Halsted, Asst. Coach	lktthalsted@hotmail.com
Valerie Greenough, Finance Director	admin@damfast.org

Workout Schedule

MONDAY – FRIDAY

Civic Center Pool Russell & B Streets 6 - 7 a.m. 7 - 8 a.m. 10 a.m. – 11 a.m. (Priority Lanes for Seniors)	Arroyo Pool Shasta Drive 6 – 7 a.m.
11 a.m. - Noon Noon – 1 p.m. 1 to 2 p.m. 6:15 – 7:15 p.m. 7:15 – 8:15 p.m.	SUMMER LONG COURSE June 14 – Aug. 11 at UCD Schaal T & Th. 6 – 7 a.m. T & Th 6 – 7 p.m. T & Th 7 – 8 p.m. (switch a.m. Arroyo / ev. Civic) No parking fee required Before 7 a.m. or after 5 p.m.

SATURDAY

Civic Center Pool
7:30 - 8:30 a.m.
8:30 – 10 a.m.
10 a.m. – 1 p.m. (lap swim)

SUNDAY

Civic Center Pool
10 a.m. – 1 p.m. (lap swim)

Check for any changes to the regular swim schedule at <http://damfast.org>.

Dues Information

Monthly dues are \$47 for regular members and \$42 for swimmers age 65 and older. \$2 late fee to non-automatic billing payments. \$10 drop-in for visiting USMS member for workouts or lap swimming. Automatic billing is mandatory for new members.

DAM also offers a swim card option. It's called the "Red Card". Purchase a Red Card consisting of five swims at \$7 per swim (\$35 per card) in advance, and essentially pay per swim, using up the swims at your leisure. The Red Cards are valid for sixty days from purchase. At each workout or lap swim have the coach or life guard mark off your swim. The drop-in fee, without the Red Card is \$10. All those who swim at a DAM workout must be members of United States Masters Swimming. This card may be used by either a non-member or a member who is on leave at \$2 per month of leave.

Make Checks payable to DAM and leave in drop box at Civic Pool or mail to:
P.O. Box 921, Davis, CA. 95617

Leave of absence fee is \$7 per month
(Reserves priority number).

Notification must be made to the Finance Director, Valerie Greenough, by the 15th for leave to take effect in the following month, or to make a DAM dues adjustment when joining a partnership gym.



Davis Sport Shop is proud to offer a 20% discount to DAM members on all swim equipment purchases.

Davis Sport Shop
DAVIS CALIFORNIA
204 E Street Downtown Davis



See the Latest DAM News at
<http://damfast.org>



Coach Stu Says ...

New Swim Season Has Arrived

Short Course Champs are over and another new swim season has arrived. It's time to starting planning ahead for what, how, when and where you plan on swimming this summer.

The biggest event on the horizon is the Summer Long Course Champs in Omaha. The USMS National Championships will be held in the same venue and same pool as the 2012 USA Olympic Trials. The Olympic Trials are from June 25 to July 2, followed by the USMS meet July 5 to July 8. Mary and I attended the 2008 Trials in Omaha and it was the most incredible swimming experience of my life. Obviously the Masters meet isn't the Trials, but the pool is the same and the facility and racing environment is unlike anything else you'll ever experience, I have to say that if you love swimming this is truly a once-in-a-lifetime opportunity. **AND – ANY MASTERS SWIMMER IS ELIGIBLE TO PARTICIPATE.** All USMS members are allowed to swim in up to 3 individual events without meeting any qualifying standard. Swimmers wishing to swim 4-6 races must meet fairly strong q-times.

Currently DAM has 3 swimmers attending the meet and we'd certainly like to have more join us.

2. **The thrill of victory and the agony of defeat:** why watch reality TV when you can have your own lane in a real-world drama?
3. **Omaha is a very nice town:** really; and the pool, which is the Olympic trials pool, is indoors in a great location.
4. **Swimming:** long course is all about the swimming
5. **Racing:** you will swim in the same heat with people of your age group.

If you need a pep talk or help with significant-other negotiation contact Stu, Dave Woodruff (DLWoodruff@UCDavis.edu) or Kim Elsbach (KDElsbach@UCDavis.edu)

Long Course training will begin at Schaal on Tues, June 12 and end on Thurs, Aug 9. The practice times and days will be Tues and Thurs a.m. from 6-7 and Tues and Thurs p.m. 6:15 to 7:15 and from 7:15 to 8:15. During those days and times, no practices will be offered at Arroyo in the morning or at Civic in the evening.

In addition to the regular swim practices, we're planning to offer one evening late in the summer that will be set aside for swimmers wishing to compete in the USMS 5K long course challenge. More info to follow.

PacMasters Long Course Champs will be held in San Mateo this summer from August 10-12 at the College of San Mateo. Please mark your calendars now and look for

Courtesy of Dave Woodruff, here are:

an “I’m interested in swimming’ signup sheet at Civic in early June.

Five Reasons to go to the Long Course Nationals in Omaha in July – And Five ought to be enough

1. **Quality time with the Pacific Masters coach of the year:** yes; Stu will be there coaching.

Pool Cover Reminder - ALL swimmers who swim at either the first or the last practice of the day, should help with the covers. It’s much easier for the regulars who do it every day to say ‘Thanks for taking over’ than ‘Where is everybody?’

(Continued on Page 4)



Photograph by Robert Norris

... More From Coach Stu ...

(Continued from Page 3)

Here's another gentle reminder from the coaches – **Try to be on time.** Practices start on the hour with a 10-minute warmup. Swimmers assigned to a practice have first priority but that priority vanishes after the 5 minute mark. The coaches will do all they can to accommodate everyone who is in the water by 5:00 after the start of practice. That includes allowing 6 people per lane if necessary. However, after that first 5:00 period, if lanes are full, the coaches may close the practice and turn people away, regardless of their workout assignment. The coaches will not allow a late swimmer to get in an open lane that is not compatible with their ability.

NEW MEMBER ORIENTATION – This is a brand new DAM event. On Weds eve, April 25, from 6:30-7:30 in the Brady Bldg, Coach Stu will conduct a Basic Swimming 101 class.

Any new DAM member (having joined within the past 6 months) is welcome to attend. Stu will cover topics such as –

- DAM Policies and Procedures
- Lane etiquette
- Coach/Swimmer expectations
- Proper use of equipment
- How to read the pace clock and white board
- Swimming lingo
-

Basic training and techniques will be covered in future classes.

Finance Director's Tips

New Red Card Program Starts in April

By Valerie Greenough

April 1st is the start of the new RED CARD Program. The RED CARD is a prepaid \$35 card – good for 5 swims at \$7 per swim. This RED CARD is valid for 60 days from date of purchase. It can be used by DAM members on leave or non-DAM members at workouts or lap swims.

To purchase and use the RED CARDS:

- Obtain a RED CARD from the binder on the table between the bulletin boards at Civic pool
- Write your name and today's date on the RED CARD
- Fill out the deposit envelope
 - Include your name
 - Include your email address if you would like to receive DAM emails
 - Check the "RED CARD Purchase" box
- Please make checks payable to "DAVIS AQUATIC MASTERS" for \$35
- Cash payments are also acceptable, but please write you name on the envelope so we know who to credit the payment to
- Put the envelope in the mailbox on the wall
- Each time you swim, please sign the "Sign In" sheet on the podium, note "RC", and have the Coach or lifeguard on deck initial your RED CARD
- Put your RED CARD in the "Red Card" binder

The deposit envelopes can be used for other purposes – one time drop-in swims (\$10); swim lesson fees; or merchandise purchases. **DO NOT DROP CASH OFF IN THE MAILBOX BETWEEN THE BULLETIN BOARDS AT CIVIC WITHOUT USING AN ENVELOPE!** We need to know what the cash is for and who it belonged to.



Athletic Club Partnerships

If you're interested in supplementing your DAM swimming workouts with weight training or fitness classes, you may also join these Davis gyms:

Peak Performance or Physical Edge

DAM dues would be \$37 and fitness club dues would be:

\$30 Peak Performance, 2792 2nd Street, 759-SPIN

<http://www.peakperformancehealthclub.com/>

\$35 Physical Edge, 1460 Drew Ave., Suite 200, 753-9011

<http://www.physicaledge.net>

For more info contact DAM at 757-SWIM or damswim@dcn.davis.ca.us or stop by Peak Performance or Physical Edge to check them out

Birthdays

Roy Sachs	4/1
Nancy Foster	4/3
Zann Gates	4/3
Laurie Perry	4/4
Sophie Kiss	4/5
Katherine Jarvis-Shean	4/6
Laurel King	4/6
Heather Kinney	4/6
Jason Taormino	4/6
Kamal Yackzan	4/6
Lynn Narlesky	4/7
Erik Vink	4/9
Stephanie Hoftzyer	4/10
Edie Schwartz	4/10
Perry Young	4/10
Bob Crummey	4/12
Paul Landes	4/12
Christine Avelar	4/15
Lisa Laffan	4/15

New Members

Member	Preferred Workout
Siobhan Brady	5:45 a.m.
Erik Draper	Unassigned
Daniel Kaltenbach	Unassigned
Hannah Krovetz	5:45 a.m.
Barbara Miltner	11 a.m.
Madison Molotky	6:15 p.m.
Rachel Nelson	Noon
Nerissa Sintetos	1 p.m.
Shaina Western	6:15 p.m.

Coaches Offer Swim Lessons

PRIVATE SWIM LESSONS ... Coach Stu and Mary offer lessons to DAM members on Saturday mornings throughout the month. (See calendar for specific dates). Lessons are specifically tailored to meet the needs of all levels, from beginners to elite swimmers.

Jane Higgins	4/16
Matt Mariani	4/16
Jonathon Howard	4/17
Mark Woerner	4/17
Mele Echiburu	4/19
Ronald Lee	4/19
Kevin Mendenhall	4/21
Tony Christo	4/22
Sue Calnek	4/25
Jack Dapkewicz	4/25
Don Veress	4/25
Dana Armstrong	4/26
Catherine Scarr	4/26
Molly Hertherington-Rauth	4/28
Deirdre Holcroft	4/28
Kathryn Shack	4/28
Susan Wienker	4/29
Takeo Kuwabara	4/30

Lessons are 45 minutes long and cost \$40 for tethered, mirrored feedback or \$60 for video filming with take-home DVD. Contact kahnswim@gmail.com to reserve a date and time.

SERVING LUNCH & DINNER DAILY
NEW MENU FULL BAR



2001 SECOND ST. DAVIS
Sudwerk.com 758-8700



Competition

55 DAM Members Swim in PacMasters Championships

Our DAM swim team, fielding a squad of 55 swimmers – the third largest contingent ever from the Davis team to attend a US Masters swim meet - finished in 3rd place at the 2012 PacMasters Championships in Moraga.

The DAM team reached the podium with a total score of 1774 points and, once again, equaled the highest team finish in recent years.

Walnut Creek Masters – 2009 National Champions - (117 athletes) took first with 3,652 and the University of San Francisco Masters (131) was second with 3318. Over 700 competitive adult swimmers from all over Northern California and the West Coast (including Utah and Oregon) participated, in every age group from 18-24 to 90-94.

In the 2nd largest regional meet in America, participants braved high winds, rain and cold in what most remembered as the worst-ever conditions for a masters meet. But that didn't stop our team.

Susan Munn set a PacMasters record, and DAM team record, in the 70-74 women's 1650 Free with a time of 25:58.76. In addition, Susan also broke her own Team Record in the 500 Free (7:38.29) and 200 IM (3:28.53). In all, DAM swimmers set 36 individual

Team Records (16 women and 20 men). Joining Munn on the women's record-breaking side are **Andee**

Bell (35-39) and **Amy Rieger** (50-54) as they each contributed 4 new DAM records.

Bell set new standards in the 100 Free, 50 and 200 Brst, and 100 IM, and **Rieger** in the 200 Free, 50 and 200 Back, and 100 IM. In the men's division, **Dave Woodruff** (55-59) set 6 records in the 200 Free, 50, 100, 200 Brst, 200 Fly and 400 IM, while Andy McPherson (65-69) added 4 records in the 50 Free, 50 and 100 Fly and 100 IM.

Triple team records were turned in by **Bill Henderson, 55-59** in the 500 and 1650 Free, and 200 Back. Additional Team records were set by **Tom Frankel, 70-74** (50 Brst and 50 Fly), **Mark Evans, 50-54** (1650 Free, and 400 IM), **Alanna Spees, 30-34** (100 and 200 Back), **Katie Swensen, 18-24** (50 and 100 Brst), **Eric Wyles, 35-39** (50 Brst), **Tobin White, 40-44** (50 Back), **John Dickey, 55-59** (100 Back) and **Sarah Hernandez, 25-29** (100 Fly).

Susan Munn was crowned **High-Point winner** in her age group, while 14 of her women cohorts scored in the Top 10 of their age groups and 8 DAM men did the same. Of the 5 DAM swimmers at the 3-day meet, 15 swam in their first-ever PacMasters Championship meet and 11 of those in their first-ever Masters meet.

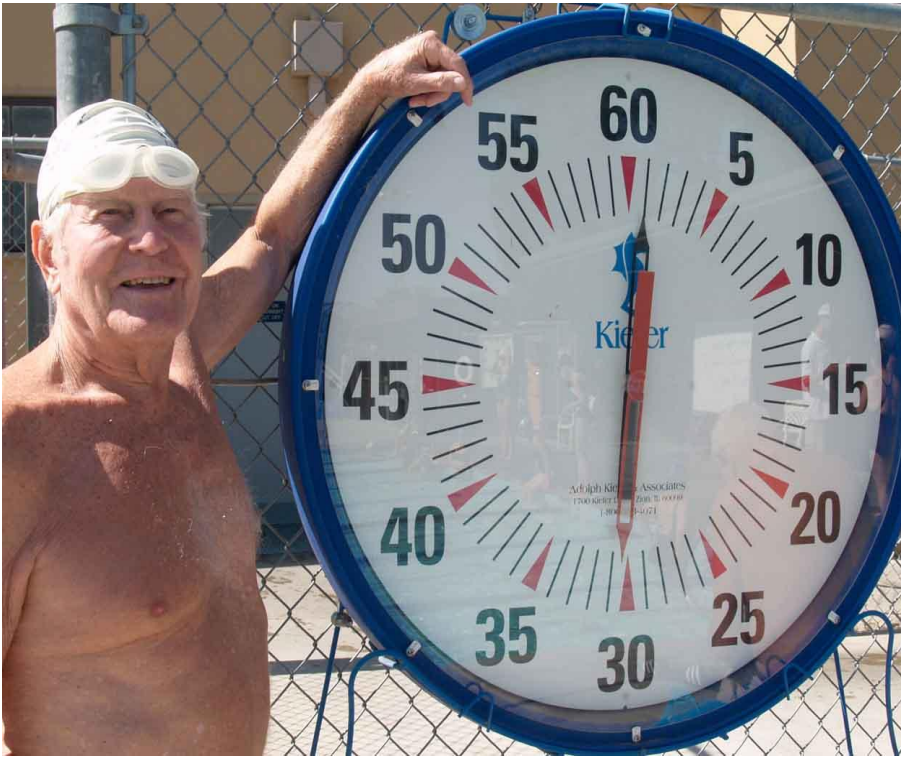
17 DAM swimmers were individual event winners in 44 different races. DAM also won 3 relays.

New Team Records

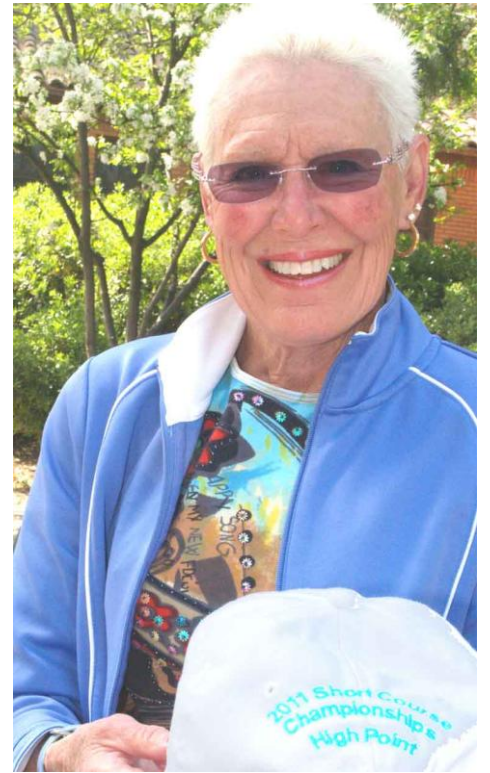
Men			Women		
Eric Wyles (35-39)	50 Brst	29.1			
Tobin White (40-44)	50 Back	28.94			
Mark Evans (50-54)	1650 Free	18:37.66	Katie Swensen (18-24)	50 Brst	32.86
	400 IM	4:45.10		100 Brst	1:11.57
Dave Woodruff (50-54)	200 Free	2:03.59	Sarah Hernandez (25-29)	100 Fly	57.84
	50 Brst	32.81	Alanna Spees (30-34)	100 Back	1:06.42
	100 Brst	1:13.32		200 Back	2:22.66
	200 Brst	2:45.74	Andee Bell (35-39)	100 Free	56.42
	200 Fly	2:45.81		50 Brst	32.22
	400 IM	5:31.71		200 Brst	2:30.71
John Dickey (55-59)	100 Back	1:09.62		100 IM	1:04.02
Bill Henderson (55-59)	500 Free	5:44.79	Amy Rieger (50-54)	200 Free	2:11.06
	1650 Free	20:19.81		50 Back	33.00
	200 Back	2:26.44		200 Back	2:30.35
Andy McPherson (65-69)	50 Free	25.90		100 IM	1:09.23
	50 Fly	28.42	Susan Munn (70-74)	500 Free	7:38.29
	100 Fly	1:02.87		1650 Free	25:58.76
	100 IM	1:05.24		200 IM	3:28.53
Tom Frankel (70-74)	50 Brst	50.47			
	50 Fly	54.39			

High Point Rankings – Top 10 Scores

Men		Women	
Mark Evans	50 Points	Susan Munn	70 points
Dave Woodruff	48 pts	Sue Calnek	67 pts
Andy McPherson	44 pts	Michelle Goldberg	51 pts
Tom Frankel	43 pts	Jane Cerussi	49 pts
Robert Norris	35 pts	Susan Collins	46 pts
Eric Wyles	35 pts	Alanna Spees	45 pts
Jon Jensen	33 pts	Sarah Hernandez	44 pts
Tobin White	28 pts	Cathy Gill	40 pts
Bill Henderson	26 pts	Andee Bell	40 pts
Oliver Spees	26 pts	Kris Hornoff	32 pts



Steve Carlson



Susan Munn

Swimmers of the Year

PacMasters Champs: Bell, Munn, Carlson

Each year Pacific Masters Swimming recognizes champions in each age-group for their overall performances in pools and open water swimming. To be eligible, award winners must have competed in at least 2 of the 4 following venues; short course yards, short course meters, long course yards and open water. Points are awarded for local rankings, national rankings, and local, national and world records.

This year three DAM swimmers topped the charts to earn the prestigious SOTY honors.
CONGRATULATIONS TO –

ANDEE BELL (35-39)
SUSAN MUNN (70-74)
STEVE CARLSON (90-94)

DAM Events

April 2012

Mon	Tue	Wed	Thu	Fri	Sat
2 <u>Kicking/Pulling</u>	3 <u>IM/#1 Stroke</u> 4x4x50 + IM/Free	4 <u>Sprint/Zoomers</u> 7x100/5:00	5 <u>Distance</u> 500 + 5x100 + 400 + 4x100 + 300 + 3x100 + 200 + 2x100 + 100	6 <u>Kicking/Pulling</u> 2 x (4x75) + 3 x (2 x 200)	7 <u>Intensive</u> 7:30/8:30am Lessons 10-1pm
9 <u>IM/#1 Stroke</u> 3 x (3x50 + 3 x 100 + 300)	10 <u>Sprint/Zoomers</u> 2 x (25-50-75- 100-75-50-25)	11 <u>Distance</u> 3 x (6:40 + 1:40) DAM BOD Mtg	12 <u>Kicking/Pulling</u> 3 x (6x100)	13 <u>IM/#1 Stroke</u> 2 x Broken 200's + 2 x Broken 400's	14 <u>Intensive</u> 7:30/8:30am
16 <u>Sprint/Zoomers</u> 3 x (5x100)	17 <u>Distance</u> Broken 1500 + Broken 1000 + Broken 600	18 <u>Kicking/Pulling</u> Bo & No/Bo + Scull/Pull Freestyle Filming Day @ Arroyo	19 <u>IM/#1 Stroke</u> 4 x (4x100)	20 <u>Sprint/Zoomers</u> 3 x (5x100)	21 <u>Intensive</u> 7:30/8:30am Lessons 10-1pm DAM Club of the Year Party 5-7pm
23 <u>Kicking/Pulling</u> 3 x 800 Freestyle Filming Day @ Civic	24 <u>Distance</u> 8 x (4:15) 2-4-2	25 <u>IM/#1 Stroke</u> 3 x (2 x 50 ea + 150ez) New Member class 6:30-7:30pm	26 <u>Sprint/Zoomers</u> 3 x (4 x 25 + 75) + 3 x (2 x 50 + 100)	27 <u>Distance</u> Damon's Endless Descent	28 <u>Intensive</u> 7:30/8:30am

DAM Victory Party Will Be Held April 21

It's time to celebrate achievements at the annual barbecue. As you know, DAM should have won the One Hour Postal Swim National Championship race again, but it's hard to compete against New England Masters and that club's huge multi-state number of members. Although repeating as national champs, DAM did take second place – something worthy of a celebration. Additionally, DAM received the USMS award for Best Local Club in 2011. Not that DAM needs a reason to party, but these are two pretty good ones ... so, let's party! The 4th Annual Postal (Almost) Victory Party will help from 5-7 p.m., Saturday, April 21 at the home of DAM member, Craig Zais, 39398 Spyglass Place in Davis. DAM will supply the BBQ (bring whatever you'd like to grill and a side to share).

The club will also provide the victory cake, and everything else is potluck. Wear your new DAM Postal team shirts, and be ready to take a team picture at 6:30 p.m. Come and enjoy a few hours celebrating with your DAM teammates.