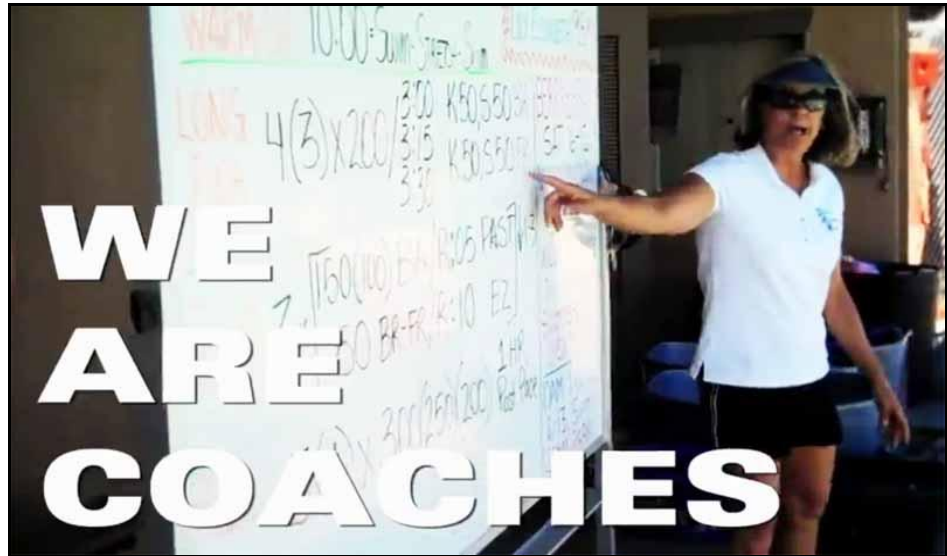


J U L Y 2 0 1 2

Coach Mary's Brief Moment of Stardom

Congratulations to Coach Mary Kahn for her brief – and we do mean brief – role in the new award winning U.S. Masters Swimming video. The video has been awarded a Bronze Telly Award during the 33rd Annual Telly Awards for its outstanding promotional video, “We Are U.S. Masters Swimming.”

The honor is shared with creator and producer Ben Christoffel of Liquid Media. The 2-minute, 54-second spot includes footage from USMS events and captures the essence of the organization in the diversity of its members. “We sought to create a USMS brand video that would



have wide appeal showcasing our heart and soul,” says Rob Butcher, USMS’s executive director. “With 11,000 entries, we are truly honored to receive this recognition. In addition to being an incredibly talented producer, Ben is a Masters swimmer and coach,” Butcher says. “He’s passionate about Masters swimming and we are fortunate to be able to bring his creative talents to bear on projects such as this one.” See the video on YouTube at <http://www.youtube.com/watch?v=be4BelzqP7Q>.

Price's Leadership Makes Berryessa A Smashing Success

A special Coaching THANKS to everyone who contributed to the success of the 2nd Annual 30th Annual Lake Berryessa Swim.

But particular KUDOS to Meet Director, **Trish Price**, who resurrected the abandoned swim from 2011 and turned 2102 into one of the best organized events ever. Standing alongside on her road to success were Asst RD, **Michelle Goldberg**; Set-up



Supervisors, **John Richards, Jay Davison, Dave Woodruff, Pat Long, Doug Kinkle**; and all the other Area Coordinators, **Dan Sperka, Erik Vink,**

Doug Taylor, Karen Philleo, Kathy Gill, Jeanie Bell, Barb Malloy, Tom Martens and Tariq Kadir.

Beyond naming the above, we coaches wish to personally THANK every DAM member who contributed their time, energy and talents to the race. Most notable to us was the appearance of a ‘Changing of the Guard’ as many new(er) members were stepping into positions held for years by

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Between the Lane Lines:

DAM Contacts	2	New Members	5
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Board of Directors

Dan Sperka, President	sperka@execpc.com
Karen Charney, Vice President	karencharney@earthlink.net
Tom Martens, Communications	tmartens@tommartens.net
Jason Taormino	Jason@taormino.org
Jonathon Howard	nosophoros@gmail.com
Byron Philleo	byronphilleo@sbcglobal.net
Craig Zais	caz1234@yahoo.com

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.	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)
7:15 – 8:15 p.m.	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

More Coach Stu Says ...

4 DAM Members Swim in World Masters in Italy

(Continued from Page 1)

other DAM teammates. It's a real tribute to the legacy of our club that, now into our 4th decade, we continue providing such a unique and respected race. And it's an honor for we coaches to be associated with an organization such as ours.

PacMasters Long Course Championships

The main team event remaining this summer is the LC Champs in San Mateo on August 10-12. There are no deck entries so please register online at ClubAssistant https://www.clubassistant.com/club/meet_information.cfm?c=1725&smid=3958

by the Friday, August 3 deadline. The meet information sheet is there, as well.

The team hotel will be the San Mateo Marriott San Francisco Airport. Use your favorite search engines to make reservations and get the best prices. As of this writing, there are 14 DAM swimmers committed to attending the meet. To compete in the medium-size team division, we need about 6 swimmers.

Swim Across America

DAM right, we're going to do it again. After our national achievement of collecting nearly \$40,000 in 2011 (a fund-raising record for pool swims) we've set out to improve our level of contributions. Recipients of our funds were, and will again be, Oakland and UCSF Children's Hospitals. Last year it was only our one team participating in the challenge. This go round, Event Coordinator, Nicole David, has drummed up competition for us by inviting other teams in PacMasters to race (fundraise) against us. Instead of tracking yards and seeking sponsors for a month-long event, this year we're only doing a one-week affair.

Sign up NOW at www.swimacrossamerica.org/davis and help DAM continue the fight against cancer.

NBC Olympic Swimming Coverage from London (July 28 – Aug 4)

With an 8 hour time difference between California and London, if NBC offers live swimming coverage (tba), we can expect the swim **Trials** to start at 2am and the swim **Finals** at 11:30am. NBC reserves the rights to delay telecasts for increased marketability.

DAM Swimmers Off The Beaten Path

A HUGE shout-out goes to some very special DAM'ers for their unique efforts in June.

Robert Norris, Roswita Norris, Nicole David and Kim Elsbach traveled to Riccione, Italy, and competed in the **FINA Masters World Championships**. It was a monster event with over 9,000 swimmers and 12,000 total aquatic participants (diving, polo, synchronized swimming included).

Even holding the men and women in 2 separate 50meter pools, some of the seven competition days started at 7:30am and continued past 10pm.



Results:

Nicole David (44); 100 free 1:13.11 (62nd) **Team Record**, 200 free 2:39.62(45th) **Team Record**, 800 free 11:41.99 (42nd) Team Record, 400 IM 6:36.88 (24th) **Team Record**

Robert Norris (73); 200 free 3:23.80 (25th), 800 free 15:00.12 (15th), 50 back 43.35 (13th), 100 back 1:36.38 (12th), 200 Back 3:30.79 (11th)

Roswita Norris (70); 100 brst 2:28.24 (28th), 200 brst 4:58.39 (17), 100 back 2:22.02 (18th), 200 back 4:50.54 (20th), 400 IM 11:14.39 (17).

Kim Elsbach (49); 200 free 2:30.82 (split) **Team Record**, 400 free 5:04.11 (6th) **Team Record**. Open Water 3K Swim 33:38.3 (3rd).

(Continued on Page 4)

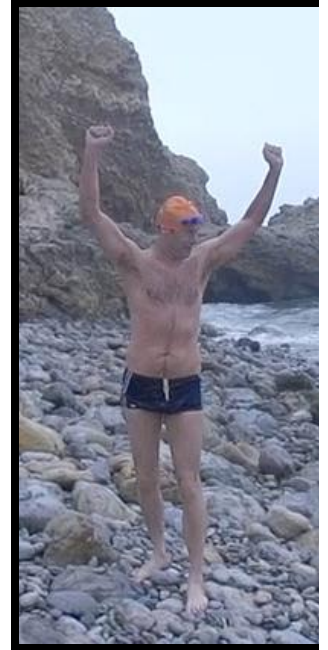
Still More Coach Stu Says ...

Hoftyzer Swims from Catalina Island to San Pedro

(Continued from Page 3)

On Thursday morning June 28 at a little after midnight, **Ernie Hoftyzer** dove in from Catalina Island and began his second attempt at swimming across the 20.5 mile channel to San Pedro. His first attempt last fall had to be abandoned due to changing tides and strong currents. This time, with on boat and in-water support from DAM teammates Paul Landes, Emily Evans and Karen Charney, Ernie covered the distance in blistering time of 9 hrs, 36 minutes, averaging a continuous pace of 2.4 mph.

Mary and Stu will be taking their vacations over the next two months and have recruited very competent and energetic substitute coaches in their absence. The schedule with their names is listed in the July calendar. As they will be at a disadvantage on the deck not knowing everyone's name in the water, we ask that you afford them courtesy and respect. Mary and Stu are at peace with those of you who manipulate the sets to your advantage, (Stu more than Mary) but these coaches might take it personally. In our absence, please do the practices as written.



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

Finance Director's Tips By Valerie Greenough

How to Fix Problems with DAM E-mails

If you have not been receiving weekly emails or the monthly newsletters (or know of someone), please contact me at admin@damfast.org. There are several reasons why the emails might not be getting through:

- Email address has changed and not been updated;
- Member has graduated and their ucdavis.edu email is no longer valid;
- Firewalls, anti-virus software, and SPAM blockers think the DAM email is SPAM due to the large mailing list or because a wrong word was used in the subject line;
- Member has UNSUBSCRIBED their email address from our service (once you are unsubscribed you can not be re-entered and your email must be manually entered each time);
- Email address has been mistyped into the system.

Remember the DAM website (www.damfast.org) has links to the weekly emails and monthly newsletters.

NEW MEMBERS

New Member	Preferred Workout
Michael Braly	Unassigned
Christa Darr	7am
Gary Day	1pm
Jordan Dienger	6:15pm
Patricia Eilert	Unassigned
Ines Ferreira	6:15pm
Sarah Forte	7:15pm
Bryce Griffith	Unassigned
Trevor Halsted	Unassigned
Erin Hamilton	7am
Edith Hannigan	7:15pm
David Hill	6:15pm
Leslie Holeman-Umali	7:15pm
Stephanie Holstege	Unassigned
Elizabeth Lawton	7:15pm
Jamie Meier	6:15pm
Jas Nahal	Unassigned
Jan Peiffer	10am
Noosheen Pouya	10am
Tyler Raabe	6:15pm
Elizabeth Richter	Unassigned
Larry Rollins	11am
Pauline Salvary	6:15pm
Meghan Skaer	7am
Blair Swadley	6:15pm
Katie Swensen	Unassigned
Alex Tremeau-Bravard	Unassigned
Jessica Tucker-Mohl	Unassigned
Tara Zagofsky	7am

Birth**d**ays

Greg Stoner	7/1
Brandon Forest	7/2
Karen Philleo	7/3
Matt Schroeder	7/3
Ellen Winder	7/3
Susan Collins	7/4
Barbara Knox	7/4
Robert Norris	7/4
Harrison Phipps	7/4
Cap Thomson	7/4
Kristine Harvey	7/6
Sharon Blaha	7/7
Alice Aldous	7/9
Mary Patterson	7/9
Don Yee	7/9
Melanie Bowden	7/11
Betty Dugan	7/11
Christian Guth	7/11
David Hill	7/13
Bill Treguboff	7/13
Pat Feeney	7/14
Jason Bundy	7/15
Mark Goldman	7/16
Annette Roug	7/16
Tara Zagofsky	7/16
Stan Dundon	7/18
Chantelise Pells	7/19
Mark Schwartz	7/20
David Bunch	7/21
Joan Crow	7/21
Nancy Stone	7/21
Bock Lim	7/22
Nancy Ottum	7/22
Chris Scheuring	7/22
Steve Smith	7/23
Lorna Belden	7/25
Bob Lantz	7/25
Tovah Skiles	7/26
Andee Bell	7/27
Malcolm Bond	7/27
Craig Lundgren	7/28
Jeanette Bell	7/29
Stewart Murray	7/29
Bineti Vitta	7/29

DAM Calendar of Events

July 2012

Mon	Tue	Wed	Thu	Fri	Sat
2 <u>IM/#1</u>	3 <u>SPRINT/ZOOMERS</u>	4 <u>HOLIDAY SCHEDULE</u> 7/8/9/10/11 @ CIVIC	5 <u>KICKING/PULLING</u>	6 <u>IM/#1</u>	7 <u>Intensive</u>
9 <u>SPRINT/ZOOMERS</u>	10 <u>DISTANCE</u>	11 <u>KICKING/PULLING</u> 6:30 BofD Mtg	12 <u>IM/#1</u>	13 <u>SPRINT/ZOOMERS</u>	14 <u>Intensive</u> 7:30-10am Tyler
16 <u>DISTANCE</u> 6-8am George Arroyo Kerry 10am-noon Kerry noon-2pm Jane 6:15-8:15pm Michelle	17 <u>KICKING/PULLING</u> 6-8am Tom Schaal am Jamie 10am-noon Jane noon-2pm George Schaal pm Tyler	18 <u>IM/#1</u> 6-8am Chris Arroyo Kerry 10am-noon Kerry noon-2pm Jane 6:15-8:15pm George	19 <u>SPRINT/ZOOMERS</u> 6-8am TBA Schaal am Jamie 10am-noon Jane noon-2pm Chris Schaal pm Tyler	20 <u>DISTANCE</u> 6-8am George Arroyo Tyler 10am-noon Scott noon-2pm Chris 6:15-8:15pm Tyler	21 <u>Intensive</u> 7:30-10am Scott
23 <u>KICKING/PULLING</u>	24 <u>IM/#1</u>	25 <u>SPRINT/ZOOMERS</u>	26 <u>DISTANCE</u>	27 <u>KICKING/PULLING</u>	28 <u>Intensive Lessons</u> Team BBQ in Central Park 6:30-9pm

DAM Coaches Offer Private Swim Lessons

PRIVATE SWIM LESSONS ... Coach Stu and Mary offer lessons to DAM members on Saturday mornings throughout the month.

Lessons are specifically tailored to meet the needs of all levels, from beginners to elite swimmers.

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.