



THE RECORD TIMES

WHO'S STU? THE MAN BEHIND THE KAHN

By Karen Gilligan

Stu Kahn is the new Head Coach for DAM. He comes to us with over 40 years of aquatic experience ranging from his time in the water as an age group, high school, and college swimmer to his coaching of age group, college, and master swimmers. It all began for Stu at the of age 13 in Lafayette, CA when a new swim team was being formed, with Stu's dad being selected to be the President. It was then that Stu and his younger sister were immersed in the swimming world. Stu reminisces that it took him two years to be able to beat his younger sister! Eventually he found his strength in the breast-stroke events and later set a record in the backstroke. Stu continued to stick with his swimming and brought his talents to Diablo Valley Jr. College and then Chico State. He flourished in the freestyle and butterfly events, respectively. Amazingly enough, he never competed in an Individual Medley (IM) event in his swimming career. It's not too late Stu!

As a young man Stu recognized his interest in people and teaching and decided to pursue a teaching credential at Chico State. Since then Stu's classroom has been the pool and he has been combining his passion for swimming and teaching. He has spent time coaching age group swimmers in Escondido, college swimmers at Diablo Valley Jr. College and UC Berkeley, and most recently for the past 11 years, he's been the Head Coach of a Davis age group team, Aquadarts, as well as coaching the 5:45 a.m. DAM workout at Arroyo Pool.

Swimming has not only given Stu a career for life it has also given him a wife for life. Stu met his wife, Mary, when Stu coached Mary in Junior College. Mary also shares his passion for swimming and teaching. She has been an integral part of Aquadarts, acting as an Assistant Coach with Stu for the past 11 years. She has also helped many children in the Davis schools working as a Reading Specialist. This coming year she takes on a new title, Para-educator II, and will work to provide a positive educational experience for her students at Birch Lane Elementary School.

Stu and Mary have recently bought a home in Woodland. Although their two children, Danielle 25 and Chelsea 19, no longer live at home the Kahn's home is not an empty nest. They have three cats, Angel (who's anything but), Cuddles (who doesn't like people) and Buster (who's 17 years old). They also have a pit-bull named Violet who is the sweetest, cutest dog you've ever seen!

Stu considers himself a movie buff, his favorite being Gunga Din, a 1939 movie set in India starring the hunks of Hollywood of that era. Stu has recently become hooked on crossword Sudoku puzzles and is also an avid reader. This summer alone he has read: April 1865, the Month That Saved America, Shattered Air, and Omnivore's Dilemma.

Continued on next page..

Stu Kahn article continued..

Stu is also developing an interest in travel. Most recently he accompanied Matt Biondi to the Olympics in China. Stu coached Matt from the ages of 10 to 18 years and has many great stories to share about his relationship with Matt over the years. Next, he has his traveling sites set on London in 2012, home of the next Summer Olympics.

Stu, welcome to the next leg of your Aquatic Journey. We are excited and honored to have you as our Head Coach and look forward to benefiting from your expertise, dedication, and passion.

PRESIDENT'S COLUMN

As most of you are aware, DAM was very proud to announce that Stu Kahn accepted the offer to be our next Head Coach. Because history is a strong interest of Stu's, I'll also describe his acceptance in historic terms, (1) Stu is the first DAM Head Coach ever hired during the Olympic Games, especially while he was attending the 2008 Games in Beijing, (2) Stu is the 7th Head Coach in DAM's 35-year history. He adds to the rich legacy of the previous 7 Head Coaches and distinguished Interim Head Coaches.

- Jerry Hinsdale (1973-1974)
- Dave Scott (1974 - 1981)
- Jane Scott, Interim Head Coach
- Ross Yancher (1982 - 1989)
- Mike Collins (1989 - 1997)
- Don Veress (1997 - 2001)
- Marissa Wong, Interim Head Coach
- Rick Powers (2001 - 2008)
- Craig Keller, Interim Head Coach
- Stu Kahn , 2008 - Future

As you read in the article introducing Stu, coaching is his vocation and his avocation. He possesses an encyclopedic data bank, in his head & his personal library, of historic and current swimming information. Topics range from the best swimmers and coaches in the sport, to an extensive collection of books, videos, articles and other media devoted to

aspects of swimming and training. Stu is as passionate about incorporating the most relevant of current swimming and training theory/technique into his coaching, as he is about sharing his incredible historic knowledge. Ask Stu a swimming history question sometime. And be prepared to make the time commitment to listen to the answer!

We are very fortunate as the largest Masters swim team in the US, perhaps the world, to have a person with the breadth of Stu's coaching background, and the depth of his motivation for the position of DAM Head Coach. Please extend a gracious DAM welcome to Stu as he begins his official Head Coach duties on September 1st.

The Board would also like to thank Craig Keller for serving as the Interim Head Coach during the past few weeks. Since joining DAM as an assistant coach in October 2006, Craig has become an extremely serious student of swimming and coaching. We are fortunate to continue enjoying Craig as one of our most enthusiastic, creative and conscientious coaches. Transitions between Head Coaches represent some of the more tumultuous times at DAM. We appreciate the maturity, professionalism and diplomacy modeled by Coach Craig during his tenure at the helm of DAM coaching.

SUPPORT YOUR SWIM TEAM BY SERVING AS A CITY COMMISSIONER

Fellow DAM swimmers, I would like to encourage all of you to apply to serve on the City of Davis Parks & Recreation Commission. I have served as a member for about a year and can attest to the influence that this commission has on city policies. I have worked on issues ranging from establishing pool rental rates to installation of an outdoor stage at Central Park. The time commitment is only one night per month and the application process is simple and straightforward. The form to apply is located at <http://www.city.davis.ca.us/cmof/commapp.cfm> and I am happy to answer any questions that you might have at ntleachman@ucdavis.edu

Davis swimmers conquer 22-mile Catalina Channel

by Lyra Halprin

Davis Aquatic Masters (DAM) swimmers Emily Evans and Kate Howell became the 142nd and 143rd swimmers since the swim was first attempted in 1927 to make it across the Catalina Channel, an almost 22-mile stretch between Santa Catalina Island and Long Beach Harbor. Evans, 31, completed the swim August 7 in 9 hours and 35 minutes, while Howell finished in 13 hours and 30 minutes.

"The swim was everything I had hoped for," said Evans, a UC Davis School of Education doctoral student. "I had been thinking about doing this for several years, and after seeing a friend complete it last year, I felt it was time. I was born into a family of swimmers. I love open water swimming, and this was a challenge I wanted to complete.

Evans is an experienced open water swimmer who did the 1.5 mile Alcatraz swim in 2007, and has swum the 10-miles from Maui to Lanai, the Lake Applegate six-mile swim, and along the coast of Greece.

Howell said her Catalina swim was a thrilling goal to reach this year that compared to graduating from UC Davis in June

"Swimming the channel was my meager attempt to be part of the ocean for a very small time," she said. "Some people sail, some dive, others whale watch, and I hope that forever I will swim. I feel so lucky to have been inspired by Emily to do it and so blessed to not only have the fantastic support of my own family but also of hers. I'm so thrilled that I was able to do it."

Often considered the "English Channel" of North America, Catalina Channel temperatures were close to 70 degrees for most of the women's swim last week, compared to English Channel averages of 55 to 62 degrees. The English Channel swim is slightly shorter than the Catalina Channel.

Both Evans and Howell were required to rent an official 60 foot escort boat, and were accompanied by family and friends, some of whom swam or kayaked near them. They were never allowed to touch the boats during the swim, and did not wear wetsuits.

They left Long Beach at 8 p.m. on Wednesday, August 6 on their pilot boats. At midnight, glow sticks wrapped around their bathing suit straps, they jumped off the boats in Doctor's Cove north of Avalon, swam to the island shore, then turned and started swimming toward the mainland.

"The swim is at night because the conditions are better than—the wind and waves are calmer through the Channel and there is less boat traffic," said Evans, who participated in a six-woman relay across the Channel last summer. "There is a well-used shipping lane that runs through the Channel, and the ships leave pretty impressive wakes!"

Evans said swimming with a pod of dolphins was among the highlights of her swim.

"At one point, my sister Genevieve was swimming near me, and suddenly we heard a clicking sound," said Evans. "She bolted up out of the water and hollered 'I think I just saw something.' What she saw was one member of a pod of dolphins cruising underneath us."

Evans also said she was delighted by the sparkling bioluminescence on her arms caused by the trails of tiny ocean plankton as she swam in the light of the moon and stars.

Evans' husband Nate Nieto, a UC Davis graduate student in comparative pathology, kayaked the entire distance by her side.

"He told me later that he had nightmares of me being attacked by a shark and dying in his arms," she said, "But he didn't tell me that until after the swim." Although Evans didn't meet any sharks, she got a few bumps on her head from the kayaks that were guiding her.

"The kayaks sighted off my pilot boat and I sighted off the kayaks," she said. "At night this was very difficult and I often ran into them."

Howell said the swim was both "beautifully magnificent and very hard." The last three miles took her almost four hours to complete because she was caught in a current off the mainland.

"I cannot deny the fact that it was hard, and that the last mile my goggles were filled with tears of frustration," she said, "And yet, the benefits and magical moments outweighed the costs a million-fold."

She said she recited a mantra as she swam: "I am happy to be alive. I am grateful for this experience. My positive energy will guide my success."

"It may sound silly but it was helpful to focus on my gratitude and enthusiasm for the endeavor when I wanted to quit in order to harness the happiness in the discomfort," she said. "I definitely recommend every person find something very challenging that they find fascinating and nearly impossible, and work towards the goal of accomplishing it."

The women began training in earnest last fall, swimming in the ocean at San Francisco's Aquatic Park and in Long Beach Harbor, at Lake Berryessa, Lake Natoma, and Lake Tahoe. Temperatures during their practice swims ranged from 48 to 70 degrees, which they did without wetsuits.

Both are regular swimmers with the Davis Aquatic Masters (<http://www.damfast.org/index.shtml>), a 450-member swim club for any person over the age of 18. Evans was one of the instigators of a DAM interest group in open water swimming 18 months ago at <http://sports.groups.yahoo.com/group/openwaterswimmers/>.

Swimmers who want to cross the Catalina Channel must work with the Catalina Channel Swimming Federation in order to record a certified swim (<http://www.swimcatalina.org/Bylaws.htm>). Average swims range from 10 to 15 or more hours, with the record 7 hours 15 minutes.

Howell is recovering from a sore shoulder and sunburn, but they're both ready for their next swimming experience. The women say they'd like to try to do the Trans-Tahoe annual swim next July as a solo swim rather than as the traditional relay.

"Whether it's in the ocean, lakes, rivers, or the pool, swimming has connected me with wonderful people and beautiful landscapes around the world," said Evans.

For a more complete description of her swim, see Evans' blog at <http://rosewaterswim.blogspot.com/>.



204 E Street Downtown Davis

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

TREASURER'S TIPS

Everyone should check the white "Workout Assignment" binder at the Civic pool to make sure they have been properly assigned to a workout. If you are not listed under your workout choice, you should be listed as "Unassigned". "Unassigned" means that you are not assigned to a specific workout. You may still swim during workouts, but swimmers that are assigned to that workout will have priority over you if the workout is full. You shouldn't be assigned to a workout that you didn't sign up for. If you don't find your name on the list or you are assigned to a workout you did not sign up for, please let me know (damswim@dcn.davis.ca.us).

In December, EVERYONE will need to renew their Pacific Masters Swimming cards for 2009. At that time EVERYONE will be asked to update their personal information with DAM (please do not leave that information blank). If you need to change a workout or update information before then please use the forms in front of the Workout Assignment binder or email the change to damswim@dcn.davis.ca.us

The best method to attract new members is by "word of mouth". Please let any interested parties know that potential members are able to swim at 3 workouts within a 2 week period for FREE. Also, anyone who has a valid PMS/USMS card or its foreign equivalent may show their card and swim as a visitor for a \$5 fee (\$16 per week). Information is also available on our website, www.damfast.org. Or they can call our phone at (530) 757-SWIM (530-757-7946) or send an email to damswim@dcn.davis.ca.us. You are our best advertising device! Thank you and keep up the good work.

UPCOMING EVENTS

September 3rd - DAM Board Meeting,
6:30 pm in Brady Building

WORKOUT SCHEDULE

MONDAY - FRIDAY

Civic Center Pool	Arroyo Pool
Russell & B Street	5:45 - 7:00 am
6:00 am - 7:00 am	
7:00 am - 8:00 am	
10:00 am - 11:00 am	
11:00 am - 12:00 pm	
12:00 pm - 1:00 pm	
1:00 pm - 2:00 pm	
6:15 pm - 7:15 pm	
7:15 pm - 8:15 pm	

SATURDAY

Civic Center Pool

7:30 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 1:00 pm (lap swim)

SUNDAY

Civic Center Pool

10:00 am - 1:00 pm (lap swim)

DUES INFORMATION

\$44 per month, due on the 1st

(\$5 late fee added after the 7th)

Automatic billing is mandatory for new members.

\$39 for senior swimmers 65 or older

\$2 fee added to non-automatic withdrawal payments.

Make checks payable to DAM and leave in slot at the pool or mail to:

PO Box 921, Davis, CA 95617.

Leave of absence fee is \$2 per month (reserves priority number).

Notification must be made to Treasurer by the 15th for leave to take effect in the following month.



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DAM DESIGN CONTEST

-- WIN \$100!--

The club needs new DAM tee-shirts and gear. So...DAM members and non-members (any age) are encouraged to submit an original design by October 1st, 2008 (no clip-art please) for consideration and the chance to win \$100. If your design is the one selected for production, it will be printed on DAM tee-shirts, and possibly other DAM gear.

The DAM Design Contest is the brainchild of the newly formed (and experimental) DAM Design Advisory Group (DAM DAG), which consists of five long-time DAM members with experience in art/design: Barb Molloy, Gayle BonDurant, Maggie Larsen, Marc Ishisaka-Nolfi and Yoshie Kyhos. They are volunteering their time and expertise in an effort to solicit designs that will generate sales and enhance visibility for our club.

All entries must be submitted by October 1st, 2008, and will be subject to refinement/final edits before production. The design may incorporate more than one color, but keep in mind that single ink-color printing is less costly. If you have a specific shirt color in mind, please specify that, but successful designs will be adaptable to different shirt colors.

The

design must include the following information:

Davis Aquatic Masters Swimming

Davis, California

www.damfast.org

(530) 757-SWIM

You may address a hard copy of your design to the DAM Design Advisory Group (DAM DAG) and place it in the drop-box at the pool OR email your design to the DAM Design Advisory Group (DAM DAG) c/o Barbara Molloy at this email address: brmolloy@ucdavis.edu

WELCOME NEW MEMBERS

Cara Chiaraluce	Judy Mustard
Erin Chuck	Travis Nagler
John Dickey	Christopher Olsen
Michelle Goldberg	Barbara Renwick
Jennifer Gunnell	Ted Tucker
Leslie Holeman	Julia Ushakova
Jeffrey Kurth	Angela Vega
Debra Mazawa	

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Head Coach

Stu Kahn kahnschwim@aol.com

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Craig Keller cmkeller@ucdavis.edu

Substitute Coaches

Amy Snodgrass Emily Hughes

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Chrissy Tobias

Newsletter Layout & Design

Laura Doyle laura.doyle@mac.com

Webpage Design

Matt Roper matt@mattrope.com

HAPPY BIRTHDAY

September 1

•Patti Gay

September 2

•Kelly Crosby

September 3

•Elva Diaz

September 4

•Mark Campbell

•Travis Nagler

•Carolyn Thomas

September 5

•Joseph Garrido

September 7

•David Bressler

•Jessica Leak

September 8

•Alexandre Tremeau-
Bravard

•Cathy Wenner

September 9

•Jennie Bretschneider

•Scott Harris

September 10

•Katja Greve

•Kristopher Gustafson

September 11

•Diane Barrett

•Mary Ann Clark

•Greg Tanner

•Allegra Winegar

September 12

•Hannah Davis

September 13

•Aaron Schelegle

September 14

•Patricia Eilert

September 15

•Dirk Holstege

•Pieter Stroeve

September 17

•Lee Axelrad

•Seana Burke

September 20

•Phil Ayon

•Karen Firestein

•Mark Lutkenhouse

•Rick Powers

•Laurie Warren

September 21

•Mary Burke

•Will Wallace

September 22

•Brad Winsor

September 23

•Emily Evans

September 24

•Amy Black

•Glenda Espinal

September 25

•Tomas Knepper

•Desiree Rosselli

September 26

•Ernie Hoftzyer

•Shawn Kinney

September 27

•Heidi Ball

•Kerry Halsted

September 28

•Lee Ann Bailey

•Roger McDonald

•Lynn Schroeder

September 29

•Kathy Brown

•Ben Finkelor

September 30

•David DeYoung