

THE RECORD TIMES

Whether you think you can or think you can't - you're right.

COACH'S COLUMN

2009 USMS National Championships - "DOING IT FOR THE TEAM"

CONGRATULATIONS and a JOB WELL DONE to each and every one of you DAM swimmers who participated in our 2009 Postal Challenge. It was an awesome TEAM EFFORT. The final totals are in – 295 DAM swimmers and 1,032,515 yards. Those are great numbers, far exceeding anyone's, realistic expectations and the third-highest DAM total ever. (See table at end for DAM Postal history). In fact the event was so successful you've all been selected for a team-wide ***Performance of the Month.***

As much as I'd like to spend this column just dwelling on stats, after having spent most of January watching dozens of incredibly memorable accomplishments, I'd prefer to write about some of the DAM people and their stories instead.

No one was sure how well the 'Return to the Postal Swim' would be received, but for many of you, it turned out to be an exciting, memorable affair. Some remember the pain, some the pleasure yet most all, hopefully, the PRIDE. It's been over 7 years since the team really challenged itself in this way. During that time, some of you old-timers forgot what it was like and most of the new-comers hadn't yet experienced it. And as much as I'd like to say that it was fun – I cannot. It may have been fulfilling, it may have been rewarding; exhausting; it may have been easier than you thought - but it probably wasn't fun.

During the 3rd week, one top-end swimmer told me after her swim "I can't stand doing that *@# % swim, but I DID IT FOR THE TEAM." At the end of the 4th week, two other swimmers at the other end of the list finished and one right away said, "I can't stand doing that *@# % swim, but I DID IT FOR THE TEAM."

Those two statements summed up my whole DAM experience. It became obvious over the month that DAM swimmers were getting caught up in the team environment, overcoming personal challenges and doing their best to contribute yards to the TEAM TOTAL. The pool, the deck and the locker rooms became abuzz with talk about themselves, their teammates and the quest for a million.

The first half of the month was less than encouraging. On Jan 15, we'd amassed less than one quarter of a million yards. The yards for the other two weeks almost quadrupled that. That's when the excitement became palpable. Swimmers at every practice entered the pool deck and immediately went to check out the 'Postal Meter' and the yardage results.

One fellow showed up on the final Sat, after being on leave for almost a year, and told us that he had re-registered with PMS the night before and was there to chip in a couple thousand.

Another DAM swimmer called after the last Sat am practice to volunteer her husband and best friend up as new members who would join PMS that day if we needed more yards. She was sure she could push them to do a 'couple thousand yards' each.

And 'pushing' was indeed what a lot of you did. Despite the best of intentions, most swimmers simply followed the 'Maggie Larsen' method of swimming. Maggie was the first DAM swimmer I saw to put her head down, shove off and swim on to complete the 1-hr challenge non-stop. Many other swimmers had sets or routines they followed, but the majority of DAM'ers just pushed off and kept going. One swimmer, when stopped at the end of 60 minutes, popped her head up and correctly declared "3,775 yards". Other swimmers pushed themselves well beyond their normal limits. One member, with implanted metal plates in her neck, removed her fins and, for the first time in 3 years, conquered her first 100 yards completely equipment free. Two weeks later, she went again and quintupled that amount. Other DAM'ers removed their medically necessary fins in order to qualify their yardage, and a few hardy fellows went without surgically attached pull-buoys or paddles to complete their contributions to the team.

There were 20 husband and wife tandems who completed the swims, as well as 3 mother-daughter pairs. We had 3 Octogenarians who chipped in yardage, 4 swimmers who, in order to swim longer distances, repeated the swim twice and one swimmer who showed up one night to join the team during a postal swim slot that jumped right in and swam her hour during her very first practice.

Some swimmers swam while sick, one fellow came into town from Oregon, another ex-Dam'er from So-Cal registered with PMS to throw her yards in, 4 swimmers swam off-site at other pools to chip in their yards. Folks were putting out incredible energy and enjoying the results. They really liked coming alongside their teammates and putting out best efforts.

We had some very competitive swims during the month in the true sense of the word. The Latin root for the verb "to compete" is "competere", which means "to seek together" or "to strive together". That's exactly what happened during January.

Part of the contest of the 1-Hour event includes relay competition. In keeping with a long-standing DAM tradition, we're once again entering 'A' relays in all the age groups for the Postal Swim. The top 3 male and female swimmers in each age group will have their yardage totaled together to represent DAM in the 3-person virtual relays. The entry fee, as for all DAM relays throughout the year, will be paid by the club.

Most sports psychologists cite 'self-talk' as one of the biggest differences between winners and also-rans. This coach was privy to a lot of positive self-talk. I lost count of how many people told me they could have done better and are looking forward to doing it again next year. That's exactly the sentiment I'd hoped to hear and precisely the feeling I have. Let's win it again in 2010.

With our pursuit of the National One Hour Swim Championship clearly back in focus, I'm suggesting to the DAM Board that we hold off on this year's March 'Hat Party' and, after we WIN the title, turn it into a Celebration Party instead. We'd go ahead, choose a date, have DAM Postal T-shirts printed, distribute them at the party and use the event to do something we haven't done as a TEAM in a very long time – take a TEAM PHOTO. Unfortunately, the Postal results are slow in coming so the party might be at the very end of March. More news soon.

(One of the more interesting facts about the whole 'Postal Championship' is not that DAM was the original 10-Time defending Champs (1990-1999) and thus represents all that is pure and chaste, it's the essence of the current 9-Time Champs, New England Masters (NEM). They are a 'Wal-Mart' conglomerate of 5 states and 60 swim teams. They regis-

ter swimmers from Maine, Vermont, Rhode Island, Massachusetts and Maryland. Their swimmers train under different coaches at different clubs, run by different Boards of Directors, but all come together at swimming meets to represent one mega-team. This year they were ambushed. Next year will be different - we'll be taking on a Goliath).

15 YEARS OF DAM POSTAL RESULTS

| Year | # of swimmers | # of yards | Avg yd/swimmer | National Rank | #1 Team Total | #1 Team Swimmers |
|------|---------------|------------|----------------|---------------|---------------|------------------|
| 2009 | 295 | 1,028,340 | 3485 | ?? | ?? | ?? |
| 2008 | 4 | 12,445 | 3111 | 58th | 771,571 | 206 |
| 2007 | 9 | 32,265 | 3585 | 52nd | 850,660 | 222 |
| 2006 | 11 | 41,540 | 3776 | 37th | 932,085 | 250 |
| 2005 | 11 | 41,945 | 3813 | 45th | 1,105,565 | 294 |
| 2004 | 15 | 55,045 | 3670 | 34th | 1,2726,10 | 335 |
| 2003 | 27 | 95,510 | 3537 | 15th | 1,812,541 | 487 |
| 2002 | 22 | 72,330 | 3289 | 18th | 1,812,541 | 487 |
| 2001 | 107 | 385,035 | 3598 | 5th | 1,510,450 | 402 |
| 2000 | 220 | 787,922 | 3581 | 2nd | 1,775,718 | 469 |
| 1999 | 299 | 1,068,210 | 3752 | 1st | | |
| 1998 | 306 | 1,114,445 | 3641 | 1st | | |
| 1997 | 116 | 431,845 | 3723 | 1st | | |
| 1996 | 50+ | 323,500 | ?? | 1st | | |
| 1995 | 113 | 400,000 | 3539 | 1st | | |

FEBRUARY FEEDBACK MONTH

During this month, additional attention will be given to skills and technique. Swimmers can expect to receive feedback from the coaches in all 4 strokes. In addition to our weekly stroke emphasis (check the February Practice Calendar), the coaches will also be breaking the week into daily components focusing on Body Position, Pull, Kick, Breathing and Timing of those 4 elements. Please don't be surprised to see a coach in the water or to have someone suddenly grab an ankle or wrist to pull aside.

USMS SC YARDS NATIONAL CHAMPIONSHIPS

There's an "I'm Interested in More Information" sign-up sheet at Civic pool for the May 7-10 meet in Clovis. By the end of February I'd like to have a clear idea of how many DAM swimmers are thinking about going. That information can help with planning training and tapering progressions, Time Trials and Start & Turn clinics and hotel reservations. Talk with one of the coaches to find out more. A photo of the Clovis pool complex is on the Civic bulletin board. If both meets are equal and you're torn between competing in the April PMS meet and the May Nationals, choose the Clovis meet. We want you there.

TREASURER'S TIPS

February has historically been the month to review the financial side of DAM.

While the 2008 financial records have not been finalized at this time, it looks like our net income for the year will be a gain of approximately \$9,500. This was largely due to the profits (\$10,300) made from the DAC rental agreement. We continue to maintain six months of operating expenditures in a reserve fund.

The Lake Berryessa swim has basically been our only fund-raising event for over 20 years. This year Berryessa generated a net profit of \$9,100, almost \$6,000 lower than expected. This reduction resulted from a lower than anticipated turnout in 2008 (955 swimmers instead of 1500) due to the scheduling of the Escape from Alcatraz swim and higher gasoline prices (\$4 per gallon).

The 2009 Budget anticipates a Lake Berryessa swim net profit of approximately \$15,000. This assumes approximately 1500 swimmers at the \$35 pre-race entry fee with the costs remaining approximately the same. All those who volunteer their time and effort to the Berryessa Swims will, as always, be greatly appreciated for their support of DAM, and for helping to reduce costs.

The other Expenses for the year were higher than budgeted mainly due to increases in payroll and pool rental costs. There were also costs associated with a one-time change in payroll payment, and increases in State Compensation Insurance, Unemployment, and Disability rates increased expenses \$14,100.

The pool rental costs increased 5% (\$3,400) over last year. Next year will be the first year using the City's new cost recovery methodology to determine pool rental rates, and pool costs are anticipated to increase another 4%.

If anyone would like a more detailed financial report for 2008 or the detailed budget for 2009 please contact me.

WORKOUT SCHEDULE

MONDAY - FRIDAY

Civic Center Pool

Russell & B Street

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

Arroyo Pool

5:45 - 7:00 am

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 \$7 per month (reserves priority number).

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

Research shows **SWIMMING** may be the prescription for longevity

COLORADO SPRINGS, Colo., Feb. 2 /PRNewswire/ -- A new study shows that swimming cuts men's risk of dying by about 50% compared to runners, walkers and sedentary peers. The University of South Carolina study led by Dr. Steven Blair evaluated comprehensive physical exams and behavioral surveys from thousands of people who were enrolled in the Aerobics Center Longitudinal Study (ACLS) over the last 32 years. The results were presented at the 2008 World Aquatic Health(TM) Conference in Colorado Springs, Colorado, and have been published in the International Journal of Aquatic Research and Education.

"Swimmers had the lowest death rate," explains Blair. He adds that the study takes into account age, body mass index, smoking status, alcohol intake, hypertension, other medical factors and family history. "This is the first report that examined mortality rates among swimmers in comparison with other types of physical activity and sedentary lifestyle. We conclude that men who swim for exercise have better survival rates than their sedentary peers," he summarizes.

The ACLS includes extensive medical and physical activity data on more than 40,000 men, age 20-90 years. "These lower rates in swimmers compared with walkers and sedentary men might well be expected," comments Dr. Blair, "but it is surprising that we also observed lower mortality in swimmers than in runners," he adds. "Therefore, swimming appears to be a healthful alternative to other types of physical activity." The study population was limited to white, well-educated, middle- to upper-class men. While this limits the generalizability of the study, it should not affect the study's internal validity, advises Blair. He explains that, "there is no compelling reason to assume that the benefits of swimming would be different for women or for men in other socioeconomic groups. In an earlier study in this same population we found that both

women and men had similar benefits from swimming in terms of fitness and other health indicators."

Dr. Blair also found that regular swimmers had a higher cardiorespiratory fitness than walkers and sedentary people. He concludes that, "Swimming provides a healthful alternative to traditional modes of exercise for improving cardiorespiratory fitness and health for the general population, as well as for patients suffering from chronic diseases. Swimming may be a good alternative exercise for individuals who cannot participate in running or other forms of physical activity." Future research will compare injury information between swimming and other forms of physical activity.

Founded in 1965, National Swimming Pool Foundation(R) (NSPF(R)), which helped fund this research, is a non-profit organization dedicated to improving public health worldwide by encouraging healthier living through aquatic education and research. NSPF is the leading educator of aquatic facility operators and the chief philanthropic research sponsor in the aquatics field. For additional information, visit www.nspf.org.

For more information about the Swimming Longitudinal Study or to schedule an interview with Dr. Steven Blair, P.E.D. or Thomas M. Lachocki, Ph.D., CEO of the NSPF, please contact Laurie Batter of BatterUp! Productions, batterup@batterupproductions.com or 760-438-9304.

2009 DAM POSTAL SWIM RESULTS

| NAME | AGE | YDS | Pace/ 100 | | | |
|----------------------|-----|------|--------------|-----------------------|----|-----------|
| ALDOUS, ALICE | 56 | 2650 | 2:15 | CHOLEWINSKI, ROSE | 46 | 3620 1:39 |
| ANDERSON, LAURA | 46 | 3680 | 1:38 | CHOW, JACKIE | 30 | 3325 1:48 |
| ANDERSON, RUTH | 28 | 3050 | 1:58 | CHRISTO, TONY | 62 | 3485 1:44 |
| ANDRADA-BROWN, EMILY | 40 | 3750 | 1:36 | COLLIER, GREG | 42 | 3475 1:44 |
| APPLEGATE, LIZ | 52 | 3000 | 2:00 | COLLIER, MELISSA | 42 | 3235 1:52 |
| AVELAR, EDUARDO | 31 | 2710 | 2:13 | COLLINS, SUSAN | 59 | 3485 1:44 |
| BAILEY, LEE ANN | 54 | 3420 | 1:45 | CONSTANTINE, JOHN | 51 | 4175 1:27 |
| BARRETT, DIANE | 52 | 3185 | 1:54 | CRAIG, GABRIEL | 25 | 4100 1:28 |
| BARRIOS, ADAM | 30 | 4855 | 1:14 | CROCKER, GEORGE | 25 | 4695 1:16 |
| BARTOSEK, MARG | 57 | 3000 | 2:00 | CROSS, DAVID | 54 | 3550 1:41 |
| BELL, JEANNIE | 48 | 3395 | 1:47 | CROSS-DREW, CANDACE | 62 | 2850 2:07 |
| BERGNA, KRISTIE | 22 | 3775 | 1:36 | CROWNSHAW, LAUREN | 29 | 3820 1:34 |
| BIMSON, SARAH | 29 | 4625 | 1:18 | CRUMMEY, ROBERT | 72 | 2415 2:29 |
| BIRD, SARA | 22 | 3015 | 2:00 | CUCKOVICH, MIKE | 45 | 3535 1:42 |
| BLAHA, SHARON | 48 | 4590 | 1:18 | CUTLER, TIM | 32 | 4480 1:20 |
| BLATTNER, BOB | 53 | 4295 | 1:24 | DASHER, SARAH | 27 | 4240 1:25 |
| BLEES, NICOLE | 56 | 2900 | 2:04 | DAVID, NICOLE | 40 | 4055 1:29 |
| BLOMBERG, CRAIG | 49 | 3210 | 1:53 | DAVIES, DAVE | 55 | 3440 1:45 |
| BOCKRATH, ROGER | 59 | 3350 | 1:47 | DAVIS, DIANE | 58 | 3375 1:47 |
| BORCHERDING, DANIEL | 25 | 3530 | 1:42 | DAVIS, HANNAH | 20 | 4235 1:25 |
| BOURNE, DICK | 65 | 3260 | 1:51 | DAVIS, WILL | 57 | 3475 1:44 |
| BOWDEN, MELANIE | 45 | 3125 | 1:54 | DAVISON, JAY | 61 | 2450 2:27 |
| BOWEN, LIZABETH | 42 | 3400 | 1:46 | DAVISON, TERRY | 64 | 3350 1:47 |
| BRADY, KEVIN | 23 | 3245 | 1:51 | DEACON, TED | 59 | 4275 1:25 |
| BRALY, BRUCE | 59 | 3275 | 1:50 | DEITS, PAUL | 51 | 3475 1:44 |
| BRANAM, EDWARD | 54 | 3625 | 1:39 | DEWITT, TRACY | 37 | 3075 1:57 |
| BRESSLER, CORRINE | 83 | 2005 | 3:00 | DIAZ, ELVA | 38 | 3595 1:40 |
| BRESSLER, DAVID | 85 | 1465 | 4:15 | DICKEY, JOHN | 53 | 4470 1:21 |
| BROWN, AMY | 47 | 3425 | 1:46 | DOPICO-CERVANTES, EVA | 36 | 2730 2:12 |
| BROWN, KATHY | | 3425 | 1:46 | DUBOSE, RACHEL | 30 | 2645 2:15 |
| BROWN, TOM | 42 | 4735 | 1:16 | DUGAN, BETTY | 67 | 3045 1:58 |
| BUNDY, JASON | 38 | 3125 | 1:54 | DYER, NELLIE | 35 | 4025 1:30 |
| BUSTAMANTE, XIMENA | 48 | 3225 | 1:52 | ELSBACH, KIM | 45 | 4735 1:16 |
| CALANCHINI, HENRY | 46 | 2600 | 2:18 | ENGELHARD, ERIC | 42 | 3675 1:38 |
| CALDWELL, KATIE | 33 | 3820 | 1:35 | ESSEX, KENDALL | 39 | 3285 1:50 |
| CALLAGHAN, KIM | 26 | 4550 | 1:19 | EVANS, EMILY | 32 | 4685 1:17 |
| CALLAGHAN, MARK | 29 | 5290 | 1:07 | FABERSOME, MIKOS | 62 | 2985 2:05 |
| CASILLAS, LINDA | 46 | 3900 | 1:32 | FARIA, ISABEL | 33 | 3965 1:30 |
| CASTRO, RAUL | 39 | 2875 | 2:05 | FEENSTRA, GAIL | 52 | 3150 1:55 |
| CHAN, STEPHANIE | 27 | 3635 | 1:39 | FEENSTRA, ROBERT | 53 | 2620 2:17 |
| CHARNEY, KAREN | 39 | 3670 | 1:38 | FINLEY, CURT | 55 | 3075 1:57 |
| CHEN, JACK | 37 | 3435 | 1:45 | FISHER, LISA | 47 | 2750 2:11 |
| | | | | FISK, JASON | 36 | 2970 2:01 |
| | | | | FISK, MARIAM | 36 | 3500 1:43 |
| | | | | FONTAINE, BRETT | 21 | 2575 2:20 |

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|----------------------|----|------|------|-------------------------|----|------|------|
| FOREST, BRANDON | 52 | 3400 | 1:46 | KAHN, STU | 55 | 3500 | 1:43 |
| FRAMPTON, JAMES | 62 | 3465 | 1:44 | KALIF-HUGHES, NIKI | 26 | 3760 | 1:36 |
| FRANKEL, TOM | 67 | 3100 | 1:56 | KAVRELL, BRANDON | 50 | 3040 | 1:58 |
| FUGAZI, KENT | 62 | 3750 | 1:36 | KELLER, CRAIG | 25 | 3970 | 1:31 |
| GALBREATH, KAREN | | 500 | | KELLER, RIK | 41 | 3650 | 1:39 |
| GATES, ZANN | 47 | 2700 | 2:13 | KEOCHEKIAN, ANNETTE | 48 | 2825 | 2:07 |
| GILARDI, KIRSTEN | 43 | 3570 | 1:41 | KING, LAUREL | 53 | 3680 | 1:38 |
| GILLIGAN, KAREN | 40 | 4175 | 1:26 | KING, TERESA | 39 | 2410 | 2:29 |
| GILMER, DAVE | 71 | 2945 | 2:02 | KINKLE, DOUG | 50 | 3325 | 1:48 |
| GOEBEL, LIZ | 24 | 3300 | 1:49 | KINNEY, HEATHER | 32 | 2510 | 2:23 |
| GOLDBERG, MICHELLE | 40 | 3800 | 1:35 | KINNEY, SHAWN | 45 | 3585 | 1:40 |
| GOLDMAN, MARK | 37 | 4165 | 1:26 | KNAPP, PENNY | 65 | 2645 | 2:16 |
| GOOD, ELIZABETH | 21 | 3875 | 1:33 | KOOP, STEPHANIE | 45 | 3985 | 1:30 |
| GRAFTON, JOE | 50 | 4410 | 1:22 | KORDANA, KRIS | 43 | 3825 | 1:34 |
| GREASBY, TAMMY | 26 | 4600 | 1:18 | KOWTA, MATT | 42 | 4300 | 1:24 |
| GREENOUGH, CRAIG | 49 | 3160 | 1:54 | KREUTZER, ULRICA | 51 | 2860 | 2:06 |
| GREENOUGH, VALERIE | 51 | 3125 | 1:55 | KROVETZ, TED | 42 | 4500 | 1:20 |
| GREVE, KATJA | 43 | 2740 | 2:11 | KUSUNOSE, JIRO | 27 | 3835 | 1:34 |
| GRIFFIN, PAUL | 55 | 3625 | 1:39 | LAFFEN, LISA | 25 | 3395 | 1:46 |
| GRIMES, STEVE | 57 | 3125 | 1:55 | LANDES, PAUL | 58 | 3810 | 1:35 |
| GROSHOLZ, TED | 49 | 3750 | 1:36 | LANG, ZIV | 26 | 3940 | 1:31 |
| GROSS, HEIDI | 28 | 3830 | 1:34 | LANGSTON, JULIE | 46 | 4010 | 1:30 |
| HALPRIN, LYRA | 57 | 2825 | 2:07 | LANTZ, BOB | 57 | 3450 | 1:44 |
| HALSTED, LANCE | 49 | 4815 | 1:15 | LANTZ, KATY | 55 | 2825 | 2:07 |
| HANOIAN, SOSSI | 20 | 4175 | 1:26 | LARSON, JOEL | 52 | 3010 | 2:00 |
| HARRIS, SCOTT | 55 | 4325 | 1:23 | LARSON, MAGGIE | 58 | 2940 | 2:02 |
| HARVEY, KRIS | 48 | 3975 | 1:30 | LEACHMAN, NATHANIEL | 29 | 4335 | 1:23 |
| HENDREN, EILEEN | 55 | 2725 | 2:12 | LEE, CHRIS | 24 | 4390 | 1:22 |
| HERNANDEZ, SARAH | 24 | 4825 | 1:15 | LEE, RONALD | 41 | 3235 | 1:51 |
| HIGGINS, ALLISON | 25 | 3750 | 1:36 | LONG, LAURA | 47 | 3100 | 1:56 |
| HIGGINS, JANE | 54 | 3525 | 1:42 | LONG, PAT | 52 | 4075 | 1:28 |
| HOFTYZER, ERNIE | 39 | 4920 | 1:13 | LUTKENHOUSE, MARK | 50 | 3550 | 1:41 |
| HOFTYZER, STEPHANIE | 39 | 3105 | 2:00 | MAEDA, ED | 59 | 3725 | 1:36 |
| HOLEMAN, LESLIE | 33 | 3445 | 1:45 | MAIN, ANNE | 56 | 2260 | 2:40 |
| HOLSTEGE, DIRK | 49 | 3000 | 2:00 | MALKA, SHACHAR | 37 | 3520 | 1:42 |
| HORNOFF, KRIS | 61 | 3150 | 1:54 | MARTENS, TOM | 63 | 3125 | 1:55 |
| HORTON, MARY | 65 | 3015 | 1:59 | MARTINEZ, LISA | 33 | 4260 | 1:25 |
| HOWELL, KATE | 24 | 3825 | 1:34 | MATTHEW, LAURA | 39 | 3500 | 1:43 |
| HUBER, SCARLETT | 52 | 2145 | 2:50 | MAYER-HARNISCH, CLAUDIA | | | |
| ISHISAKA-NOLFI, MARC | 39 | 3430 | 1:45 | | 53 | 2635 | 2:17 |
| JABBAR, ADEL | 21 | 3335 | 1:48 | MAZELIS, NOREEN | 65 | 2670 | 2:15 |
| JACOBSON, RACHEL | 27 | 3915 | 1:32 | MC DONALD, JUDY | 51 | 3450 | 1:44 |
| JELKS, KAREN | 48 | 3300 | 1:49 | MCCARTHY, MEGAN | 30 | 3220 | 1:52 |
| JENSEN, JON | 43 | 4125 | 1:27 | MCDONALD, ROGER | 55 | 3675 | 1:38 |
| JOHNSON, DEANNA | 52 | 3010 | 2:00 | MCGEE, DIANE | 59 | 750 | 4:00 |
| JOHNSON, GREG | 51 | 4540 | 1:19 | MCHENRY, HENRY | 64 | 3085 | 1:57 |
| KAHN, MARY | 49 | 4220 | 1:26 | MCPHERSON, ANDY | 61 | 4285 | 1:24 |

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|----------------------|----|------|------|----------------------|----|------|------|
| MENESES, CLAUDIO | 37 | 4165 | 1:27 | RUDA, JEFF | 61 | 3475 | 1:44 |
| MEYER, SUSAN | 57 | 3525 | 1:42 | RUEBNER, BORIS | 85 | 500 | |
| MILLEMANN, CLIFF | 50 | 3675 | 1:38 | RYAN, KYLE | 24 | 4500 | 1:20 |
| MILLER, CURT | 59 | 3900 | 1:32 | SCARR, CATHERINE | 51 | 3545 | 1:42 |
| MILLS, JACK | 62 | 4280 | 1:24 | SCHAFFER, CHRISTINE | 26 | 4600 | 1:18 |
| MILLSTEIN, ROBERTA | 43 | 3275 | 1:50 | SCHELEGLE, KAREN | 54 | 3425 | 1:45 |
| MOHSENI, SIMA | 31 | 1970 | 3:12 | SCHIFFMAN, MIMI | 27 | 3400 | 1:46 |
| MOLLOY, BARBARA | 46 | 1650 | 3:36 | SCHMUCKER, LINDABETH | 52 | 4125 | 1:27 |
| MORI, CATE | 38 | 3270 | 1:50 | SCHUERING, CHRISTIAN | 44 | 3720 | 1:37 |
| MORRIS, KATHLEEN | | 3500 | 1:43 | SCHULTZ, BILL | 50 | 3735 | 1:37 |
| MOYLAN, PAUL*** | 46 | 3490 | 1:43 | SCHWARTZ, MARK | 50 | 4000 | 1:30 |
| MUNN, SUSAN | 70 | 3590 | 1:40 | SENSIPER, SYLVIA | 53 | 2755 | 2:11 |
| MURRAY, STEWART | 46 | 4700 | 1:16 | SETRAN, AARON | 49 | 3600 | 1:40 |
| MUSTARD, JUDY | 46 | 2370 | 2:31 | SHAFFER, LAURA | 43 | 3690 | 1:37 |
| MYERS, JAYME | 33 | 3770 | 1:36 | SHAPIRO, KAREN | 33 | 3230 | 1:51 |
| NAKAMURA, JENNY | 31 | 4035 | 1:29 | SHERWOOD, ANNA | 28 | 3360 | 1:47 |
| NARLESKY, LYNN | 56 | 2825 | 2:07 | SINGMASTER, HELEN | 42 | 3775 | 1:35 |
| NORRIS, ROBERT | 71 | 3650 | 1:39 | SKILES, TOVAH | 30 | 4065 | 1:29 |
| NORRIS, ROSWITA | 65 | 2755 | 2:11 | SMITH, STEVE | 54 | 3665 | 1:38 |
| NORTHRUP, RACHEL | 29 | 3680 | 1:38 | SMITH-MACLEAN, JOAN | 55 | 1700 | |
| NOVAKAVIC, SINISA | 41 | 3600 | 1:40 | SNODGRASS, AMY | 29 | 4275 | 1:24 |
| O'FLAHERTY, JOE | 74 | 1950 | 3:05 | SORENSON, LUCIA | 44 | 3250 | 1:51 |
| OLID, EDUARDO | 36 | 4050 | 1:30 | SPAHR, PETER | 53 | 3425 | 1:45 |
| OLSON, CHRIS | 47 | 2900 | 2:04 | SPANGLER, TAYLOR | 37 | 5020 | 1:12 |
| O'ROURKE, KATHERINE | 24 | 4575 | 1:19 | SPERKA, DANIEL | 43 | 4275 | 1:24 |
| OTTUM, NANCY | 59 | 2550 | 2:21 | ST JAMES, SARA | 28 | 3500 | 1:43 |
| OUTZEN, PETER | 34 | 4415 | 1:22 | STEWART, CARMEL | 30 | 3650 | 1:39 |
| PAULAZZO, MARY ANN | 51 | 2890 | 2:04 | STEWART, LUCY | 28 | 3280 | 1:50 |
| PAULSON, BARBARA | 65 | 3015 | 1:59 | STONE, BRETT | 60 | 3890 | 1:32 |
| PERRY, LAURIE | 50 | 3470 | 1:44 | STONER, GREG | 56 | 3500 | 1:43 |
| PETERSON, NANCY | 48 | 2620 | 2:17 | STROMBERG, DEBORAH | 34 | 3610 | 1:40 |
| PFEIFER, HEIDI | 39 | 3075 | 1:57 | STROVE, PIETER | 63 | 3215 | 1:52 |
| PFEIFFER, SCOTT | 36 | 3360 | 1:47 | TAFF, AYSHA | 33 | 4075 | 1:28 |
| PHAN, TERI*** | 27 | 3550 | 1:41 | TANNER, GREG*** | 47 | 2650 | 2:02 |
| PIEDRAHITA, RAUL | 55 | 3915 | 1:32 | TAYLOR, DOUG | 50 | 3960 | 1:31 |
| PRICE, PATRICIA | 46 | 3350 | 1:47 | THOMAS, CAROLYN | 46 | 3380 | 1:47 |
| RECANZONE, GREG | 46 | 4010 | 1:30 | THOMPSON, DEBBIE | 50 | 2950 | 2:02 |
| RICHARDS, JOHN | 61 | 3370 | 1:47 | THOMPSON, PATRICIA | 57 | 2850 | 2:06 |
| ROBERTS WARREN | 67 | 2380 | 2:32 | TUCKER, TED | 41 | 2840 | 2:07 |
| ROCK, CHRIS | 49 | 4375 | 1:22 | TYHURST, CHANELL | 34 | 3335 | 1:48 |
| RONALD, PAMELA | 48 | 4230 | 1:25 | UMALI, DERRICK | 38 | 3320 | 1:48 |
| ROSEN, BENJAMIN | 31 | 4925 | 1:13 | USHAKOVA, JULIA | 22 | 3720 | 1:37 |
| ROSENBERG-MAIN, ANNE | 54 | 3000 | 2:00 | VALLET, MARIE | 31 | 3255 | 1:51 |
| ROSS, MARC*** | 53 | 3575 | 1:41 | VIETH, GEORGE | 53 | 4145 | 1:27 |
| ROUG, ANNETTE | 34 | 3120 | 1:58 | VILLANUEVA, ANGELA | 24 | 2800 | 2:09 |
| ROUHAS, EMILY | 27 | 3450 | 1:44 | VINK, ERIK | 44 | 3515 | 1:42 |
| ROWLAND, ALAN | 51 | 4000 | 1:30 | WARREN, LAURIE | 48 | 3220 | 1:52 |

| | | | |
|---------------------|----|------|------|
| WATKINS, ELLEN | 69 | 2620 | 2:17 |
| WESTERGAARD, LESLIE | 65 | 3050 | 1:58 |
| WHEELER, BILL | 58 | 3535 | 1:42 |
| WIEKING, SCOTT | 49 | 4470 | 1:20 |
| WILKINSON, KARI | 43 | 3695 | 1:37 |
| WILLIAMS, JUDI | 67 | 1550 | 3:50 |
| WILLIAMS, TRAVIS | 22 | 4245 | 1:25 |
| WILLIS, NICHOLAS | 31 | 3425 | 1:45 |
| WILSON, DENNIS | 59 | 4310 | 1:24 |
| WINDER, MONIKA | 38 | 2575 | 2:10 |
| WINSLOW, AMY | 41 | 3250 | 1:51 |
| WINSOR, BRAD | 37 | 4650 | 1:17 |
| WOERNER, MARK | 57 | 4125 | 1:27 |
| WOODRUFF, DAVE | 52 | 4575 | 1:19 |
| WRIGHT ERICA | 34 | 4115 | 1:28 |
| WRIGHT, ALEX | 36 | 3170 | 1:54 |
| WRIGHT, JAMEY | 51 | 4180 | 1:26 |
| WRIGHT, NANCY | 47 | 4350 | 1:23 |
| WYELS, TERRI | 40 | 4000 | 1:30 |
| YANCHER, LYNDA | 45 | 4340 | 1:27 |
| YEE, DON | | 3025 | 1:59 |
| ZAIS, CRAIG | 51 | 3470 | 1:44 |

WELCOME NEW MEMBERS

| Member | Preferred Workout Choice |
|--------------------|--------------------------|
| Julie Baker | 1pm |
| Liz Bowen | 11am |
| Henry Calanchini | 11am |
| Mark Evans | |
| Jason Fisk | 11am |
| Eileen Hendren | 6:15pm |
| Sarah Hernandez | unassigned |
| Tristan Kaiser | 5:45am |
| Katelyn Mendivil | 6:15pm |
| Stewart Murray | 5:45am |
| Katherine O'Rourke | |
| Rebecca Ramirez | 11am |
| Thomas St. Charles | 5:45am |
| Stacey Streuber | 6:15pm |
| Keenan Taylor | |
| Marilyn Underwood | 11am |
| Alex Wright | unassigned |



Sudwerk
RESTAURANT
BREWERY

Serving Lunch & Dinner Daily
New Menu - Full Bar

2001 Second St., Davis
758-8700 sudwerk.com

Sudwerk is the proud sponsor of Swimmer of the Month. Winners will receive a gift certificate to dine at Sudwerk.

CMM & ASSOCIATES
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OWNER

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DAVIS, CA 95616
CUMOMI@COMCAST.NET
530-756-5224



Davis Sport Shop
DAVIS CALIFORNIA

204 E Street Downtown Davis

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

FEBRUARY 2009

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------|-------------------------|-----------------------|-----------------------|------------------|--|--------------|-------------|
| | Body Positioning | Kick | Pull | Breathing | Timing | | |
| Free | 2 Distance | 3 Kick/Pull | 4 IM/ #1 Stroke | 5 Sprint/Zomers | 6 Distance USF Valen- tines meet | 7 Intensive | 8 |
| Back | 9 Kick/Pull | 10 IM/#1 Stroke | 11 Sprint/ Zoomers | 12 Distance | 13 Kick/Pull | 14 Intensive | 15 |
| Breast | 16 IM/#1 Storke | 17 Sprint/ Zoomers | 18 Distance | 19 Kick/Pull | 20 IM/#1 Stroke | 21 Intensive | 22 |
| Fly | 23 Sprint/ Zoomers | 24 Distance | 25 Kick/Pull | 26 IM/#1 Stroke | 27 Sprint/ Zoomers | 28 Intensive | Mar 1, 2009 |

Summer Long Course Schedule
 T & Th am 4 lanes 6:00-7:00
 T & Th pm 5 lanes 6:15-7:15 & 7:15-8:15

February COACHES SCHEDULE

| | MON | TUE | WED | THU | FRI | SAT |
|----------|-------|-------|-------|-------|-------|----------|
| 5:45 AM | Stu | Stu | Stu | Stu | Stu | |
| 6:00 AM | Craig | Craig | Craig | Craig | Craig | |
| 7:00 AM | Craig | Craig | Craig | Craig | Craig | 7:30 Stu |
| 10:00 AM | Stu | Craig | Stu | Craig | Stu | 8:30 Stu |
| 11:00 AM | Stu | Craig | Stu | Craig | Stu | |
| 12:00 PM | Stu | Stu | Stu | Stu | Stu | |
| 1:00 PM | Stu | Stu | Stu | Stu | Stu | |
| 6:15 PM | Craig | Stu | Craig | Stu | Stu | |
| 7:15 PM | Craig | Stu | Craig | Stu | | |

UPCOMING MEETS

Valentine's Meet - Sat, Feb. 7th,
San Francisco

PMS SCY* Championships - Fri - Sun,
Apr 17-19, Pleasonton

USMS SCY* Nationals - Thu-Sun, May
7-10, Clovis

Lake Berryessa - Sat, June 6, Lake Berry-
essa

PMS Long Course Championships -
Fri-Sun, July 10-12, Santa Cruz

USMS Long Course Championships -
Wed - Sun, Aug 6 - 10, Indianapolis, IN

**SCY - Short Course Yards*

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Elizabeth Good Mary Horton

Chrissy Tobias

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HAPPY BIRTHDAY

February 3

- Mike Rushton

February 4

- Claudio Meneses

February 5

- Ben Rosen

February 7

- Stephen Grimes

February 8

- Judy Mustard
- Marilyn Underwood

February 9

- Craig Keller

February 10

- Liz Bown
- Mary Horton
- Laura Mathew
- Paul Teller

February 11

- Al Wright

February 12

- David Rader

February 14

- Lance Halsted
- Marc Ishisaka-Holfi
- Dianne Miller
- Leslie Westergaard

February 15

- Dick Bourne
- Rachel DuBose

February 16

- Sara St. James
- Judi Williams

February 17

- Kathy Gill
- Lucia Sorensen

February 18

- Penny Knapp

February 20

- Paul Griffin

February 21

- Tobin Booth
- Greg Johnson

February 22

- Anne Marie Bisson
- Kim Callaghan

February 23

- Karen Charney

February 24

- Helen Singmaster

February 26

- Terri Wyels

February 27

- Niki Kalaf

February 29

- Nicole David