

DAVIS AQUATIC MASTERS

THE RECORD TIMES

FEBRUARY 2012



Photograph by Tom Martens

327 Hour Swimmers

Tallying Up 1,131,895 Yards in Annual Postal Event

By Stu Kahn

The 2012 One Hour Swim (OHS) is over.

The national results won't be official until early March, but we're expecting it be a very close race.

Last year, DAM won the event with 340 swimmers and 1,185,640 yards. The five states of the New England Masters (NEM) were second with 303 swimmers and 1,123,955 yards. (Complete DAM results and team stats will be in the March newsletter.)

This year is particularly exciting because of the hyped-up challenge from NEM. Those five states (New Hampshire, Vermont, Rhode Island, Maine and Massachusetts), who masquerade as one club, combined to win the extra-large division from 2000-2008 before DAM took the title back in 2009.

(Please Turn to Page 3)

Between the Lane Lines:					
Workout Schedule, Dues	2	Finance Director's Tips	4	New Members	6
Contacts and Dues Info	2	Swim Meet Schedule	5	Attitude & Swimming.....	7
19 Years of the Hour Swim	3	Birthdays	6	Calendar	8

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Kerry Halsted, Asst. Coach	lktthalsted@hotmail.com
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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 5:45 – 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

Automatic billing is mandatory for new members.
\$42 for senior swimmers 65 and older.
\$2 late fee to non-automatic billing payments.
\$5 drop-in for visiting USMS member for workouts or lap swimming.

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.

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

... More from Head Coach Stu

(Continued from Page 1)

Prior to their string of victories, DAM had won the large team division on its own run of nine consecutive years (1991-1999). But with no way of knowing how strong our opponent really is, this 2012 winner is anyone's guess.

NEM has been pushing hard to get back to their heydays of 450+ swimmers. In order to repeat, our puny little hamlet simply has to fend off a challenge from the strongest champion ever.

We gave it our best.

Regardless of the outcome, we're still having our postal celebration party in mid-March. Look for more information soon about the date and location.

As of Tues, Jan. 31, DAM had (unofficially) 327 members participate in the special event, swimming a total of 1,131,895 yards. Both of those DAM numbers rank second over our two decades of competition. What began in 1991, when coach Mike Collins initiated a team building effort, has grown into the single-largest team-bonding event of our DAM year.

Anytime 300+ adults come together for a cause, daily dialoging about their efforts, team connections and swimmer relationships are transformed. We are a special club.

DAM is unique. There is no other adult swim team,

perhaps sports team, in America, which, by comparison, is as large, as diverse and as productive as our team.

Consider some of the following unique aspects of our club:

1. Forty-seven coached practices per week and over 500 current members;
2. Weekly training emphasis on high intensity, high volume, IM's and kicking;
3. Stroke months three times per year;
4. All practice and training equipment supplied by the club;
5. Recorded test sets monthly for 300+ members;
6. Lane rotations over mirrors for immediate feedback;
7. Team shirts for the OHS, Berryessa and Brute Squad;
8. Generous swimmer donations to Yolo Food Bank and Swim Across America;
9. Free weekend lap swim;
10. Husband and wife coaching staff.

There's no doubt in our minds, and regardless of how the OHS results DAM is the best DAM swim team in the world.

CONGRATULATIONS to everyone.

19 Years of DAM Hour Swim Results

YR	# OF SWIMMERS	# OF YARDS	AVG YDS SWIMMER	USA RANK	#1 TEAM TOTAL	# 1 TEAM SWIMMERS
2012	326	1,127,975	3460	???		
2011	343*	1,185,640*	3457	1 st		
2010	311	1,072,735	3460	1 st		
2009	299	1,041,980	3485	1 st	1,041,980	299
2008	4	12,445	3111	58 th	771,570	206
2007	9	32,265	3585	52 nd	850,660	222
2006	11	41,540	3776	37 th	932,085	250
2005	11	41,945	3813	45 th	1,105,565	294
2004	15	55,045	3670	34 th	1,272,610	335
2003	27	95,510	3537	15 th	1,812,540	487
2002	22	72,330	3289	18 th	1,787,460	485
2001	107	385,035	3598	5 th	1,510,450	402
2000	220	787,922	3581	2 nd	1,775,718	469
1999	299	1,068,210	3572	1 st		
1998	306	1,114,445	3641	1 st		
1997	116	431,845	3723	1 st		
1996	105	392,525	3772	1 st		
1995	113	405,790	3591	1 st		
1994	101	363,860	3567	1 st		

Finance Director's Tips

DAM Budget Weathers Berryessa Race Cancellation

By Valerie Greenough

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

While the 2011 financial records have not been finalized at this time, our net income for the year will be a gain of approximately \$1,200. This was due to the profits made from Lake Berryessa (\$2,700), the 2010 Brute Squad (\$1,200), and the UCD Long Course Meet (\$1,700). We are maintaining eight months of operating expenditures in a reserve fund.

The Lake Berryessa swim, despite its cancellation for the first time in 30 years, did manage to make a profit. Many of the expenses incurred to set up the race are paid up front regardless of whether the race takes place, such as the cost of ordering the T-shirts, awards, mugs, and lunches.

We did try to limit some of the costs of the ambulance and the bus rental by closing the site early. The 2010 Brute Squad competition generated a net profit of \$1,200.

And more swimmers participated in the 2011 Brute Squad than the 2010 event, generating \$3,600 in initial revenue.

The UCD Long Course Meet generated a net profit of \$1,700, thanks to the generosity of the event and lane sponsors. The 2012 budget anticipates a Lake Berryessa swim net profit of approximately \$13,000.

This assumes approximately 1,000 swimmers returning. All members volunteering their time for the swim will, as always, be greatly appreciated for their support of DAM and for helping to reduce costs.

The increased revenue from membership dues and visitor fees were able to offset the increases in the state compensation insurance, unemployment, and disability rates.

Operating expenses in 2011 included increased costs from the new City of Davis requirement to have two lifeguards on site (\$1,600) and the increased Schaal pool rental costs (\$2,700).

The 2012 Budget reflects a small profit for the year thanks to member support for the two lifeguard program and the donations from the year-end appeal.

Please contact me for a more detailed financial report for 2011 or the budget for 2012.



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



SWIM MEET SCHEDULE

By Stu Kahn

The short course meet season begins this weekend, has another meet 3 weeks later and then culminates at the the PacMasters Championships on March 30-April 1. Starting Saturday, Feb. 11, at the University of San Francisco Valentines Meet and then followed by the Strawberry Canyon meet at University of California Berkeley, March 4, there are ONLY two meets to prepare for our regional champs.

All DAM members, regardless of ability, speed, experience, age, nationality, hair length, swim suit size or favorite football team, are encouraged to attend. If you're even slightly interested in attending one of these meets, be sure to talk with the coaches. They can help you choose what to swim, how to enter and how to prepare. During February and March, practices will include more sets to improve pacing and race strategy, starts and turns. Don't be afraid to enter because you can't do all of these things yet. By entering a meet you'll be more motivated to learn new skills not previously needed.

All of the above meets can be entered through www.clubassistant.com.

Here are other races:

Valentines Meet – Saturday, Feb 11. University of San Francisco

https://www.clubassistant.com/club/meet_information.cfm?c=1416&smid=3497

Strawberry Canyon Meet – Sunday, Mar 4. UC Berkeley

https://www.clubassistant.com/club/meet_information.cfm?c=1410&smid=3466

PacMasters Championships – Friday to Sunday, Mar 30-Apr 1. Campolindo HS, Moraga

https://www.clubassistant.com/club/meet_information.cfm?c=1301&smid=3492

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Birthdays

Claire LeFlore	2/1
Lolita Veloso	2/1
Mike Rushton	2/3
Karen Bond	2/6
Erin Conboy Heiser	2/6
Jayne Myers	2/7
Judy Mustard	2/8
Marilyn Underwood	2/8
Mary Horton	2/10
Margaret Lo	2/10
Laura Mathew	2/10
Paul Teller	2/10
Al Wright	2/11
Ann Blattner	2/12
Maarten Geerts	2/12
Lance Halsted	2/14
Marc Ishisaka-Nolfi	2/14
Dianne Miller	2/14
Leslie Westergaard	2/14
Dick Bourne	2/15
Rachel DuBose	2/15
Jill Moss	2/15
Judi Williams	2/16
Kathy Gill	2/17
Lucia Sorensen	2/17
Penny Knapp	2/18
Kathryn Bilder	2/19
Paul Griffin	2/20
Martha Quenon	2/20
Tobin Booth	2/21
Greg Johnson	2/21
Anne Marie Bisson	2/22
Kim Callaghan	2/22
Juan Sorensen	2/22
Karen Charney	2/23
Stevie Reynolds	2/23
Amanda Larson	2/24
Patrick Mayer	2/24
Helen Singmaster	2/24
Lily Baird	2/25
Patrick Rogers	2/25
Terri Wyels	2/26
Niki Kalaf-Hughes	2/27
George Stevens	2/27
Katie Skoog	2/28
Nicole David	2/29

New Members

Member	Preferred Workout
Julie Baker	1 p.m.
Alessandra Battig	Unassigned
Kathryn Bilder	Unassigned
Alex Donner	1 p.m.
James Jackson	Unassigned
Amanda Johnston	Unassigned
James Lasswell	Noon
Craig Lundgren	Noon
Chantelise Pells	11 a.m.
Gloria Petruzzelli	5:45 a.m.
Cary Thompson	Unassigned
Emily Warren	Unassigned
Mackenzie Wilson	Noon
Heidi Whole	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.

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



Photograph by Tom Martens

Attitude

By Chuck Swindol

Luck is a state of mind called attitude.

It can neither be foisted on you nor gifted to you.

Note the following quote:

“The longer I live, the more I realize the impact of attitude on life.

Attitude to me is more important than facts.

It is more important than the past, than education, than money,
than circumstance, than failures, than successes, than what other people
think or say or do.

It is more important than appearance, giftedness or skill.

It will make or break a company...a school...a home.

The remarkable thing is we have a choice every day regarding the attitude we will
embrace for that day.

We cannot change our past, we cannot change the fact that people will act in a certain
way.

We cannot change the inevitable.

The **ONLY** thing we can do is play on the one thing we have and that is our attitude.

...I am convinced that life is 10% what happens to me and 90% how I react to it.”

February 2012

	Mon	Tue	Wed	Thu	Fri	Sat
	Body Position	Arm Pull	Leg Kick	Breathing	Timing	
BACK WEEK	Feb 6 Kick/Pull 3 x (5x75)	7 IM / #1 Stroke 6x50 + 8x50 + 10x50	8 Sprint 2 x (6x25 + 2x75 +100ez) DAM BD Mtg	9 Distance 1x6:15 + 2x6:15 + 3x6:15	10 Kick/Pull D.E.D kicking	11 Intensive
BRST WEEK	13 IM / #1 Stroke 4x50 + 3x100 + 5x200	14 Sprint 4x75 + 6x50 + 8x50	15 Distance Test Set 4 x 200 Desc	16 Kick/Pull K 10x100 P 3x4x150	17 IM / #1 Stroke 4 x (200+ 50ez + 100IM)	18 Intensive
FLY WEEK	20 Sprint 3 x (4x50 + 200ez)	21 Distance 4 x (6/5/4 x 100)	22 Kick/Pull Potpourri	23 IM / #1 Stroke 5 x (5x100)	24 Sprint Prog Set 20 x (50+25)	25 Intensive

Support DAM Projects with Tax Deductible Donation

Please provide financial support for DAM's community swim projects by making a tax deductible donation to the team's new Community Service Fund. The fund will be used to continue DAM's history of providing help for swim related community groups and scholarships to swim events, such as the Lake Berryessa Swim. Because DAM received tax exempt status under Section 501(c)(3) of the IRS Code, donations to the fund are tax deductible to the extent allowed by law.

There are several ways to make a charitable donation:

1. Fill out the form (available at the pool) and include it and a check in the drop box at the Civic Center Pool.
2. Donate using a credit card through WePay.com by using the following link: <https://www.wepay.com/x38o3ok/donate/137657>. Click on the link to access DAM's Community Service Fund. Click the donate button, the next screen allows you to specify an amount to be donated. Clicking the donate button then brings up the screen for your credit card and billing address information. Inputting your email address allows a receipt to be sent to you. If you have any questions trying to make the donation, please contact Valerie at damswim@dcn.davis.ca.us.