COACH'S CORNER

Greetings and *Hello* to everyone on the best DAM swim team in America. My first full month as Head Coach is complete and judging by the excitement seen and felt around me, my decision to come on board was indeed the right one. I've enjoyed meeting everyone in the workouts I've been coaching and look forward to introducing myself to the rest of you.

First and foremost, I'd like to thank the DAM Board of Directors and the DAM Hiring Committee for their time, effort and diligence in the hiring process. My appreciation of their energies towards providing me with what is perhaps the most exciting and challenging period of my career is boundless. I gratefully and dutifully accept their selection of me as the next DAM coach and, as such, also accept the responsibilities of their trust.

And thank you to the DAM 6:15 and 7:15 evening swimmers for your acceptance in allowing me to assist the Aquadarts during September by coaching their teenager groups while they pursued their own Head Coach search. (I owe you!)

I know becoming the DAM Head Coach entails a great deal of hard work and will require not only my full attention and concentration, but the aid and assistance of the coaching staff, the board and the membership, as well. Having been a part of the DAM coaching staff for the past 11 years, I'm aware of and ready for most of the intricacies involved with running the DAM team. I look forward with enthusiasm to continuing the great traditions passed on to me by the DAM coaches I've known and worked with; Rick Powers, Don Veress and Mike Collins.

It's those coaches, along with Ross Yancher, Dave Scott and Jerry Hinsdale who've created a DAM legacy that's both renowned and enviable. I intend on continuing many of the great DAM traditions and plan on starting a few of my own. In order for you to have an idea of the things I've in store for the team, I've included in this October newsletter a list of STU'S TOP 8 GOALS FOR HIS FIRST 5 YEARS. Some of those goals and other plans may or may not work, and I humbly ask in advance for your understanding.

continued on next page...

Coach's Corner Continued

Many of the great aspects of the DAM swim program I plan on keeping in place. Things like:

- Craig Keller as Head Assistant Coach.
- The 10:00am Senior Swimmers lanes
- The Brute Squad
- The One-Hour Postal Swim
- Seasonal Stroke Clinics
- Long Course swimming at Schaal

However, there are changes I'd like to see as well, such as:

- Renegotiating with the City to use the Brady Building during DAM practices for team exercising and instruction.
- Making the DAM office at the Brady Building the hub of all DAM activities.
- Initiating swimmer performance baselines and tracking
- Generating more public recognition for DAM members
- Involving myself in local PMS and national USMS politics
- Increasing interest and attendance at PMS/USMS meets
- Re-instituting more team socials and group activities
- Utilizing the website and newsletter more efficiently to communicate important Coach's Info

(*please see Calendar and Schedule on page 7 of this issue*)

My plans for the team also include introducing new swim concepts to the team. Ideas like:

- Process precedes Outcome (tempo before time)
- Getting Comfortable being Uncomfortable
- Kicking is Good!
- Streamlining is Good!
- Stroke Change is Necessary!
- The USMS Short Course 2009 Nationals in Clovis is for everyone!

And finally, here are some key reminders for everyone based on my observations over these first four weeks;

- Please be aware of and use good Lane Etiquette at all times
- Late arrivers must start their workout at whatever point their lanemates are in the set.
- On long rest repeats, a 10 seconds send-off between swimmers is preferable.
- Jewelry that might harm others, or become lost, should be removed

We at DAM have a rich and honorable heritage, one steeped in tradition and friendship. I do now solemnly promise to uphold the values of the team and, together with all of you, step proudly toward a new vision of what DAM is capable of becoming.

Your new DAM Coach,

Stu

COACH STU'S TOP 8 GOALS

1 month - Learn all names of DAM members in groups he coaches

(*Sorry evening groups, I'll meet you all in October*)

2 month - Mentor all Assistant Coaches

(*I'll coach one practice alongside every other staff member and convene our first full staff meeting*)

3 month - Update Team Mission Statement

6 month - Update Team Handbook

1 year - Improve PMS Retention Rates and grow team by 10%

(*We're the largest team in PMS and are not even in the top 15 teams on positive retention rates*)

2 year - Host a PMS meet in Davis

(*We're going to bring a PMS meet back to Davis and it's going to be top-notch!*)

3 year - Win a PMS Championship!!

(*It could happen sooner than 3 years*)

5 year - Have DAM recognized as the #1 Club in the US for Providing Swim/Exercise data to the National Council on Aging.

(*We're going to become the best team in the USA for monitoring the benefits of Masters Swimming)*

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ATTENTION ALL DAM MEMBERS!!

Fall is here and it's time for you to turn over a new leaf to discover what lies beneath. As your green fades away, you'll see that **you have what it takes to be a DAM Board member.**

We are looking for active members interested in running for the **4 Executive Board positions** coming available this fall. Active members are those 18 years of age or older, currently USMS registered, and current with dues or on authorized leave of absence.

All interested parties should submit a Candidacy Statement to Christine Karbowski via email (christine.hegedus@gmail.com) or to the DAM drop box at Civic Pool, **by Friday, October 17, 2008.**

The Candidacy Statement is a paragraph about yourself, including qualifications, history of your swimming team and/or non-profit Board experience, and your interest in serving on the DAM Board.

The Board meets once a month. The dates and times are determined by current Board members' schedules. Additional time commitments are determined by the needs of DAM and by which officer or Board assignment you serve, for example; President, Vice President, City Liaison, Communications, Membership, Finance or Events.

Not enough time to be a Board Member ?

Volunteer to help with the Election Committee!!

We need 3-4 active members to help with polling support during a few workouts and at the Annual Meeting. If interested, contact Christine Karbowski @ christine.hegedus@gmail.com.

How to Vote

- All Active Members will have an opportunity to vote for the new Board members at workouts, via email, or absentee ballot, beginning October 24th.
- Dates & Workouts for voting to be communicated soon
- Absentee Voting; Contact Valerie or Christine Karbowski (Hegedus) for an absentee ballot. Ballot must be returned, signed legibly.
- Last opportunity to vote will be by 6:00 pm at the Annual Meeting/Party held on November 8th.

ANNUAL MEETING/PARTY!!

When: November 8th, 5:30 pm

Where: Stonegate Country Club

What: Results of DAM Board Election
Presentation by New Head Coach Stu Kahn

Why: * Camaraderie w/ fellow DAM members
*See what your lane mates look like w/their clothes on
*Great Food

•DAM supplies non-alcoholic beverages & beer

•DAM members bring food or wine to share;

•Last Names A-H: Salad or Appetizer I-P: Main dish Q-Z: Dessert

TREASURER'S TIPS

As the cooler temperatures herald the return of the UCD students, many are looking for a place to swim. 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

October is also the month when DAM members can meet the prospective Board candidates. Remember, only those members in good standing (current on their dues and leave fees) will be able to vote in the Board elections at the end of the month and at the Annual Meeting on November 8th. If you have any questions, please contact me.

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 .

WELCOME NEW MEMBERS

Carina Abrams	Adel Jabbar
Kevin Brady	Genene Kluck
Stacy Brittner	Brit McLaughlin
Gabriel Craig	Kathleen Morris
George Crocker	Sara St. James
Nellie Dyer	Karen Thome
Claudia Greco	Amy Winslow
Heidi Gross	Megumi Yamanoha

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.

SWIMMER OF THE MONTH: JIM FRAMPTON

By Karen Gilligan

The Swimmer of the Month for October is Jim Frampton. Jim is a long time member of DAM, dating back to 1974, which is even before DAM became incorporated. He remembers being adamant that the team not be called Davis Swimmasters and pushed for its current name, Davis Aquatic Masters!

Jim has worked hard on his swimming throughout the years taking swim classes, self-training, playing water polo, competing in meets, and consistently showing up for workouts no matter which coach may have been on deck. His favorite and most competitive stroke is breaststroke.

In his early days of swimming he couldn't believe that people actually got up to swim at 6:00 AM! Now, however, he has been brought over to the Dark Side, not by Darth, but rather his wife Anna and son Alex, who like to have him home in the evenings for family time. He is also motivated to get to the pool each morning because he believes that, in fact, if he doesn't swim he'll turn into a vegetable.

What does Jim like most about the team? "I get a good workout and swim with great people. Also the organization, available swim hours, and coaching can't be beat!" If Jim could be any animal he would be an orangutan. A cartoon character? Bob the Builder. Lastly, his favorite sport (other than swimming of course) is table tennis. Any Takers?

When it comes to Jim's contribution to the team he is very modest. When asked what he contributes he replied, "$44 per month". What he failed to mention is the countless years that he has volunteered to be the Safety Patrol Coordinator for our Lake Berryessa open water swim. This swim, hosted by DAM, is our only fundraiser of the year and couldn't be held without awesome volunteers like Jim! He has put in many hours rounding up canoes, kayaks, and paddlers, as well as training his crew on proper safety protocol. Thank you Jim for your many years of service in making this a successful event for our team!

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

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

OCTOBER 2008

	MON	TUE	WED	THU	FRI	SAT	SUN
Free			1 Kick/Fins	2 Distance	3 Sprint/fins	4 Starts Clinic 8:30-9:30, Civic	5 Sprint Pentathlon UCD @ Noon
Back	6 IM/#1 Stroke	7 Kick/fins	8 Distance	9 Sprint/fins	10 IM/#1	11 Intensive	12
					PMS SCM* Champs, Walnut Creek		
Breast	13 ???	14 Distance	15 Sprint/fins	16 IM/#1 Stroke	17 Kick/fins	18 Intensive	19
Fly	20 Distance	21 Sprint/fins	22 IM/#1 Stroke	23 Kick/fins	24 Distance	25 Intensive	26
Free	27 Sprint/fins	28 ????	29 Kick/fins	30 Distance	31 Halloween Games		

Short Course Meters

OCTOBER COACHES SCHEDULE

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

UPCOMING EVENTS

October 5 - 34th Annual Sprint Pentathlon, Schaal Pool.

October 10 -12 - PMS Short Course Meters Championships, Walnut Creek

November 8th - Annual Meeting & Party at Stonegate Country Club

Saturday in November (date TBD) - Brute Squad

December 6th - Annual Holiday Party

Board of Directors

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HAPPY BIRTHDAY

October 1
- Susan Munn

October 2
- Megan McCarthy
- Aysha Taff
- Wendy Yoder

October 3
- Katy Lantz

October 4
- Majorie Feller
- Mary Kahn

October 5
- Rose Conroy
- Murray Gardner
- Leslie Holeman

October 6
- Donna Billick
- Edwin Maeda

October 7
- Toni Horton
- Rachel Northrop
- Ted Tucker

October 8
- Matthew Zimmerman

October 11
- Cathy Toft
- Amy Winslow

October 12
- Joe Grafton
- Maggie Larson

October 13
- Robert Wall

October 14
- Margaret Worthington

October 15
- Richard Below
- Paul Hoeprich

October 16
- Rachel White

October 18
- Frances Tepolt

October 19
- Mark Callaghan
- Brett Stone

October 20
- Chris Bruhn
- Anne Rosenberg Main

October 21
- Kendall Essex
- Kirk Freeman
- Adam Yergovich

October 23
- Jonathan Curtis
- Paul Friedrich
- Sally Hamilton

October 24
- Tom Martens
- Collin McNiel

October 25
- Tariq Kadir

October 26
- Janie Booth
- Diane Davis
- George Vieth
- Mary Williams

October 27
- Ted Krovetz

October 28
- Stephanie Koop
- Jared Shaw
- Anna Sherwood

October 29
- Stephanie O'Brien

October 30
- Debbie Gritts
- Barb Paulson