

Davis Aquatic Masters

NEWSLETTER

Box 921 Davis, California

December, 1977

WORKOUT TIMES

Workouts for the remainder of December will be the same -- 6:15, 7:15, 10:00, 11:00, 12:00, 1:00, 7:00 and 8:00. As of January 3rd there will be slight changes in the starting times of a few workouts --

NOTE!	6:15 - 7:15	12:00 - 1:00
	* 7:20 - 8:20	* 1:05 - 2:05
	* 9:55 - 10:55	7:00 - 8:00
	11:00 - 12:00	* 8:05 - 9:05

DIRECTORY

A great convenience to DAM members has been the phone/address directory assembled by Jim Frampton two years ago. Due to changes of address and the addition of many new members, a new edition of the directory with current information will be available the first week in January.

DUES NOTE

Dues are now \$7.50, \$4.50 and \$2.00 per month. See LANE SEVEN for a full explanation of who pays how much!

AAU -- HOW DO YOU DO?

The annual registration drive for the AAU is on! The AAU is the organization that gives some organization to masters meets. The AAU sets standards for officials and meet production and records, and publishes times for all age-groups. By having an AAU number, one supports the AAU and also will have his or her times officially recorded. This is important in the case of record-breaking swims, etc. In the case of DAM, we have several nationally ranked swimmers as well as a record-holder. The AAU is responsible for disseminating all the information from meets and for keeping that information up-to-date. To register, get a form from Carol Lane (7:00PM, 753-7372). The fee is \$4.00 per year. Send money and completed forms to Carol Lane c/o DAM, P.O. Box 921, Davis 95616 -- or at 1626 Colusa Ave., Davis 95616. If you are currently registered (i.e. for 1977) just give Carol \$4.00 in order to reregister for 1978.

WATER TEMPERATURE

Bill Showers writes that he misses swimming in Emerson water. He's scuba diving in the Antarctic. Last time he got out of the water, his beard froze and broke off in his hand...

HELP!HELP!HELP!!!

Carol Lane is always ready to accept anyone's help with social events. Call her at 753-7273 and enlist.

PENTATHALON REPORT

Swimmers from all over Northern California met in foggy Sacramento December 4th, 1977 for the Annual Sacramento Pentathlon. Young and old, fast and slow, experienced and rookie, those in shape and out.... that day everyone was a sprinter. 250 swimmers jumped into the dark and clouded water of the Sacramento YMCA indoor pool for a short but vigorous warmup splash. The pentathlon events were 50 yds. of each

stroke and the 100 IM. Don't worry! Swimmers got plenty of rest since there were eleven events to each heat. Davis Aquatic Masters were represented as follows:

	<u>50 yd. fly</u>	<u>50 yd. back</u>	<u>50 yd. breast</u>	<u>50 yd. free</u>	<u>100 IM</u>
Jane Hinsdale	46.2	43.4	43.64	34.3	1:32.49
Jack Horton	36.55	37.1	41.5	29.4	1:18.24
Robert Norris	31.8	34.6	39.9	28.6	1:14.7
Rosewita Norris	1:07.4	51.5	52.5	41.6	1:54.3
Carol Walsh	31.9	33.3	35.6	29.7	1:12.0
Robert Walsh	29.7	35.5	34.7	27.3	1:08.6

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The Annual Dolphin Club - South End Club (DSE) Turkey Triathlon, held on Nov. 20, 1977, attracted a group of DAM members. This gruelling race takes place on the San Francisco waterfront starting at the foot of Hyde St., site of the Dolphin Club. It consists of biking 7 miles along the embarcadero over treacherous railroad tracks, hopping off your bike and running four miles, then stripping to your swimsuit and swimming 1/2 mile in Aquatic Park Cove. And as if that isn't enough, it's freezing!

Dave Scott repeated his win of 1976 by winning this year's race with a time of 48:08. Doug Matheson was second with a time of 50:50, and Patti Scott-Baier was third overall and first woman finisher in a time of 52:22. The DAM group also included Paul Brady (10th, 58:10), Milt Blackman (22nd, 63:18), Verne Scott (64:36), and Lorna Stark and Carol Walsh who got sidelined by railroad tracks and other moving objects — they can't wait till next year!

LANE'S LINE

The recent Livermore marathon attracted two DAM runner-swimmers. Connie Giannini and Carol Lane covered the 26-mile-385-yard course in spectacular times. The hilly course did not hinder their speed — Connie breezed across the finish line in 3 hours, 32 min. and Carol was right behind her with a time of 3 hours, 38 min. Besides their regular swimming workouts, Carol and Connie train 6 - 10 miles a day. Both were participants in the recent Davis Mini-Marathon and the Pepsi 20-Miler.

Watch out everyone! Sharon Bell has started to run. She's starting out fast and is getting faster!

Carol is looking forward to the Avenue of the Giants Marathon in May and she would like someone to run with.

Jane Hinsdale is on the comeback trail after injuring her ankle a couple of months ago. Her most recent efforts included the Davis Mini-Marathon and the Pepsi 20-Miler.

RUNNERS' CALENDAR

Watch the bulletin board for details about these runs:

- January 7th Lake Merritt Women's 5-Km. and 10-Km. runs.
The Boathouse, Oakland
- January 8th California 10. 10 miles.
Lincoln High School, Stockton
- January 22nd Zoo Run. 4 miles.
San Francisco Zoo, South Gate
- January 22nd Champagne Marathon.
Paul Masson Winery, Saratoga

TENTATIVE 1978 AAU MEET SCHEDULE

DATES	MEET	LOCATION
Jan. 21 or 22	OFFICIALS CLINIC	San Mateo
Jan 28-29	Short Course (open deck seeded)	Palo Alto YMCA
Feb 25-26	S.C. (Long Distances)	Rinconada, Palo Alto
March 18-19	S.C. (Short Distances)	Rinconada, Palo Alto
April 1-2	S.C.	Hartnell College, Salinas
April 14,15,16	S.C. PA Championships	Davis
April 29-30	S.C. Sprints	Richmond
May 19-20	S.C. Nationals	Texas
June 3 or 4	S.C. relay championships	Davis
June 24-25	L.C.	Walnut Creek
July 8-9	L.C.	Palo Alto ?
July 22-23	L.C. open	
August 12 or 13	L.c. Davis/Woodland	Woodland
August 26-27	open	
August 31-Sept 1-3	L.C. Nationals	Rhode Island
Sept. 9-10	open	
Sept. 24 or 25	North-South	Atascadero
October 7-8	S.C.	Walnut Creek
October 28-29	S.C.	DeAnza
Nov. 19	Pentathalon	Sac Y
December	Masters Clinic	Tamalpais

TENTATIVE 1978 DAVIS AQUATIC MASTERS MEETS

Jan 22	The Ice Breaker -- Long Distance Thaws
Feb. 12	Dual Fun Meet with San Mateo Marlins
March 12	A Novice Happening
April 14, 15, 16	PA. AAU Short Course Championships
May 14	Another Happening
June 4	PA, AAU Short Course Relay Championships
Aug. 12,13	Long Course Jointly Sponsored with Woodland Masters at Woodland
August 25 to Sept 4	Hawaiian Swim Week
Oct. 15	Fall Roundup

Watch for Details

The DAM Meet Committee

John Burger
Susan Munn
Andy Gabor
Carol Walsh

Ronelle Bargones
Marty White
Deb Adams
Ken Kimble

Jane Irving
Mary Roberts
Verne Scott

LANE SEVEN

The main topic of the December board meeting was the 1978 budget. After holding the line on dues for over two years, we have increased both regular and waiting list dues by fifty cents to \$7.50 and \$4.50. This is still a good deal. These budgetary items highlighted the meeting:

- Estimated expenses will be about \$26,000. Projected revenues will be around \$27,000. A reserve is reflected in the difference between the two amounts.
- All salaries were increased 4% on a cost of living adjustment.
- New budget items this year will include funds for seminars and clinics, increased equipment purchases, and social functions.

A complete budget summary will be in next month's newsletter.

Significant motions passed at the board meeting include:

1. Newsletter and club communications.
 - adopted the report of the communications committee which contains a comprehensive plan for newsletter publishing, handling of announcements, bulletin board, and media relations. Mary Ann Pohl and Evelyn Harley are the new newsletter editors.
2. Equipment.
 - authorized purchase of new lane lines and other workout/pool related items.
3. Pool schedule/Aquatics Council.
 - a letter will be sent to the city staff indicating DAM will keep its 7:00 P.M. time at Emerson Pool in January until the Aquatic Council can meet and propose an equitable resolution to the scheduling problem (There is a possible conflict concerning overlap of Aquadart and DAM hours at Emerson).
4. Enrollment policy and fees.
 - adopted the report of the Enrollment Policy Committee which included the following:
 - a) retention of the present system of priority numbers and workout assignments.
 - b) a continuing effort to secure more pool time will be made.
 - c) DAM members with priority numbers up to 210 will pay the regular dues (\$7.50). After priority numbers are calculated for January 1, 1978, all current members with numbers 211 to priority number of the last person on the waiting list will pay the waiting list dues (\$4.50). This last priority number will denote the beginning of a new category of DAM member who will pay \$2.00 per month until they become waiting list or regular members. This will be determined at each quarterly reenrollment.

LANE SEVEN (continued)

- d) the number of stroke improvement sessions per year will be increased with an effort to allow everyone to participate that wished to do so. The sessions will continue to be self-financing, being covered by the fees charged.
5. Health case file.
-the Health and Safety committee will investigate the feasibility of creating a questionnaire for DAM members to identify those who have a history of specific diseases or medical conditions.
6. Stroke films.
-four new, all-color films will be purchased.

Don't forget to turn in your reenrollment forms and have a nice Christmas.

Curt Miller
DAM President

BOARD OF DIRECTORS

The new board of directors represent a cross section of our Masters swim club. Your help and input on various ongoing problems and projects will be greatly appreciated by them.

Bob Cowden - Vice Pres.	Joe Scalmanini
Carol Lane	Bob Schroeder
Curt Miller - President	Verne Scott
Mary Roberts	

Treasurer- Kim Haggard
Secretary- Gayle BonDurant

Newsletter Editors- Evelyn Harley
Mary Ann Pohl

Media Liaison- Paul Brady
Jane Howard

Bulletin Board Monitor- Ellen Bailey

The following are the B of D's areas of responsibility. Suggestions and help from all members are welcomed.

Communications (Roberts)- newsletter, news stories, announcements, bulletin board, special awards.

Health and Safety (Miller)- Emergency contacts, training programs (CPR and first aid, etc.), physical fitness criteria.

Equipment and Facilities (Schroeder)- purchase and repair, water temperature and maintenance, equipment liaison with Aquadarts.

Social and Special Events (Lane)- planning and implementation.

Liaison with Public (Cowden) - City, School District, Seniors, Aquadarts.

Meets (Scott) - planning and implementation, coordination with AAU.

Reenrollment (Haggard)- conduct quarterly enrollment and annual survey.

Concessions (Schroeder)- coordination of order and sales

Budget and Personnel (Miller) - recommend budget, liaison with head coach, personnel review.

Bylaws and Policies (Miller)- recommend changes.