

# Davis Aquatic Masters - Newsletter

(01/26/76) # 11

Wine Tasting Trip: Sunday, 1 February 76. Napa Valley. Meet at Emerson Jr. High parking lot at 9:00 am. All day-bring picnic lunch. Of course, if rain clouds appear on the horizon, bring appropriate rain gear.

Meets: 14-15 February - Palo Alto. The Rinconada Masters are hosting this meet, which will feature both A & B events. Deck seeded only. 50¢ per event. Dave, Sasha and Cathy have the list of events. Plan to attend.

27-28 March - Hartnell College (Salinas). More info to come.

4 April - San Mateo. Again, more info to come.

1 or 2 May - Woodland. (Ditto)

\* 14-15-16 May - Short Course Nationals in Mission Viejo, California. We will be training for this meet - everyone will taper. Plan to attend. The only requirement for entrance is that you must have participated in at least one AAU meet. Sooooooooo here we all go! Everyone! Curt Miller has kindly volunteered his parents house as headquarters. (They'll love him for that, yes?)

Intrasquad: 17 January 76 meet results attached. For those of you who were unable to attend, you missed a beautiful day - complete with good times and the usual post-meet social. We want everyone (and that does mean everyone!) out for the next meet. The next intrasquad meet will probably be in late February.

AAU Cards: We are still awaiting our number from the AAU, so be patient. It should be here soon, along with application forms. (For those of you who had cards previously, please be advised that we are no longer permitted to use the Aquadart club number. The AAU is insisting that all masters clubs have their own number this year.)

All swimmers competing in any sanctioned AAU meet must have an AAU number. "Have applied" entries will only be accepted if the application and fee accompanies the entry cards.

A tip of the Masters cap to: Janet Kimble, Graham Gall and Dallas Davis for their extra assistance at the intrasquad meet.

A Masters Courtesy Howl for:

Helen Burd: Outstanding performance at intrasquad meet. 50 fr, 25 fr, 25 bk, 100 fr.  
Curt Miller: Three personal bests at intrasquad meet. 50 fr, 50 fl, 100 IM  
Mary Horton: Outstanding swim at intrasquad meet. 37 second drop in 500 fr time.  
Roberta Cook: provided doughnuts and coffee for the 6:30 swim-for-breakfast-bunch.  
Graham Gall and Mary Horton: our newest TV celebs.

T-shirts: "Davis Aquatic Masters." Judi Flohr has some left. Call her at 758-7017. Gold with blue and blue with gold. Take your pick. \$3.00.

Overheard in lane 6: "If water ballet wasn't so dorky, I think I would give it a try." Aw, come on, now. Give it a try before you decide. You might like it."

Name/address lists: Get yours from your coach.

Utensils: Remember the 20 June 75 BBQ at the Scott's? Well, some of you left dishes and silverware behind. Dot still has them, so give her a call and identify your missing dish. 753-2828.

Returnees: Nice to have the SF and Cleveland branches of the DA-M back.

Friday night socials: Beginning soon. Every other week. Will be announced at workouts. Such activities as going to Old Sacramento, bowling, whatever. Of course, these outings may be moved to a Saturday or Sunday. That would mean such things as rafting, biking, and the like. If you have any suggestions, please contact Doug Matheson (758-7787) or your coach.

Tennis Tournament: DA-M only. Mid-spring (date has not yet been set). Doubles. You will find your partner by drawing her/his name from a hat. Ability to play tennis not required

Fly: Just how many of you folks refer to the Butterfly as the "Butter"?

Gear: Team suit - purple or navy Honolulu (available in rb or cb). Check with local shops, Tower of Sports, etc. (Not required, incidentally)

Coaches Gripe: Each workout is designed for 1 hour. People wandering in late tend to disrupt the continuity of the workout. Warmup is critical for adequate performance, so try to be on time - if at all possible. Thanks.

If you (swimmers) have any comments about the coaching or training specifics, speak to your coach or call Dave (758-1943). This is your program, so speak up.

A Masters Hello to: All new and returning members. Glad to have you aboard!

Run and Swim: Last weekend of September. The DA-M have been invited to a run and swim in San Diego. It is sponsored by Tug's Tavern and is a popular event with SD locals. They really need some good old Northern California competition, don't you think? And who better than us? Let's get thinking about it.

We're Number One!

- Articles:
1. "Effect of eating at various times on subsequent performance in a one-mile freestyle swim," Research Quarterly 39:2(231).
  2. "Effect of eating at various times on subsequent performance in a 200-yard freestyle swim," Research Quarterly 39:2(355).
  3. "Effect of short periods of abstinence from cigarette smoking on swimming endurance of chronic smokers," Research Quarterly 38:3(474).

All available at the UCD library.

Quote: "Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity. The relationship between the soundness of the body and the activitiw of the mind is subtle and complex. Much is not yet understood. But we do know what the Greeks knew: that intelligence and skill can only function at the peak of their capacity when the body is healthy and strong; that hardy spirits and tough minds usually inhabit sound bodies." J. F. Kennedy

Remember: Swim for health.

\*\*\* Tuesday, 3 February 76, 7:30 pm  
Veterans Memorial Building, Club  
Room. Question/answer session with  
candidates for City Council.  
Particular interest: recreation and  
aquatics. Try to be there. Thanks.

Bye-

Mary

Hours: Will remain the same through February. If the other hours are full, we will reinstate the 1-2 pm workout in February.

Meet Results  
17 January 76

100 IM

Mary Horton	2:04.3
Lynn McMurdie	1:27.0
Leslie Westergaard	1:36.9
Fred Crowe	1:05.9
Dallas Davis	1:06.9
Steve Ford	1:08.7
Curt Miller	1:09.1
Tom Miller	1:33.3
Bob Schroeder	1:19.5

50 Breast

Judi Flohr	0:42.6
Jane Hinsdale	0:42.9
Paula Joyce	0:58.1
Lorna Stark	0:54.1
Dallas Davis	0:34.2
Dan Day	0:31.4
Graham Gall	0:46.2
George Giannini	0:41.0

200 Free

Judi Flohr	3:21.5
Doug Frederick	2:26.9
Tom Miller	3:01.6

500 Free

Mary Horton	10:03.6
Dan Day	6:50.7

100 Breast

Dallas Davis	1:11.8
Bob Schroeder	1:32.6

50 Fly

Jim Board	0:40.4
Fred Crowe	0:26.5
Curt Miller	0:28.7

50 Back

Jim Board	0:41.9
Verne Scott	0:50.6

50 Free

Helen Burd	0:45.3
Judi Flohr	0:33.0
Betty Gall	0:37.8
Paula Joyce	0:43.3
Lorna Stark	0:43.5
Jim Board	0:33.6
Dan Day	0:26.2
Steve Ford	0:25.3
George Giannini	0:32.9
Curt Miller	0:25.4
Tom Miller	0:34.0
Verne Scott	0:40.3

25 Fly

Judi Flohr	0:20.0
Betty Gall	0:21.9
Jane Hinsdale	0:19.8
George Giannini	0:20.0

100 Free

Lynn McMurdie	1:21.2
Fred Crowe	0:55.5
Steve Ford	0:56.6
Doug Frederick	1:03.4
Bob Schroeder	1:09.0