

Davis Aquatic Masters



Box 921 Davis, California

July, 1978

NEW DUES RATES

The board formally adopted the interim dues levels of \$11, \$8, and \$5. These will be reviewed in September for impact on the budget.

REENROLLMENT FOR FALL QUARTER

September 11 (Mon.)-September 26(th). The new list will be posted on October 2. Keep these dates in mind.

INTENSIVE TRAINING WORKOUT

The board adopted procedures for managing the 1 1/2 hour Saturday workout. Based on an original starting group of 24 swimmers, a perpetual waiting list will be kept and new swimmers added, as other swimmers drop out. The \$4 per month dues is payable 3 months in advance for a \$12 total and is nonrefundable. A person who leaves the 1 1/2 hour group before 3 months expires may receive the balance of his money from the new person taking his place, not from the club. Priority numbers are not in effect for this program; it is a first come, first serve waiting list.

COACHES VACATIONS

Dave: August 22-September 6 Kathy Carr: July 12-August 1.

COMING EVENTS

- July 22-23 L.C. Meet: Palo Alto (Team Event)
- July 29 Lake Tahoe: Relay Swim--13 miles, 6 members
- August 5 Santa Cruz: Run (2mi.)-Swim (1/2 mi.)-Run (1 1/2mi.)
- August 6 Santa Cruz: Warf Rough Water--1 mile
- August 12-13 L.C. Woodland Masters Meet (Team Event)
- August 12 Mary Horton's B.B.Q.
- August 20 Redwood Shores: Run (4mi.)-Swim (400 meters)
- August 26 Davis Run-Swim (to be announced)
- September 2-4 Hawaiian Rough Water Team Relay (Team effort)
- Rough Water Swim
- Long Course Meet
- (Make plans now and contact Lorna Stark or Jim Frampton)

NEXT MONTH'S BOARD MEETING

Will be held August 8th, 7:45 p.m. at Bob and Diane Cowden's.

4th ANNIVERSARY

For Dot Scott on completion of four years as a DAM member.

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LANE SEVEN

The board considered the following at its July 11 meeting:

1. Tennis Club pool rental: DAM will continue to work with the Tennis Club to develop a trial workout program at their pool beginning sometime in August. DAM waiting list people will be offered first chance to sign up when the program is ready.

2. T-shirt and concession sale: Effective immediately, all purchases from Dot Scott will be made by cash or check only, at the time of sale; there will be no credit and these payments may not be included with the dues.

3. Late enrollment forms: Where the policy on late submission of enrollment forms presently states that such persons must continue to pay the regular dues rate, the board amended the policy to state that these persons must pay on the waiting list rate.

4. Championship meet: DAM will again host the Pacific Association Short Course Championship in Spring, 1979.

5. Training equipment: Isokinetic training devices will be ordered once permission to install them is obtained from the city.

All members are reminded to notice the new dues levels and to pay promptly. If you owe the club any past dues you will be billed soon. As stated in our present policy, if you miss a month of dues, and aren't on a formal leave of absence, your priority number will be lost and be taken off the roster. This will be strictly enforced from now on, because our budget and pool rental fees require such stringent rules. Please be conscientious and send the proper amount in on time.

The annual meeting of DAM members will be Sunday, October 15 at the Veterans Building. Please plan now to attend.

--Curt Miller, President

RELAY MEET PARTICIPANTS

Only about half of the participants contributed their dollar and picked up a meet patch. Those not paying will find their name on the monthly delinquent list. Purchase of a patch is required for those who swam in the meet--the club counted on collecting \$1 from each DAM swimmer to defray cost of the patches.

NEW DAM INFO SHEET

Being developed. Includes details on: program objectives, history membership and enrollment policies, physical condition and examination, fees, officers, and coaches.

BIKE RACE CONCESSION STAND

This activity was a good experience for DAM--we learned a few things about organizing a concession, and what to expect in dollar return. Thanks to Gail Mynard, Jane Hinsdale, Dave Scott, Del McKercher, Steve Ford, Betty Gall, Same & Eve Vigil, Beth Hoover, Mollie Pro, Art Krener, Dana Small, Jack Horton, Joe Scalmanini, Kathy Gill, Peter Timm, and Katie Van Dorn.

ANNUAL B.B.Q.

Mary Horton's B.B.Q. on August 12--A sign-up sheet will appear on the bulletin board at the end of the month--but meanwhile be thinking of something delicious you'd like to bring for salad or dessert. Helpers will be needed by the social committee, so consider volunteering and getting to know some of your fellow swimmers better.

DAVE'S WAVES

In previous years, July has been a month of primarily aerobic conditioning, with a gradual introduction of speed and overall strength work. This year and this month, we will institute and emphasize a more concentrated strength program. A twelve station circuit will be programmed in the Emerson gymnasium, which will include the use of the isokinetic strength machines, barbells, and stretching dills. After each of you become familiar with the program, the training circuit will be available for use on an individual basis before and after the regular swim sessions. Ladies, you will not develop bulging biceps and burly muscular deltoids (shoulders)--rather a sleek, long, linear, and powerful body that will dramatically increase your overall stroke efficiency. Just wait and see!

Also during July, we (coaches) will review the four strokes, devoting one week per stroke. This coming week we will work on the mastery of the butterfly. One day every two weeks, the coaches will be watching your strokes under water. This will undoubtedly, give us a closer look so that we can assess proper body position, and hand-sculling motion. We are all looking forward to our underwater viewing.

One final note, July is the beginning of the summer rough water swims. Two upcoming swims are: July 22nd-San Fransisco and August 6th-Santa Cruz. August 12 & 13 ; is the long course championships at Woodland. We will devote our overall training towards this excellent meet.

Final, Final note, don't be hesitant to ask questions, we need your input.

--Dave

HELP NEEDED

To repair hand paddles (18 pairs), see Bob Schroeder. To paint wood cabinets in storage shed, see Silver Fox. Personal care and concern with maintaining dressing rooms and decks.

4th of July Family Relay

Won in a close finish by Cowden family. The Scott's and Kimble's also participated.

BIKE RIDE

Sunday, July 9th brought a beautiful sunny day for those ambitious cyclists attending the 3rd annual bike ride. The route covered territory stretching from the Russian River to the spectacular coast Hwy, through Bodega Bay, and back to starting point, Monte Rio, via Occidental. Glen MacLean, Lindabeth Schumacker and Katie Van Dorn were the first to complete the 40 mile loop, with 30 other avid cyclists following close behind. Nancy Sorenson won the award for the "most emergency road service" and Ronelle Bargones for "maximum liquid consumption" following the ride. No one was too tired to consume a huge meal at the Union Hotel in Occidental, where inexplicably those who were seated last finished eating first. Thanks to the Kimble's for providing sag wagon and others who provided transportation...Most of all, thanks to Joe Scalmanini who organized the trip.

COMMERCIALS

DAM members having businesses may on a space available basis insert a "one liner" commercial in the Newsletter.

CHANGES IN ADDRESS

Katie Van Dorn, 1208 Drake Drive, Davis, 758-8017, and Maryann Pohl, 4141 Cowell Blvd. #68, Davis, 758-7525.