



# DAM NEWSLETTER

16 June 1977 # 26

Bike Ride: 2nd Annual. Sunday, 26 June 1977. A scenic bike tour of vineyards, rolling (and a couple of not-so-rolling) hills, a winery, and a state park, followed by dinner in a Bavarian beer garden. Choose from two bike courses, one of 25 miles and one of 43 miles, both starting at Sonoma State College and leading to the Buena Vista winery, a truly scenic and restful spot for lunch. After lunch, ride a few miles to Jack London State Park, where the short course ends, or climb the hills and enjoy the descent back to Sonoma State College via the long course. At the end of the day, enjoy dinner in the Bavarian atmosphere of Little Switzerland in El Verano (near Sonoma).

Last year's ride was a big success and everyone easily finished 20 or 38 miles so plan to enjoy this one as well.

Meet at Emerson parking lot at 8:00 on Sunday morning to car caravan to Sonoma State College. More details are posted on the Emerson bulletin board.

Bike Parking Lot: If you park your bike inside the pool enclosure at Emerson, please park on the southside deck, to avoid congestion and accidents. Got that? Southside deck. Thanks.

Bike-Run-Swim: Saturday, 23 July 1977. Mark it on your calendar. Details will be forthcoming, as plans are finalized. For now, plan to participate in this local bike-run-swim. You know it will be a lot of fun.

Lane Seven (Or, From the President's Pen ...): Many thanks to everyone who helped with the championship meet. It went very well and our thanks go to Verne Scott and his crew of indentured (but willing) volunteers. It seems we earned a little money for our savings account, too. It was the largest Masters meet (aside from Nationals) ever held according to some AAU officials. Again, thank you for your help.

\* Beginning 1 July, the coaches will not accept monthly dues checks or cash. You will mail them to P.O. Box 921 Davis, CA 95616. All other rules will be in effect: they are due the 10th, you are off the roster if they're unpaid after the 30th, and you must leave written notice for leaves, vacations, etc. Those letters must be mailed, also. Again, please become familiar with the club policies; if unclear, ask your coach or a Board member.

Our club operations have expanded greatly and require us to seek permanent bookkeeping help. Kim Haggard, our treasurer, has been asked by the Board to assume these duties and next month we will establish a wage rate for this position. This work will include handling club rosters, finances and the employee payroll. We will also be using the services of an accountant to set the system up to get us started.

Long Course Nationals are in Spokane, Wash. in August. We need to get an idea of how many wish to attend so planning can be started. A flyer will be out shortly with details. Get those 50-meter afterburners warmed up.

Reenrollment is happening again, as promised. Your forms are due Friday, 24 June. The new roster will be posted Thursday, June 30. Please fill them out and don't be late. CM

Lost and Found: Camera found at meet is lonesome and anxious to return home. Call Dot Scott 753-2828 to identify and claim.

Coming Events: In addition to the above-mentioned events, you may wish to mark these on your trusty calendar of things-to-do. (1) 2 July: Innersquad meet, Community Pool, 9-1; (2) 9-10 July: Long Course meet at Rinconada (no 19-24, alas); (3) 24 July: Aquatic Cove swim, 1 mile, announcement at Emerson.

PASCMS: Did you know that there were 63 Pacific Association and 11 National records set?

Once again: Remember, beginning 1 July you must mail your dues to P.O. Box 921, Davis. Also, reenrollment forms are due 24 July. And, a great big Masters THANK YOU to all who helped with the recent championship meet. You were great; the compliments are coming in.



Dave's Corner: There are several items that need to be mentioned about the upcoming summer season. We are just beginning our second season, as of June 6th. This year, the summer program will continue up until the Nationals, for some, or up until mid-September. The basic format for the remainder of June is to continue the stroke instruction, finishing up with the butterfly during the last week. This will terminate our weekly stroke work sessions. We (coaches) will continue to emphasize stroke technique throughout the summer, and will be doing stroke drills to refresh your memory. Everyone should be continually trying to master the strokes and their proper technique. Whether your primary interest is to develop your muscular endurance, speed, stroke efficiency, strength, or cardio-vascular conditioning, these objectives will never be attained unless you are continually trying to improve your stroke mechanics. Your energy expenditure is directly related to the efficiency of your stroke pattern and motion.

Two more items pertaining to stroke work. If at any time you are confused about the explanation, or if you have a question about your particular stroke, SPEAK UP!! The coaches are there to help you become better swimmers. We don't always snap back (just last week). Ask questions. This tells us that you are sincerely interested. Secondly, we will have signups for a stroke clinic in the near future. More information to come in the announcements.

Back to the summer program. In July, we will reinstate the use of the pace clock. The pace clock should not be a mental burden to your performance in the workouts. The clock can be, and should be, used as a stepping stone in increasing your awareness of swimming skills - pacing, splitting, recovery heart rates, and speed.

In August, we will continue the July format with a little more quality (speed) swimming. There will not be a noticeable change in the workouts during all the summer months. We will continue to use the fins, paddles and pull-buoys on a regular basis, and generally the workouts will offer a variety of drills. Each week the coaches will give a general over-view of the program and what is to be expected. Again, speak up, ask questions. We need suggestions from the people in our program.

On to the news items. The last sheet of the newsletter is a new idea that may help monitor your personal performance on a daily basis. There are several categories that can be filled in if you so desire. Under the heading "morning readings" the three columns are resting heart rate, hours of sleep, and daily body weight. These factors will all fluctuate and do have a positive or negative bearing on your performance. The following five sections can be used as a daily performance evaluation. Just indicate the appropriate number under the proper heading. Hopefully, this chart, which is your own personal record, will help you better understand your ups and downs, and fluctuations in your workouts.

Final items. Intrasquad meets are coming up - one per month. They are open to all levels and abilities. The sole purpose is to give each of you an opportunity to assess your own personal progress. See you there on July 2. Secondly, the Nationals are coming in late August. There are no requirements. All levels can compete, or travel along with the rest of the team. People who are interested will have an opportunity to practice in a long-course (50 meter) pool at Woodland in late July and August. Arrangements are being made to travel via bus with a stop-over in Oregon. I'm planning to go up with an entire team with relays in all age groups.

Final note. Someone left a question on the board. "What do [I] think about running and how does it affect [my] swimming?" Running is a great way to improve your muscular strength and endurance of the hamstrings and quadriceps in the upper leg. The cardio-vascular correlation between running and swimming is pretty minimal. That is, you will not greatly improve or retain your cardio-vascular or cardio-respiratory conditioning with a running supplement. However, the running will develop, and should improve, your kicking - provide you stretch your legs and ankles thoroughly. Flexibility is the great inhibitor in Master athletes. It is critical that stretching be done before and after all workouts - running or swimming. Check with your coach for some exercises for the legs, ankles, and shoulders. Good luck.

Dave.

Sue Mary 