

# Davis Aquatic Masters



## DAVIS AQUATIC MASTERS

Box 921 Davis, California

June, 1978

### DUES QUARTERLY

The board strongly urges DAM members, effective July 1, to pay their dues three months in advance. This will help our accounting system run a little smoother. If you decide to pay in advance each quarter, please check the priority number sheets to determine your monthly dues rate before you mail your check.

### PROPOSITION 13

At this time the impact of 13 on Davis swimming is unknown. It could mean that the City would propose closing one or all the pools for some part of the year. All DAM's are urged to encourage other Davis aquatic programs to join with us in negotiating with the City in assuming management, maintenance, and heating costs (if necessary) in order to keep our program going. Undoubtedly this will include an increase in our monthly dues.

### MISSING WATCH

At the conclusion of our relay meet on June 4, one of our electronic stop-watches turned up missing. It is one of the Cronus watches (blue case). If you know the whereabouts of it, please return it to Joe Scalmanini, phone, or let him know where it is.

### COMING EVENTS

June 24	Saturday	DAM Raft Trip
June 24,25	Sat./Sun.	Walnut Creek L.C. Meet (see bulletin board)
July 4	Tuesday	Family Relays (see p. 4 in Newsletter)
July 9	Saturday	DAM Bike Trip (see p. 5)
August 26	Saturday	Run-Swim

### WEEK-END SWIM HOURS

The time has been expanded to run from 11:00 A.M. to 1:00 P.M. on Saturday and Sunday. In order to alleviate congestion, etc. please note that 11:00 A.M. to noon is for people who want to workout and train. The following hour, noon to 1:00 P.M. is for leisure swimmers only. (No workouts). Your cooperation is appreciated. Also, please put your equipment away when you use it on weekends. There's no coach to do it for you.

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A 1 1/2 hour weekend session for persons interested in harder training in lieu of an end of the summer meet was authorized. Twenty-four swimmers will be accepted when sign-ups are available. Watch for a sign-up list on the bulletin board.

#### PA RELAYS PATCHES

Anyone who did not get a participation patch on Friday, June 16 at workout may obtain one by calling Dot & Verne Scott. The patch is available to each member who swam in the relay meet for \$1.00; extras will be sold at the same price.

#### LANE SEVEN

The June board meeting was another 4-hour marathon session during which many important decisions were made. Please read and consider these items carefully.

1. Late enrollment: for those 40 or so members who turned in their enrollment forms late or not at all, the board adopted the following policy. If a member presently assigned to a workout fails to reenroll before the deadline, but has been paying dues on a regular basis, he will maintain his priority position but he will not be assigned to a workout for the new quarter. These people will swim on a space available basis only after the extra-capacity swimmers and the waiting list swimmers have been accommodated. These members must also continue to pay the regular dues rate in order to maintain their priority position.

There were just too many people, both veterans and new members, who didn't turn their forms in. To repeat, we do this every three months, it's noticed in the newsletter, and deck announcements are made to remind everyone. The club responsibility ends here, then it's up to you.

2. Measure E report: DAM members and the board contributed more than \$200 to the successful campaign to save Emerson. It passed with an 83% approval rate. The board thanks those DAM members who contributed time and money.

3. Medical forms: Health and medical forms will be given out soon to all DAM members 35 years and older. Please fill one out for our files so that the coaches will be aware of any medical or health problems.

4. Exercise equipment: The board, on a 5-2 vote, authorized the purchase of \$840 worth of isokinetic training devices that Dave plans to incorporate into the regular workout schedule.

5. Swim standards for club membership: All future new members must successfully pass a swim test in order to join DAM. The test is a 50 yard freestyle swim, nonstop, using a regular breathing pattern. (Persons unable to pass this test will be directed to other city programs.)

6. Dues statements: We will be sending out statements soon to all members who have been underpaying their dues the past 6 months. Please pay the amount you owe promptly. As a reminder, the dues levels are: \$7.50 for numbers 1 through 240; \$4.50, numbers 241 through 350; and \$2.00 for numbers 351 and up. Call Jeanne Morrow, 756-3537, if you have questions.

7. Out of town members: One requirement for membership in DAM is residency within the Davis Unified School District. (This applies to all who joined the club August 1, 1977 or later.) To clarify the policy on leaves of absence, the board decided that a leave, for purposes of maintaining a priority number while not paying dues may last no more than one year.

8. Fence jumping: Several DAM members have been caught at Emerson by the police with the gate locked. This is called trespassing. We urge you to stay out and save your own life and DAM's reputation.

Once again, please take time to read up on our club policies and become aware of them. It could help the paid staff and the board to be more efficient.

--Curt Miller, President



## DAVE'S WAVES

Several new training techniques will be instituted into our daily workout program. As most of you have noticed, and still feel the effects, we will be doing a bi-weekly strength and stretching program to supplement our swimming. Why? The two most limiting factors, in Masters swimming is an overall lack of shoulder, ankle, and lower back flexibility and a weakness in shoulder and upper arm strength. There are several ways to increase flexibility and strength. Learning all four strokes will improve the range of motion and overall joint strength. To perform the stroke(s) properly the individual must develop the strength and flexibility to gain leverage for the proper propulsive movements. Secondly, flexibility and strength can be increased by adding resistance by kicking or pulling, i.e. using boards, fins, pull-buoys, paddles. Thirdly, by doing shorter faster swims with more rest, this will increase primarily overall strength. The fourth technique is to supplement the swimming with dry-land exercises. The exercises should emphasize a specific movement that correlates to a specific stroke pattern--whether it be to specifically increase shoulder flexibility or triceps muscle strength. We are fortunate (you may not think so, quite yet) to have the space and the funds to purchase additional dry-land equipment which will improve your overall efficiency in the water. We will institute the dry-land training as a part of our regular workout 2 times a week and increasing up to three times per week. Hopefully, each one of you will enjoy the change and the benefits of this program.

The general workout format for the remainder of June will include a continuation of stroke review-including the "new" variation in breaststroke. Performance days will also be included one day per week. The idea behind these days will give the coaches an opportunity to talk about pacing, increasing speed and race strategy. These "performance" days should give everyone an opportunity to swim at their optimum level on a fewer number of swims. This workout should offer a little more incentive and motivation to re-establish goals for your individual progress.

A new additional program is in the planning stages for the competitive oriented Master swimmer. Due to the wide array of swimming ability within each individual hour, I feel it has become necessary to offer a supplementary workout for the competitive individual(s). These workouts are tentatively being planned for Saturday morning and Wednesday evenings, a 1 1/2 hour session. There will be more information in the upcoming general announcements.

One final note, Cathy, Mary and I enjoy and welcome all comments and constructive suggestions. Please, don't grumble inside, tell us, help us, we need your individual concern for your program. Finally, each one of you is entitled to receive feedback about your progress on a daily basis. If you feel you are being neglected or overlooked--please speak-up. Coaching is our job!

--Dave

## JULY 4th FUND RAISER

A refreshments concession is being organized for the 4th of July to help raise much-needed funds for a number of projects: The purchase of video-tape equipment and additional isokinetic exercise equipment, the construction of roofs for the Manor dressing/shower areas, and possibly travel assistance for DAM swimmers representing the club at out of town meets.

The concession will be set up in a nice shady location downtown on the course of the criterium bike races. It is not yet certain what refreshments will be sold, but they'll be liquid! (Beer, wine, wine coolers, fruit juices, soft drinks, and lemonade are the possibilities.)

People will be needed to pick up supplies prior to the 4th, to set up tables (8-10am), to sell (10am-2pm) and to clean up (2pm-?). Please sign the list on the bulletin board by Friday, June 30 if you can help out--or phone Mary Ann Pohl (752-3438 work, 485-0952 home or Joe Scalmanini (758-1338). Contact Joe 6/19-6/21. (Mary Ann will be out of town).

THANKS to David Friedman who assisted Fran Zeman with scoring at PA Relay Championships.



## RELAY MEET

Successful with many favorable comments by swimmers from out of town.

Thanks to all those who helped--especially the Senior Masters who manned the concession stand and provided refreshments to officials throughout the day.

Congratulations to Sylvia and Alfredo Guzman, Kathy Gill and Greg Rogers for winning the Kicking Relay, and to the Gall family for winning the "B" division of the Family Relay.

Many new DAM's as well as old ones found relay meet lots of fun.\*\*\*DAM swimmers in the meet owe \$1 and when paid will receive an attractive participation patch. Give name and buck to Lynn Schroeder or send to P.O. Box 921(Davis Aquatic Masters).

## CONCORD S. C. MASTERS MEET, May 21, 1978

### RESULTS--

<u>400 M Free</u>	Art Krener	5:53.6	(2nd 35-29)
	Doug Matheson	5:27.8	(2nd 30-34)
	Alfredo Guzman	5:08.5	(1st 35-39)
	Silvia Guzman	5:42.4	(3rd 30-34)
<u>100 M Back</u>	Art Krener	1:40.8	(2nd 35-39)
<u>50 M Free</u>	Carlene Paris	47.1	(2nd 35-39)
<u>100 M Breast</u>	Carlene Paris	1:50.4	(2nd 35-39)
<u>50 M Back</u>	Art Krener	45.2	(4th 35-39)
<u>200 M Fly</u>	Alfredo Guzman	2:45.5	(1st 35-39)
	Greg Rogers	2:36.0	(1st 19-24)
<u>100 M Free</u>	Doug Matheson	1:06.2	(1st 30-34)
	Art Krener	1:14.8	(1st 35-39)
<u>200 M IM</u>	Doug Matheson	3:03.3	(2nd 30-34)
	Silvia Guzman	3:03.2	(1st 30-34)
<u>100 M Fly</u>	Alfredo Guzman	1:09.6	(1st 35-39)
	Silvia Guzman	1:24.0	(2nd 30-34)
<u>50 M Breast</u>	Carlene Paris	49.0	(2nd 35-39)
<u>400 M IM</u>	Greg Rogers	5:31.7	(1st 19-24)
<u>200 M Free</u>	Art Krener	2:51.5	(2nd 35-39)
	Alfredo Guzman	2:24.5	(1st 35-39)
	Doug Matheson	2:31.2	(1st 30-34)

## TENNIS TOURNAMENT REPORT

The May 19 DAM mixed doubles tourney was rated a success by players and spectator's alike. Rick West did a great job teaming up some 32 participants for two 45-minute rounds apiece. When all the scores were in, the majority sat back to watch the championship round, a fiery contest which pitted Verne Scott and Connie Giannini against Cathy Carr and Roger Reidelberger. The latter pair won the match (8 - ) and claimed their prizes of a can of tennis balls apiece. Thanks to Rick for his efforts.

## DAVIS FAMILY CHAMPIONSHIP FREESTYLE RELAYS

4th of July--BE THERE, Masters, with your families! Following the "fun" miscellaneous relays about 2:00, there will be family relays divided into classes such as Novices, Intermediates and Professionals! There must be at least one adult on each team of 4.\* The Cowden foursome won the Pro class in 1975 and 1977 and took 2nd in 1976 (Bob was out of town and Diane filled in). Other finishers in recent years have been teams of the Scott and Kimble families. Get your group together and have fun competing with families of like abilities on a great family day! Be sure to be at Community pool for the kids' relay races, followed by the BIG EVENT! Watch the newspapers for further info! \* The relay is 100 yds. freestyle, each member swims 1 lap.





THE G O S P E L   A C C O R D I N G   T O   S C O T T

or

The Six Commandments of the 1978 PA Meet

- I    Thou shalt do a work out on Friday at 10,11, or 12 at Community Pool (assuming thou art not swimming the 1650). Thou shalt attend the 7:30 p.m. workout (at Emerson), (the only one in the evening) only if thou canst not come early.
- II    The Lord will bless all who help as timers on Friday since timers on that day are rare and shall be precious in the sight of the Lord.
- III    Blessed shall be those who can provide loaves, (or rolls, cookies, doughnuts-- but no fishes) with which to feed the multitudes of officials. Sign-up sheet for this is on bulletin board at Emerson.
- IV    Thou shalt attend a warm-up swim at Emerson at 8AM to 9:15 on Saturday if thou hast signed up to swim any of the first 3 events (400 IM, 100 IM, 50 Breast). Thou shalt attend the warm up 9:15-10:30 if thou intends to swim any event later in the day on Saturday.
- V    Thou shalt attend the warm up at 8 AM on Sunday if thou wilt swim the 500 free. This is also at Emerson. If thou plans to swim any other event on Sunday, thou shalt warm up at Emerson at 9:15 am-10:30 am.
- VI    Thou shalt forsake all strenuous running and other heavy labors until next week.

MAY THE LORD BLESS THEE AND KEEP THEE AND GIVE THEE SPEED.

-- Fran Zeman