

# DA-M Newsletter

Wanted: Treasurer. Call Doug Matheson or Mary Kroeger. Begin 7/1. (06/02/76) # 14  
Here's your chance to volunteer, so get going.

Meets: Results of May 27 meet attached. If you missed the meet, tsk, tsk. You missed a good one. And a fun social afterwards.

- 12/13 June. Marin Aquatic Club Masters (relay meet).
- Intrasquad for June. In the planning stages. Announcement to come shortly.
- If you have any suggestions for meet events, don't be shy. Tell Rick West or your coach.

Rough Water Swims, 1976: Dave Scott has the complete list in his backpack. Ask him to see it.

- 25 July 4th Annual Aquatic Park Cove Swim. 1 mile. S.F. Bay. \$3.00. Lunch
- 14 August 4th Annual Santa Cruz Pier Swim. 1 mile. \$2.50. Steak BBQ
- 19 September. Tug's Tavern 2nd Annual Run-and-Swim. San Diego.  $\frac{1}{2}$  m swim,  $3\frac{1}{2}$  m run,  $\frac{1}{2}$  m swim. Breakfast.

Lake Tahoe Swim-a-thon: For Heifer Project International. First part of August. Approx 13 miles. Very worthwhile cause - plus fun weekend for participants. Call Diane Cowden 753-2551, or her friend Maggie Grosse (1-415-452-4412) for additional info.

Bike Ride: 1st or 2nd weekend in June. Going somewhere exciting. Be prepared. Flyer will give details.

Incidentally, how many DC'ers do we have on our team?

Proposed social events: Point Reyes day trip; back packing in the Sierra Nevada; dancing at the Top of the Cosmos; softball game; a second tennis tournament. Plans in the making. If you have any suggestions, please contact Doug Matheson or your coach.

Movies: Stroke flicks will be shown near the end of June.

Natls people: Pay up, if you haven't already done so. \$2.00 per individual event. If you are not sure how many events you signed up for, call Mary Kroeger. Thanks.

Sign-ups: For new swim times (summer season) will begin week of June 7.

Coaches Corner: Everyone should be more willing to accept new ideas and techniques (e.g. stroke mechanics) from your coaches. Please listen carefully to the instructors. Ask questions for additional help.

If you are interested in your individual goals or progression, talk to your coach to establish some guidelines. Also, keep an individual book on your times, attendance, yards swum, etc. Whatever records you are interested in. This is your program.

House: Rich and Evelyn Harley have a house for rent, starting NOW. Call them, or leave your name and phone number with your coach. 758-2687.

A Masters Courtesy Howl: for all the new fashions seen around the pool this spring!

Weight: Seems a lot of you are using the weight records, so am attaching another one this month. This is your record. The purpose is: many people seem to be increasing their calorie intake beyond their calorie expenditure. That is not good. So ..... use our record sheet and just see what your habits are. You may be surprised!

And remember =  $\frac{1}{2}$  pound per week = 26 pounds per year! Patience counts.

27 May 1976 results:

25 choice swimmers include: Fran Zeman,  
Dorrie Parsons  
Melissa Kubiak

} but, alas, I don't know what they chose to swim - (i)

200 Free

Bob Richardson	2:45.9
Rich Harley	2:06.0
William Murray	3:06.7
Will Hitchcock	2:03.8
Gerald Haggard	2:02.3
Patti Scott	2:12.5
Ellen Bailey	1:35.8--100
Sharon Bell	2:31.9
Betty Gall	3:15.2
Jim Roumasset	2:05.3
Bob Schroeder	2:34.0
John Striffler	3:46.3
Mary Roberts	2:54.8
Pamela Nicholson	2:37.0--100
Doug Matheson	2:13.3

50 Back

Mark Nicco	0:39.7
Betty Gall	0:50.4
Rick West	0:30.9
Steve Ford	0:33.4
Will Hitchcock	0:31.6
Jim Frampton	0:34.7
Ken Kimble	0:52.2
Doug Matheson	0:39.1
Deming Maclise	0:36.5

100 IM

Doug Matheson	1:13.2
Jane Hinsdale	1:30.6
Mary Roberts	1:31.2
John Striffler	1:50.7
Chris Yager	1:26.2
Carol Walsh	1:15.1
Stephanie Briggs	1:25.0
Evelyn Harley	1:16.8
Rick West	1:06.0
Mark Nicco	1:22.5
Curt Miller	1:06.0
Steve Ford	1:07.6
Chris Day	1:05.5
Dave Danley	1:08.5
Jim Frampton	1:09.7
Rich Harley	1:15.4
Dallas Davis	1:04.8

200 Breast

Rick West	3:01.4
Patti Scott	3:02.1
Jim Morris	2:28.5

50 Free

Deming Maclise	0:28.0
Jean Washington	0:32.9
Mary Roberts	0:35.5
John Striffler	0:40.7
Carol Walsh	0:30.1
Jane Deamer	0:40.1
Betty Gall	0:36.1
Bob Richardson	0:29.9
Ellen Bailey	0:39.9
Mark Nicco	0:31.4
Chris Day	0:25.2
Dave Danley	0:27.5
Doug Brockbank	0:23.7
Jim Morris	0:28.2
Dallas Davis	0:26.8
Ken Kimble	0:35.5
Evelyn Harley	0:29.8
Helen Burd	0:39.2

100 Back

Jim Board	1:25.6
Chris Yager	1:29.7
Stephanie Briggs	1:30.2
Bob Schroeder	1:20.7
Mark Nicco	1:28.9
Ken Kimble	2:03.1
Gerald Haggard	1:16.8
Judi Flohr	1:35.0

100 Fly

Jim Frampton	1:10.8
Jim Board	0:36.4--50
Jim Roumasset	1:03.2
Patti Scott	1:11.1
Rich Harley	1:03.3

50 Fly

Doug Brockbank	0:27.0
Dave Danley	0:30.7
Steve Ford	0:29.1
Curt Miller	0:28.0
Sharon Bell	0:37.5
Rick West	0:28.8
Evelyn Harley	0:34.4
Carol Walsh	0:34.8
Chris Yager	0:43.5
Jane Hinsdale	0:43.5
Bob Schroeder	0:30.8
William Murray	0:49.5
Deming Maclise	0:37.5
Bob Richardson	0:38.9

100 Breast

Dallas Davis	1:09.1
Evelyn Harley	1:25.9
Jim Morris	1:08.6
Mary Roberts	1:36.1
Mark Nicco	1:30.8
Bob Schroeder	1:31.2
Jim Roumasset	1:18.4
Bob Richardson	1:37.6
William Murray	1:44.6

100 Free

Jim Board	1:17.0
Doug Brockbank	0:53.2
Dave Danley	1:02.0
Jean Washington	1:16.1
Patti Scott	1:00.1
Sharon Bell	1:11.0
Jane Deamer	1:32.3
Carol Walsh	1:07.5
Chris Yager	1:19.5
Rich Harley	0:57.1
Deming Maclise	1:10.5

Whew!

Doc's Corner:

Big news! Medical science has finally discovered a treatment for that Scourge of Mankind and Nemesis of Swimmers. Yes, athletes foot, that dreaded killer, can now be eliminated, without surgery or radiation therapy. How you say? Well, athletes foot starts out as a fungus infestation and, unless you knock it out right away with Desenex or another anti-fungal agent, it develops into a bacterial infection. You've seen the symptoms, right? Cracked skin, scaling, flaking, sogginess, toes falling off, blurred vision, etc. So what do I recommend? Well, waltz on down to your drugstore and ask the pharmacist for one or two ounces of aluminum chloride (30% solution). It should cost less than one dollar (or two beers, depending on your value system) and two ounces should last about 79 years. Apply it to the affected area with a cotton swab

twice daily and in 48-72 hours your athletes foot will amazingly disappear leaving that silky smooth skin we all love to touch, right? Your friends will speak to you again and stray animals will actually walk up to you! Best of luck!

Next issue: How to treat chlorine induced aquatic hemmorhoids with two pounds of goat hair and a shopping bag.

C. Morgan Miller, W.I.R.

*Doc's Mary*

JUNE WEIGHT SHEET

<u>Date</u>	<u>a.m. wt</u>	<u># of #1 meals</u>	<u>Snacks: list all other foods eaten during day</u>
1			
2			
3			
4			
5			
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28			
29			
30			
31			

#1 meals: regular sit-down variety (Not "grab what you can and run" type)  
#2 snacks: all food eaten other than during regular sit-down meals.