

# Davis Aquatic Masters



Box 921 Davis, California

May, 1982

## CALENDAR OF EVENTS

Thurs., May 20	Park and Rec. Commission Meeting, 8 PM, City Council Chambers.
Sat., May 22	DAM Pentathlon - 8:30 AM Warmup; 9:00 AM Start, Community Pool.
Tues., May 25	Hypothermia Treatment Lecture - 8 PM, Civic Center Pool Weight Room.
Tues, June 1	Travel Fund Committee Meeting, 2214 Anza Ave., 8 PM.
Sun., June 6	Lake Berryessa 2-Mile Open Water Swim - Carpool/BUS Meeting at Civic Center Parking Lot, 6:30 AM.
Tues., June 8	Board of Directors Meeting, 7:30 PM, 3307 Canoe Pl. (Pack a suitcase!)
Mon., June 14-Fri., June 25	REENROLLMENT (for summer quarter)
Sat., June 19-Sun., June 20	Walnut Creek Longcourse Meet.
Fri., July 2	USMS Long Course Nationals entries due to Ross.
Sun., July 11	S.F. Cove Open-Water Swim.
Fri., July 16-Sun., July 18	PMSA Longcourse Championships - Novato (Super Facility!)
Sat., July 24	Tahoe Relays.

## SCHEDULE CHANGES

Due to the Park and Recreation Department's youth priority policy for pool use and due to the end of the school year, two of our DAM workouts will be forced to change hours mid-quarter. The senior workout (presently at 10 AM) will begin at 5:30 PM on June 14. The Community Pool evening workout (presently 7 PM) will begin at 6:00 PM on May 17. Similarly, the 7:05 AM and 1:05 PM workouts may be forced to begin on the hour due to youth groups scheduled to follow on the hour. Watch the bulletins and listen to announcements for definitive information. We apologize for any inconvenience those involved may suffer, but beg your indulgence as we are forced to comply with the aforementioned policy.

## SALUTE (AND ALERT TO ALL MEMBERS)

A 21-gun salute to John Bracchi, Chuck Lieberman and Sue Milburn for their efforts to encourage the City Parks and Recreation Department to not only renovate, but expand, the Civic Center Pool. ALL MEMBERS CAN HELP THE CAUSE BY ATTENDING THURSDAY NIGHT'S PARK AND RECREATION COMMISSION MEETING AT 8 PM IN THE CITY COUNCIL CHAMBERS (MAY 20).

## LONGCOURSE TRAINING

As school ends in June, we will again host longcourse workouts at the Woodland Pool Tuesday and Thursday evenings from 8 to 9 PM. All members are welcome at no

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The Newsletter is published monthly on the Monday following the meeting of the Board of Directors (usually the second Tues of the month). Announcements and other items of interest to members must be submitted no later than 6:30 PM on the Friday after the Board meeting. Items should be submitted to:

Ross Yancher 753-6920 or at the pools.

additional fee (by priority order if necessary). Watch the bulletins and listen to announcements for definite commencement dates and directions.

### DON'T LOSE YOUR PRIORITY NUMBER!

In order to keep your priority number, you must pay dues each month whether or not you swim. The exception to this is a leave of absence, which is for a minimum of three calendar months and for no more than a year. It must be requested in writing before the leave is to begin. A person on leave pays no dues for that period, keeps his priority number and does not swim in any of the DAM workouts or week end swims. If you are going to be away for the summer and want to keep your priority number, write a note to the treasurer requesting a leave and stating the length of the leave. If you are going to be gone for a month or don't swim during finals, you must pay dues unless you want to start over as a new member when you start swimming again.

If you return from leave at the beginning of the quarter (i.e., October), you must reenroll during the reenrollment period or you will be classified as a late number. If you return during the last two months of the quarter, you only need to send in your dues with a note saying you are no longer on leave.

### ARE YOU BEHIND IN YOUR DUES?

Please check the list posted to make sure you have paid dues to date. If you have any questions call Barbara Paulson 756-2189. Dues are due by the 10th of the month.

### HYPOTHERMIA LECTURE

A lecture about hypothermia will be given May 25th at 8 PM at Civic Center Pool weight room. Howard Donner, a 3rd year medical student who has had extensive experience in outdoor sports and experience treating hypothermia, and Ron McDowell, who has a masters in exercise physiology, is a member of Dolphins and an open water swimmer, will speak. Please come if you are interested in causes, treatment and prevention of hypothermia.

Our thanks in advance to Leah Weinberg for arrangements.

### LAKE BERRYESSA SWIM

Preparations are steaming along for our Lake Berryessa Two-Mile Swim on June 6th. Many members have volunteered their time and help, but we could still use more of you.

The Lake Berryessa swim--the only two-mile rough water swim in Northern California--is the brainchild of Amy Samuels, who thought of the swim and found the Goat Island location last fall. Doug Fredericks surveyed the area, and set up a course that will be exactly two miles long. (Doug will also be in charge of the boats on the day of the race.) Andy Kuniyuki will be setting up the course markers, and he has some good ideas for making them easily visible to swimmers in the water, including weather balloons tied to important buoys. Leah Weinberg is arranging for ambulances to be on hand, and Jean Liebmann and Carolyn Cole are inventing an efficient registration and start-and-finish system. Sue Milburn and Karen Koevary are in charge of signs and banners, and Ingrid Ferreira, Evan Auberry and Stan Robinson, of promotion and publicity. Mark Williams is in charge of communications (CB radio and walkie-talkies). All committee heads can use your help!

Some handsome awards are being made right now. Every participant will receive a glass beer mug, imprinted with information about the race and the DAM logo. Age-division winners and runners-up will be given plaques with the new Lake Berryessa landscape design on them, and overall winners will receive glass pitchers sand-blasted with this same design. The design is a real beauty--look for a sample of it at Emerson pool--it was drawn by John Hamilton, calligraphy by Marilyn Judson, and a lot

of work has been done by Lisa Hausman, Denise LeStrange, Missy LeStrange, Lisa Nowell, Mike Cuckovich, Barry Parker and Dot Scott, to get the design onto T-shirts. These T-shirts, powder blue with the Berryessa landscape design in dark blue, will be on sale in Davis during the week before the race. Only a limited number of them are going to be made, so get yours ahead of time.

Everyone should swim this race! The water will be "relatively warm", (65-70) and flat for a rough water swim, and the course will be easy to follow. If you want to swim, you must be a U.S. Masters Swimming member, you must bring an orange swim cap for safety (Fleet Feet has ordered extra). It would help if you registered ahead of time, although there will be race-day registration. The race begins at 9 AM with registration at 8 AM. It takes 65-75 min. to get there from Davis. Listen for announcements about carpools leaving early from Civic Center Parking Lot.

Even if you don't swim, you should still come out to the park on the day of the race, because Mike McKinley and the social committee are arranging a giant picnic to be held when the race is done. The park is right on the west side of the lake, so recreational dipping will be easy; picnic tables and barbeque grills sit on grass above the high-water mark, and there will be lots of beer. We expect many of the out-of-town swimmers will stay for the picnic, and hope you will bring a picnic lunch and join us.

It is also important that you join us in helping to set up and run the race, because conducting a safe swim takes a lot of people and work. Even those of you who are swimming can help with the set-up and registration. WE STILL NEED: rowboats, skiffs or canoes to be used as course boats (we have enough motorboats)--talk to Missy LeStrange if you have one you could lend. WOOL BLANKETS--for Leah Weinberg and the emergency services (sign up sheet is at Emerson). NYLON ROPE--to set up start and finish (call Missy). LIFEGUARDS with WSI--to help patrol the course (call Lisa Nowell). An ANNOUNCER--someone with good eyesight and a gift for slinging it. And PEOPLE--for help with every aspect of the race.

The race, by the way, begins at Acorn Beach on the west shore of Berryessa, circles Goat Island and returns to Acorn Beach. Maps giving directions to Acorn Beach Park (which is just north of the Park Service headquarters) are on entry forms, available at Emerson. The race will be sanctioned by PMS, which is why all participants must be US Masters Swimming members. (Verne Scott is our PMS contact, and has provided invaluable help in all areas.) V. Santoni and Co., Budweiser distributors, is sponsoring the race, so it will be an important fundraiser for DAM. (Lower dues?) It also promises to be a GIANT PARTY, perhaps destined to become one of great annual endurance events that DAM is famous for. So get out there and SWIM THIS RACE. HELP YOUR CLUB!

#### TEAM SHIRTS AND CAPS

DAM T-shirt/Warmups/Caps/Etc. Committee wants input from all club members about:

- 1) Suggestions for design for a club logo or, better yet, samples of proposed designs, for silk screening on club T-shirts, caps, warmups, etc.
- 2) Expressions of definite interest (or lack of interest) in ordering such club garments for your own use.

Since the cost of the screening and the garments varies with the number of paid orders placed at a given time, we need some idea of how many members would be seriously interested, once a club logo has been agreed upon, before proceeding further.

Contact Gwen Stephens 753-4675 or Ross Yancher at the pool.

Prices for number 24-71 T's, tanks, and polos are between \$4.30 to \$10.37 depending on style selected. There is an initial total cost of \$20.00 for the screening.

#### BYLAWS REVISION

The DAM by-laws have been reviewed and revised by a committee appointed by the Board of Directors. A copy of the current by-laws and a copy of the revised version

will be posted on the pool bulletin board for the review of interested DAM members. The coach (Ross) will also have some copies of the proposed by-laws. If you have any comments or would want additional copies, call Anne Carson at 758-3998. A review of the team's policies and procedures will follow this effort. Any items of concern that appear to be missing in the revised by-laws will be handled in the policies and procedures revision.

#### TAHOE RELAYS

The travel fund will sponsor the Tahoe Relays entries, but members should be alerted to alert the coaches of you or your team's intention to participate IMMEDIATELY.

#### TRAVEL FUND NEWS

As usual, the triathlon was the main topic of discussion. The registration packets which will be sent to all entrants are currently being compiled. The registration committee will meet May 18 at 8:00 PM at 581 9th St. #29 to finalize the work.

A T-shirt contest was announced, so all you budding artists out there get to work. Submit your design for the triathlon T-shirt by July, 1982. This could be your chance to have your talent seen nationwide. For more information contact Joanne Ball, 753-2005.

Ten rooms have been reserved in Portland, Oregon for the LC Nationals Aug. 26-29. For more information contact Andy Kuniyuki, 753-4827.

The next Travel Fund Meeting is Thurs., June 3 at 8:00 PM at 2214 Anza Ave.

#### WATER POLO

The equipment, pool time and coach are available if the interest exists for water polo, as scheduled, Sunday mornings from 10 AM to noon. We would start at the elementary level, going over ball handling and defensive skills and progress to offensive strategy, drills and scrimmages. Interested? Sign up with your coach. A good scrimmage requires 14, and we'll use everyone regardless of sex or age if we get enough to do it.

#### GOOD MEET

Congratulations to the 38 DAM participants at the PMSA Short Course Championships. While highlighted by 17 individual championship efforts, 65% of the total individual efforts were lifetime best times (78% best masters times). Further Kirk Johnson's 48 second 100 free set an association record and Lillian Rowan inspired all with performances which culminated in an individual high point honor. All of the swimmers who worked hard to achieve individual successes can be proud of themselves and certainly represented DAM well.

#### MEMO TO NEW MEMBERS

Civic Center Pool is open for "recreational swimming" on Saturdays and Sundays 11 AM to 1 PM. No coach. No workout. Just swim. Practice strokes. Loosen up. Get a tan.

For members only. No family non-member friends, or pets.

Please get in a lane with others of approximatedly the same swimming ability.