

Davis Aquatic Masters



Box 921 Davis, California

December, 1981

IT'S REENROLLMENT TIME

Reenrollment for Winter Quarter will be held from December 14-December 26. Forms are available at the pools NOW! Remember, EVERYONE must re-enroll, so be sure to get your form and money to treasurer Barb Paulson. Further directions are on the form. Dues are \$51.00/quarter or \$17.00/month.

Available workouts for the winter are as follows:

6:00 AM	1:05 PM
7:05 AM	6:30 PM (Community)
10:00 AM (Seniors only)	6:30 PM (Emerson) Intensive
11:00 AM (Intensive)	7:30 PM
12:00 Noon	

All workouts are at Emerson except for the 6:30 PM workout at Community pool.

HOLIDAY WORKOUT SCHEDULE

Note the following changes.

December 21, 22, 23: 5:30 and 6:30 workouts will be at Community (none at Emerson at those hours). No changes in AM and mid-day workouts.

December 24 (Xmas eve): 5:30 and 6:30 PM (both pools) cancelled.

December 25 (Xmas day): Pool closed.

December 26, 27: Recreation swim 11:00-1:00 only. No workouts.

December 28, 29, 30: 5:30 and 6:30 workouts will be at Community (none at Emerson at those hours).

December 31 (New Year's Eve): 5:30 and 6:30 PM (both pools) cancelled.

January 1 (New Year's Day): 11:00-1:00 recreation swim only. No workouts.

January 2, 3: 11:00-1:00 recreation swim only. No workouts.

REGULAR SCHEDULE WILL RESUME Monday, January 4.

Intensive workout: December 26 cancelled. Will be held January 2.

CALENDAR OF EVENTS

Mon., 12/14-Sat., 12/26: Winter quarter reenrollment.

Fri., 12/18: DAM Christmas Party/Potluck, UCD Rec Pool Lodge (small donation for drinks).

Mon., 1/4: First day of Winter Quarter Schedule.

Tues., 1/12: Travel Fund Committee Meeting, 646 Elmwood.

Wed., 1/13: Next Board Meeting, 752 No. Campus Way.

Sun., 1/17: Sacramento Y Distance Meet (indoor).

Sat., 2/6: San Francisco State Sprint and Middle Distance Meet (indoor).

The Newsletter is published monthly, on the Monday following the meeting of the Board of Directors (usually the second Tuesday of the month). Announcements and other items must be submitted no later than 5:00pm the day after the meeting of the Board, or by special arrangement with Newsletter staff:
Kathy Gill 753-2145

OUR APPRECIATION

Special thanks to George Giannini for fixing our pace clock and swim benches and to Greg Stoner and Dennis Wilson for helping to move the Universal Gym into the weight room! Thanks to Judy Gabdr for finding the unused equipment in a dusty store room. Likewise, appreciate Mark Lundin acquiring and assembling our new goal chart board and extension cords.

VOLUNTEERS NEEDED

It looks like all the white discs on our 15 lane lines need switching to pigmented discs (probably gold). This should be a fun task and is scheduled for April.

INTENSIVE WORKOUTS ON WEEKENDS

Intensive workouts are scheduled regularly on Saturdays from 8:30 to 10:00 AM. While suited to our stronger workout swimmers, they are open to all members on a first come, first serve basis (priority numbers when attended by hordes) at no extra charge.

DONATIONS NEEDED

We could use 30 old short sleeve or sleeveless sweatshirts at each pool for drag workout sets which will begin as soon as we acquire the garments. Storage space will be provided at each pool. Bring them in - please!

ABOUT THAT COLD WATER

The pool temperature and showers have been a subject of annoyance lately. Briefly, here's what's happening. Our pool is heated by a gas boiler. The temperature is regulated by a thermostat which unfortunately is in the diving well. The diving well, for energy conservation, remains covered all winter. While the lap pool is uncovered, it's water loses heat that the diving pool retains. Often times, the diving well is 80° while the pool is 76°. The maintenance staff do attempt to keep the lap pool at 80°, however funds and ordinances will not allow for change of the temperature control to the lap pool unless much other work is taken care of as well (to the tune of \$130,000). Hence, temperature adjustments to keep the lap pool between 78° and 80° (as the Davis Aquatic Council has agreed upon with the city--temperature wise) must be done by hand (turning valves and reading thermometers). It is not a definitive or constant process, thus we have fluctuations.

The pressure in the gas boiler and the hot water for our showers are controlled by a steam system heat exchanger. This piece of equipment, old and having been taxed well beyond its normal replacement period, has been giving us trouble for the past three years. Replacing the entire heat exchanger would be the best solution, however the city council is hesitant to spend the money (well over \$10,000) to do that. A repair of the same old unit will likely result in a similar breakdown and loss of hot showers somewhere down the line. Hopefully a decision one way or another will have been made by the time you read this. You will be informed of any progress in getting the showers repaired - but please take it easy on your coaches with regard to pool temperature and showers. All the complaining in the world to your coach won't help nearly as much as writing a letter to the city council. Don't get your coach mad at you - do some good - write your elected representative a tactful letter regarding our problem.

TEAM SUITS

Our Board of Directors and Workout Representatives have designated a perpetual team suit for DAM. The designated colors are solid navy blue suits with white 1/2" letters saying "Davis" silk screened on the upper left rear end of each suit.

Suits may be purchased anywhere and any solid navy blue suit in any brand (Speedo, Arena, Finals, whatever) will do. You can even use a suit you already own. Once purchased, pin your name, address and phone number securely to your suit and take it to the Davis Sport Shop at 206 F Street. The first batch of screenings will be done in February, so a deadline of Saturday, January 30 will be established for you to get your suit to the Davis Sport Shop (you can buy them there) if you want a suit by February 15. They will notify

us when the suits are in (7 to 10 days) and of the charge per unit, which will vary by the number of suits screened in each order from \$1,50 to \$3,00.

Subsequent deadlines will be set in March so that we can all be in our new team suits by the Association Championships in April. Sources of suits:

Swift Brand: 1-800-342-3214 (The Swim Shop)
 Finals Brand: 1-800-221-8550 (The Finals)
 Hind-wells: 1-800-528-0482 (Uglies Unlimited)
 Speedo: 1-800-334-1631 (South Swim)
 Arena, Head: 1-800-421-5192 (Modern Swim Concepts)

TRAVEL FUND REPORT

At the Travel Fund meeting on Dec. 8, seven events in 1982 were selected to be sponsored. These are:

March 13	Strawberry Canyon Short Course Meet
April 16,17,18	PM Short Course Championships - Solano
July 10 or 11	San Francisco Cove Swim
July 17-18	PM Long Course Championships - Tamalpais
July 24	Tahoe Relays
August 14	Donner Lake
Aug. 21-24	National Long Course Championships - Portland, Oregon

Besides paying for all entry fees, the Travel Fund will also supply gas money for the boats at Tahoe and a per diem of \$20 for each day swim at Nationals. Help with the fund raising from anyone benefiting from the fund is expected and appreciated.

While discussing Tahoe the hassle about boats was described. It was decided to try and hustle the boats up at Tahoe prior to the race. What we need now are people with contacts up there. If you know of anyone at Tahoe who might be willing to drive a boat for us, let us know--contact Evan Auberry at 753-3742 or the 6:30 Community workout.

The Travel Fund which pays for everyone entered in a sponsored event will hold its next meeting Tues., January 12, 1982, at 8:00 PM at 646 Elmwood. All are welcome to attend, the meeting's open to everyone and we'd like to have your input.

1982 REGISTRATION

United States Masters Swimming (USMS) and Pacific Masters Swimming (PMS) have severed all connections with the AAU and have established independent operations.

Consequently, effective immediately, registration of all masters swimmers who plan to participate in sanctioned events in 1982 will be by PMS and its Registration Committee headed by Vichie Good, Solano Masters.

Barbara Paulson will have registration forms available at the pool soon. These should be completed and returned to her with the \$7.00 registration fee. Individuals may register later, but it will reduce costs and be more convenient if those planning to register do it now and through Barbara. Checks should be made payable to DAM.

What do you get for your registration fee? First, you can enter all sanctioned meets for 1982 and there will be one every 2 to 3 weeks. Second, you are automatically covered by an accident policy that covers up to \$2000 of medical expenses for injuries incurred during regularly scheduled practices, sanctioned meets and travel to and from practices and meets. Third, you contribute to public liability coverage for the DAM. Fourth, you will receive a copy of the monthly issue of the PMS Sea Scroll which contains the meet schedule and other important news items. In all it's a good deal.

More details will be forthcoming.

DAM GOES INTERNATIONAL

News was received from far off England that the Davis Masters were well represented in the first U.K. National Championships held in York on November 20-21. Roswita and Robert Norris, who are on sabbatical in England, wrote they enjoyed the event. Robert placed 2nd in the 400 meter free and 3rd in the 100 meter back. Also representing Davis was John Bricker, Walter's dad. He placed 2nd in 2 events and 3rd in another,

DAMS SCORE NATIONALLY

Several Davis Masters distinguished themselves and the club by placing within the Top Ten Nationally during the past year in short course events. This is certainly an achievement considering the intensity of competition created by an increasing number of excellent masters swimmers.

Our congratulations are extended to the individual swimmers and the coaches last year. Those included were:

Susan Munn (40-44): 2nd in 500 and 1500 free; 5th in 100 fly; 7th in 100 free; 9th in 200 free; and 10th in 200 back.

Lillian Rowan (75-79): 8th in 50 and 100 back; 9th in 50 and 100 free.

Dave Tanaglia (25-29): 7th in 500 free.

David Scott (25-29): 3rd in 1650 free.

COACH'S CORNER

A FABLE: Once Upon a Time, there was a king named Emerson who had a beautiful daughter named Princess Putah. They lived in a rickety old castle which had a newly installed, expensive tile roof which was worth more than all the proposed renovation contracts in the kingdom.

Princess Putah had many suitors. When the time came for King Emerson to arrange for her marriage, he proposed a contest amongst the suitors. The winner would be awarded the Princess' hand. King Emerson knew that the tricky waters of the cold murky moat behind the rickety castle would provide a perfect setting for his contest. He proclaimed that the suitor who could swim eight lengths of the moat in the fastest time would be awarded his daughter's hand.

Six suitors came for the race. Among them were Sir Walnut of East Bay, Master Marin from Mount Tam, the Earl of Strawberry from the Canyon, Lord Sacto from the River and Prince Rinco from Nada. Only one subject of King Emerson entered the contest, Squire Yolo, who had admired Princess Putah from afar for many years.

Squire Yolo had a distinct advantage over the other suitors. Sage advice on how to swim the race was given to him by a funny looking fellow with a wool cap and sunglasses who often stood around the moat for hours on end. The funny looking fellow told Squire Yolo about the gorillas that climbed in the trees around the moat. These gorillas had little radar speed guns and pianos that they could lower into the moat on top of anyone whose pace per length got slower on the last six lengths of any eight length swim race that just happened to be staged in the cold, murky moat.

The contest day came. Princess Putah watched from the top of the rickety castle with the fancy tile roof. "Why can't we just give my hand to the richest suitor?" Princess Putah asked King Emerson.

"No, we declared a swim contest and a contest we will have," King Emerson said. "Take your marks," he said in order to start the race. Lord Sacto of the River dropped out of the race before it started. He explained that he never swam when there was more than 4 to a moat.

The other five suitors dove in as King Emerson said, "Go!" Squire Yolo remembered the sage advice, and swam at one pace all the first half of the race. The other suitors all swam as fast as they could. The gorillas used their radar guns as the sage one said they would to determine the pace per length of all the swimmers. All the suitors except Squire Yolo, thought they were ahead at the halfway point of the race, and got slower slower in the second half of the race. Squire Yolo kept swimming at the same pace as in the first half of the race.

Seeing all the other suitors slowing down, the gorillas lowered Steinway baby grand pianos onto all the swimmers' backs except Squire Yolo. The Squire had paced his race so well he had even gotten faster on each of his last six lengths.

Squire Yolo won the race handily and was awarded the Princess' hand. They lived happily ever after and got a new heat exchanger for a wedding present.

THE MORAL: Set a goal time and get a pace card from one of the sage coaches we have to help you--or the gorillas will get you!

HAPPY HOLIDAYS FROM COACHES MARY, MIKE AND ROSS!

SWIMMER-OF-THE-MONTH

Michael McKinlay grew up in Texas. He started swimming at the age of 3 to aid his recovery from polio. Both his parents were swimming instructors and they felt it would help him regain muscle coordination. It did.

Mike continued to swim and got interested in competition when he was 12. He was involved in age group swimming and also was on his high school team. He became a back stroker in his senior year, after transferring to a school which had All-American swimmers for each of the other strokes. That year their team won the state championships.

Mike got his BA in Math and Physics at the University of Texas, where he had a swimming scholarship. After spending four years studying and swimming, Mike didn't swim much for 12 years following graduation. He continued studying at the University of Texas for an MA in Anthropology.

In 1968, Mike moved to Berkely to study at the Thomas Starr King School for Ministry (a part of the Graduate Theological Union). He became a Unitarian minister and was a practicing minister for 6 years. He first worked in the San Bernardino Mountains at a camp and conference center and then as the Assistant Minister of the First Unitarian Church in San Francisco. During that time he was living in the Haight-Ashbury, and he started a coffee house that was run as a collective. It was a neighborhood project and was successful as a community service, but it failed economically.

Mike was forced to work at various jobs to recoup financially. He soon decided to go into computer programming to make some money. After taking a course through University extension in San Francisco, he was ready to convince companies that he had marketable skills (a varied background combined with a knowledge of business and computers). In 1977 he started working for a computer consulting firm.

Because of his involvement with National Land for People, Mike became interested in water policy and political economics. He decided to resume studying, and in 1978 started the PhD. program in Agricultural Economics at UC Berkeley. He found the program too narrowly focused, so he began taking classes in Environmental Studies at UC Davis.

During the summer of 1980, Mike moved to Davis and transferred to the Ecology Group where he is currently working towards a doctorate in Environmental and Agricultural Policy. He also works as a Data Processing Consultant in Sacramento.

Mike is one of the hardy souls who swims in the 6 AM workout. Before coming to Davis, he swam with a masters group in San Francisco, then with the Strawberry Canyon Masters for one year. Mike feels that because he derives a great deal of benefit from the club he should contribute something in return. He is now on the Board of Directors and is the coordinator of the newly formed Social Activities Committee.

If you have any good ideas for social events for the club, let Mike know or join the committee.

CAR NEED REPAIR?

Richard Koevary does quality automotive repair work on foreign and domestic cars at reasonable rates. Call him anytime at 758-4715.

NOTICE TO MEMBERS IN BUSINESS

A policy established by the Board of Directors several years ago states that brief notices advertising the business of members may be included in the newsletter on a space-available basis.

NEXT BOARD MEETING

Wednesday, January 13, 8:00 PM at 752 North Campus Way.