

Davis Aquatic Masters



Box 921 Davis, California

February, 1982

CALENDAR OF EVENTS

- Sat., Feb 20 Officials Clinic, Veterans Memorial Bldg. 9 AM.
Beer Tasting-Carbo Load, The Brewery 3PM (\$5)
- Sat., Feb.27 DAM Pentathlon, Community Pool 8:30 Warmup 9:00 Start
Entries due for Strawberry Canyon Meet.
- Sat., Mar. 6 DAM Butterfly Clinic, Civic Ctr. Pool 10 to 11AM
- Mon., Mar. 8 Social Committee Meeting, 1305 Cypress, 8 PM
- Tues., Mar. 9 Board of Directors Meeting, 581 E. 9th St.#29, 7:30PM
- Wed., Mar. 10 Travel Fund Meeting, 646 Elmwood, 8 PM
- Sat., Mar. 13 DAM Backstroke Clinic, Civic Ctr. Pool 10-11 AM
- Sun., Mar. 14 Strawberry Canyon Meet (Travel Fund sponsored)
- Sat., Mar. 20 DAM Breaststroke Clinic, Civic Ctr. Pool 10-11 AM
- Sat., Mar. 27 DAM Freestyle Clinic, Civic Ctr. Pool 10-11 AM
- Sat., Apr. 3 DAM Starts and Relay Rolls Clinic, Civic Ctr. Pool
10 to 11 AM
- Sun., Apr. 4 DAM Shortcourse Meet, Community Pool
- Sat., Apr 10 Start and Relay Rolls Practice for PMSA Shortcourse
Championships Civic Ctr Pool, 10 to 11 AM
- Fri, Sat., Sun.
Apr. 16,17,18 PMSA SHORTCOURSE CHAMPIONSHIPS, Fairfield.
(Travel Fund sponsored.)

BOARD MEETING REPORT

The major happening at this month's Board meeting was the selection of John Bracchi to fill the empty seat on the Board. The resignation of Kathy Gill had created the vacancy and the club by-laws requires that the Board select a replacement. After soliciting interest through announcements, informal discussions and contact with numerous club members, John was selected. John is currently an active member of the travel fund committee and swims at the 7:00 AM workout. It is rumored that he also plays a mean 1st base in the city's summer softball league.

In other business, the Board decided to phase out the present policy of waiving club dues for substitute coaches. Assistant coaches with regularly assigned work hours will retain the benefit, but substitutes that now work on a very sporadic basis will be required to pay for swimming privileges. The By-Laws committee also reported to the Board that a complete revision of the by-laws is now completed and will soon be available for internal review. These are proposed revisions at this point. Once the revision process is complete, the proposals will be posted and circulated and eventually put to a vote of the club's general membership either at a specially convened general meeting or the next regularly scheduled general meeting.

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 to Coach Ross.

PMS APPLICATIONS

Pacific Masters Swimming Applications are due by Feb. 28 if you want to send them in through DAM. Pick up a form at the pool, fill it out, and send it with a check for \$7.00 made out to Davis Aquatic Masters to P.O. Box 921. All of them will be sent in together at the beginning of March. You may also send them in on your own following directions on the form. You need the Pacific Masters Membership Card to swim at any of the sanctioned meets including our meet here on April 4th. Hurry and get the application forms in.

LEAVE POLICY

Many people have misunderstood the policy for taking leave. If you are on leave, you do not swim at all, you pay no dues and you keep your priority number. Leave of absences are granted for a minimum of three calendar months and can be taken for up to a year. You may not take a leave for one month even if you don't swim. If you choose not to pay for a month because you are not going to swim, you are starting again as a new member and I put you at the end of the priority list. If you plan to go on leave, please notify me in writing ahead of time.

Barbara Paulson, Treas.

REENROLLMENT ALERT

Don't forget!! March 15 - 26 is reenrollment for Spring quarter. All members who wish to continue to swim during the Spring quarter - starting in April, need to reenroll. Information on schedules will be contained in the March Newsletter.

DAM MEET COMMITTEE NEWS

DAM is sponsoring at least two competitive events this year; 1) a short-to-middle distance short course meet in April, and 2) a 1½-2 mile rough water swim in Lake Berryessa in June. Details are as follows:

Sunday, 4 April: DAM SHORT-COURSE MEET

200 Choice	200 Mixed Free Relay
100 Back	100 Free
100 Fly	100 Breast
200 IM	500 Free

The meet will be held at Community Pool just two weeks prior to the P. M. Championship Meet which is hosted this year by Solano Masters. Come swim on April 4, warm up for the P.M. Championships, and help out with timing, officiating, etc.

Sunday, 6 June: Lake Berryessa Rough Water Swim Around Goat Island

We are offering the first rough water swim of the season, as the water temperature of Lake Berryessa is warm by the early June. The distance will be either 1½ or 2 miles. The swim course will start at the beach at Oak Shores Park, circle Goat Island, and finish back at the beach.

NOTE: We are considering designs for T-shirts for the Lake Berryessa Goat Island swim. If you have a logo or design you would like to see on the T-shirts for the event, contact Lisa Nowell at 756-0112 or Misay Lestrang at 753-7788.

DAM OBITUARY

Heartfelt sympathy to the friends and family of Ross Yancher, who died at Truckee in the 100 fly and again at Sac YMCA in the 1650.

Those that can, do.
Those that can't, coach!

DAM PENTATHLON

Our quarterly pentathlon will take place at Community Pool, Saturday, February 27. Warmup is at 8:30 AM. Races start at 9:00 AM. Awards for the five event intra-squad meet are based on improvement from one pentathlon the next. Come establish your first cumulative time or vie for this meet's coveted prize, breakfast for two at the Blue Mango. No intensive workout on pentathlon day.

STROKE AND TURN CLINICS

Stroke and turn clinics will be held for all four strokes and IM on Saturdays during March. Interested swimmers will have 15 minutes to warm-up from 10:00 to 10:15 am; listen to a concise, informative presentation on a particular stroke's technique from a coach (10:15 to 10:30 am); have 15 minutes to practice or drill under a coach's supervision (10:30 to 10:45 am) and finish with 15 minutes of work on the particular stroke's turns (10:45 to 11:00 am). Two April Saturdays will be provided for PM Championships swimmers to work on starts and relay rolls in similar 10:00 to 11:00 am formats. The schedule follows, all clinics held from 10:00 to 11:00 am on Saturdays (after intensive workouts). In case of rain or wind, an indoor presentation will be given in the weight room.

March 6	Butterfly
March 13	Backstroke
March 20	Breaststroke
March 27	Freestyle
April 3	Starts and Relay Rolls
April 10	Starts and Relay Rolls (The April 10 clinic will be limited to PM Championship Competitors only).

AN ADVISORY POEM-----Note Carefully!!

Roses are red,
Violets are blue,
Get to workout on time as Spring comes,
Or there'll be no place for you!

Distance people swim paced,
Sprinters swim fast,
Those on the waiting list fill in first,
You with "½" numbers go last!

TRAVEL FUND NEWS

The first event to be sponsored in 1982 is the Strawberry Canyon Meet on March 14th in Berkeley. Xerox copies of the order of events are on the main bulletin board at Emerson pool. Ross wants entries in by Feb. 27 so he can organize relays.

In order to sponsor events as above, we need more people to bring their crushed aluminum cans to Emerson for recycling. We will soon have two big garbage cans there to accommodate all the aluminum. We hope everyone will bring cans to the pool. PLEASE RECYCLE!

THANKS

Special thanks to Mark Lundin, who replaced the cracked, sun bleached and sharp edged lane lines at Civic Center Pool with the good ones there presently.

COACH'S CORNERAre you doing all you can to prepare yourself for competition?

It's a proven fact that you can't workout sloppily and expect to swim well in meets. Starts, touches, turns, glide to swim transitions and race breathing patterns will be performed most effectively by swimmers who practice them in their daily workouts. Those who effect changes only at the meet get beaten off the blocks, blown away on the turns and attract pianos on their backs in the later stages of the race compared to those who have worked to get their race performances to a sub-conscious level.

Ask yourself these questions now, two months before the championship meet. If you're planning to compete, and you've answered any with "no," you still have time to improve your workout habits.

1. Are you stretching regularly?
2. Do you get to warmups on time?
3. Do you practice at least one good start every workout when you dive in? (Indeed, do you dive in?)
4. Do you glide in a streamlined (palm over palm, squeezing ears between arms, toes pointed) position out of all dives and turn pushoffs and not start pulling or kicking until you've slowed down to a swim speed?
5. Do you know the appropriate breathing patterns and practice them during workouts when performing your sprint and pace work?
6. Do you execute legal turns during all workout sets?
7. If you can do flip turns for free style and spin turns for backstroke, do you do them during all your workout freestyle and backstroke swimming?
8. Do you know and are you working toward hitting goal pace times?
9. Are you planning to attend the stroke and turn clinic for the event of your specialty?
10. Are you attending workout regularly?

If you've compiled ten "yes" answers, you're going to swim fast and be pleased with your meet performances. If you've responded with any "no" answers and don't do something to change your workouts, a cloud of doubt will settle over your hope for success.

HOURLY SWIM COMPETITION

Thirteen swimmers participated in the simultaneously held "National Hour Swim" and "Super Swim" competitions January 30 at Civic Center Pool. While full results will be posted after they are compiled nationally, several swimmers distinguished themselves by achieving first division national ratings for their two-mile splits. They were Missy LeStrange, Michael McKinlay, Susan Munn and Dennis Wilson. Cap Thomson noted a marked increase in his hourly total from last year, missing his first division split time by only four seconds. He declined the offer to try again that same day.

HAWAII TRIATHLON

Congratulations to all the DAM members who competed in the IRONMAN WORLD TRIATHLON in Hawaii. The event consisted of a 2.4 mile rough water swim, a 112 mile bike race and 26.2 mile run. The contestants numbered 586 including 58 women. DAM members and former members included;

Dave Scott	2nd overall
Cheryll Lloyd	Tied for 4th in women's division
Reed Gregesson	5th
Greg Moeller	44th

SWIMMER OF THE MONTH

Written by Kate Skinner.

"Swimming is the best thing I do for myself," says Francesca Miller, an intermediate swimmer in the 7:05 am workout. She has been swimming for two years now and loves the DAM program. She was not a strong swimmer when she began, but the coaches took her interest seriously and didn't laugh at her unorthodox strokes. Francesca grew up by a lake in upstate New York, but never learned to swim because her parents worried that she might contract polio in the water. Now she takes pleasure in being able to swim butterfly. Free-style is her favorite stroke and she particularly enjoys the long swims in which she counts the number of laps she can swim in an hour. In addition to swimming, Francesca likes entertaining at home and attending the opera.

In 1967 Francesca came to Davis to study history at UCD. She received both her MA and her PhD from that department. Her special fields of study as a historian are Latin American studies and diplomatic history. The research for her dissertation took Francesca, her husband and two children to Rio de Janeiro for a year during which they lived in the famous Copacabana district. The work on Brazil's foreign policy relations with Czarist Russia in the period 1808-1840, involved readings in the Brazilian Foreign Office Archives, an exotic, pink marble palace, complete with its own lagoon, palm gardens and swans.

After their year in Brazil, the Miller family came home on a month-long journey by freighter around the southern end of South America through the Straits of Magellan. Recently they lived in Zurich for seven months, where Francesca learned German. She also speaks fluent Spanish, Portuguese, French, and "a little" Russian. Francesca would like to write a popular book someday about her travel experiences.

She enjoys academic life and has contributed to several important institutions. She has been a visiting scholar at the Stanford University Center for Latin American Studies and has taught Latin American studies and women's studies at UCD and at Solano Community College. She is proud of the Women's History Study Group that she organized when she was a graduate student at Davis and which is still active.

In 1978, Francesca and two colleagues founded the Institute for Historical Study in San Francisco, of which she is now a Director. This private organization arranges conferences and funds historical research. Her current effort, as Program Chair for the Western Association of Women Historians, is a wide ranging conference on "New Directions in Historical Research", to be held in May at Southern California's Huntington Library.

