

Davis Aquatic Masters



Box 921 Davis, California

January 1982

CALENDAR OF EVENTS

Sat., Jan. 30	National "Hour Swim" Competition (Civic Ctr.)
Mon., Feb. 8	Social Committee Meeting, 1305 Cypress, 8 pm.
Tues., Feb. 9	Travel Fund Meeting, 646 Elmwood, 8 pm.
Wed., Feb. 10	Board of Directors Meeting, 672 Flamenco Place, 7:30 pm.
Sat., Feb. 27	DAM Pentathlon, 8:30 warm-up/9:00 start (Community)
Sun., March 14	Strawberry Canyon Meet. Travel Fund Sponsored.
Sun., April 4	DAM Meet (Community)
April 16-17-18	PMS Short Course Championships (Solano/Fairfield)

IMPORTANT INFO FROM THE TREASURER

There seems to be quite a bit of confusion among many members (both new and old) about what our policies are for reenrollment, dues, etc. In most newsletters I will try to explain one part of the rules in this area. There will be some repetition after a while, but most people either only pay attention when it directly applies to them or remember after it has been repeated several times. Most members know that every member is asked to reenroll every quarter. This serves several purposes. New workout assignments are made from these. I update my records so that I have current address and phone numbers for all continuing members. I drop out old members who have not reenrolled. The emergency card file kept at the pools is updated. If you are swimming now and have not enrolled or reenrolled for the winter quarter, please fill out the appropriate form and send it in. Thank you.

Barb Paulson, Treasurer

GATE CRASHERS

Unenrolled and non-member swimmers have been swimming at our 11-1 weekend swims. Our lap swims are not open to anyone in the community, but to members only! The weekend guards will be asking names and checking enrollment forms from now on. Please cooperate or we can't guarantee that your space won't be taken by a freeloader.

INTERNSHIP

Welcome to UCD Internship Coach Linda Campbell, who will assist Coach Ross at the 7:05 am workout this quarter. Linda will earn UCD physical education credit and coaching experience in a cooperative arrangement between UCD and the DAM coaching staff.

THANKS

Special thanks to Ginny Asbury, who filled in for Treasurer Barbara Paulson while Barbara recuperated from her knee operation. Ginny collected the mail and put together our reenrollment forms during December.

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

ONE-HOUR SWIM COMPETITION

DAM will offer three hours of pool time Sat., Jan. 30, 8:00 - 11:00 am, in lieu of intensive workout for 1982 US Masters One Hour Swim National Championship Competition. Swimmers may swim any time in the three-hour period providing they supply their own lap counter/timer. Copies of the One Hour Swim entry blanks will be available at the pool that morning and must be mailed prior to Feb. 2 with the \$3,00 entry fee. Forms will also be available for those wishing to concurrently enter Swim Magazine's 1982 Super Swim Postal Event (\$5.00).

INTRASQUAD MEETS

DAM Intrasquad Pentathalons are held quarterly in February, May, August and November. Swimmers swim 50 or 100 of each stroke and 100 or 200 IM and receive awards based on improvement in total seconds for all five events combined from their last pentathalon. Our next one will be held February 27 (8:30 warm-up/9:00 start) at Community. Swimmers who completed the November pentathalon will be eligible for improvement awards. Others can establish their first times.

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).

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)

ABOUT THOSE SHOWERS

John Williams, Director, Davis Parks and Community Services Department, attended the January Board meeting at Ross' request to explain the Emerson shower situation--why it's taking so long to repair and when we can expect it to be fixed. Part of the delay, John said, was getting authorization from the City Council to spend the necessary money. The rest of the delay is in ordering the required part-- we're still waiting, but John expects it to arrive by the end of the month.

RESIGNATION

With regret, the Board accepted Kathy Gill's resignation from its ranks. Kathy has devoted many hours and much effort to the club in the past few years for which the Board, and I'm sure the membership at large, is very grateful. The Board will appoint a replacement for Kathy at its February meeting. Her term expires in October, and if you have suggestions for a replacement, please contact a board member by February 1.

TRAVEL FUND NEWS

The Travel Fund is again asking DAM members to bring their crushed aluminum cans to Emerson for recycling. Approximately \$160.00 has been generated by recycling efforts. At the January meeting a suggestion was made to expand our collection efforts by setting up recycling centers on Picnic Day and the Fourth of July. A person to organize and coordinate these events is needed. If interested, or if you have any suggestions on recycling contact Patti Scott-Baier (6:30 Emerson) or Sue Milburn, 7:00 am (756-1859).

(Travel Fund News continued)

Also discussed at the meeting was the need for a communications liaison - someone to contact the local media (radio, newspapers, tv) about our upcoming club events; the meet in April, the Rough Water Swim at Berryessa, etc. If interested contact Lisa Nowell (6:30 Emerson) or Sue Milburn.

The Travel Fund is sponsoring 7 events this year. The first one is the meet at Berkeley on March 14. Then the PM Championships at Solano - April 16, 17 & 18, San Francisco Cove Swim, Pacific Masters Championships (long course) at Tamalpais on July 16, 17, & 18, Tahoe Relays on July 24, Donner Lake on August 14 and Nationals at Portland on August 26-29th.

SALE OF SWEAT SHIRTS AND STUFF

Dot Scott proposed that, if the Board is interested, she would be willing to carry merchandise with the DAM logo, and return 10% of the receipts to the club. Rather than have the club purchase the merchandise as in the past however, she prefers to purchase it herself. If anyone else is interested in getting into this business, Dot will be happy to turn it over to them, with advice and best wishes.

SOCIAL COMMITTEE

Mike McKinlay reported that the social committee is busy planning some interesting, but largely tentative, upcoming events: a beer tasting on Feb, 20, a ski trip in March, a dinner dance (!) in April, a bike trip in May, a June picnic at Berryessa (in conjunction with the Berryessa Swim), and, of course, a July 4 barbeque.

LEARN TO OFFICIATE

We need DAM members who are interested in being certified as Pacific Association Swimming Officials. You can be certified at a clinic at American River Community College on Feb, 6. Clinic registration is at 9:00 am.

WORKOUT PLANS

Mid-season for competitive swimmers brings several recommendations from our coaching staff. Take the advice so you'll swim fast.

1. Stretch before and after every workout! Ask your coach if you don't know how!
2. Do a good windup or grab start every time you enter the water,
3. Do your legal competitive turns in all workout sets,
4. Keep a positive attitude about your swimming,
5. Be on time to meet warmups so we can control a lane and warmup together.
6. Attempt to wear a team suit to all competitions (navy blue solids are due to Davis Sports Shop for team screening by Jan. 31. Pin your name and address to them),
7. Be aware of entry due dates and get cards and fees in on time,
8. See your coach after every event you swim (for splits, comments or even if just for a compliment),
9. Try a workout set without your goggles occasionally, especially if you swim your meet sprints without them.
10. Your pulse is a good indicator of your general condition. Take its reading as you wake up each morning (number of beats in 10 seconds times 6 = pulse). It will go up week by week if you're working hard and drop during taper weeks before meets. Monitoring your pulse after hard workout sets for the time it takes to drop 40 beats is also a good indicator. Time the seconds it takes your 6 second pulse (number of beats in 6 seconds times 10 = pulse, taken just as you stop swimming) to drop from 180 to 140, 140 to 100 or whatever yours hits at its high. If the time for the 40 beat drop gets less (during mid-season) or holds even (during taper) it's a sign of good conditioning. If the time for the drop increases, you need to start working harder or taper less.
11. Get oriented to our DAM weight circuit and participate two to three times a week until taper.

12. Attempt to swim faster and faster repeats on shorter and shorter intervals, Shoot for goal distance pace on short rest sets and goal sprint pace on long rest sets.
13. Strive to do your part to make DAM number one at PM Championships. The time is right.

NEXT BOARD MEETING

Mike Rushton is hosting the next Board meeting on February 10 at 7:30 pm. As always, all are welcome.