

Davis Aquatic Masters



Box 921 Davis, California

March, 1982

RE-ENROLLMENT

Please re-enroll on time: March 15-26. Forms should be postmarked by March 26. It is to your advantage to get the forms in on time since you are penalized for a quarter for being late. Also, it takes more time to process the late forms so, by getting the form in on time, you will help the club run more efficiently (at less cost), since we pay people to do the paper work.

Schedule for next quarter is as follows:

Civic Center Pool

6:00am _____ 7:05am _____
10:00am _____ (seniors only)
11:00am _____ (intensive)
12:00pm _____ 1:05pm _____
6:30pm _____ (intensive)(see #4 below)

Community Pool

6:30pm _____ 7:30pm _____ *

Manor Pool

8:00am _____ *

*See #1 below.

1. Only one of the workouts marked with an * will be offered. The time with the most people interested at the end of the enrollment period will be added, assuming that our total enrollment warrants another workout. Information will be on the bulletin boards by the 2nd of April. If you mark one of these, please indicate another choice as well.
2. The quarter starts on April 4 and goes through the end of June. If your form has not been postmarked by March 29, it may not be included in the regular process of assigning priority numbers and work outs. This would mean that you would have last priority for getting into the pool at any workout for the quarter.
3. All members are encouraged to pay dues quarterly (\$51.00) when they reenroll. If this is not possible, dues should be paid by the 10th of each month (\$17 per month). Send the form and check to Davis Aquatic Masters, P.O. Box 921, Davis CA 95617.
4. Beginning after the PMSA meet, the 6:30pm workout will be 1 1/2 hours long on Tues. and Thurs. OR daily (decision on this later). The last half hour will be optional.
5. If you have any questions, call Barbara Paulson at 756-2189.

CALENDAR OF EVENTS

Mon., 3/15-Fri., 3/26
Wed., 3/17
Sat., 3/20

Reenrollment.
St. Patrick's Day relays (all workouts)
Breast Stroke Clinic; 10am; Civic Center Pool

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 6:30pm the Fri. after the meeting of the Board. to:

Ross Yancher 753-6920

Wed., 3/24 Davis Shortcourse entries due
 Fri., 3/26-Sun., 3/28 DAM Ski Weekend
 Sat., 3/27 Freestyle Clinic; 10am; Civic Center Pool
 Mon., 3/29 PMSA Championships entries due
 Sat., 4/3 Start and Relay Roll Clinic; 10am; Civic Center Pool
 Sun., 4/4 Davis Shortcourse Meet; Community Pool (all day)
 Mon., 4/5 First Day Spring Quarter
 Celebration of Taper. Pot luck; refreshments after each workout...
 bring goodies!
 Social Committee Meeting; 8pm; 1305 Cypress.
 Wed., 4/7 Travel Fund Committee Meeting; 8pm; 581 E. 9th #29.
 Sat., 4/10 PMSA Champs Participants Start and Relay Practice Session; 10am;
 Civic Center Pool.
 Bunny Hop Dinner Dance; 7pm; UCD Silo; \$7.50 (see last page)
 Tues., 4/13 Board of Directors Meeting; 7:30pm; 206 Full Circle (Rancho Yolo)
 Fri., 4/16-Sun., 3/18 PMSA Championships; Solano Community College (all day)

ABOUT PRIORITY NUMBERS

"Oh No! My priority number went UP!

Last quarter, there were many members (about 50) who missed the enrollment deadline. At present, if a person enrolls late, (s)he is given a half number and "stuck into" the priority list where (s)he would have been had (s)he enrolled on time. A person with a half number has last priority in getting into the pool. All of the waiting list people, and those regularly assigned to another workout are allowed to get in before a person with a "1/2" number. When numbers are assigned for Spring quarter, those with half numbers will be reinstated and given a whole number if the enrollment form is received on time. If there are several people with half numbers in front of you, your number may go up instead of down this quarter.

DUES POLICY FOR NEW MEMBERS

The decision to prorate dues for the first month for new members was made at the January Board meeting. If a person swims less than the full month, (s)he may pay at the rate of \$5.00 per week (\$3.00 per week for seniors). After that, the dues are \$17 per month (\$11.00 for seniors).

A SPECIAL THANKS

Our thanks go to George Giannini and Jerry Weiner for their aid with the weight room swim benches. Bear with us 'til we get our next replacement part shipment and they'll really be hummin' soon.

Another special gracias to pentathlon worker volunteers Mary Horton, Missy LeStrange, Mark Lundin and Charles VanAlstine. Your timing and stats really kept things moving on a chilly meet day.

PMSA CHAMPIONSHIPS SCHEDULE

(All members are strongly encouraged to swim this one!)

<u>Fri.(4/16)</u>	<u>Sat.(4/17)</u>	<u>Sun.(4/18)</u>	
400 IM	200 FR	200 FL	200 IM
1650 FR	50 BR	100 IM	200 BK
	100 BK	200 FR. REL.	50 FR
	50 FL	500 FR	200 MX. FR. REL.
	200 MX. MD. REL.	200 MD. REL.	
	100 BR		

Travel Fund sponsored. No late entries! Don't wait to be harassed--get 'em in by 3/29!

DAM MEET COMMITTEE NEWS

Sunday, April 4th is rapidly approaching and the word is out to ALL Northern California Masters Clubs that DAM is hosting a meet comprised of short to middle distances. Two weeks later at Solano is the PM Championships, so April 4th is a perfect opportunity for a PR (Personal Record) dress rehearsal. A large turnout of out-of-towners is expected (a gentleman from Long Beach writes, "Your group has the reputation in our area as being one of the BEST!")

In order to maintain our reputation, the meet committee is gratefully accepting volunteers for race day activities. We need help in several categories such as: pre and post publicity, sign/poster making, equipment handling, setup and cleanup. We also need certified officials and conscientious individuals to help with registration and results as well as judging and timing. Would anybody like to serve as announcer?

Look to the bulletin board for more detailed information and sign-up sheets.

To ALL you newcomers, VOLUNTEERING is a great way to get to know the people in this club AND to see swimming at its best. This is OUR CLUB meet, so let's support it and have fun at the same time.

Thanks, Missy and Lisa

TRAVEL FUND NEWS

The Travel Fund has decided to have the Triathlon this year on September 25th. John Bracchi and Joanne Ball will be the Directors of the event

If you would like to help plan and organize for the event, contact John (7am workout, 753-7273) or Joanne (6:30 Community, 753-2005). They need lots of help now to prepare entry forms, publicity, set the race course and many other details.

The next Travel Fund meeting will be Wednesday, April 7th, 8pm, at John Bracchi's, 3307 Canoe Place.

COACHING FROM THE COACH

Beware of Tapered Swimmers! With the PMSA Shortcourse Championships approaching, our competitive swimmers will begin resting toward the end of this month. Meet participants and non-competitors alike will want to take note and advantage of this period.

Competitors: Get your hard training in now! Don't start getting serious two weeks before the meet. Sprint now! Hit your pace now! Cut your intervals now! Working out hard two weeks and less before the meet will not give you time to recover and swim fast. At that time, you should be tapering from the base you're building now. Here's a list of things you should or will be doing.

1. If you are weight training, cut the amount of pounds you're lifting in half the week of March 28. Cut the time of lifting from 50 to 25 seconds (still at half weight) per station (leaving the extra period in as rest) the week of April 4. Don't lift at all the week of the meet. See Ross if you have questions.
2. Swim in our April 4th meet at Community. Don't "throw all your eggs in one basket" meet-wise. Every race experience you have will improve the next one both with pace and technique. Long rest sprints and timed swims in workouts should be performed as much like you want your meet effort as possible.
3. We will be cutting your yardage and sprinting more and more the closer the meet comes. We'll increase your rest, shorten repeats and lengthen your swim downs. Our encouragement (some say harrassment) for you to perform both legal and efficient start, turn and glide techniques will increase, your rest periods often providing times to work on them extra.
4. The week of the meet, we'll warmup daily as we will at the meet. Take heed of that repetition starting about April 12. Plan to get to the warmup ON TIME.
5. Attend special sessions where posted relay swimmers can get together to work on exchanges.
6. Eat sixpenny nails.

Non-Competitors: Be tolerant! When we can separate you and keep you swimming while the others rest, dive, mess off, etc., we will. Some days we'll let you try to shoot for good times in your best events right in the workout after the warmup is over. Take advantage if

(Swimmer of the Month, cont.)

Lucille has had many extraordinary experiences of travel. In 1937, she made her first trip to Europe, travelling by bicycle around the British Isles and by train through Europe. At this time of the growth of Facism, she saw both Hitler and Mussolini in public parades.

She and her husband have been to France, Britain, Mexico, and, most recently, to China. They went in 1980 with a Library Associates tour to visit both large and small cities. Government guides showed them high-rise communes, tea plantations, and factories making items of silk, jade, and ivory. They saw gardens, museums, tombs, temples, zoos and, by special request, a post office. At the post office, as in many other places of work in China, it was clear that much of the work which is mechanized in this country, is done by hand there. Once, because of a sore throat, they went, with an interpreter, to see a pharmacist. He prescribed a large dose of Chinese herbal pills, which worked, and also offered ordinary cough drops. It was a wonderful trip for the Barrys and they are hoping to return soon.

-Written by Kate Skinner

Janet and Ken Kimble are both native Californians. Ken is from the Hanford area and Janet is a fourth generation Californian from Brentwood. They met here in Davis as students, married and set up in "Aggieville", the former University housing for students in what is now the park below First Street. They liked Davis and when Ken took a position with the Plant Pathology Department, they moved to their present charming home in one of the older residential neighborhoods. Just 2,500 people lived in Davis when the Kimbles first arrived, so they have seen lots of growth here.

Their own family grew to include five children. Ken built a modern addition onto the house, and all the kids learned to swim. They liked to go as a family group to the pool and Janet encouraged them to join the competitive age-group swimmers by being Clerk of Course for their meets. Ken served as President of Aquadarts during that time. He had learned to swim as a child and Janet took Red Cross lessons here in Davis after the kids got involved. By the time their children were going off to college, the Masters group was forming up. Both have felt the need for exercise and liked the Davis program, so they signed up. Janet has now been swimming for six years and Ken for five. He likes to wake up with the six a.m. workout and Janet swims at noon. Although he says he is "not a sprinter", Ken likes to swim in meets and has even won a few ribbons. Janet keeps the meets

organized through her continuing efforts as Chief Clerk of Course, the official who sets up the heats of a race and assigns swimmers to a lane on the basis of their entry times.

Janet, who works as a lab supervisor for the California Crop Improvement Association, likes to collect books. Ken collects duck hunting decoys, which also decorate their home. They both enjoy spectator sports such as football and basketball. While watching their daughter Sara's water polo team, they were recruited to go with the group (which included the Scotts and their daughter Jane) on a competitive tour of Australia and New Zealand. The six weeks tour included salt water meets in which the entire "pool" was enclosed by shark screens. (It was difficult to persuade anyone to retrieve the ball.) Both Janet and Ken enjoyed Australia very much and are hoping to make another trip in 1983 to visit their friends and see the Great Barrier Reef.

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