

General Meeting: There will be a general meeting of the Davis Aquatic Masters on Wednesday, 7 April 1976 at 8:15 pm in the multipurpose room of the Veterans Memorial Building. Everyone currently enrolled in the program is strongly urged to attend. The agenda will consist of:

- Suggestions, gripes, etc. by members
- New developments in coordination with other aquatic groups in Davis
- Discussion of Davis Aquatic Masters regional swim meet scheduled for 25 April 1976
- Planning for the National Masters swim meet in Mission Viejo in May 1976. (Financing, transportation, etc.)
- Social events.

Refreshments will be served.

Pool and hours: We can no longer use the University pool after 1 April 1976. The City has informed us that Emerson pool will probably be operational by 5 April 1976. Hopefully, we can make a smooth transition

Because of other aquatic groups competing for pool hours, we will be required to change our evening workouts to 6-7 and 7-8, which will be held at Emerson.

Please see your coach IMMEDIATELY to sign up for a workout time. There will be a maximum of 24 people per workout. Assignment will be determined by the priority system.

Priority policy: This is to insure each member an equal chance to participate. Priority is based on length and regularity of paid membership. A priority list has been established and the first person was given first choice of workout time; the second, second choice, etc.

If you are to be gone for any length of time (vacation, sabbatical, operation, e't.c.) be sure to tell your coach or Mary Kroeger (753-5184) so you will not be dropped from the roster.

Lost & Found: Items currently housed in Dave Scott's backpack include 1 blue warm-up top (ABCO), goggles of all sizes and colors, noseclips. He would very much like to see them returned to their owners. Help him out.

Stroke improvement: Each session consists of four one-hour lessons. Maximum of four people per class. Sasha Varakin, Cathy Carr, Patti Scott, and Dave Scott will teach the classes. Swimmers will be able to choose the stroke(s) they wish to work on.

First session sign-ups are now taking place, so check with your coach. Second session sign-ups will be gin Monday, 12 April and the session will begin Monday, 19 April.

\$2.00 fee for the (total) four lessons.

Workouts: Workouts will be designed for more quality swims, that is more rest on some sets, more broken swims, and more overall speed work.

Do not become discouraged if your times are not coming down. The past couple of months, the workouts have been of high intansity, long duration and short intervals of rest. This type of workout does not produce fast times, but will develop endurance and strength - which will prepare you for the upcoming months and meets.

AAU cards: If you have not applied for one, ask your coach for an application form NOW - if you are planning to participate in any meets this year.

Records: Everyone should keep a written record of the number of workouts they attend, the yards covered, their times - including all distances and strokes, and all kicking and pulling.

Re timed swims and swim meet results: Jim Board has these results recorded for you. If you are interested in knowing your times since beginning the program and/or whether or not you are showing significant improvement, call him. 756-9129.

Weight: On the back of the newsletter is a form for each individual who is concerned about losing or maintaining their body weight. This is your own personal record. The purpose is: many people seem to be increasing their calorie intake beyond their calorie expenditure. That means trouble, yes?

This daily record will indicate your weight, the number of meals you eat, and the snacks you slip in between meals. You just may be surprised!

Good luck!

A Masters Courtesy Howl for:

Lorna Stark. She publicly announced her weight loss of 6 pounds. (She also has two personal bests in the intra-squad meet and has progressed from the rookie group to the intermediates.)

Susie Downer. She lost eight pounds.

Prepare to jibe. Jibe ho!

Meet results, 3/21/76:

500 fr

D Matheson	6:24.0
T Ludovina	6:50.2
C Lane	7:19.8
J Hinsdale	7:38.9
M Horton	9:35.5
R Cook	10:16.4
K Haggard	8:26.5
S Saylor	9:28.2
A Havens	7:25.1
V Scott	9:32.1

50 fly

D Livoni	0:26.6
C Miller	0:28.4
R Harley	0:32.0
D Matheson	0:32.0
E Harley	0:34.4
S Bell	0:35.6

100 back

Luis	1:07.9
T Ludovina	1:22.2
B Schroeder	1:25.3

200 IM

F Crowe	2:25.3
B Schroeder	2:54.6
E Harley	2:53.6

100 free

A Pinheiro	0:56.4
D Matheson	0:57.9
W Wertsch	1:02.9
D Frederick	1:01.7
S Bell	1:07.9
G Giannini	1:21.6
M Horton	1:37.9
T Miller	1:21.5
L McMurdie	1:17.2
C Lane	1:11.6
V Scott	1:34.3
K Kimble	1:29.4
L Stark	1:36.9
W Bevier	1:38.0
T Ludovina	1:08.0
K Haggard	1:19.8

50 breast

A Havens	0:43.6
L Stark	0:54.6
L Schroeder	0:58.9
W Bevier	0:53.0
J Hinsdale	0:41.3
M Song	0:32.7
G Giannini	0:42.6
C Yager	0:45.4

100 breast

Luis	1:12.3
M Song	1:14.0
T Ludovina	1:31.6
M Roberts	1:37.3

50 back

G Giannini	0:52.9
K Kimble	0:54.6
D Livoni	0:29.8
V Scott	0:51.8
F Owen	1:02.7
C Yager	0:44.7

200 free

R Harley	2:08.9
E Harley	2:39.8
T Ludovina	2:33.6
C Lane	2:41.8
T Miller	3:05.0
M Horton	3:39.2

100 fly

J Board	1:26.2
B Schroeder	1:16.6
D Frederick	1:15.3
G Haggard	1:10.7

50 free

H Burd	0:40.5
F Owen	0:50.5
R Cook	0:50.5
L Schroeder	0:45.9
L Stark	0:41.1
A Havens	0:33.5
M Roberts	0:37.0
S Saylor	0:39.6
K Haggard	0:36.1
K Kimble	0:38.2
E Harley	0:29.8
C Yager	0:37.5
T Ludovina	0:36.6
G Giannini	0:33.4
J Hinsdale	0:33.4
C Miller	0:25.5
R Harley	0:26.9
F Crowe	0:23.4
T Miller	0:35.8
A Pinheiro	0:25.6

Bye  
Mary

APRIL WEIGHT SHEET

<u>Date</u>	<u>a.m. wt</u>	<u># of #1 meals</u>	<u>Snacks: list all other foods eaten during day</u>
1			
2			
3			
4			
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29			
30			
30			

#1 meals: regular sit-down variety (Not "grab what you can and run" type)  
#2 snacks: all food eaten other than during regular sit-down meals.