



Traffic Jams: If you catch someone, rather than swimming all the way to the wall, stop and turn around 3 yds short of the wall. And, after you finish a set, move over to the left of the lane so your lane buddies can come in. Thanks!

Advanced Workouts: In case you haven't noticed, we now have four workout levels - Advanced, Experienced, Intermediate, and Rookie.

Stroke Improvement: Interested in a stroke clinic? It would consist of four one-hour sessions over a two week span. Weekends, late evenings or during the day. There would be four swimmers per session - so lots of individual work on stroke of your choice. Minimal cost involved - the maximum being \$1.00/session (or \$4.00 for the series).

Still interested? Please complete the attached survey and return it to your coach as soon as possible, so plans can be made.

Films: Remember the films we saw last year on stroke mechanics? Well, some new ones have been ordered, and we will be borrowing them for another "film-fest" when they arrive.

And, maybe we will be able to videotape our own swimmers! Think about that.

Fee Waivers: The Life Enrichment Department (City of Davis) has a fee waiver program for those persons who need financial assistance to participate in City-sponsored programs. If you think you would qualify, give the department a call (756-3740, ext. "Life Enrichment"). Ask for Jerry Lee. He'll be able to give you all the info.

Meets: 13/14 March - Palo Alto (not the previously reported city). Coaches have info. Ask.

3 April - San Mateo. Info to come.

\*25 April - Davis. This is an AAU-sanctioned meet. Those of you who would like to participate in the Nationals, please note. This will qualify you.

1 May - Woodland.

\*14/15/16 May - Nationals. Mission Viejo, CA. Car pools will be leaving Davis on the 13th. We will be training for this meet - everyone will taper. Plan to attend. Relay and individual events. Only requirement: participation in one AAU-sanctioned meet this year. Here we all go!

Socials: Will be announced at workouts, so pay attention. And come! Bring a friend. If you have any suggestions for outings, contact Doug Matheson (758-7787) or Mary Kroeger (753-5184), your coach, or someone. Don't be shy.

\*\*\*\*\* Saturday, March 6: Boreal Ridge. Downhill and Cross-country (basic instruction will be given beginner cross-country skiers). Meet at Emerson Jr High parking lot at 6:30 am. Bring lunch.

Incidentally, what ever happened to the water polo challenge? As I recall, we accepted.

AAU cards: Should be arriving soon. 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.

12-foot bike: Ask Dallas if it is easy to build one.

Another DA-M Proud Parent: Loie's number one son is a High School All-American (water polo). This year. Did you know that?

LMMDH: Been to the Lola Montez Music and Dining Hall, yet? Roy Harper's Riverbank Blues Band is fantastic. Well worth hearing. Old Sacramento. Say "Hello" to our Big Doug.

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 of this is: many people seem to be increasing their calorie intake beyond their calorie expenditure. That is, some folks have increased their food consumption beyond proportional levels of their activity (swimming). Coooops!

This daily record will indicate your weight, the number of meals you eat, and the snacks you slip in between meals. By monitoring your "extra" food intake, hopefully it will make you more aware of your consumption problem.

Suggestions (compliments of Dave Scott):

- (1) Try to lose 3/4 to 1 pound per week - no more! At this rate, you would lose 4 pounds/month or 48 pounds/year. Now, that's not bad!
- (2) Try not to eat just one large meal. Cut back on dinners and all snacks.
- (3) Let your physiological cues (internal) determine your food intake. Don't eat beyond the satisfied state. Exercise to alleviate frustrations - don't eat.

Good luck! (Dave is expecting to see the improved results in your swimming efficiency.)

A Masters Courtesy Howl for:

Evelyn Harley - 3 best (personal) times at the Rinconada Masters Meet.

Results: Rinconada Masters Meet, 14/15 Feb 76: (by age group)

50 Free  
 Hershel Wingfield 0:25.7  
 Will Hitchcock 0:24.7

100 Free  
 H. Wingfield 0:58.7  
 Fred Crowe 0:53.8  
 Will Hitchcock 0:55.0  
 Rich Harley 0:56.5

200 Free  
 Fred Crowe 2:03.6  
 Rich Harley 2:06.2  
 Will Hitchcock 2:06.9

500 Free  
 Will Hitchcock 6:02.7

100 Back  
 Fred Crowe 1:09.0

50 Fly  
 H. Wingfield 0:29.5  
 Will Hitchcock 0:29.0  
 Rich Harley 0:29.1  
 Mark Song 0:29.8

100 IM  
 Will Hitchcock 1:06.6

200 IM  
 H. Wingfield 2:33.5

100 Free  
 Bob Schroeder 1:05.0

200 Free  
 Bob Schroeder 2:39.6

50 Back  
 Bob Schroeder 0:40.7

50 Fly  
 Bob Schroeder 0:31.8

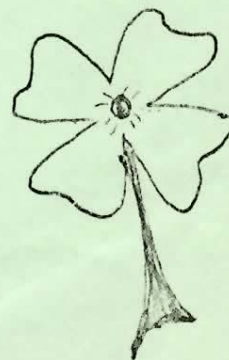
100 Free  
 Sasha Varakin 1:15.4  
 Evelyn Harley 1:09.9

200 Free  
 Evelyn Harley 2:30.4

50 Back  
 Wendy Rohrer 0:41.5  
 Evelyn Harley 0:39.3  
 Mary Kroeger 0:46.4

200 Breast  
 Wendy Rohrer 3:12.3

50 Fly  
 Evelyn Harley 0:33.2  
 Mary Kroeger 0:43.6



*Bye -  
 Mary*