

Davis Aquatic Masters

NEWSLETTER

Box 921 Davis, California

October 1981

DUES REMINDER!

Remember! Dues as of October 1st are \$17 per month (which is \$51 per quarter). If you are one who didn't realize the change or figured your quarter dues incorrectly, please send in the rest.

ANNUAL MEETING

Remember the Annual Membership Meeting and election coming up on SUNDAY, OCTOBER 25. That's NEXT SUNDAY! It will be held at the Veteran's Memorial Building from 6 to 10 p.m.. Voting is from 6-8 p.m.. A pot luck dinner will start about 7:30. Bring your own plate and silverware as well as a main dish, salad or dessert.

Introduction of the successful candidates, a BRIEF speech by our new Head Coach, Ross Yancher, a resume of the year by Dave Kelley, an outgoing Board member and an open forum for members will follow the meal. Beer and wine will be available before dinner and most probably Dot's T-shirts will be displayed for sale. She also usually brings her collection of photo albums of Master's events. Be sure to plan to come to this meeting and VOTE!

There are 6 positions on the Board to be filled. Four are for 2-year positions for the people who are rotating off the board, Andy Gabor, Mary Horton, Dave Kelley and Marc Lundin. The other two are for a one-year stint on the board finishing out the terms of members who stepped down or left the club. There are nine candidates for the six positions: Candace Cross-Drew, Anne Garson, Carol Lane, Chuck Lieberman, Mike McKinlay, Sue Milburn, Curt Miller, Mike Rushton and Laurie Wright. You still have time to meet these people and talk to them before the election.

On the ballot, you will also find a number of proposed changes in the By-Laws. One of them was suggested by the committee that looked into the Club's organization; one of them was voted on last year and passed at that time. The others were all presented to the President of the Board before Sept. 25 by a member or members of the club.

The Board went over all proposed changes and have the following recommendations;

Section 2: Responsibilities of Members

The Board recommends a vote FOR, stating that this Club runs on a volunteer labor for the most part. The more people help, the easier it is to get things done and the more camaraderie exists.

Comment from V. Scott: "This is an extremely important philosophical issue. It is considered by many to be essential in maintaining a vigorous club in which mutual support and respect are paramount. It will set expectations of members beyond 'doing your own thing' and a willingness to pay higher fees. It will foster the spirit of a 'cooperative' and avoid a country club style of operation."

Section 3: Associate Members

Board's comments: "This was passed last year."

V. Scott's comments: This 'ammendment' was approved by a large majority at the 1980

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:

Mary Horton (6:30 PM) 756-3361.

Annual Meeting, but through an oversight was not incorporated into the By-laws.

The 'privilege' of Associate members is intended for participation in meets and other special events and does not apply to regular workouts."

Section 9: Removal of Board members

Board recommends a vote AGAINST, stating that ten members is a very low percentage of the total club. It is probably possible at any time to find 10 people willing to remove any Board members from office. This could potentially cause a lot of special elections.

Rebuttal from V. Scott: "The intent of this motion is important. The numbers (majority & 10) may be subject to modification."

Section 11: Employees on the Board

The Board recommends a vote FOR.

Section V: Amendment of By-Laws (renumbering sections)

The Board recommends a vote FOR if any of the following passes.

Part V, Section 2; Amendment of By-Laws (changes proposed by...)

The Board recommends a vote FOR, and calls your attention to the fact that there is a typographical error in the Special Election Bulletin. This proposal should read "...may be prepared by the members or the Board...."

Section V, Section 2

The Board recommends a vote FOR.

Part V, Section 3 (proposed amendments be posted 15 days in advance)

The Board recommends a vote FOR, stating that it felt that the 15-day exposure time was desirable.

Part V, Section 4 (proposed amendments may be submitted by 5 people...)

The Board recommends a vote AGAINST, stating that it feels that 5 people is too few.

Comment from V. Scott: "Again the intent of these 'ammendments' is the important issue in terms of process. The number of days and other details of process are subject to modification."

All the proposals, as well as information on the 9 candidates, are in the Special Election Bulletin. If you don't have one, ask your coach for a copy.

NOTES ON DUES AND STUFF

All DAM's should be encouraged to be careful in their use of the various materials which are distributed - reenrollment forms, newsletters, meet information, etc. We want you to take what you need; but it is very expensive scratch paper or paper for notes on the board. During the summer quarter 700 enrollment forms were put out. About 380 were turned in. That means over 300 were used for some other purpose or simply discarded. Recently our dues went up. One way to help keep dues down is to not waste paper, especially "copied-on" paper.

Since seniors do not pay for pool time (the city gives us that hour free), it was decided that they should not have to pay the entire \$3 per month increase. Since they had been paying about 65% of what regular members pay before and since a \$2 increase in their dues would keep them at about 65% of current dues, it was decided they would now pay \$11 per month.

EMERGENCIES?

Yuk! Who wants to fill out those silly emergency information forms again?! Obviously we get tired of filling them out every quarter, but that is the easiest way for us to have that information. It is one of those things where you really hope to never have to use them - but could sure be thankful you had taken the time if there was an emergency and they were needed. There will be a list posted on the board of people who haven't filled out the forms. The coaches have some extras if you need them.

COACH'S CORNER

To begin my first article for the DAM Newsletter, I'd like to say that I hope you're enjoying our first few weeks together as much as I am. I'd like to especially thank Mark Lundin, Michael McKinlay, Jane and Vern Scott and the many others who have helped me get started here.

While I hope to include many different kinds of articles and features in future issues, I'd like to use this one to answer some of the questions I've been asked the most since I've arrived.

1) Who are the assistant coaches?

Two coaches will help me run the program. They are Mike Cuckovich and Mary Mackey. Mike continues with us from last year and has been a member of DAM since 1978. His background includes a degree in physical education, high school head coaching in the Sacramento area and swimming with the Arden Hills and CSU Sacramento programs. Mary has an undergraduate background in physiology and sports science, has coached age group swimming in Los Altos and was a Junior National competitor with experience in the Spartan, Los Altos and UCD programs. DAM's Walter Bricker, Beth Graham and Laura McClellan will fill in when occasional absences occur. All five have respectable coaching knowledge and I hope you'll enjoy working with them should you have the opportunity.

2) We're used to our present groupings? Will these continue?

I would like to reduce the groups to three, so that, in some sets of some workouts, these three groups can be subdivided into sprint and distance lanes. With only six lanes to work with, such a division of three groups is more workable.

We do need some sort of descriptive labels for these groups. I would like some input from you into the choice of these names. One possibility is to simply call them rookie, intermediate and advanced. Would you like some other names? If so, what? I'd like to hear from you on that subject. Also, if you prefer that the groups remain as they are, I'd be interested to know that.

3) I have in the past and/or recently experienced shoulder and/or knee pain while swimming. What should I do?

Numerous muscular and connective tissue conditions can cause one to experience joint pain. As should be obvious, the elimination of the aggravating exercise should be attempted if the pain is extreme. Hence, some of our swimmers will choose not to pull butterfly, kick breaststroke, etc. While I am not a doctor, it is generally true that appropriate warmup and stretching (as we recommend daily) are good preventative measures where pain is involved. Heat before exercise (to increase joint lubrication) and cold after exercise (to reduce swelling) are often helpful. In addition, don't try to "work through" joint pain. You can make the troubling condition worse. If the pain is slight and only occurring while you exercise, it's usually okay to continue with adaptation. If the pain is severe or continues even while you're sedentary, a suspension of the aggravating exercise is wise and a trip to the doctor prudent. (Especially if you've got a health plan to help pay for it!)

4) What will be our designated "team meets"?

We have designated the Truckee Invitational (early December) as our first team meet. While we don't have advance information, this one-day, indoor meet should be a fun one. The coaches will post meet information as it's received and will encourage you to attend. One or two more meets will be designated team meets for the January-February-March months.

Next Time: An explanation of Kinesthetic Sense (or why we're doing all those weird stroke drills).

ON-LEAVE POLICY

The question of ON LEAVE status came up. In the past the policy has been for leave to be granted in one quarter increments up to one year with leave to coincide with our

quarters. That doesn't always fit summer vacation or sabbatical plans. It was decided that while leave should still be granted on a 3 consecutive calendar month basis, it could begin on the 1st of any calendar month. If you wish to take leave, you must let the treasurer, Barb Paulson, know in writing, before the 1st of the month you wish to be on leave if you wish to retain your priority number.

CURRENT ENROLLMENT

Our enrollment is up over last quarter--335 enrolled as of Sept. 30, 10 of whom are seniors and 31 on leave. An additional 17 new members have signed up since and 15 were late enrollees to bring us up to 367. Thirty swimmers have been assigned to each workout. In the event that more than 24 swimmers assigned to a particular workout actually show up to swim on a certain day, those with the highest priority numbers (i.e. furthest from 1) will be bumped and given 1st waiting list priority at any other workout that day. This situation almost never arises.

FUTURE OF "CIVIC CENTER" (OLD EMERSON) POOL

The Park and Rec Commission has again recommended "Old Emerson" (now known as Civic Center) be renovated to the tune of some \$120,000; and that the locker rooms and showers be worked on - bringing the total closer to \$180,000. It is now up to City Council to OK the expenditure or not.

1982 PMS MEET SCHEDULE

The Pacific Master Swim Committee adopted the tentative schedule of events for 1982 at its meeting on October 12. Complete details will be available next month. However, it will include an indoor meet at the Sacramento Y in January and one at San Francisco State University in February. The PMS Short Course Championships were awarded to Solano on April 17, 18 and 19 and the Long Course Championship to Tamalpais on July 17, 18 and 19 or possibly July 31, August 1 and 2.

PMS RELAY CHAMPIONSHIPS

30 DAM team members performed very well in this meet held at Walnut Creek. Davis scored a strong 2nd place behind the Walnut Creek Masters.

A pool-side social after the meet followed by an enjoyable pizza meal by most of DAM members capped a successful event.

NORTH-SOUTH REGIONAL MEET

October 17 is the date for annual, traditional rivalry between swimmers of the Pacific and Central Masters Associations against the Southern Pacific and South West Associations.

Any and all swimmers are eligible to enter and become a member of the "North" team. Times are entered for the events a swimmer likes to swim and the coaches decide which individuals are entered in order to give the "North" the strongest representation possible. Several Davis swimmers will help the "North's" effort.

GARAGE SALE A SPLASHING SUCCESS!!!!

Many thanks to all the DAM members who helped with this years garage sale. Due to your team effort, the sale was one of the most successful in our history. It's not too early to start thinking about our sale next year, so start saving.

Again, to all who helped with this years sale, our thanks.

-Evan and Tom Auberry

TRIATHALON '81

On behalf of the 620 participants, sincere thanks are extended to the several dozen DAM members who contributed many hours of help in planning and conducting a highly

successful event.

Although early morning rain created some unexpected problems and required changes in plans, the event received many favorable comments from the competitors and spectators. There were, of course, suggestions for improvements and these have been incorporated into our planning for next years event. Thanks again!

1982 PMS REGISTRATION

Registration material will not be available until mid-November or the first of December. Negotiations are underway with those who may contract for processing the registration cards.

The Registration Fee (not set yet, but will not exceed \$7.00) will include medical coverage of \$2000 for accidents incurred during meets or regularly scheduled practices or traveling to or from these activities. Liability coverage for our club will also be included up to \$500,000.

SWIMMERS-OF-THE-MONTH

Gail and Jim Mynard are two of the "original" members of Masters. Both joined in early 1975. Gail had never swim before and thought Dave was "joking" when he told her to swim 50 yards. But she jumped in and after three months could do a whole rookie workout. Now she's "addicted" to swimming and hates to miss a workout.

Jim had also never done much swimming, but according to Gail, was a lot better than she was and progressed more rapidly. They both swim for health and relaxation, but also enjoy competing in local meets.

Gail was born in Chicago but "lived all over." She went to college in Seattle and medical school in Milwaukee.

Born and raised in Piedmont, Jim attended Stanford University and medical school at the University of Wisconsin. He and Gail met while she was in medical school. When she finished, they moved to San Francisco for one year. Gail, who was in the Navy at the time, worked as a general practitioner in the Oakland Naval Hospital. Jim worked in a hospital in San Francisco.

In 1973, Jim got his present job in radiology at Kaiser in Sacramento. Gail worked in a hospital on Mare Island. By that time she had decided the Navy was not for her. She was able to leave her position gracefully when Craig, their first son, was born. In the next two years, Peter, and then Ann were born and Gail started working as an emergency room doctor. She currently works at Woodland Memorial Hospital.

Aside from working, taking care of their three children and swimming, Jim manages to find time to play tennis, and he, Gail and the children enjoy skiing.

NEWSLETTER LIAISON

This is the last month that Mary Horton will be Board liaison to the Newsletter since she is rotating off the Board. Items for the November Newsletter should be turned in to Kathy Gill since she is the only continuing Board member. She will let you know in the next Newsletter who the new Board liaison person will be. Deadline for the next Newsletter is November 20, 6:30 p.m.

NEXT BOARD MEETING

Room H30 at the High School has been reserved for Board meetings until June, 1982. Except for November, the reservation is for the second Wednesday of every month. That day was already taken in November so the next meeting will be Wednesday, November 18.