

DAVIS

AQUATIC MASTERS

1994

M E M B E R

H A N D B O O K

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Welcome

You have just joined the largest single Masters Swimming team in the United States. With a membership of around 400, our club requires a considerable amount of organization to run a smooth and efficient operation.

The purpose of this handbook is to introduce you to DAM and help orient you with the methods of operation and sometimes confusing terminology we use in our club. Always feel free to ask questions of your coach or any member of the Board of Directors. We truly want you to feel comfortable and be successful in your swimming endeavors. Happy Swimming!

THE ORGANIZATION

Davis Aquatic Masters is a non-profit corporation, chartered by the State of California. DAM is governed by a Board of Directors and operates under by-laws and operations procedures that are developed and reviewed periodically by the directors and

the membership. The directors are elected for two-year terms by the membership. All club members are welcome to attend the monthly meetings of the Board of Directors.

DAM rents its pool facilities from the City of Davis. We share those facilities, as well as some equipment, with the Davis Aquadarts, a program similar to DAM for younger swimmers.

While the coaching staff and treasurer of the club are paid employees, DAM depends upon volunteers for the success and stability of its operation. Income from the annual Lake Berryessa Swim and an *esprit de corps* nurtured by various social events throughout the year are integral to making DAM a very special and important part of its members' lives.

We hope you will find being active in the many aspects of Davis Aquatic Masters to be fun and rewarding too. We are always looking for new ideas and fresh sources of energy.

WARNING!

Masters swimming is a strenuous athletic activity. Participants are advised to consult a physician before undertaking the program. Even if you are physically fit and enjoy good health, it is advisable to see your physician for periodic medical exams. The frequency of these exams would be determined by the existence of any underlying health problems. Many apparently healthy people are not aware that they possess risk factors for cardiac problems, erroneously believing that physical fitness will protect them from cardiorespiratory problems. Your health care provider usually can take steps to detect these risk factors, if they exist, and can counsel you about guidelines for a safe exercise program.

A Message From Our President

Welcome to one of the biggest and one of the best Masters Swim Teams in the United States—Davis Aquatic Masters (DAM). Each year approximately 400 adults swim at the seven or eight daily workouts that DAM offers on weekdays. But don't let DAM's size scare you. From the Olympic champion to the great grandmother, each member of DAM gets a lot more than exercise from swim practice. We get the feeling of being a member of a family of swimmers. The coaches and everybody in your lane will soon know your name. So, despite the large size of the whole family, you will find that you are not a minnow in the sea, but an important fish in your lane. I want to elaborate here on the personal side of swimming with DAM, in contrast to the technical information you will find in this Handbook. Let me tell you about being assigned to a lane and about some athletic, professional, and personal aspects of DAM swimmers.

Being Assigned to a Lane: I don't know about you, but when I arrived at my first DAM swim practice, I spotted a vacancy in one particular lane where the men looked my size and age, but they were swimming at speeds way out of my range. I hoped the coach would not assign me to that lane. What a relief! He asked me how fast I would like to swim, and then he directed me to an ideal lane. Ahhh, that's more my speed! It turned out that my lane contained two men and two women, and our ages ranged from twenty-something to forty-something. We really enjoyed swimming together. The point is that the basis for your lane-assignment is neither your gender, size, nor age—the basis is *your swimming-ability*. Even within the lane, the order is *fastest goes first* and *each other swimmer starts five seconds after the swimmer before*. Perfect! As a result, there will usually be no need to pass anybody, and nobody will bite your toes!

DAM Swimmers as Athletes: Olympic medalists in swimming and water polo, college All-Americans, professional triathletes, Masters World-Record Holders—yes, we have had them all as DAM members. These younger swimmers still compete and win as Masters Swimmers and help to make DAM a winning team. But, in the pool at the same time, but in a separate lane, we also see DAM competitors representing the 70-to-74 age group. They win too, helping to make DAM one of the best teams in the country. Other DAM members swim for fitness, with no ambition to compete at all. Pregnant women swim to stay fit, even in the eighth month. Others come to swim practice just to get wet, get loose, and get a hot shower with a sudsy shampoo. We have room for *all* kinds of athletes.

DAM Swimmers as Fascinating People: Have you heard about what your lanemates do after they get dry clothes on? All the DAM swimmers are not college students at UCD, you know—though, many undergraduate students as well as graduate students swim with us. The rest of us represent an amazing diversity

of professions: physical therapists, veterinarians, school teachers, nurses, physicians, lawyers, carpenters, optometrists, contractors, architects, airport managers, cabinet makers, writers, editors, restaurateurs, and photographers, among many others. How about professors and lecturers from UCD? You bet! They include renowned botanists, molecular biologists, physicists, philosophers, paleoanthropologists, engineers, agronomists, chemists, historians, nutritionists, veterinarians, physicians, and geologists, to name a few.

Intriguing combinations of lanemates occur frequently, like professor with student. Who dominates there? And with so many MDs, DVMs, ODs, and PhDs swimming everywhere, you may discover that you are swimming in a double-doc lane or even in a triple-doc lane. Whew! By a tally of academic degrees, DAM may count as members more doctors than any other masters swim team in the world!

Hobbies? You will meet swimmers who also enjoy running, biking, surfing, scuba diving, sailing, flying airplanes, sky diving, water skiing, down-hill skiing, cross-country skiing, roller blading, skate boarding, or bungee jumping! That's only a partial list.

DAM Swimmers as Best Friends: Swimming brings us together at the same place and at the same time for years. Combinations and permutations of swimmers in the same lane and in nearby lanes develops into friendships that bond us into groups of good friends. The members of each group are neither all single, nor all married, nor all of the same swimming speed. Eventually it is *friendship* alone that makes us support each other and look forward to seeing each other. The many DAM social events during the year foster these friendships. I have found that the family of swimmers becomes just as important as the family of colleagues at work and the family of blood-relatives. You can meet life-time best friends at the pool. I have.

Finally, I hope that you feel like a member of our family soon and that you reach the level of swimming that you desire. After a short time you may be the inspirational athlete, the fascinating person, and the new-found friend that the next new member will look forward to seeing at the pool. Welcome to the family.

For a complete listing of the 1994 DAM Board of Directors, please see page 19.

A Message From Head Coach Mike Collins

Davis Aquatic Masters provides an excellent program that accommodates all levels of swimming abilities and desires. There is a place for everyone from the novice swimmer to former Olympic champions. Our objective is to offer a program that will meet the needs of all the swimmers.

Coaching to meet the needs of such a diverse group of people can be very difficult. However, there are four main values we try to develop in our program:

1. A Healthy and Enjoyable Lifestyle

Swimming is an excellent way to maintain fitness and good health. Several studies have shown that people who exercise tend to lead happier, more enjoyable lives than sedentary people. In addition to staying fit, swimming can help to heal or reverse degenerative injuries. At DAM, we not only encourage swimming for fitness, but also to engage in other athletic activities and to eat a well-balanced diet.

2. Enjoyment of Swimming

We try to make swimming fun by giving a variety of different sets and exercises. Even when a difficult workout is given, enjoyment can be gained from the sense of accomplishment felt after working out hard or finishing a tough set. Also, seeing improvements in swim times, stroke techniques, and level of conditioning is quite exciting and motivating.

3. Satisfaction from Setting and Meeting Personal and Team Goals

As in other aspects of life, setting and achieving goals is quite rewarding. In addition to trying to achieve personal goals, it is motivating to be part of a team working toward a goal. Throughout the year, we strive to achieve many different team goals. I encourage everyone to help us reach those goals.

4. Competition and the Fun in Striving to Do Your Best

A unique feature of swimming is that participants swim side-by-side rather than directly against each other. Thus, swimmers push each

other to swim faster and perform to their full potential. Although competitions are to see who can swim fastest in a given event, the race against the clock to perform to one's own expectations is most important. In our program, we don't look at competition as a stressful, scary thing. Rather, we see it as an opportunity to test your personal abilities.

As a member of Davis Aquatic Masters, you will be instructed in the four competitive swimming strokes: butterfly, backstroke, breaststroke and freestyle. We will not force you to do anything in workout you do not want to do, but we encourage everyone to attempt to do the sets as given. Learning to master new strokes is an accomplishment in itself. Also, having more strokes in your repertoire makes possible a greater number of different sets, thus allowing for more diversity in your workouts. If you are unable to perform a specific task (due to injury, fatigue, or any other reason) you can substitute a different task that you can perform without disrupting the flow of the workout for the others in your lane.

When you first swim with DAM, it may sound as if we are using a foreign language when giving sets. (I assure you we are speaking English!) This is normal; even seasoned swimmers must get used to new terminology when swimming with different clubs. You are strongly advised to study the Glossary of Swimming Terminology in this handbook as soon as possible to familiarize yourself with the terms used by our club. However, don't be afraid to ask to have a set explained again in more detail if you still don't understand it.

It is our goal to make your experience with Davis Aquatic Masters as enjoyable and rewarding as possible. If you have any questions, or if you have any constructive comments that may help us clarify things for future new members, please feel free to approach your coach at the pool or by telephone.

Getting Started

PRIORITY NUMBERS AND FEES

In order to accommodate our large enrollment in a fair and equitable manner, Davis Aquatic Masters has developed a priority system based upon tenure of membership. All new members are notified of their priority numbers upon receipt of their membership application.

Workouts are assigned on a seniority basis; lower priority numbers reflect greater seniority. Assignments are made quarterly and the quarters begin the first Mondays of January, April, July, and October. During reenrollment, members can request assignment to a particular workout or they can choose to be unassigned. Everyone joining DAM after the reenrollment period is classified as unassigned for the remainder of that quarter.

To maintain a priority number, all current fees must be paid and the quarterly reenrollment form must be completed and returned on time. (reenrollment forms are generally available at the pools during the second and third weeks of December, March, June and September.) **Fees may be paid quarterly, or they may be paid monthly and are due by the first of each month. There is a \$5 late charge for payments received after the tenth of the month.** A priority number may be reserved for periods of absence; the minimum leave is one month. The treasurer must be notified in writing of the leave and a payment of \$2 per month of leave must be included. Leaves of absence are granted for complete calendar months only. A DAM Newsletter will be mailed (within the United States) to members on leave, so they can keep in touch with the club's activities, if requested.

Leaves must be requested before the end of reenrollment to avoid the late reenrollment fee if a swimmer is starting his or her leave at the beginning of the quarter.

WORKOUT ASSIGNMENTS

In any particular workout, the coach assigns swimmers of similar abilities into each lane. To avoid overcrowding, DAM has a limit of four or five swimmers to a lane, based upon the coach's discretion. Certain workouts are very popular and occasionally swimmers must be turned away.

Members assigned to a workout are guaranteed a place in their workout provided that they are on deck and ready to get into the pool by five minutes after the start of the workout. After five minutes, the priority system is used to admit non-assigned swimmers to a workout based upon the following hierarchy:

- ✓ Swimmers who were on time and were turned away from their assigned workout that day. (This rarely happens.)
- ✓ Swimmers on the unassigned list (including new members enrolled after the quarter started) are admitted according to their priority numbers.
- ✓ Swimmers with a "900" number (those who failed to reenroll on time).
- ✓ Swimmers assigned to another workout.
- ✓ Swimmers attending their second workout that day.

While a lower number indicates higher priority, space in an appropriate lane must also be available. Therefore, it is possible that a swimmer with a lesser priority may get into a workout while one with higher priority is turned away.

SWIMMING TERMS

(ALSO SEE DEFINITIONS AND ABBREVIATIONS)

People who are swimming in an organized setting for the first time encounter a bewildering set of new terms and numbers. Likewise, veteran swimmers from other clubs must often get used to a new vocabulary of swim terms when they join Davis Aquatic Masters. Familiarizing yourself with the following concepts and terms should help make your introduction to DAM a little less confusing.

DAM works out in 25 yard-long pools; therefore, distances are generally given in multiples of 25. A "100" is four **lengths** (or **laps**) of the pool. Furthermore, **sets** are usually given in terms of a number of repeats of a certain distance and it is important that one listen carefully to how the set is given. For example, "1 x 500 yards" ("one five hundred") and "5 x 100 yards" ("five one hundreds") are both the same distance. However, the former describes a continuous swim of twenty lengths, whereas the latter implies a break after every four lengths.

Sets given with several repeats of a distance are accompanied with an "**interval**" or "**base**" that

that introduces a time factor to the set. The interval specifies the time allowed from the start of one swim to the start of the next. Thus, the interval consists of the swim time plus the rest time. If a set is given as "5 x 100 on 2:00" one would swim five one hundreds, leaving every two minutes. If the swim is completed in 1:45, then the rest period would be 15 seconds; if it is swum in 1:30, the rest would be 30 seconds. Usually, one would want to "descend" this set; that is, swim progressively faster on repeats one through five, successively dropping the swim time by only about one or two seconds. If an interval is not given, a period of rest will be specified.

There are four generally recognized strokes in swimming: **butterfly, backstroke, breaststroke and freestyle (crawl)**. Also, the "individual medley" or "IM" is a popular event that incorporates the four strokes in the above order. DAM uses all four strokes in the workouts and the coaches encourage everyone to try to learn all of them. Always feel free to ask the coach for help in learning or improving strokes. "Drills" are often incorporated into the workouts to emphasize attention to particular aspects of a stroke. Be sure to ask the coach to explain the purpose of the drill if any confusion exists.

MIND YOUR DAM MANNERS

Davis Aquatic Masters is one of the largest clubs of its kind in the United States. Some of our workouts are very popular and a few rules must be enforced to insure that everyone is treated equitably and all swimmers can get a good workout in a safe and harmonious atmosphere.

The priority system for lane assignments has already been discussed; to help the coaches make the assignments quickly, all swimmers should know their priority numbers and workout assignments. As previously stated, a maximum of four or five swimmers is allowed per lane, depending upon the nature of the workout that day. Since lanes are shared only by swimmers of compatible abilities, some lanes may at times be left only partially filled, even if it means other swimmers will be turned away. While this situation is undesirable, occasionally it is unavoidable. Your best protection against being turned away is to be at the pool on time and

prepared to get in when the coach directs you to do so. As a courtesy to your fellow swimmers, please get into the pool as soon as you are assigned to a lane. This will help the coach know which lanes are full or where room is still available for other swimmers. Likewise, it is helpful to the coach in assigning the next session if swimmers leave the pool promptly when their workout is over.

Unless the coach directs you to split the lane, always swim counterclockwise, staying to the right of the line on the bottom of the pool. Swimmers should always start five to ten seconds apart, finish their swims at the wall and then they should move out of the way to allow the following swimmer to finish at the wall too.

On longer swims, it is often impossible to match abilities within a lane precisely. In these circumstances, swimmers often get lapped. *Faster swimmers have the right of way.* If you find yourself in a lane with some variety in speeds, the slower swimmers should skip 50 yards and let the faster swimmers pass when necessary to keep up with the lane. If a faster swimmer is trying to pass you, *at the end of that length*, pull over to the right hand corner of the lane and let the faster swimmer (or swimmers) pass. The faster swimmer should politely signal an intention to pass by tapping the leading swimmer's feet. The faster swimmers will not have to spend long amounts of time on the wall waiting for the slower swimmers. This will ensure that all in the lane will be able to keep swimming, and there will be a minimum of confusion. This situation does not occur very often, and is most likely to occur in the slower lanes.

Our primary goal is to make the workouts as pleasant and relaxed as possible for all swimmers. Therefore, we would greatly appreciate your efforts to follow these rules as much as possible.

Definitions & Abbreviations

SWIMMING LEVELS

- A (advanced) = 1:15 per 100 yard pace or better in a set of ten freestyle repeats.
- E (experienced) = 1:20-1:35 per 100 yard pace.
- I (intermediate) = 1:40-1:55 per 100 yardpace.
- R (rookie) = 2:00 per 100 pace or longer.

SWIMMING STROKES

Butterfly (Fly) : Swum on the stomach with both arms recovering simultaneously over the water and employing two dolphin kicks per cycle. Butterfly is the first stroke in the Individual Medley event (IM).

Backstroke (Back) : Swum on the back with one arm recovering over the water while the other is stroking through the water. Backstroke is accompanied by a flutter kick; usually there are four to six kicks per stroke cycle. Backstroke is the second stroke in the IM.

Breaststroke (Breast) : Swum on the stomach with both arms recovering simultaneously through the water. Breaststroke is done with a whip kick. Each cycle of the breaststroke consists of one pull followed by one kick, which occurs during the recovery phase of the pull. Breaststroke is the third stroke in the IM.

Freestyle (Free) : (Also referred to as the crawl.) Swum on the stomach with one arm recovering over the water as the other pulls through the water. Done with a flutter kick, with two to six kicks per stroke cycle. Freestyle is the fourth stroke in the IM.

IM (Individual Medley): Event consisting of the four competitive strokes in the order of Fly-Back-Breast-Free. A 100 yard IM consists of one length of each stroke, a 200 IM is two lengths of each, etc. (in a 25 yard pool). In a medley relay, the order is changed to Back-Breast-Fly-Free to accommodate the backstroke start, which must be done in the water.

WORKOUT TERMINOLOGY

Distances : Since all pools in Davis are 25 yards long, all sets are given in distances that are multiples of 25. A "100" is four lengths of the pool, a "150" is six lengths, a "200" is eight lengths, etc. During summer

months, DAM offers a schedule of workouts in Woodland's 50 meter pool. In a 50 meter pool, sets are given in multiples of 50 meters. A meter is roughly ten percent longer than a yard. Thus, an approximate comparison of swims measured in yards to swims measured in meters can be made by adding ten percent to the yard times or by subtracting ten percent from the meter times.

Length or Lap: These terms are used interchangeably in swimming and refer to the distance from one end of the pool to the other. New swimmers are often confused about the term "lap" since it usually refers to completion of a full circuit of a course and returning to the starting position. For this reason, we try to avoid using this term and to refer to "lengths" when giving instructions.

Interval : Refers to the time allowed for swimming a particular distance plus the rest period after that swim. The interval is an integral part of a set that is composed of several swims and should be closely adhered to in order to derive the maximum benefit from the set. For example, if one is directed to swim five 100's free on a two minute interval (5 x 100 Free @ 2:00), one should leave from the wall every two minutes and swim one hundred yards each time. The amount of rest between the swims is therefore dependent upon the time it takes to swim the one hundred yards. If it takes 1:55 to complete the swim, the rest is only five seconds. If one takes only 1:30, then the rest is thirty seconds.

To help keep track of intervals, it is a good idea for new swimmers to do some timed swims in some of the more common distances (50, 100, 200, 500) and get an idea of how long each takes to complete (and remember these times!). Then, in the future when swimming these distances, one need only pay attention to the second hand on the pace clock in order to keep track of swim times and intervals since the number of minutes required will be known before starting.

Another key to simplifying time keeping on the pace clock is to mentally break-up the clock face into

“pie wedges”. Then, for example, sets that have a component of :15 should be started on the 60, 15, 30, or 45 and all repeats in that set will always start on one of those clock positions (cutting the pie into fourths). Likewise, a set with a component of :20 should be started on the 60, 20, or 40 so repeats will always be at one of those easily remembered and recognized positions (cutting the pie into thirds).

Often distances within sets increase or decrease by multiples of 100 yards. In these instances, intervals may be given in terms of “per 100” and the given interval must be doubled for a 200, tripled for a 300, etc.

Rest Interval (RI): A specific and constant period one should wait between swims in a given set. For example, 6 x 75 Back @ :15 RI is six seventy-five yard backstroke swims with fifteen seconds rest after each one.

Pace: Hold a steady speed throughout a set, often trying to match a goal race tempo. Example: 4 x 50 Breast @ 1:00 holding 200 race pace. Most people can swim shorter distances at a faster average speed than they can hold for longer distances. This instruction says to swim all four 50's at the average speed one would normally do a 200.

Build: Get progressively faster within a swim. Example: 1 x 400 Free, build by 100's. The pace should increase after each 100, but one should not stop swimming until the entire 400 yards are completed.

Descend (PR): Swim progressively faster within a set of repeats. Example: 3 x 100 Free @ 2:00, Descend. Swim times could be 1:35, 1:33 & 1:28.

Negative Split: Swim the second half of a distance faster than the first half. Example: 2 x 400 Free, Negative Split. The second 200 of each 400 should be swum a few seconds faster than the first, but there should not be a break between the 200's.

Since keeping track of times and intervals is such an important part of the workouts, we recommend anyone who has difficulty seeing the clocks to wear a watch. An inexpensive, waterproof digital watch adequately fits the bill. Other options would be to wear contact lenses, which many swimmers currently wear with no problems. Additionally, corrective lens goggles are available from many optometrists.

STROKE DRILLS

Stroke drills are exercises designed to isolate or emphasize specific aspects of a swimming stroke. The purposes of the drills are to help correct common mistakes in stroke mechanics or to allow a swimmer to practice a specific part of a stroke for longer periods when one finds it difficult to perform the full stroke.

DESCRIPTION OF STROKE DRILLS

by Head Coach Michael Collins

Drills are used to isolate certain aspects of a stroke. By focusing on one specific part of a stroke at a time, it becomes easier to perform that part of the stroke properly. Often, drills seem difficult and unnatural to do, but this is a common feeling. When executed properly, the drill will help to swim faster, more smoothly, and more efficiently as the concept is incorporated into full stroke swimming. Drills should not be swum “all-out”, and yet they shouldn't be done lazily either. Drills require a good amount of mental concentration while trying to keep the body relaxed.

The following are the most common drills we do at DAM:

FREESTYLE

Kicking on the side: Work on kicking in both directions instead of just kicking down. Also familiarizes one with rolling equally from side to side.

Streamline underwater kicking: The idea in swimming is to become efficient in order to swim faster - longer. By learning to streamline kick with one hand on top of the other, stretched out, with the head tucked between the arms, fewer strokes are needed to cross the pool when swimming is added.

Kicking on the surface, arms streamline in front, head up: This is known as “Power Kicking” because it takes so much energy to keep the head above water. This drill teaches a strong, steady, propulsive kick.

Single Arm: Swimming with one arm only, usually alternating arms each length (25 yards). The non-stroking arm is left at the side, and breathing is done every other stroke to the non-stroking side. This

drill works on several aspects of the freestyle, and each can be emphasized individually:

Entry & Catch: (fingertips first with thumb angled down, slow & easy),

Pull: (sculling 'S' pattern with high elbow),

Finish (fast),

& Recovery (relaxed with high elbow).

Long Arm Dog Paddle (LADP): This is a drill to teach a sculling "S" pattern in the arm pull. Arms are recovered through the water instead of over the water. Head is usually held up out of the water in a still position.

Kick-Left-Right-Swim (K-L-R-S): Swam as 100's in which the first 25 is kicking only, in a streamline position, the second 25 is swam with the left arm only, the third length is right arm only, the last length is full stroke, putting all the components together for excellent form, alternate breathing every third stroke.

BACKSTROKE

Single Arm: Same principle as Freestyle Single Arm Drill.

Spin Drill: This drill is done to pick up the turnover speed of the arms. The head is held unusually high out of the water and the butt is sunk, kind of in a seated position. The arms are "spun" as fast as possible to move the swimmer down the pool despite the bad body position.

BREASTSTROKE

Double Kick: Two kicks done per arm pull. The cycle goes "Pull-Kick-Kick; Pull-Kick-Kick..." This drill teaches a good glide and proper timing of the arms with the kick. Also, works to improve body position. The butt should be close to the surface at the finish of the kick while the arms are angled slightly down toward the bottom, approximately 15° down from the water surface.

Flutter Kick: Flutter kick with breaststroke arm pull. Promotes faster arm turnover.

Fly Kick: Fly kick with breaststroke arms. Teaches an undulation in the stroke (rising of the hips). Also less stressful on people with knee problems.

BUTTERFLY

Single Arm: Same principles as Freestyle Single Arm Drill. Also requires less energy to perform than full stroke Fly, yet it still helps to teach the proper timing of the kick & breathing with the arm stroke.

2-2 Drill: Same as Single Arm but alternates 2 left strokes with 2 right strokes. Improves timing and coordination.

2-2-2 Drill: 2 left, 2 right, 2 full stroke. Improves timing, coordination, and endurance of full form swimming.

1994

Events Calendar

Date	Event
January	Hour Swim
2	DAM Short Course Freestyle Ironman Meet
22	PMS Fitness Clinic
February	Stroke Improvement Month & Fitness Challenge
26 & 27	DAM/UCD Stroke Technique Clinics
March 4-6	Walnut Creek Swim Camp
26	Strawberry Canyon S.C. Meet @ UC Berkley
Apr 9	Walnut Creek Quadrathon (500-200-100-50 Free)
10	DAM/UCD Mental Training, Race Strategy & Pacing Clinic
15-17	PMS Short Course Champs @ De Anza College, Cupertino
30	DAM/UCD Starts & Turns Clinic
May 1	DAM/UCD Taper Clinic
Thu May 5	Cinco De Mayo Intrasquad Meet & Fiesta Party
Th-Su 13-16	USMS Short Course Nationals @ Tempe, AZ
Sa June 4	Berryessa 1 & 2 Mile Swim
Fr-Sa 10-11	Walnut Creek Long Course Meet
Sat 18	Lake Sonoma 2 Mile
Sun 26	Lake Del Valle 1.5 Mile Swim - Livermore
Th 30	DAM Long Course Freestyle Ironman Meet
July 4	Independence Day. DAM BBQ @ ??
17	Donner Lake Triathlon
23	Trans Tahoe Relay
29-31	PMS Long Course Champs @ Santa Cruz
Aug 6	Santa Cruz Pier Swim
13	Donner Lake 2.7 Mile Swim
20 or 21	Lake Del Valle 2 x 1 Mile Relay - Livermore
20-21	Great North Triathlons - Stonegate Club, West Davis
26-28	USMS Long Course Championships @ Buffalo, NY
Sept 11	Whiskeytown 1 & 2 Mile Swim
October	Stroke Improvement Month
2	Sacramento Sprint Pentathlon (50 of ea. + 100 IM)
15	DAM Mid-Distance Pentathlon (100 of ea. + 200 IM)
??	DAM Annual Meeting, Election, & Awards
29	DAM Distance Pentathlon (200 of ea. + 400 IM)
Nov	USMS 6,000 yard Postal Meet
5-6	PMS Short Course Meters Championships @ Los Altos
19	DAM Brute Squad Meet (200 Fly, 400 IM, & 1,650 Free)
Dec 11	DAM Holiday Party

Swim Meet Information

ENTERING

Meet information sheets are available in the PMS Newsletter you receive twice a year and are usually available at the pool as well. To enter a meet you will need to fill out a white Consolidated Entry Card and one Event card for each event entered (Blue—Men, Pink—Women). Mail your cards along with a check to the person designated on the Meet Sheet. Once you have entered a meet, let the coach know you have and which events you will be swimming. Also tell the coach if you'll be available for any relays. If you would like to go to a meet, but still aren't sure how to enter, don't hesitate to ask the coach for help.

CARPOOLING

For most Team Events, carpooling is recommended. Carpooling conserves energy, saves money, and gives you a chance to get to know some people on the team you may not get to swim with. Usually carpools meet at the Civic Center pool.

SEATING

We ask that the team sit together at meets. Sitting with others from DAM makes for good team unity and support. In addition, it helps the coach find swimmers quickly and give race or stroke tips, assign relays, and give other important information to the team. Usually the coach will set up a "base camp" in a choice location on the deck. You will probably see the team banner in this area.

APPAREL

We recommend wearing the team apparel with our DAM logo at meets if possible (team suit, cap, T-shirt, sweatshirt, parka, etc. See Equipment and Apparel Used). This will make it easier for the coach and teammates to spot you and gives a positive image of our program to other teams.

COACHING

At any Official Team Event a coach will be there to assist you. Always let the coach know if you plan to attend an event and let them know you are there as soon as you arrive. The coach will be able to give you important information on the facility conditions, race strategies, help with dives, get your splits during races, and other helpful things. Use the coach! Some of the best times to pick the coach's brain with all those swimming related questions are at swim meets.

FOOD

Since most swim meets run longer than a few hours, bringing food and drink can make a big difference in how well you perform and how much you enjoy the meet.

Recommended foods to bring:

- Bagels
- Muffins
- Fruit
- Lowfat cookies
- Sandwiches
- Fluid replacement drinks (Bodyfuel, Exceed, Gatorade, etc.)

THINGS TO BRING

The following is a partial checklist of items you may want to bring to a swim meet:

- DAM team swimsuit and an extra suit
- Race goggles and spare (good for diving)
- DAM swim cap and spare
- Several towels
- Warm sweats
- Extra clothes
- Sunscreen
- Shade hat
- Foldable chair
- Reading material
- USMS/PMS card
- Ice chest
- Bike water bottle

Equipment & Apparel

RECOMMENDED EQUIPMENT

- swim suit (always carry a spare)
- goggles (always carry a spare) (suggested models good for diving: Speedo Sprint, TYR Racetech)
- swim cap (available at the pool for \$1, or with DAM logo \$3)
- towel
- gear bag
- combination lock (to lock clothes & valuables in locker)

OPTIONAL ITEMS

The club supplies a limited number of the following, however, many purchase their own equipment.

- Fins (Suggested model: ZOOMERS)
- Hand Paddles (suggested models: FINALS Han's Paddles; ZOOMERS Fulcrum Paddles)
- Pull Buoy

If you are interested in buying any DAM logoed apparel or other equipment ask Coaches Mike or Don. They can tell you what is in stock, or when the next order will be placed. The following is a partial list and description of what may be available:

- Swimsuits: Team Suit -THE FINAL, Incognito, or Navy Blue
- Swim Caps - White w/ Royal Blue DAM logo
- Sweatshirts - Grey w/ Royal Blue DAM logo on front & Back
- "1-800-DAM-FAST" T-shirts
- Swim Bags - Several compartment bag w/ DAM logo on side
- Parkas - Royal Blue shell & lining. 4 inch "DAM" lettering on back & DAM logo patch on front.
- Zoomers - Small red fins used to improve

kicking strength & speed.

WHERE TO BUY

Brett's Sports, University Mall, Davis 756-SWIM

Pacific Swim & Sport, 2310 J Street Sacramento

Fleet Feet, 517 2nd Street, 758-6453

Sportlife, 514 3rd Street, Davis, 758-6000

Mail Order (Call for free catalog)

NORCAL Swim Shop - 1-800-752-SWIM

ZOOMERS, 1-800-852-2909

KAST-A-WAY. 1-800-543-2763

Swimming & Pregnancy

Swimming is an excellent form of exercise for pregnant women and usually can be continued until the time of delivery. There are some precautions, however, that pregnant women should take during a swimming workout. Dr. Steven J. Smith of the Family Practice Medical Group in Davis and a Davis Aquatic Masters member has provided some specific guidelines which he gives to his patients who wish to swim workouts during pregnancy.

“Generally speaking, a pregnant swimmer should not exceed a pulse rate of 140 beats per minute for any extended length of time. As long as the pulse rate is kept under this level, swimming the full DAM workout should not lead to any problems. The degree of effort required to reach this pulse rate will change as one progresses through the pregnancy. In addition, certain modifications of one’s swimming style, the strokes

used, and the time required for recovery may change throughout the pregnancy. Often, it is helpful to use fins in the later stages of pregnancy.”

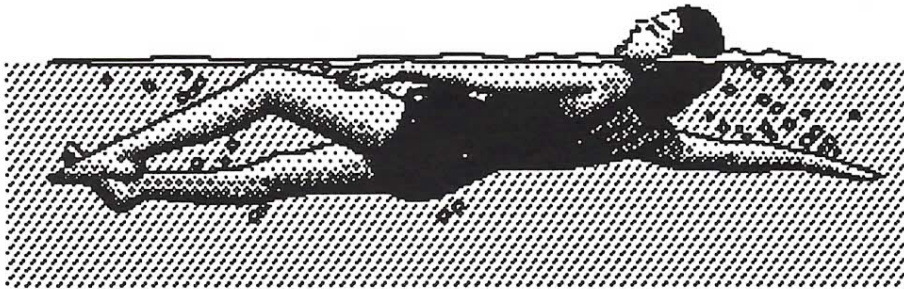
“The pregnant swimmer should ignore any ‘breath control’ instructions and maintain a regular and comfortable breathing pattern at all times. As in any exercise program, if a certain activity causes pain, the woman should stop that particular activity and, if for any reason, complications develop during pregnancy, the expectant mother needs to speak with her physician before continuing with the swimming program.

Suggested Reading:

Essential Exercises for Childbearing Year (second edition). Elizabeth Noble (RPT).

The Postnatal Exercise Book. Barbara Whiteford and Margie Polden.

Both available at local bookstores.



Suggested Reading and Viewing

DAVIS AQUATIC MASTERS WORKOUTS

\$5 for 1 month or \$6 if mailed
Contact - Mike Collins, Head Coach
P.O. Box 1366
Davis, CA 95617
(916) 758-7212

A DAM Good Year

by Michael Collins
1 full year of workouts with the Davis Aquatic
Masters
\$25 (Same info as above)

Power Foods

by Liz Applegate (DAM member)
Practical, useful, ideas on eating to enhance perfor-
mance. Available at most book stores
\$18.95 Hardbound

STRETCHING

by Bob Anderson
(Simple, but very imformative description
of stretching for several different sports)
Available at most book stores

***SWIMMING WORLD* Magazine**

(age group/world class oriented magazine)
1 year sub.(12 issues) - \$19
116 W. Hazel
Inglewood, CA 90302
1-800-345-9787

***SWIMMING TECHNIQUE* Magazine**

(Very technical/coaching oriented magazine)
1 year sub.(4 issues) - \$10
116 W. Hazel
Inglewood, CA 90302
1-800-345-9787

SWIMMING FASTER

(Very technical explanation & description
of all aspects of competitive swimming)
by Ernest Maglischo
\$42 includes tax & shipping

Pacific Masters Swimming Video Library

Several swimming videos available for check-out
Contact Nancy Ridout
580 Sunset Parkway
Novato, CA 94947
(415) 892-0771

Swimming Support Syndicate

Mail order clearing house for swimming material
1739 E. Carson St.
Pittsburgh, PA 15203
Call for free catalog
1-800-869-0758

DAM Fundraising

Davis Aquatic Masters is cooperating with Davis Aquadarts in a fund raising program with many of the local grocery stores. We include a DAM order with the Aquadart order for what are really gift certificates at six stores in town. We get a discount which is larger as the size of the order goes up. If, for instance, the order is for \$5,000, we pay \$4700. If it is smaller, the percentage goes down. We are planning on using the money raised this way to help build a much-needed office and storage-space building at Civic Center pool.

All you need to do is to send in a check with one of the purple 'grocery' forms which are in the bins near the dues box. If you can't find the forms, you can send the check with your name, address, the grocery store and the denominations that you want. As soon as we get the scrip, it will be mailed back to you. It is helpful if you include a self-addressed envelope. A stamp, makes the fundraiser even more profitable.

The stores that are participating are Albertson's, Co-op, Longs, Lucky's, Safeway, and State Market. Most have \$10, \$20, and \$50 certificates. Co-op only has \$5 certificates.

We try to order ahead a little, without putting too much of a strain on the DAM checkbook, so if you forget to get the order in on time, we may still be able to fill it within a few days. Otherwise it will be included with the next order. Several people have 'standing orders'. The scrip is ordered for them, and sent to them when the check arrives. That way they only have to write the check, not worry about the specific deadline for that month.

The deadlines are announced at the workouts, or can be obtained by calling the number below. If you get your order in by the deadline, your order will be included in our order to Aquadarts, and you will receive the certificates in about a week to 10 days. Feel free to call 756-4234 for more information or if you have a last minute order.

You can use the scrip just as you would use cash at the stores. Albertsons, Longs, Lucky's, and Safeway can be used at any of their respective stores--they don't have to be used in Davis. Most of the stores ask that you spend at least 75 - 80% of the coupon, and you will be given change for the rest.

It is an easy way to help the Aquatics groups raise some of the money needed for the building at Civic Center Pool.

Hour Swim Records

(As of 2/1/93)

Age Group	Name	Distance	Year
19-24	Michael Collins	5,575	90
	Kathleen Hoerber	4,880	91
25-29	Michael Collins	5,415	92
	Wendy Pratt	5,415	90
30-34	Chris Oshiro	5,175	92
	Wendy Pratt	5,210	91
35-39	Dave Scott	5,430	89
	Cathy Carr West	4,800	91
40-44	Andrew McPherson	5,140	92
	Kit Lenz	4,025	92
45-49	Art Krener	4,295	90
	Susan Munn	4,035	87
50-54	Lee Fitzhugh	4,335	91
	Susan Munn	4,180	90
55-59	Paul Brady	3,575	90
	Patti Gay	3,600	87
60-64	Paul Brady	3,510	92
	Patti Gay	3,425	90
65-69	Steve Carlson	3,750	87
	Patricia Lax	2,850	87
70-74	Steve Carlson	3,860	90
	Patricia Lax	2,800	91
75-79	NONE		
	Lucille Barry	2,040	89
80-84	NONE		
	Lucille Barry	2,020	90

Hour Swim Relay Records

(as of 1/93)

	<u>Women</u>	<u>Men</u>
19+	15,115 (5,040) Kathleen Hoerber(22) Christine Chichester(27) Wendy Pratt(30) (1991)	16,090 (5,365) Michael Collins(22) Mark Crosby(26) Steve Atkins(26) (1990)
25+	15,065 (5,025) Wendy Pratt(29) Chris Aloia(26) Chris Chichester(26) (1990)	15,795 (5,265) Michael Collins (25) Mark Crosby(28) Chris Oshiro(34) (1992)
35+	12,725 (4,240) Cathy Carr West(36) Ann Hofmeister(36) Kit Lenz(41) (1991)	14,740 (4,915) Andrew McPherson(44) Dennis Wilson(41) Edward Deacon (42) (1992)
45+	11,315 (3,775) Susan Munn(53) Jane Hinsdale(53) Nancy Foster (46) (1992)	12,765 (4,255) Art Krener(47) Lee Fitzhugh(51) Robert Norris(51) (1990)
55+	8,635 (2,880) Patti Gay(60) Joyce Zinn (63) Yoshi Kyhos(56) (1990)	10,005 (3,335) Paul Brady (60) Bill Treguboff(58) Cap Thomson(61) (1992)
65+	7,880 (2,630) Pat Lax (70) Dorothy Chichester(67) Joyce Zinn (65) (1991)	9,435 (3,145) Steve Carlson(70) Verne Scott(65) David Bressler(66) (1990)
75+	5,025 (1,675) Lucille Barry(80) Karmel Tate(77) Elfrieda Sauers(75) (1990)	NONE

Brute Squad Meet Records

(as of 12/93)

Age Group	Name	200 Fly	400 IM	1,650 Free	Total Time	Year
19-24	Kristine Dickey	2:30.54	5:05.78	19:00.00	26:36.32	91
	Darren Dutto	2:10.95	4:34.51	17:35.00	24:20.46	91
25-29	Anna Scott	2:29.82	5:13.89	19:30.00	27:13.89	91
	John Keppeler	1:59.35	4:19.16	17:10.85	23:29.36	93
30-34	Chris Chichester	2:25.17	5:04.08	20:09.00	27:38.25	93
	Chris Oshiro	2:16.85	4:57.24	20:00.00	27:14.09	91
35-39	Melissa Beatty	2:38.75	5:29.35	22:05.00	30:13.10	92
	Jeff King	2:27.79	5:21.00	20:21.00	28:09.79	92
40-44	Kit Lenz	3:29.00	6:24.00	24:31.00	34:24.00	90
	Andy McPherson	2:14.00	4:53.00	19:02.00	26:09.00	90
45-49	Gayle BonDurant	3:20.00	6:51.00	26:50.00	37:01.00	93
	Andy McPherson	2:17.88	5:02.56	18:56.00	26:16.44	92
50-54	Susan Munn	3:17.24	6:35.00	23:32.00	33:29.24	91
	Robert Norris	2:57.95	5:56.00	22:49.00	31:41.95	92
55-59	Susan Munn	3:28.82	6:45.15	26:08.00	36:21.07	93
	Robert Norris	3:24.58	6:11.59	23:39.00	33:15.17	93
60-64	None					
	Paul Brady	4:05.00	7:26.00	27:17.00	38:48.00	93

	1993	1992	1991	1990	1989	1988
Total Participants	27	24	21	17	13	12
Female participants	11	12	10	9	4	1
Male participants	16	12	11	8	9	11
Club records set	6	5	7	6	1st Yr	N/A
First timers	N/A	N/A	13	N/A	N/A	N/A

Freestyle Ironman Short Course Meet Records

1,650 + 1,000 + 500 + 200 + 100 + 50

(as of 1/93)

Age	Yr	1650	1000	400	200	100	50	Total
Group Name								
19-24								
Jill Newman	93	22:54	13:44	6:56	2:44	1:13	:35	48:06
None								
25-29								
Chris Chichester	93	19:22	11:38	5:52	2:15	1:02	:29	40:38
Mike Collins	93	18:43	11:03	5:24	1:59	:56	:25	38:30
30-34								
Ann Motekaitis	93	21:34	12:16	6:14	2:24	1:08	:30	44:06
Lance Halsted	93	18:48	11:19	5:41	2:09	1:01	:27	39:25
35-39								
Melody Herbst	93	31:35	19:15	8:55	3:24	1:37	:44	65:30
Greg Johnson	93	18:50	11:10	5:34	2:09	1:02	:28	39:13
40-44								
None								
Rand Schaal	93	20:49	12:25	5:56	2:13	1:03	:27	42:53
45-49								
None								
Andy McPherson	93	20:08	12:04	5:40	2:04	:55	:26	41:17
50-54								
Betty Dugan	93	28:28	18:12	8:11	3:04	1:25	:36	59:56
None								
55-59								
None								
60-64								
None								
Paul Brady	93	26:20	16:06	8:36	3:16	1:34	:42	56:34

Freestyle Ironman	Statistics	
	1993	1994
Total Participants	17	
Female participants	7	
Male participants	10	
Club records set	11	
First timers	17	
Improved time	New	

1994 DAM Important Phone Numbers

Board of Directors		Home	Work
President	Rand Schaal	758-2109	752-1863
Communications	Jenny Lundmark	758-7142	
Liaison	Leslie Westergaard	753-2405	756-0800
Events/Equipment	Gary Miller	753-3736	752-3823
Management/Finance	Carol Lawson	753-3209	752-3732
Membership/Publicity	Susan Munn	756-5071	
Personnel	Mary Horton	756-3361	752-7142
Berryessa Directors	Kit Owen	756-4722	
	Harry Colvin	756-0878	

Staff			
Head Coach	Michael Collins	758-7212	Tel & Fax
Assistant Coach	Don Veress	756-1610	758-1430
Head Lifeguard	Heather Kohler	753-8654	
Treasurer	Barbara Paulson	756-2189	756-4234
Secretary	Marnelle Gleason	753-9331	
Newsletter Editors	Jennifer Collins	758-6736	752-1336
	Cathy West	758-3801	

Pools		
Civic Center Pool		758-1430
Community Pool		758-0930
Emerson Jr. High Pool		756-6522
Manor (Slide Hill Park) Pool		758-2000

Pacific Masters Swimming		
Main Office	Nancy Ridout	(415)892-0771 Tel & Fax
Chairman	Julie Paque	(415)967-6482
Newsletter Editor	Ruth Winn	(415)454-6885

City of Davis - Community Services		757-5626
Aquatic Supervisor	Connie Foppiano	784-6795 (H) 784-6779 (fax)
Superintendent	Vickie Crescitelli	758-2340 (H)
Director	Jeanie Hippler	758-1735 (H)
Maintenance	Gary Howard	652-0734 (H)

Pace Chart

Pace	Distance								HOUR
	100	400	500	800	1,000	1,500	1,650	3,000	
1:00	4:00	5:00	8:00	10:00	15:00	16:30	30:00	6,000	
1:05	4:20	5:25	8:40	10:50	16:15	17:52	32:30	5,535	
1:10	4:40	5:50	9:20	11:40	17:30	19:15	35:00	5,140	
1:15	5:00	6:15	10:00	12:30	18:45	20:37	37:30	4,800	
1:20	5:20	6:40	10:40	13:20	20:00	22:00	40:00	4,500	
1:25	5:40	7:05	11:20	14:10	21:15	23:22	42:30	4,235	
1:30	6:00	7:30	12:00	15:00	22:30	24:45	45:00	4,000	
1:35	6:20	7:55	12:40	15:50	23:45	26:07	47:30	3,785	
1:40	6:40	8:20	13:20	16:40	25:00	27:30	50:00	3,600	
1:45	7:00	8:45	14:00	17:30	26:15	28:52	52:30	3,425	
1:50	7:20	9:10	14:40	18:20	27:30	30:15	55:00	3,270	
1:55	7:40	9:35	15:20	19:10	28:45	31:37	57:30	3,130	
2:00	8:00	10:00	16:00	20:00	30:00	33:00	60:00	3,000	
2:05	8:20	10:25	16:40	20:50	31:15	34:22	62:30	2,880	
2:10	8:40	10:50	17:20	21:40	32:30	35:45	65:00	2,770	
2:15	9:00	11:15	18:00	22:30	33:45	37:07	67:30	2,665	
2:20	9:20	11:40	18:40	23:20	35:00	38:30	70:00	2,570	
2:30	10:00	12:30	20:00	25:00	37:30	41:15	75:00	2,400	
2:40	10:40	13:20	21:20	26:40	40:00	44:00	80:00	2,250	
2:50	11:20	14:10	22:40	28:20	42:30	46:45	85:00	2,115	
3:00	12:00	15:00	24:00	30:00	45:00	49:30	90:00	2,000	

Highlights In The History of Davis Aquatic Masters

Davis Aquatic Masters was started in 1973 when **Jerry Hinsdale**, coach of UCD swimming and water polo and of the **Davis Aquadarts**, advertised a new adult swimming program. This program consisted of one workout per day, held on the UCD campus at Hickey Pool.

In 1974, **Dave Scott**, a Davis native and one of Jerry's swimmers, agreed to take over coaching the adult workouts and to work with the **City of Davis** to gain its sponsorship of the program. Dave's highly personal and charismatic style made the new program extremely popular for novice as well as established swimmers and by the fall of 1974 a second daily workout became necessary. An executive board was formed with **Dave Danley** becoming the first president of the club. Also that year, a newsletter was inaugurated with **Mary Kroeger** as editor. In response to the administrative pressures created by continued rapid growth, the club was incorporated as the **Davis Aquatic Masters** in 1975, and in that year held its first annual meeting.

As the club gained more members, it became feasible to expand the services it offered to meet the diverse wants of the membership. In 1977, DAM held its first major meet, which was the first championship meet of the **Pacific Association of Masters Swimming** (later re-organized as Pacific Masters Swimming when United States Masters Swimming was created in 1981.) This "**PA Championships**" meet was, at the time, the largest Masters meet in the nation, other than the Masters Nationals, and saw sixty-three Pacific Association and eleven national records set. Davis Aquatic Masters had established a very high standard for meet management and continued to host the **PA Championships** through 1981 when it became clear that the meet had outgrown the swimming facilities in Davis.

Facilities have been a continuing problem for Davis Aquatic Masters since its inception. Since 1974, the program has operated out of the same pool at the corner of B Street and Russell Blvd. that it does now. However, until 1978 the entire complex, now known as the Davis Civic Center, was

owned by the Davis Unified School District but had been abandoned as a school site. The pool, then having only six lanes, was in disrepair and had an unreliable heating system. The fate of the entire complex and the future of Davis Aquatic Masters were very much up in the air. With great involvement from DAM's membership, a bond measure was passed which provided funds for the city to purchase the complex from the school district. Over the next several years, the former home of Davis High School and later, Emerson Junior High School was converted to a new City Hall, the gymnasium was remodeled and expanded, new locker rooms were installed, and the newly re-christened Civic Center Pool was upgraded and expanded to eight lanes.

With improved facilities making the future of DAM more secure, the club was again able to concentrate on improving and diversifying services to its members. The Saturday intensive workout was begun in 1978 and in 1979 the club hosted the **PA Relay Championships**. In 1980, Davis co-hosted this meet with the **Walnut Creek Masters** in Walnut Creek. 1980 also witnessed the inauguration of the Davis Masters seniors workout, which is still run daily at 10 a.m.

Having inadequate facilities to sponsor any major pool meets, Davis Aquatic Masters turned its energies toward hosting new aquatic challenges. DAM's first **Davis Triathlon** was staged at Stonegate Lake in 1979. Being a smaller version of the now-famous Hawaii Ironman, the Davis Triathlon was one of the first races in the country to offer the same combination of swimming, bicycling and running to less serious athletes. In 1982, Davis Aquatic Masters produced the inaugural **Lake Berryessa Two Mile Swim**, one of the first open water events in Northern California. This race quickly developed into one of the most popular open water swims in the country, usually attracting about 900 entrants. In 1984, United States Masters Swimming designated the Lake Berryessa Swim to be that year's National Championship Open Water Swim.

In 1981, after seven years of leadership, Dave Scott resigned as head coach of Davis Aquatic Masters to pursue his now-fabled career as a professional triathlete. During his tenure, the program had grown from one workout per day and fewer than ten people to eight daily workouts serving nearly 400 swimmers, many of whom had established national records. Dave's sister, **Jane Scott**, served as interim coach while a nationwide search was conducted for a new head coach.

In 1982, **Ross Yancher**, from Denver, Colorado, was hired. During Ross' seven year tenure DAM continued to grow and thrive, at one point reaching an enrollment of nearly 500 members and offering eleven workouts per day. Ross also started several intrasquad competitions which generated considerable interest. One popular event, the annual **Fourth of July Marshmallow Triathlon**, became a tradition that was to serious triathletes what the Bay to Breakers is to serious runners. Ross' **Brute Squad Meet** combines the times for a 200 fly, 400 IM, and a 1650 free, and was a real challenge to swimmers of all abilities. DAM continues to hold this event annually in late Fall, giving Davis swimmers a goal to work toward during the off season.

Mike Collins came to Davis Aquatic Masters from Southern California in January of 1989 and immediately gave the club a shot of his high-energy style. Ranked in the top ten of U.S. triathletes, as well as being a top Masters swimmer, Mike has led the club through example. Several DAM swimmers had outstanding performances in Mike's first year as coach. In the 1990 nationwide **One Hour Swim Competition**, Davis Aquatic Masters swimmers combined for a record setting 601,000 yards, a feat that reflected the effort of 160 participants, representing over half the membership at the time. For many swimmers, this was their first ever athletic competition of any type. Also, the year witnessed the first two pool meets to be hosted by DAM in nearly a decade.

Davis Aquatic Masters was formed to serve the needs of adults who wanted a convenient place to work out regularly. However, the club has evolved to encompass many other aspects in what has become a swimming community. Over the years, DAM members have organized many events and activities that have allowed swimmers to see each other in different settings and find new and different experiences. Some examples of the wide range of

events and activities that have been organized are:

- Informal intrasquad meets (including one against a visiting team from Australia which was soundly defeated by DAM's world champion beer relay team!)
- Volleyball parties
- Bicycle touring from Davis through the wine country
- Ice skating
- Book review club
- Innertube waterpolo competitions
- Candidate forums for local elections
- Holiday parties for Christmas and Halloween
- Chocolate tasting competitions
- Beer and wine tastings
- Annual team picnics
- Team dinner dances
- Backpacking trips
- Fourth of July picnic celebrations

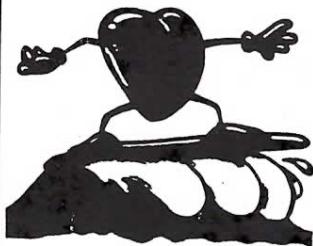
While several of these have become annual events, many were just activities organized because some member, or group of members, decided it would be fun to do something new or different.

Davis Aquatic Masters officially is an organization of swimmers but in reality it is a group of friends and neighbors with diverse backgrounds and interests who happen to swim together. This history covers only certain highlights of the past nineteen years and is in no way complete, as the club is still operating, growing and changing. The organization has a stated purpose to facilitate swimming for its members but there is no prescribed method of how it is to accomplish that goal. The direction of DAM's future is not being planned; rather, it is being managed so the club can continue to serve its members and their diverse needs and desires.

If you have any further questions about DAM history or are interested in helping update our history, contact:

DAM Historian
Mary Horton
Rt. 2, Box 2220
Davis, CA 95616
(916) 756-3361

HEALTH WAVES



TRAINING

GOOD GOALS—SETTING THEM, KEEPING THEM

Now is a natural time to set goals for the rest of the year. This is a good idea because studies show that you are likely to get the most out of your fitness program if you set goals. But what kind of goals? Recent research indicates you're best off with specific, challenging goals that you let others know about.

Robert Weinberg, Ph.D., at the University of North Texas in Denton, says that when asked to set goals, 60% of people set what are thought to be moderately difficult goals. It's worth asking, though, what a realistic goal is. A good plan might be to just go for it and ignore what the rational part of your mind claims is and isn't possible. As elite runner Joan Nesbit says, "There are only reasons not to. Get rid of those reasons and see how well you can do."

That's not to say all goals, however lofty, are achievable. Weinberg points out several factors which influence whether you'll be able to meet a goal. One is the demands of the task, do you have the basic physical skills necessary to meet it? For example, if your goal is to be a great sprinter but you were born with 95% slow-twitch muscle fibers, you'll probably never reach the level you want.

Another is your level of commitment to the goal—are you willing and able to do what it takes to reach it? Also, what type of competition will you face? Many people do better against specific opponents; you know this to be the case if there's a rival who always pushes you to do your best in a race or other contest.

Recent research indicates you're best off with specific, challenging goals that you let others know about.

A recent study shows the importance of the specificity of your goals, another factor Weinberg cites. Matthew Smith Ph.D., and Christina Lee, Ph.D., at the University of Newcastle in Australia, had a group roll a basketball from one hand to the other across the chest. A trial was a success if the ball touched the chest or arms at all times and wound up securely in the hand opposite that in which

HEALTH TIP

NUTRITION HOT LINE ESTABLISHED

If you need a quick answer to a nutrition question, call 1-800-366-1655. This toll-free number is staffed by registered dietitians from the National Center for Nutrition and Dietetics, a branch of the American Dietetic Association, between 10 a.m. and 5 p.m. Eastern Time, Monday through Friday. Recorded messages on a changing list of topics are also available 24 hours a day. (SD)



Fatigue can keep you from performing up to expectations.

it started. The group averaged just under three successful trials per ten tests.

The group was then given five minutes to practice, at the end of which they were to be tested again. Before starting the practice time, Smith and Lee divided the participants into three sub-groups. One group, the public goal group, was asked to set an improvement goal for the retest and to let the researchers know that goal. A second, the private goal group, was also asked to set an improvement goal but were told not to tell others of their aspiration. Finally the no-goal group were simply told they would be tested again after the five-minute practice time.

The public and private goal groups more than doubled their performance, while the no goalers only increased their total by around 50%. In addition, the public goal group spent more of the five minutes practicing than did the other two groups, although this did not

result in a significantly better score than the private goal group.

The Australian research showed that the goal-setters reported devising specific strategies to meet their goals.

Finally, once you set your challenging goals, Smith and Lee's work indicates you should share them with others. In their study, those who spent the most time practicing had told others of their goals. It stands to reason that if your spouse and friends know you're shooting for a specific time in a race or number of miles per week, you're less likely to find excuses for falling short. Weinberg says that lack of time and other pressures often cause athletes to lose sight of their goals. Tell your specific, difficult goals to others, and they will help you keep your focus.

(Presentation by R. Weinberg, Ph.D., at the 39th annual meeting of the American College of Sports Medicine, Dallas, TX May 27-30, 1992 and Journal of Sport and Exercise Psychology, Vol. 14, No. 2, pp 169-176)

This Handbook was prepared on a Macintosh LC III, using Aldus Pagemaker 4.2, on December 12, 1993 by Jennifer Collins. Back-up copies have been given to the DAM Communications Board member. Updates, corrections, and comments are welcome. Please give your responses in writing to the DAM President.