

# Davis Aquatic Masters

## Record Times

March 2009

### COACHES COLUMN— March Musings

**2009 USMS Postal Championships Update...**The unofficial results are to be posted on the USMS website on March 2. Participants have two weeks to submit corrections before the *FINAL RESULTS* are announced on March 15. A pipeline has been established to the Ohana Swim Team (host club) through which we hope to find our official results prior to March 6. With that info, we're going ahead with a DAM Team Party on **Saturday, March 21** at the Davis Veteran's Bldg to celebrate our *Million yards and National Championship*. The party will be an afternoon celebration culminating, before dark, with a **DAM TEAM PHOTO** to be taken in the bleachers at Community Pool. All DAM members are invited to the party and the photo. Those who participated in the 1-HR swim and would like to purchase a commemorative T-Shirt can place their order at Civic by March 10. The shirts will be distributed at the celebration on 3/21 in time for the team photo.

**Stroke Improvement Follow-up...**I hope everyone picked up some new technique skill in their strokes

from our February Feedback month. It was exciting to see so many of you getting 'uncomfortable' with a new stroke sensation. Whether it was learning the 6-beat kick of freestyle, the faster tempo arms of backstroke, breaststroke streamlined body or forehead-first butterfly, the results were obvious. For many of you, it was a great start. So, hang in there and KEEP IT UP! Avoid backsliding to easier, slower habits. Like all events of great magnitude, it takes effort and concentration. So, in the words of the great philosopher, J. Morrison, "Break on through; Break on through; Break on through to the other side."

The **2009 Pacific Masters Short Course Championships** will be held **April 17-19** at the Dolores Bengston Aquatic Center in Pleasanton. Swimmers can enter on line at: <http://wcm.mastersswim.com> Full meet information can be found at: <http://pacificmasters.org/comp/09wcmscy.pdf> DAM swimmers interested in attending the meet should book hotel rooms at **Four Points Sheraton**, (925) 460-8800.

The **2009 United States Masters Swimming Short Course Championships** will be held May

**7-10** at Clovis North High School. Meet information and a *Swimmer Interest List* are available on the bulletin board at Civic pool. Swimmers can enter online at <http://usms.org/comp/scnats09/onlineentry.php> or pick up a hard copy entry form at Civic.

Hotel reservations may have filled up by this date. Contact Coach Stu for further options.

Participants are allowed 3 entries into the meet without qualifying times. Up to 3 additional events can be added if Q times are met. DAM swimmers can plan on a minimum of 3 individual races and up to 4 relay races if enough DAM'ers attend. Relay costs are paid by DAM.

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## New Members— February 2009

*Preferred Workout Choice*

Monica Ahern	10am
Amiee Brannen	10am
Amy Brown	1pm
David Bunch	5:45am
Mark Cullison	unassigned
Peggy Froehlich	10am
Roman Kreics	6am
Jarrett Johnson	1pm
Hye-Rim Lee	1pm
Dylan Malagrino	unassigned
Karen O'Hara	6:15pm
Karen Philleo	11am
Julie Schwartz	1pm
Alison Skinner	10am
Grace Whang	7:15pm



204 E Street Downtown Davis

*Davis Sports Shop is proud to offer a 20% discount on all swim equipment purchases to DAM members.*

### DUES INFORMATION

\$44 per month, due on the 1st  
(\$5 late fee added after the 7th)

Automatic billing is mandatory for new members.

\$39 for senior swimmers 65 or older

\$2 fee added to non-automatic withdrawal payments.

Make checks payable to DAM and leave in slot at the pool or mail to:

PO Box 921, Davis, CA 95617.

Leave of absence fee is \$7 per month (reserves priority number).

Notification must be made to Treasurer by the 15th for leave to take effect in the following month.

	<b>March Birthday List</b>	
	March 2	March 16
	Christopher Lee	Melissa Collier
	March 3	Karen Olson
	Alex Wright	Tyra Posten
	March 4	Tobin White
	Nicole Blee	March 17
	David Davies	Lindabeth
	March 5	Schmucker
	Ted Grosholz	March 19
	Mary Ann Paulazzo	Paul Deits
	Fran Zeman	March 21
	March 6	Douglas Kinkle
	Bob Blattner	March 22
	March 7	Eric Lefever
	Allison Black	Curt Miller
	March 8	Scott Wiekling
	Matt Kowta	March 23
	March 9	Damian Chapman
	Veronica Frederick	March 24
	Lynda Yancher	Kristina Bouyer
	March 11	March 25
	Julie Langston	Gayle BonDurant
	James Lasswell	Valerie Greenough
	March 13	March 26
	Sarah Bimson	John Richards
	March 14	March 27
	Nathan Goedde	Lynn Nakayama
	Sean Krause	Wong
	Susan Meyer	March 29
	Deborah Thompson	Raul Piedrahita
	March 15	March 30
	Jennifer Alden	Andrew McPherson
		Aimee Pfohl
		Laura Shafer
		March 31
		Linda Matthew

**MEET RESULTS -  
USF Valentines Affair  
Feb 7, 2009**

DAM had quite a few Top 3 finishes including double-event winner, Leslie Westergaard. She won both the 50 and 200 backstrokes.

We also had 5 runners-up. Lauren Crownshaw (25-29) 200 IM; Jackie Chow (30-34) 50 Back; Nellie Dyer (35-39) 50 Brst; Candace Cross-Drew (60-64) 200 Back and Dave Woodruff (50-54) 50 Brst.

3rd place finishers include Leslie Holeman (30-34) 200 IM; Chow 200 Back and 50 Fly; Nicole David (40-44) 200 Free, 50 brst, 200 IM; Kris Hornoff (60-64) 50 Back, 200 Back, Westergaard 50 Free and Ernie Hoftyzer (35-39) 200 Back.

**Complete DAM Results:**

**Lauren Crownshaw, 29**

50 Free	29.14	9th
200 Free	2:19.87	5th
50 Br	41.27	4th
50 Fly	32.22	5th
200 IM	2:44.76	2nd

**Lisa Laffen, 25**

50 Free	35.22	13th
200 Free	2:54.19	8th
50 Brst	42.02	5th
50 Fly	39.93	7th
200 IM	3:17.81	5th

**Kathleen Morris, 29**

50 Free	34.87	12th
200 Free	2:45.55	7th
50 Back	42.53	7th
50 Brst	45.88	6th

**Leslie Holeman, 33**

50 Free	32.36	7th
50 Fly	36.29	9th
200 IM	3:03.11	3rd

**Jackie Chow, 30**

50 Back	34.42	2nd
200 Back	2:48.79	3rd
50 Fly	31.99	3rd

**Nellie Dyer, 35**

50 Free	29.79	4th
50 Back	38.45	6th
50 Brst	36.99	2nd
50 Fly	33.54	5th

**Nicole David, 40**

200 Free	2:29.23	3rd
50 Br	41.52	3rd
50 Fly	35.84	6th
200 IM	2:55.62	3rd

**Claudia Mayer-Harnisch, 53**

50 Free	47.91	11th
50 Back	58.16	16th
50 Brst	51.03	11th
200 Brst	4:02.52	6th
50 Fly	54.50	13th

**Kris Hornoff, 61**

50 Free	41.73	6th
50 Back	46.18	3rd
200 Back	3:36.42	3rd
50 Brst	51.20	4th
50 Fly	50.84	7th

**Candace Cross-Drew, 62**

50 Back	47.27	4th
200 Back	3:41.02	2nd
50 Fly	55.67	8th

**Leslie Westergaard, 65**

50 Free	42.02	3rd
50 Back	45.86	1st
200 Back	3:27.35	1st

**Ernie Hoftyzer, 39**

50 Free	25.45	7th
200 Free	1:58.30	6th
200 Back	2:19.27	3rd

**Dan Sperka, 43**

50 Free	26.98	6th
200 Free	2:11.51	8th
200 Brst	2:48.81	5th
50 Fly	29.85	6th

**Dave Woodruff, 52**

50 Free	26.43	5th
50 Back	35.08	8th
50 Brst	33.23	2nd
50 Fly	31.06	5th

**Stu Kahn, 55**

50 Free	26.94	6th
50 Fly	30.24	5th



*Sudwerk is the proud sponsor of Swimmer of the Month. Winners will receive a gift certificate to dine at Sudwerk.*

**UPCOMING MEETS**

**PMS scy\* Championships - Fri- Sun,**  
Apr 17-19, Pleasanton

**USMS scy\* Nationals - Thu- Sun,**  
May 7-19, Clovis

**Lake Berryessa - Sat., June 6**  
Lake Berryessa

**PMS Long Course Championships -**  
Fri-Sun., Jul 10-12, To Be Announced

**USMS Long Course Championships -**  
Wed-Sun, Aug 6-10, Indianapolis, IN

**WORKOUT SCHEDULE**

**MONDAY - FRIDAY**

<b>Civic Center Pool</b>	<b>Arroyo Pool</b>
Russell & B Street	5:45 - 7:00 am
6:00 am - 7:00 am	
7:00 am - 8:00 am	
10:00 am - 11:00 am	
11:00 am - 12:00 pm	
12:00 pm - 1:00 pm	
1:00 pm - 2:00 pm	
6:15 pm - 7:15 pm	
7:15 pm - 8:15 pm	

**SATURDAY**

<b>Civic Center Pool</b>
7:30 am - 8:30 am
8:30 am - 10:00 am
10:00 am - 1:00 pm (lap swim)

**SUNDAY**

<b>Civic Center Pool</b>
10:00 am - 1:00 pm (lap swim)



Join them for an  
Open House  
Wednesday, March 11<sup>th</sup>  
5-8 p.m.

You will have the opportunity to tour the studio, learn more about the benefits of pilates & meet Certified Pilates Instructor & Occupational Therapist, Amy Snodgrass. Refreshments will be provided.

On behalf of our partner,  
**Physical Edge**,  
beginning March 2<sup>nd</sup>, DAM is happy to announce the opening of their new **PILATES STUDIO**.

Pilates is a form of exercise designed to condition and connect body and mind, correct muscle imbalances, improve posture, and tone the entire body. It works well for a wide range of people... including athletes, dancers, seniors, women rebounding from pregnancy & people who are at various stages of physical rehabilitation.

The studio will offer private, one-on-one instruction, duet sessions and semi-private group classes. It is fully equipped with three Reformers and Cadillacs, a Wunda Chair & various small apparatuses.

Throughout the month of March, they are offering a **15% discount** on all Pilates sessions and/or packages.

**Performance of the Month —  
February  
Jackie Chow**

Starting as a 10 yr old in a 16 2/3 yds pool and continuing through the Valentines Affair meet in Feb, Jackie has been swimming almost non-stop for 20 years. One would think she has the sport figured out by now. But that wouldn't be like a true swimmer. That wouldn't be like Jackie. Jackie is always looking for something new to help her improve. Like all athletes seriously trying to be the best they can be, Jackie doesn't have a 'fixed mindset' about swimming; she has a 'growth mindset'. That's what earned her our **February Performance of the Month**.

Prior to the 200y back at the USF meet, concerned that her previous pacing methods were coming up short, Jackie requested a new race strategy. Upon being strongly advised to 'hold back' by saving her tempo and kick for the second half of the race, she promptly went out and negative split her way to a best time, logging times of 39.9, 45.2, 42.4, 41.2, with 100 splits of 1:25.1 and 1:23.6.



That's the way to swim a 200 back. Jackie, a school teacher at Heron Elementary in Natomas, and her husband, Lawrence, live in Sacramento. To get to DAM practices she takes the train into Davis for the 6:15pm and 8:30am practices, or 10am if it's a school holiday. If you've swum at those practices, you've probably noticed Jackie as the one without a swim cap. Growing up on the Otter Swim Team in San Mateo that's just something she never took to, except at swimming meets. But it works out OK. That's why Jackie says she swims – "For the meets".

Since joining DAM in the winter of 2006, Jackie has swum in 4-6 meets per year including PMS Champs and Nationals. She's gotten faster over the past two years from her times turned in when she was an age-group swimmer. At the USF Feb meet, she picked up one 2<sup>nd</sup>-place finish and two 3<sup>rd</sup>'s and is looking forward to Pleasanton and Clovis this spring.

She also enjoys the Sat am practices the most because they're 'longer, harder and in the sun'. DAM is a big part of Jackie's life and says that there's really nothing likeable about Sacramento other than the fact that it keeps her close to the DAM swim team.

**CONGRATULATIONS – JACKIE**

## Meet Your Lanemates

You may know Marie-Christine Vallet as the DAM team member who recently swam up until her son's birth, and returned to swimming a little over a month after his birth. Marie's dedication to swimming while nine months pregnant inspired others to work just a little bit harder and complain a little less, especially those who she passed up!

Marie is originally from France. She works for the Genome Center at UC Davis. Her focus is software and web development in the Bioinformatics Department. Her hobbies include swimming, road bicycling, reading, arts and crafts.

She learned to swim at 6 years of age. She started swimming with a club at 13, took a break to learn scuba diving, and resumed swimming in 2003. She joined DAM in 2004 and completed in her first meet that same year! She swam three times a week until October 2008, when her son was born. Now she's back, getting back in shape.



Marie's favorite workout is any workout where she learns something to improve her swimming. She is thankful for the flexible workout schedule, and the assistance of a coach at every workout. She enjoys the Saturday workout with Jackie, Deb, Paul and others.

Her least favorite stroke is the backstroke, and it's the only stroke she stopped swimming when pregnant. Her favorite stroke is the breaststroke. Since starting with DAM, her freestyle has improved significantly. She started in lane 3 at 1:50, and is now lane 4 at almost 1:35.

Her son Florian is now four months old and weighs over 17 pounds! Marie attributes the physical and psychological benefits of swimming with DAM in helping her through the difficult, 23 hour labor. Also, Marie believes if she hadn't swum until the end of her pregnancy, it would have taken her much longer to recuperate.

**Welcome back Marie!**

## Treasurer's Tips

The Lake Berryessa Open Water Swim has been our only fund-raising event for several years. All volunteer hours for the swim will be greatly appreciated, not only to support the team, but as a way to reduce costs. The Volunteer Sign-up Form for Lake Berryessa will be at Civic pool. Please let us know how you can help the team by filling out the form (the swim will be held June 6th this year).

Priority numbers (assigned when you joined) and workout assignments for members are in a binder at Civic pool. If you did not have a low enough number to be assigned to your workout choice, you are listed on the Unassigned list. New members are listed after the workout assignment pages. If you would like to change your workout choice, or other information (like email, phone number, or address), please use the Change of Workout Request Form found in the front of the binder or contact me at [damswim@dcn.davis.ca.us](mailto:damswim@dcn.davis.ca.us) or 757-SWIM.

Remember that as the weather warms up, more people will show up for workouts. To assure the best chance of not being turned away, be ready to get in the water on time.

## Meet Your Lanemates

is a new feature of the *Record Times*. On a regular basis members of our team will be highlighted for no particular reason other than you're all pretty DAM special.

We'll continue with **Swimmers of the Month** (someone doing something notable for DAM outside of the pool) -the 'dry side' award and with the **Performance of the Month** (recognition for something in the pool, either at practices or meets) - the 'wet side' award.

# MARCH, 2009

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 Distance	3 Kick/Pull	4 IM/#1 Stroke	5 Sprint/ Zoomers	6 <b>BROKEN 1650</b>	7 Workouts 7:30; 8:30 Lap Swim 10-1pm	8 Lap Swim 10-1pm
9 Kick/Pull	10 IM/#1 Stroke	11 Sprint/ Zoomers	12 Distance	13 Kick/Pull	14 Workouts 7:30; 8:30 Lap Swim 10-1pm	15 Lap Swim 10-1pm
16 IM/#1 Stroke	17 Sprint/ Zoomers	18 <b>Damon's Endless Descent (LONG- VERSION)</b>	19 Kick/Pull	20 IM/#1 STROKE	21 Workouts 7:30; 8:30am Lap Swim 10-1pm <b>Postal Party</b>	22 Lap Swim 10-1pm
23 Sprint/ Zoomers	24 Distance	25 Kick/Pull	26 IM/#1 Stroke	27 Sprint/ Zoomers	28 Workouts 7:30; 8:30 Lap Swim 10-1pm	APR 1 Lap Swim 10-1pm

<b>SUMMER LONG COURSE SCHEDULE</b>		
<b>June 15-August 14</b>		
T & Th am	4 lanes	6:00-7:00
T & Th pm	5 lanes	6:15-7:15 & 7:15-8:15

## MARCH COACHES SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am	STU	STU	STU	STU	STU	
6:00 am	CRAIG	CRAIG	CRAIG	CRAIG	CRAIG	
7:00 am	CRAIG	CRAIG	CRAIG	CRAIG	CRAIG	7:30—STU
10:00 am	STU	CRAIG	STU	CRAIG	STU	8:30—STU
11:00 am	STU	CRAIG	STU	CRAIG	STU	
12:00 am	STU	STU	STU	STU	STU	
1:00 pm	STU	STU	STU	STU	STU	
6:15 pm	CRAIG	STU	CRAIG	STU	STU	
7:15 pm	CRAIG	STU	CRAIG	STU		