



Fall/Winter 2006-07

25 Years and Still Making Waves

This October marks our 25th Anniversary of offering adults the opportunity of becoming and staying fit in the water. The club was called Lone Star Masters when the first practice was held at Highland Park High School from 8:00 – 9:15 PM. 12 nervous swimmers showed up after I posted a flyer outside the SMU outdoor pool announcing “an organized swim practice coached by Olympic Champion Jim Montgomery”.

I first started the club as a hobby, something to enjoy and occupy my time when I wasn't competing in international swim meets or promoting swim wear. I was also trying to fill a void left from what do you do for an encore when the competitive swimming accolades drift away.

I knew I had my hands full when the membership tripled by mid-November of that year.

In the spring of 1982, club members who swam competitively won the 1982 Short Course Masters Championships at the Woodlands, Texas. That summer the club solved its pool space problem by gaining access to the Southern Methodist University 50-meter outdoor pool. By summer end the club had doubled again. A second evening practice was added in the fall of 1982 followed by two more morning practices in January of '83. The club now had 33 practice/week.

As the club grew in size, so did the coaching staff. Four assistant coaches, one strength coach and a secretary were added to the payroll to handle the 200 swimmers. In less than two years, Lone Star Masters had expanded to one of the largest and most successful Masters teams in the country.

But it didn't stop there. By 1986 the club grew to over 400 swimmers with a waiting list of 100 more. I finally made the commitment that this was not a hobby but a business now. So I set out to build my own facility. It was not until 1988 that Baylor University Medical Center in Dallas saw what I had accomplished and decided to build the first aquatic center in the country for adult fitness swimming. The Baylor – Tom Landry Center opened in January 1991 to thunderous applause. From 1991 – 1999 I served as Baylor's Aquatic Director and changed the name of the team to the Baylor/Lone Star Masters.

In 1999 along with new partner Bobby Patten, we parted ways with Baylor to form a new club identity called Dallas Aquatic Masters. Today with over 700 active members, the club offers a wide variety of first-class aquatic programs and events.

Since the beginning, I have personally coached more than 5000 adults ranging from 18 – 88 years of age. It has brought me in contact with the most positive and energetic group of people I have ever known. I still marvel while coaching a 5:30 AM practice why adults would want to jump into the pool and spend that precious hour of the day with me. But that's what gives me, Bobby and all the DAM coaches and staff the motivation to excel and stick with it. To know we have made a real and lasting impact on your health and fitness keeps us going strong. Thanks DAM members for 25 years of miles and smiles!

Coach Jim

PRACTICE HIGHLIGHTS

✓ **Evening SMU Outdoor practices** will remain through the fall/winter. Practices will be held every Monday/Wednesday, 6:30-7:30pm through March 8th. Check the schedule for Holiday cancellation dates. The indoor locker rooms will be available for changing and showering.

✓ **Sunday Practices 9:00-10:00am will be at SMU Outdoor pool on Oct 8 & 22, Nov 5 & 19, Dec 3 & 17, Jan 7 & 21, Feb 4 & 18, Mar 4 & 18, Apr 1 & 15.**

✓ During the **Holiday Break**, December 21 – January 2, 2007, there will be **no practices at Highland Park.**

✓ During the **Holiday Break**, December 16–January 2, 2007, there will be **no practices at St. Mark's.**

✓ **For those who practice at St. Mark's and Highland Park pools**, please note when practices are cancelled. Both schools have a policy to close all facilities when school is not in session.

PRACTICE CHANGES AND EVENTS (Events are in bold)

NOVEMBER

- 5 Super Sunday Swim Practice – SMU 9-10am
- 11 SMU Outdoor Practice to be held 5:45-6:45am
No SMU 11:00am Practice – SMU Football Game
- 17 DAM Fall Short Course Meters Swim Meet** at Baylor, start time 6:00pm, warm-up 5:15pm
- 18 DAM Fall Short Course Meters Swim Meet** at Baylor, start time 8:30am, warm up 7:30am
SMU Outdoor Practice to be held 5:45-6:45am
No SMU 11:00am Practice – SMU Football Game
No Baylor 7:00am Practice – DAM Meet
- 19 Super Sunday Swim Practice – SMU 9-10am
- 20 No SMU Evening practice
- 22 No SMU Evening practice
No Highland Park Practices – school closed
No St. Mark's Practices – school closed
- 23 No Practices – HAPPY THANKSGIVING!
- 24 No Highland Park Practices
No St. Mark's Practices
- 25 No St. Mark's Practices

DECEMBER

- 3 Super Sunday Swim Practice – SMU 9-10am
- 16 DAM Christmas Relays, SMU Indoor Pool, 10:00am;** All morning practices cancelled
- 16-31 No St. Mark's Practices – school closed
No SMU Mon/Wed Evening practices
- 17 Super Sunday Swim Practice – SMU 9-10am
- 21-31 – No Highland Park Practices – school closed

JANUARY

- 1 DAM POLAR BEAR SWIM 12:00-1:00pm at SMU Outdoor Pool**
- 3 Baylor MWF 5:00-6:00am begins
Highland Park Practices resume
St. Mark's Practices resume
SMU Mon/Wed Evening Practices resume
- 7 Super Sunday Swim Practice – SMU 9-10am
- 12-13 SMU Men's Swim Classic 7:30pm**
- 13 Butterfly Clinic at Veranda Club 7:30-9:00am**
- 21 Super Sunday Swim Practice – SMU 9-10am
- 27 Butterfly Clinic at JJ Pearce 7-8am**
- 29 Starts Clinic at St. Mark's 6:30-7:30pm**

FEBRUARY

- 1-28 Fraternity of Flyers Month**
- 4 Super Sunday Swim Practice – SMU 9-10am
- 18 Super Sunday Swim Practice – SMU 9-10am
- 23 DAM Spring SCY Meet – SMU Indoor Pool, 6:15pm**
- 24 DAM Spring SCY Meet – SMU Indoor Pool, 8:30am**

MARCH

- 3 Last Saturday morning practice at St. Mark's
- 4 Super Sunday Swim Practice – SMU 9-10am
- 8 Last day of Tues/Thurs Evening Baylor Practice
- 9 Last Baylor Friday evening Practice
Last St. Mark's evening practice
- 10-18 No St. Mark's morning practices – school closed
- 10 Breaststroke Clinic at Verandah Club 7:30-9:00am**
- 12-16 No HP AM Practices – school closed
- 13 SMU Tues/Thurs/Fri Evening Practices Begin 6:30-7:30pm
- 18 Super Sunday Swim Practice – SMU 9-10am
- 31 Last JCC Saturday 10:00am practice
- 30 South Central Zone SCY Meet, University of Houston**

APRIL

- 1 South Central Zone SCY Meet, University of Houston**
- 3 No JCC practice – The J is closed for holiday
- 6 No HP AM Practices – school closed
No SMU Evening Practice – Good Friday
- 7 SMU Saturday 11:00am practice changes to 10:30am
- 10 No JCC Practice – The J is closed for holiday
- 15 Super Sunday Swim Practice – SMU 9-10am
- 22 Super Sunday Swim Practice – SMU 9-10am
- 29 Super Sunday Swim Practice – SMU 9-10am

MAY

- 4 Last HP Morning and Last Baylor 5:00am practice
- 5 Last St. Mark's Morning Practice
Last Baylor Saturday 7:00am practice
- 7 SMU Tues/Thurs/Fri Morning Practices Begin
- 17-20 USMS Short Course Nationals** - Weyerhaeuser King County Aquatic Center, Federal Way, Washington

What Makes a Pool *FAST* ?

Ever wonder what makes certain pools fast? In competitive swim events like the Summer Olympic Games, it's a big factor in how many world records can be broken. For DAM swimmers, the pool concerns may be a little less dramatic, like "where's the ladder because I am too tired to pull myself out?" or "did the coach at SMU forget to turn on the aerators in mid-July?" Here are seven factors that you may not realize can maximize performance and speed in a swimming pool.

Chemical balance. Pool water must meet the quality standards of the local jurisdictional health agency. In Dallas County, a health official may show up once every two years to do a water chemistry test, collect the fee and be out of there in less than five minutes.

Clarity. Pool water must be clear so that swimmers have excellent underwater vision. Clarity is the result of efficient filtration. If you have a hard time seeing the pool bottom, it's likely they haven't backwashed in over a month or they ran out of chlorine.

Temperature. Swimmers must be comfortable in the water, which means the water temperature for pools offering competitive events should be approximately 78 degrees Fahrenheit (25.5 degrees Celsius). If this were the case, most DAM ladies would not be happy. And when Momma ain't happy, ain't nobody happy.

Visibility. Good underwater visibility is the product of exceptional water clarity and the light level above the swimming pool. 100 foot-candles at the water surface over the entire pool is optimal. This means if the architect who built an indoor pool has to cut expenses, they will usually go with indirect lighting. The best indoor pool for visibility and lighting is definitely Baylor. Of course nothing beats the SMU outdoor 50-meter pool on a sunny day!

Sub-surface turbulence. This turbulence can be caused by water currents from the pool's recirculation system. Then you have **rebound turbulence** – created by swimmers stroking at the surface – which reaches the bottom of the pool and then rebounds to the surface so it interferes with the forward progress of swimmers. In theory these turbulences can affect the catch of the swimmer's hands and the propulsion created by the feet. Now there's a good excuse you

can tell the coach when you can't make the send-off.

Note: The minimum depth stipulated for championship competition, especially for the Olympics and World Cup, is two meters.

Surface turbulence. Swimmers have long been aware of the difficulty of swimming through rough water as compared to a smooth, flat surface. This led to the development of floating lane dividers and subsequently to the wave-quelling designs that are used today. The primary benefit of contemporary lane lines is that they isolate the turbulence in one lane and prevent it from crossing into adjacent lanes. For certain DAM members, lanes lines have been used effectively to rest on in the deep end or pull yourself along when swimming backstroke.

Psychological influence. Certain pool designs seem to create excitement and give an adrenalin rush to swimmers. If all of the factors described above come together to help produce fast times, and even more importantly, personal-best times, the pool will be known as a "fast pool." Hey, if you are having a tough practice and are on the verge of "blowing chow," blame it on the pool design.



Over 50 Masters World Records and have been set in the Baylor Tom Landry Center's 25m x 25yd indoor pool.

Rumor has it that there is a very good chance a brand new fast pool is in the works at SMU. You will be receiving information soon on ways you can help make this ultra fast pool (*that the Dallas Aquatic Masters will have access to*) a reality. Stay tuned!

Swim Basics Graduate!

Many of you may know **Lisa Coleman** for her enthusiastic, sunny presence at DAM workouts. Always looking to go faster and work harder, Lisa is an inspiring lanemate. You may not know that she started with DAM in the Swim Basics program. Here's what she has to say about her experience:

How did you hear about Swim Basics?

I was talking to two of my running friends, Alison Semrau and Melisa Christian, telling them that I feel more comfortable in the pool than I do running. One was a member of DAM and the other was in Swim Basics at that time. They suggested that I try DAM out. I came home and looked up the web site.

What was your background before Basics?

When I was a kid I loved playing in the pool. If I found out that a neighbor had a pool, I'd go to their house and ask them if I could swim in it if I brought a friend. I was pretty bold, it never occurred to me that they wouldn't want me to. Later in 6th grade, I joined a neighborhood swim team. We didn't have much instruction in strokes. I think we were the worst team in town, but we had a lot of fun. I used to watch the Olympics and any swimming program on TV just to see how to perform the strokes correctly, and then go to my next door neighbor's pool and practice every-day.

What was your goal in signing up for Basics?

I have always wanted to know how to swim the perfect stroke. That sounds cheesy, I know, but when I watch someone who can swim right, it's like watching a ballet.

Did you do more than one session?

I only participated in one session because I was anxious to get started in DAM.

What were the coaches like?

The coaches were awesome. I was nervous at first, but they made everyone feel comfortable right on their

own level. They never embarrassed anyone. They were very encouraging and observant.

What were the other swimmers like?

Everyone in the class was nice. We were all there to learn.

What have you done since in swimming?

Since I was in Swim Basics I've joined DAM.

Swimming plans for the future?

In the near future I'm planning on swimming in my first race at the Lake Travis Relay with my 2 friends that introduced me to Swim Basics. I'd like to participate in triathlons. Mainly, I want to swim a near perfect stroke... Someday.

Lisa did a great job on that relay!

In the two and a half years DAM has offered this course, nearly 300 people have experienced the focused instruction and fun, encouraging atmosphere of Swim Basics. We meet swimmers at their level and help them develop into confident swimmers, emphasizing proper body positioning, breathing technique and stroke mechanics. We also cover lane etiquette, pace clock reading, pacing, turns and proper use of training equipment. If you know of anyone who would like to learn some swimming fundamentals and perhaps become a future teammate, tell them to check out www.damswim.com and click on the Swim Basics link.

We meet at the Jewish Community Center pool on Wednesday evenings and Saturday mornings and our one-month sessions consist of eight classes. November registration is underway. We will go on hiatus for December but will return in January. Tell your friends!

DAM LUKE'S TRIATHLON TRAINING PROGRAM



Dallas Aquatic Masters and Luke's Locker have teamed up to bring you a complete triathlon training program, at an affordable cost. The DAM/Luke's Triathlon Program will start up again on January 2, 2007. Certified triathlon coaches will provide detailed training programs for all levels to complete Sprint, Olympic, Half Ironman and Ironman triathlons.

Weekly workouts are high-energy and fun and designed to help you reach your triathlon goals. This unique program not only has a special emphasis on swimming, but also offers indoor cycling workouts, along with creative combo workouts. Workouts are customized for the beginner as well as the advanced triathlete.

For more information, visit www.damswim.com/tri. You can also email questions to tri@damswim.com.