



## Spring 2005

### Who Is Swimming Next To You? By: Anne Block

#### **Carlos Becerra, DAM member since Sept. 2004**

Tidbit: He and his wife met in the water as teens

A few years of jogging and knee pain didn't suit Carlos Becerra, so he returned to the water after 20 years. Carlos' wife heard about the DAM Southlake practices, conveniently located near their home. She encouraged Carlos to go. He started swimming twice a week, got up to speed, and his regular workouts have qualified him for Nationals in Fort Lauderdale this May. He plans to take along his wife and three children, all of whom are swimmers. Carlos swam competitively in high school and early college, but now at age 42, he most enjoys swimming for the fun and great people he meets. "Swimming keeps me healthy and even makes me more productive at work," he says.

#### **Joe Leveno, DAM member since November 2004**

Tidbit: Swimming and eating healthier helped Joe, an OB/GYN in Plano, lose 30 lbs. in 5 months

Joe Leveno is no longer in morning darkness at the J.J. Pearce outdoor track. After watching swimmers head to the nearby natatorium for 5:45 a.m. morning swims, he joined them. He was intimidated at first, but commends the Pearce coaches for guiding him with tips and techniques. At age 36, Joe now swims six times a week. "It's like brushing teeth," says Joe. "If I don't swim daily, I don't feel good." He never really swam before – he was a football player in his younger years and later took up jogging. What has Joe come to love about swimming with DAM? Injury-free workouts, expert coaching, burning more calories than ever before, and of course, the convenient location of Pearce to home and work.

#### **Colleen Musielak, DAM Multi-sport Enthusiast**

Tidbit: Once afraid of the water, Colleen has made the plunge

Colleen Musielak has finished a few marathons – including *The Boston* last year – but laps in a pool are very new to her. She never swam when younger, but at age 41, she has found that "swimming adds a nice balance to my running." Colleen completed the DAM Swim Basics program in January at St. Mark's and a one-on-one swim lesson, coupled with involvement in the DAM Multi-sport Program. This dedication led her to the March 12 Triathlon in Athens, Texas, where she placed second in her age group. DAM Multi-sport keeps athletes focused; the program includes training in each sport three times weekly. Watch out. Colleen is also signed up for the Tom Landry Triathlon in May.

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# DAM Summer 2005 Events

## MAY 1-31 2005 is DAM Backstroke Month!

**DAM Red Eye Breakfasts:** For lots of fun and some Incredible culinary delights, join us for two Red-eye Breakfasts Specials. The first Red-eye will be June 25th at the SMU pool immediately following the 6:30 AM. practice, there will be a second on July 30th. Wisconsin Bratwurst, pancakes, and fruit salad for all! Spouses, family and friends are welcome to attend.

**DAM 2K/5K/10K Swim:** Come out and swim in our annual 2K/5K/10K swim this July 29th (Friday, 2K/5K only) at 6:15 PM and July 31st (Sunday, 2K/5K/10K offered) at 7:00 AM. Participants will receive a special DAM t-shirt for the event. Swimmers can compete in any of the three distances or a combination thereof. Registration information will be available on the DAM website at the beginning of May.

**July 2005 Swim For Distance Month:** July 1 - 31 will be the month to get in the mileage and really get in shape. You will have the opportunity to set a distance goal and to challenge yourself to meet that goal. All swimmers achieving their goals will receive a special DAM swim for distance T-Shirt.

### *Here's how it works:*

Decide how many meters you want to swim for the month of July. A coach can help you determine the appropriate distance, or if you prefer, you can shoot for one of the mileage goals outlined below. Be realistic, but don't be too cautious! The number you choose becomes your distance goal for the month and should be recorded in your log program. If you don't already have a log program, you can start one by logging on to our web site at [www.damswim.com](http://www.damswim.com).

After each practice, you will be responsible for recording in your log program (or make-up your own recording system) the total distance you swam during that particular practice. At the end of the month, bring your log program to practice and you will be awarded with your special DAM T-shirt.

There will be total of 31 practice days during the month. In order to complete the Swim for Distance program, you must attend at least 16 of these practices (an average of 4 per week). If you participate or help time in the 2K, 5K, or 10K, on July 29th & 31st that counts as one practice also!!

### Individual Practice Distances

Level 1:	16 practices x 3300 m each = 52,800 m = 35 miles total
Level 2:	16 practices x 2400 m each = 38,400 m = 25 miles total
Level 3:	16 practices x 2000 m each = 32,000 m = 21 miles total
Level 4:	16 practices x 1500 m each = 24,000 m = 15 miles total

**OUTDOOR PRACTICE CANCELLATION POLICY:** Under rainy conditions without lightening, practices will be held as scheduled. If lightning is present the morning and evening practices at SMU will be cancelled.

**SOME CHANGES AT SMU:** Morning practices will begin 15 minutes earlier on Monday, Wednesday and Friday. The practice times will run from 5:15 am to 6:15 am and 6:15 am to 7:00 am. For those of you who swim the 6:15 practice and would like additional warm up time the coaches will do their best to accommodate your needs. The diving well will also be open for your warm up swimming. The DAM coaches realize this cuts a few minutes out of your swim time, but we guarantee the quality and intensity of the practices will make up for a few missed minutes. And of course anyone is welcome to swim the entire hour and forty-five minutes! Due to extremely heightened security on the SMU campus DAM swimmers will experience some changes in pool use. Masters Swimmers will now enter and exit the pool through the north gate, the gate closest to

Binkley. If you arrive early at the pool and the SMU swimming teams are training you may sit and watch the practice. However if the SMU swimmers finish before a DAM coach arrives you will be asked to wait outside the locked gate until a DAM coach arrives. Under no circumstance are DAM swimmers to enter the pool before a DAM coach has arrived or while the SMU team is in the pool.

Use of the indoor pool locker rooms and showers will be extremely limited and is on a trial basis. Beginning May 9th, DAM swimmers may use the locker rooms after morning practices. Indoor locker rooms will be open at approximately 6:00 AM. Items left in locker rooms unattended are the responsibility the individual.

For SMU evening practices, beginning the week of April 18<sup>th</sup>, the indoor pool will be open for 15 minutes after the end of the scheduled DAM practice. **ALL DAM SWIMMERS MUST BE OUT OF BOTH THE INDOOR AND OUTDOOR POOL FACILITIES WITHIN 15 MINUTES OF THE COMPLETION OF THE DAM PRACTICE.**

#### *SMU Weekend practices:*

On Saturdays the DAM practice will end at 11:30am. For those who wish to stay, swim, or relax in the sun during open swim hours you must leave the pool deck by noon and re-enter paying the open swim guest fee.

For Sunday practices the indoor pool will not be open during the scheduled swim time. For drylands participants, the indoor pool will be open to get equipment then locked during your training session. Once your session is complete the indoor pool will be open to return equipment and you will have the same 15 minutes to use the indoor showers.

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## **New Baylor UV Pool Sanitation System A Lifesaver To Many DAM Swimmers**

In an effort to reduce the chemicals that have caused skin irritations for many swimmers, the Baylor Tom Landry Aquatic Center has implemented the newest technology in swimming pool sanitation. Ultraviolet light (UV) has recently become the newest form of swimming pool sanitation, and was installed at the Baylor pool in March. UV is capable of breaking down microorganisms along with inorganic and organic pollutants in the water. It is a non-chemical, environmentally friendly treatment option for the water that significantly reduces the combined chlorine levels in the pool.

In swimmingly pools, UV is as a means of reducing the chemical levels in the pool. UV is able to sanitize in pools, but can only kill at the point of contact, meaning that it will not be able to have an ongoing effect on any new microorganisms introduced into the pool. When the UV system is installed into the pool, a chlorine system is still necessary to keep a chemical residual in the pool at all times. However, with the new UV system in place, a much smaller amount of chlorine will be used, since it will only be necessary to maintain the sanitation process. There will also no longer be the need for the mono per sulfate chemical in the pool which has been responsible for most skin problems amongst swimmers.

The photochemical benefits of the UV treatment being installed have proven to significantly increase pool water quality, with very low combined chlorine levels and excellent clarity. UV is successfully able to destroy chloramines (combined chlorine), providing a more pleasant environment by eliminating eye irritation, itching, and odors. UV also is able to lower potentially harmful trihalomethane (THM) levels, resulting in healthier water. The effects of using the new UV system at the Baylor pool should definitely reduce eye and skin irritation while providing a cleaner water quality for DAM swimmers to enjoy.

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# 2005 Maui Channel Swim

This Labor Day weekend DAM will once again be going to the Maui Channel Swim (MCS). The Maui Channel Swim is an open water race that can be swum as either a relay or solo. DAM last went to the event in 2003, taking over 50 swimmers along with friends and family. It is a fun event to get to know each other and the DAM coaches, as well as a great reason to go to Hawaii to have some fun in the sun.

**This year's Maui Channel Swim and related social events will be held Labor Day Weekend with the race itself being Saturday, September 3<sup>rd</sup>.**

DAM will be organizing several events for the weekend for members, friends, and family to participate in if they choose. We are currently organizing a bike ride down the volcano, a golf outing, and excursions to the beach. There will also be a post race MCS banquet on Saturday night, September 3<sup>rd</sup>. In addition, there will be an informal team dinner on Thursday, September 1st. Last time, there were MANY smaller group get togethers throughout the week.

*If you haven't participated, here are some very basic facts.*

- Website for the Maui Channel Swim is- <http://www.mauichannelswim.com>.

- Most people that participate do it as a relay. There are six swimmers on each relay and the total distance to cover is about 9.5 miles. The first swimmer starts

on Lanai, swims for 1/2 hour and then the 2nd swimmer goes for 1/2 hr, and so on. After each swimmer has gone once, if the relay isn't all the way across (only the very fastest are), the top of the order starts up again with each swimmer going 10 minute legs.

Each team has a boat and a captain. There are many divisions of relays by age group and gender including mixed relays.

- The cost to participate is \$255 per person. This includes the relay registration fee, boat rental, and participation in the official post-race MCS Awards Banquet. Additional expenses include airfare, accommodations, and food.

- We don't need to decide on relays until mid-late summer. Most people are very noncompetitive about this and don't want to be on a go-for-it relay. About a dozen ex-Olympians participate each year including those from the most recent Olympics.

Along with the Maui Channel Swim, many swimmers might also like to participate in the Maui 'AuMakua swim which takes place on Monday, September 5<sup>th</sup>. This year we will swim the Maui 'AuMakua Swim, is a new event that will be taking place on Monday in Maui. Details, such as registration information, on this individual 2.4 mile race can be found at <http://www.swimmaui.com>





**Tentative Itinerary:** (this is the regular itinerary of Coach Montgomery and Coach Patten)

- Wednesday, August 31<sup>st</sup>, 2005: Depart Dallas and fly to Maui (this is when the coaches generally fly out, of course anyone can come later or earlier).
- Thursday, September 1<sup>st</sup>, 2005: 6:30 PM DAM team dinner.
- Friday, September 2<sup>nd</sup>, 2005: Captains Meeting
- Saturday, September 3<sup>rd</sup>, 2005: Maui Channel Swim, 8:00 AM. Awards Banquet, 7:00 PM.
- Sunday, September 4<sup>th</sup>, 2005: Day of rest and excursions!
- Monday, September 5<sup>th</sup>, 2005: Maui 'AuMakua Swim, 8:30 AM
- Monday or Tuesday September 5<sup>th</sup>/6<sup>th</sup>, 2005: Depart Maui and return to Dallas (again anyone can stay longer or leave earlier as desired).

**Hotel:** Sheraton Maui Resort. Cost is \$205 per night plus 11.4% tax and \$14 resort charge per night per room (the resort charge includes valet service, gold storage and other amenities). Rates are based on single or double occupancy. Maximum number of persons in a room is four adults or two adults and two children. A two night deposit is required to reserve a room. Please call Laurie Dunlap at 214-219-2300 or email [ldunlap@damswim.com](mailto:ldunlap@damswim.com) with questions and to make hotel reservations no later than July 12th.

**More information will be coming about the event throughout the spring and summer months. Hotel rates and such will be available soon. Although the event is months away, now is the time to start planning! Set your training goals now for the race. DAM will also have a series of open water swims at Lake Grapevine this summer (TBA later) in preparation for the channel swim.**

## DAM Guests Receive A Free Week of Workouts!

Hey DAM member, bring a friend or spouse as a guest to any of our workouts! DAM offers a free week of workouts to anyone that is interested in joining our program. The guest just need to go to our website at [www.damswim.com](http://www.damswim.com) in order to sign up for our trial membership. The trial membership works at all our locations and practice times. All skills levels welcome: beginners, fitness swimmers, triathletes, and competitive swimmers even those terrified of water. They'll simply have a week to swim with us, meet our coaches and team members and decide for themselves. For more information contact the DAM office at 214-219-2300 or email us at [swim@damswim.com](mailto:swim@damswim.com).

## DAM Special Discounts

DAM members enjoy special discounts on merchandise at D&J Sports and Bicycles Plus. D&J Sports is a swimming superstore with two locations in Dallas. You can visit the website at <http://www.djsports.com> for more information. They have been a longtime provider to DAM and our swimmers. Bicycles Plus is located in Snider Plaza and can provide triathletes bikes and workout gear. Visit their website at <http://bicyclesplustx.com/> for more information. All you have to do at both D&J and Bicycles Plus is show your DAM membership card to receive the special discounted rate on all merchandise excluding bicycles.

# DAM LUKE'S TRIATHLON TRAINING SUMMER PROGRAM

If you missed the chance to participate in our **SOLD OUT DAM Luke's triathlon program** – no worries – you'll have another chance to sign up with our **May 16 – October 2, 2005** program!

Are looking to add the word “triathlete” to your resume? Would you like to train in a social and supportive atmosphere? Athletes of all levels and backgrounds are welcome – from those who have never ridden a bike to those looking to win their age group at their next triathlon. Combining comprehensive elite coaching with diverse workouts and exciting team events makes DAM Luke's the only complete MultiSport program in the area with a *special emphasis on swimming*. We will have many team races this season but will finish with a Sprint or Olympic race at Stonebridge Triathlon on October 2, 2005.

*4 package options:*

## **1. DAM Luke's triathlon membership - \$55/month**

- Monday – Sunday – daily coached and group workouts to include outdoor cycling, triathlon swimming, combo workouts (run/swim), group runs and rides. Contact Stacy for details...
- Informational speakers and hands on clinics will cover all aspects of triathlon to include nutrition, goal setting, race planning/preparation and transition work.
- Open water swim sessions will be held at Lake Grapevine.

## **2. DAM Luke's triathlon membership plus detailed weekly workout schedule - \$79/month**

- Package #1 plus a 20 week customized training program - utilizing periodization methods to ensure logical build up and taper for a Sprint or Olympic distance race. Coach feedback included.

## **3. DAM Luke's triathlon membership plus full DAM swim membership - \$99**

- Package #1 plus over 50 weekly swim workouts to choose from.

## **4. DAM Luke's triathlon membership – weekly workout schedule – full DAM membership - \$139**

- Package #2 and full DAM swim membership.

*Members must be current members of United States Triathlon (USAT) – [www.usatriathlon.org](http://www.usatriathlon.org)  
\$3 discount as part of DAM Multisport membership*

**For more information contact**

**Stacy Mullikin – [stacymullikin@sbcglobal.net](mailto:stacymullikin@sbcglobal.net) or 214.476.8580  
Registration available online – [www.damswim.com](http://www.damswim.com)**

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# SWIM BASICS TESTIMONIAL WITH DR. JANE LEE



***Why did you sign up for Swim Basics?***

I wanted to learn to swim. Before taking the Swim Basics, I could barely swim one length of the pool.

***Did you feel the course met your needs?***

It was the best thing I did for myself. I would have been too intimidated to join

DAM without taking this course first. It taught me basic stroke techniques, how to use the pool equipments, reading the pace clock and increased my cardiac endurance.

***Did you feel that the course prepared you for DAM practices?***

Yes. I joined DAM right afterwards. First few practices were scary but the coaches knew how to break in the beginners to DAM practices. I initially thought that you had to be a good swimmer to join DAM but found that there is a place for all levels of swimmers. Even as a beginner, I felt at home.

***Would you recommend Swim Basics to others?***

The course was so much fun and non-intimidating way to learn to swim. All the coaches love swimming and it comes through in their teaching. Anyone who has become bored with their regular work-outs ought to give swimming a try. Swimming is such a good way to stay fit. It's an exercise for the whole body and very easy on the joints. I am fully convinced that once people have the opportunity to try swimming, most will love it.

***How many times a week do you swim?***

I have been swimming 3-4 times a week since I started. Swimming is not one of those activities that I have to force myself to do. I fell in love with it immediately. It doesn't feel like a work-out and I am always amazed at how fast an hour of practice goes by. There is something very relaxing about having your head under the water and just focusing on your breathing.

***Do you have any goals for a triathlon or swim meet?***

I am swimming mainly to stay fit but may be I'll try a swim meet next year. I still have to work on few things prior to that such as learning to flip at the end of the pool.

***Got A Question?***

**Visit:**

**<http://www.damswim.com>**

**Or Call:**

**214-219-2300**

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And Events!**