

FREESTYLE

Dallas Aquatic
MASTERS

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Summer 2004



James "Doc" Counsilman 1920 – 2004

"The greatest swimming coach of all time."

Remembering Doc (1920 – 2004)

The first time I remember communicating with Doc Counsilman was not in person but by receiving this incredible recruiting letter during my senior year of high school. It wasn't so much the content of describing how the IU boys were all training hard and what a great opportunity it was to be training in the Canary Islands during Christmas break. What amazed me was the best swim coach ever would take the time to send me a six page hand written letter to an unknown promising kid from Madison, Wisconsin. It also was the first of many more lessons to come from a man I grew to love and emulate

Doc taught me and hundreds of other young men much more than the science of swimming and how to swim fast. He taught me the value and meaning of words and concepts like commitment, confidence, self-control, humility, never feel sorry for your self, never give up and the proverb that it is much greater to give than to receive.

Doc was arguably the greatest coach/scientist/innovator in the sport of swimming. He attended Ohio State University on a swim scholarship and won a national championship in the butterfly-breaststroke. In March of 1943, Doc held the world's best time in the event. He was drafted into the Army Air Force that year and became a B-24 bomber pilot in the European Theater. He earned a distinguished combat record during his time in World War II. 'Doc', as he was referred to for his doctorate's degree in physiology from the University of Iowa, led the Hoosiers to six straight NCAA Championships from 1968-73. The Counsilman-led Hoosiers won 23 Big Ten titles during his 33-year tenure, including 20 straight championships from 1961-80. Doc's success went beyond Indiana University as well. He coached the 1964 and 1976 Olympic teams. During those Olympics, U.S. swimmers captured 48 medals (17 gold, 18 silver, 13 bronze), including five gold medal relays. At the age of 58, Doc became the oldest man to swim the English Channel.

Doc was a genius. The smartest human I have ever known as far as sheer brain power. His accomplishments as a swim coach, products that

he invented, influence he had on the evolution of swimming pool design, no person has had more impact on the sport of competitive swimming than Doc. His discoveries, innovative ideas, research and application in the disciplines of physiology, psychology and human biomechanics had a major impact not only in competitive swimming but on a lot of people's health.

Doc could take complicated theories, principles and concepts and write about them in a way that was simple but accurate. An incredible gift! But what made Doc so special was that even with this talent he was so damn human! The man was not afraid to expose his weaknesses. I mean one moment he could be explaining Bernoulli's principle in swimming and the next he would be lost driving into a supermarket parking lot thinking it was a swimming pool!

Relationships are what life is all about. And the greatest gift you can give someone is your time. That's what Doc gave. After the practices where over, the competitions won or lost there was my second father asking me about my grades, family and everything in between.

Two of my most vivid memories of breaking the 50 second barrier in 100 meter freestyle in Montreal in '76 involved Doc. Before the race they place you in a ready room with the other finalists. On the way out the door in the glare of TV lights and thousands of screaming fans Doc was right there. Knowing the start was the weakest part of my race Doc yelled "Get off the god-dammed block!" After all the post race congratulations and media attention had died down it was Doc again saying "You won't realize this but what you did today, breaking the 50-second barrier will mean much more to you years from now than it means today". How right he was.

Yes Doc you certainly changed the world of swimming and helped me become a better swimmer. But more than that, you made me a better husband, father, friend, coach and human being. Your impact on all of us will surely transcend into future generations.

Doc you swam a great race. I am humbled and privileged to have known you.

Jim Montgomery

Coach Bobby Patten Says – Add A Little *INTENSITY!*

Most all of us have heard or read the dreadful news about the American population, currently over 50% of the population is over weight and on the way to obesity, defined as 30% over ideal weight. If this trend continues, by 2020 over 85% of Americans will be over weight or obese. This number is staggering. The impact this will have on the cost of health care is beyond belief.

What can you do to ensure you're not one of the "growing" or should I say "expanding population girth?" Besides eating right, exercise is the most important part of your lifestyle.

But what exercise is the best? The truth and nothing but the truth...Swimming is by far the best over-all exercise you can do. Ok so maybe I'm a bit biased. The real answer is: The best exercise is any exercise you are willing to do regularly. That is what is best for you. For several reasons, however, swimming actually has more over-all health and fitness benefits than other activities or sports.

There are a number of studies demonstrating that not all exercise is created equal. In fact, the best way to exercise is INTENSE, no matter what type of exercise you choose. INTENSE!

A recent study from Canada showed that walkers who exercise at moderate levels don't lose body fat. This study looked at walkers who exercise at a low intensity, (heart rate lower than 65 % of it's max) for 30 minutes everyday.

The study was looking at the effectiveness of low intensity exercise, you know the kind of exercise the Surgeon General recommends daily for adult Americans. This research confirmed what many of us have been preaching for years. ***Intense regular exercise provides the best over-all health results!*** You know "blow chow" - it's the best for you.

Looking at another study recently published out of Wisconsin, we find intense weight training raises the metabolic rate for an astounding 48 hours. What this means is you continue to burn fat for two days after an intense training session.

Low intensity exercise barely raises the metabolic rate for the duration of the exercise. Essentially if you train intensely for 45 minutes you can burn more calories while watching the tube than you can while walking at a low to moderate level. It's important to remember that while watching TV you can't be wolfing down chips and sucking down the brews and expect to drop the pounds - this is true even if it's Ultra the Low-Carb Beer.

Those who wish to get the biggest bang for their exercise buck should plan on an intense exercise session at least three to four times a week. The session should last somewhere between 45 and 60 minutes including a warm up and cool down phase. Your heart rate should go to 85% of your max heart rate several times during the bout of exercise. Which just happens to be what you get, if you swim with Dallas Aquatic Masters. Believe it or not we actually plan some of this stuff to help you! On other days, or for an additional workout, it's fine to do lower intensity exercise. Some people have found mixing low intensity with high intensity actually helps recovery and the rebuilding process. Just don't skip the low intensity days and expect to have all the possible benefits of exercise.

For most DAM swimmers once you've been in the program for a few months, and have been swimming regularly, don't be afraid to swim several intense sets in short duration in any given week. You'll be doing yourself a tremendous amount of good and you might even have some fun.

Welcome to Our New Coaches!

Christie Shefchunas - Assistant coach of the SMU women's swimming team.

Rory "10-K" Callaghan – SMU '93

Alex Szabo-Pardi – A native of Romania, Alex was Romanian National champion from 1970 – 1982 in the 100 & 200 meter breaststroke

Chris Epp – 2002 Captain of the SMU Mustangs.

Your Personal DAM Web-Page!

On March 1, 2004, DAM implemented new functionality to our website to help with member communications and office administration. Each member of DAM has received a swimmer log-in name and password by email (please contact the DAM office if you did not receive the email). You can access the log-in section under the Important Announcement box at damswim.com. We encourage everyone to log in immediately after receiving your password, verify your profile information and be sure to update all the pools where you swim! Your personalized DAM page will include the following features:

My Profile

View Profile – view name, phone, email and address that is most current with our system
Update Profile – change phone, email or address; hide email address, review membership status and billing plan, review all billing history, update the pools where you swim, add your name to meet rosters, and record your goals for the year. You can also record your United States Masters Swimming or United States Swimming membership numbers here.
Change Password- change the password that was sent to you via email to your own unique password

My Competitions

Workouts – view a chronological list of your daily workouts recorded by DAM coaches
Swim Meets/Competitions- view DAM team information about upcoming swim meets and other competitions. Check out where the team is staying, how they are getting there and view a roster of people who plan to attend the event
Birthdays- view team members birthdays for the current, day, month or search for a members birthday (you can also hide your birthday if you don't want anyone to know!)

Team

Social Calendar – make sure plan ahead for DAM social events with our Social Calendar!
Pools – get information on all the pools where DAM has practices
Coaches – under construction. Will include pictures and biographies.

Member Roster – get an email address for your favorite DAM swimmer.

Other web functionality

DAM Programs - you can now sign up on-line for drylands and multisport using the Become a Member link from the DAM front-page.
Clinics –sign up for free stroke clinics or register for upcoming specialty clinics, camps and workshops using the Clinics link from the DAM front-page.

Please take a few minutes to log into the website and check out your new functionality!! If you have any questions, please contact Sheri Hart at sherihart@damsim.com or 214-219-2300.

Swim Basics Classes in May

Due to the resounding success of the January Swim Basics Program, Dallas Aquatic Masters is offering the course for May with a few enhancements based upon participant feedback. We will be offering a month-long program beginning May 5th at the Telos Outdoor Pool in North Dallas near the Galleria. The program will be led by Dallas Aquatic Masters legendary coaches Bobby Patten, Lisa Mize, Liana McStravick, and Mark Stori

The course is designed for beginning swimmers and triathletes who are not currently members of DAM.

Facts:

- Cost: \$135
- Location: Telos Athletic Club -
- Time: Wednesdays 6:30pm – 7:30pm and Saturdays 9:00am – 10:00 am
- Start: Wednesday May 5th
- Sessions: 8
- Fall & winter sessions tba.

Contact Laurie Dunlap – 214-219-2300
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SUMMER NEWS 2004

Who needs Hawaii when you can have San Francisco? Pack your wet suit & join head coaches Bobby & Jim for the famed and feared **Tiburon Mile Open Water Swim** - September 19 – Go to <http://www.damswim.com/meets.htm> for on-line team entry – for details call Coach Bobby at 214-219-2300.

LOG IN YOUR METERS/YARDS - We know many of you were bummed when we launched our new website and did away with our member swim log program. Now it's back and better. The only hitch is that you will need to log into www.swimpsychology.com to receive this free service. The folks that developed the swim log program did a great job and it is much more detailed than what we were offering before.

DAM GEAR - DAM White & black logo polo shirts (\$30), T-shirts (\$12), and swim caps (\$5) are always available to purchase on-line at our web site damswim.com

Each August, the Baylor Aquatics Center hosted the **North Texas Special Olympics swim meet**. Over 200 athletes from 15 cities competed in this one day meet. The Baylor Aquatic Center is pleased to announce that it plans to host the swim meet again this year on Friday, August 20th and Saturday, August 21. Please consider volunteering for this event. There are a number of positions available on the day of the meet. Both in the competition area and special events area. Specific job assignments in the competition area include timers, staging clerks, staging escorts or award escorts. Positions available in the special events area include award presenters, food servers, Olympic village helpers, decorations, and set up. If you are interested in being a part of this enjoyable event and would like to volunteer for one of these positions please call **Vinnie Jones at 214-820- 8177**

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 on **Saturday, June 26** at the SMU pool immediately following the 6:30 a.m. practice. We will host our second Red-eye on **Saturday, July 24** also at SMU. Wisconsin Bratwurst, pancakes, and fruit salad for all! Spouses, family and friends are welcome to attend.

For those of you planning to swim outdoors this summer, a few reminders. **PRACTICE CANCELLATION POLICY:** Under rainy conditions without lightning, practices will be held as scheduled. If lightning is present the morning and evening practices at SMU will be cancelled. **PARKING AT SMU:** While the students are away on summer break parking next to the pool should not be a problem. But when school is in session **DO NOT PARK in a reserved spot. YOUR CAR MAY BE TOWED!** Parking is available in the parking garage just north of Moody Coliseum or the surface parking lot just south of Moody Coliseum.

DAM Multisport is a year round program – join at anytime! Combining comprehensive coaching with diverse workouts and exciting team events makes DAM Multisport the only complete multisport program in the area with a special emphasis on swimming. Workouts are high-energy events where the team camaraderie helps each member reach new levels. The shared team experience makes for great training partners and enduring friendships. Try a week of free workouts – contact stacymullikin@sbcglobal.net.

ARE YOU OVER 35? YOU'RE LOOSING STRENGTH @ 1% A YEAR! Get your strength back with **DAM DRYLAND** core training workouts. Focused on the core body muscles - working the abdominals with exercises that recruit all other muscle groups - arms, legs, shoulders, back, stabilizers. Good for weak backs. We use medicine balls, stretch cords and body-weight exercises - all adapted to you. lean muscle and promotes flexibility. Now offered twice per week!! Sunday - 10am and Wed. - 7pm. Meet at the SMU pool. A good deal!\$! - \$20 per month for full DAM members. Dryland-only membership is \$30 per month. Billed monthly through the DAM web site. Questions? - email stewb@mindspring.com.

Dallas Aquatic Masters Swim for Distance July 2004

It's time to gear up for Swim for Distance Month again! 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.

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 Swim For Distance tee-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 23 & 25 that counts as one practice also!!

Individual Practice Distances:

Each one hour practice will be consistent in total distances for each skill level:

Level 1:	3300 meters
Level 2:	2400 meters
Level 3:	2000 meters
Level 4:	1500 meters

Conversion to miles (1500 meters = 1 mile):

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