



Summer 2006

	XI FINA World Masters Championships	Stanford California, USA August, 2006
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Dallas Aquatic Masters is planning to take a contingent of team members to this summer's FINA World Masters Championships at Stanford University, California. The swimming competition dates are Friday, August, 4 through Thursday August 10, 2006. There will also be a 3K open water swim on Friday August 11. The entry deadline is June 3, 2006. No late entries will be accepted. DAM is planning several team gatherings and side trips during the competition. We are also planning to hold several special practices at the SMU outdoor 50-meter pool throughout the summer in preparation for the swim meet. For more detailed information go to www.2006finamasters.org

If you are planning on going make sure to contact Liana at the DAM office – liana@damswim.com so we can make sure you are kept informed as our plans develop.

**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 who is interested in joining our program. The guest just needs to go to our website at www.damswim.com in order to sign up for our trial membership. A trial member is welcome at all our locations and practice times. All skill levels welcome: beginners, fitness swimmers, triathletes, and competitive swimmers. 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.

**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 Summer 2006

MAY 1-31 2006 is DAM Backstroke Month! We all need a nice, even tan, right? What better way to start off our outdoor swim season than with a focus on backstroke? Kick those feet, roll those shoulders and tip your chin back—we're going to make backstrokers out of the whole DAM team!

DAM Red Eye Breakfasts: For lots of fun and some incredible culinary delights—join us for two Red-eye Breakfast Specials. The first Red-eye will be June 24th at the SMU pool immediately following the 6:30 AM. practice; the second will be on July 29th. 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 swims this July 28th (Friday, 2K/5K only) at 7:00 PM and July 30th (Sunday, 5K/10K offered) at 7:00 AM. Participants will receive a special DAM towel for the event. Swimmers can sign up for any of the three distances or a combination thereof. Registration information is available on the DAM website:

DAM Summer Invitational, July 14 & 15 at SMU Outdoor Pool. The Summer Invitational is back! We're having a pool party and want to get the whole team to come swim! If you have never competed in a meet before, NOW is the time. Deck entries are accepted from any late-deciders. See our Meets page for all the details: <http://www.damswim.com/meets.htm>

July 2006 is Swim For Distance Month: July 1 - 31 will be the month to crank up 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 baseball cap.

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 a log program. (Create your own log sheet).

After each practice, you will be responsible for recording the total distance you swam during that particular practice. At the end of the month, bring your practice log to practice and you will be awarded with your special DAM baseball cap.

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 and count in the 2K, 5K or 10K on July 28th & 30th, 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

SMU Parking and Practice Procedures

OUTDOOR PRACTICE CANCELLATION POLICY: Under rainy conditions without lightning, practices will be held as scheduled. If lightning is present, outdoor practice will be cancelled.

PRACTICES AT SMU: Morning practices will begin at 5:15am Monday, Wednesday and Friday. The practice times will run from 5:15 am to 7:00 am, with a transition period from 6:05 to 6:15. We will design workouts so that those practicing in the early hour can finish up as the later swimmers warm up for their practice. Of course, anyone is welcome to swim for the entire 1:45. If you are warming up, please get to the back of the lane and watch out for those putting in their last hard meters. Please show consideration of your fellow swimmers and pay attention to pool etiquette during these transition times.

5:15-5:25	Warm-up
5:25-5:35	Transition set
5:35-6:05	Main set
6:05-6:15	Warm down/Warm-up for next hour
6:15-6:25	Repeat Transition set
6:25-6:55	Repeat main set
6:55-7:00	Warm down

As is always the case at SMU, if you arrive before a DAM coach is on deck, please do not enter the water.

INDOOR LOCKER ROOM USE: Beginning May 8th, DAM swimmers may use the locker rooms after morning practices. Indoor locker rooms will be open at approximately 6:00 AM. Items left unattended in locker rooms are the responsibility of the individual. In the evenings, the indoor pool will be open for 15 minutes after the end of 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 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 11:45 and re-enter, paying the open swim guest fee.

On Sundays the indoor pool will not be open during the scheduled outdoor swim time.

DRYLANDS: The indoor pool will be opened to get equipment, then locked during drylands. Once drylands is complete, the indoor pool will be opened to return equipment.

PARKING: If you purchased an SMU Parking Pass this past winter/spring, it will expire June 30. New July 1-December 31, 2006 passes are available for purchase on the DAM website for \$10 each. Click on the Clinics link on the left side of the main page. The fee will be charged to your DAM account, so if you are not on automatic debit (checking or credit card), you may mail in a check, payable to Dallas Aquatic Masters for \$10. The passes will be mailed out at the end of June. Orders must be received no later than June 1.

The parking pass issued by SMU will allow you to park in the Meadows Museum garage, which is located south of the outdoor pool, on your right if you enter the campus off of Mockingbird Lane. Another parking option is to find a spot at a meter, either on Binkley on the north side of the pool or in the lot behind the Sigma Chi house, just northeast of the pool. The meters are effective 7am—7pm. The parking situation eases up considerably once the students leave for the summer; however in mid-August, the hunt for a parking space begins anew.

Open Water & Stroke School

For those swimmers and triathletes who want to experience confidence and fun in the open water, DAM will offer several opportunities to train and compete “without walls.”

Every other Sunday, our distance swim practices at SMU will be **open water simulations**, for which we remove the ropes and set up a buoy course. We focus on close-quartered swimming, open water sighting, rounding the buoys, drafting and of course, treading water! Mark your calendar:

OPEN WATER SUNDAYS @ SMU: May 21; June 18; July 2 & 23; August 13 & 27; Sept. 10 & 24

DAM also offers our **open water training series** at Lake Grapevine throughout the summer. This is a safe and fun introduction to the “real deal” for those who have never ventured outside of the chlorinated sameness of traditional swimming practices. We have LOTS of coaches, both in the water and in the kayak and divide the group so you can train with similarly skilled swimmers. **Our first open water clinic of the summer is scheduled for Saturday June 17th.** Go to damswim.com and click on Clinics to register.

We will kick off “without walls” swimming with the **DAM open-water mile and half-mile event**, which will be held at Lake Grapevine on Sunday June 4th. Registration information is available on the Meets page of our website.

To finish out our Open Water season, join Bobby and other coaches in Austin for the **Lake Travis Relay Race**. This is an outstanding annual event held in mid-October. The 2006 race will be on October 14th. The race begins at the Mansfield Dam and covers a 12-mile course across the lake, with a special rest stop at Hippie Hollow for those with binoculars. Teams are made up of six swimmers who each swim one 20-minute leg, a 15-minute leg and 10-minute legs until completing the course. Lake Travis is one of the nicest lakes in Texas with a water temperature in October of about 80-81 degrees - perfect for this type event. We are currently putting a team package together, and full details should be available by mid-June.

Slow down and get faster! That is the goal of our **Tuesday night Technique Practice** at SMU. On alternating Tuesday nights, we will **ADD** an SMU evening practice at the new SMU Recreation pool, located at the Dedman Center, east of the outdoor track and south of Moody Coliseum. Coaches Bobby Patten and Jim Montgomery will offer a lower-yardage, highly focused technique practice in which you can return to the basics of efficient stroke mechanics.

Technique Practices Dates for DAM members are:
(SMU Recreation Pool at Dedman Center)

May 23 —7:15-8:15pm
June 6 & 20 — 7:15-8:15pm
July 11, 25 — 7:15-8:15pm
August 8 — 6:30-7:30pm

Technique Practice Dates for DAM/Luke’s Triathlon Program members are:
(SMU Recreation Pool at Dedman Center)

May 16 & 30—7:15-8:15pm
June 13 & 27—7:15-8:15pm
July 18—7:15-8:15pm
August 1—7:15-8:15pm
August 15—6:30-7:30pm

Parking for Recreation pool at Dedman Center is available at the University Gardens Complex on the east side of Dedman Center. Dedman Center is attached to south side of Moody Coliseum. University Gardens complex is closed and parking is free.

DAM LUKE'S TRIATHLON SUMMER PROGRAM

Are you looking to add the word “triathlete” to your resume? Would you like to train in a social and supportive atmosphere? Do you have a quest for speed with the desire to win your age group at your next race? If you said yes to any of the above – this program is for you! Luke’s Locker and Dallas Aquatic Masters have teamed up to add the flavor you’ve been looking for in your training program. Expert, certified triathlon, swimming, cycling and running coaches will provide detailed training schedules for all levels to complete Sprint, Olympic or Half Ironman triathlons.

Beginners – Trouble swimming? No problem – start off with Swim Basics offered through DAM to get up to speed. Haven’t ridden a bike in years? Not to worry! Do you only walk but want to learn to run? Perfect! No need to feel lost in the maze of overwhelming triathlon information – expert coaches will provide guidance, education and a well designed weekly training plan specifically for novices to get you to the starting line of a sprint triathlon with confidence.

Experienced – It’s time to optimize your training and race potential. A heavy emphasis on technique will bring your racing to the next level. “Practice does not make perfect; perfect practice makes perfect!” Master the art of triathlon swimming, zip through your transitions, fine tune your cycling and discover 5K/10K speed you never thought possible!

Elite – There’s more to racing than speed. Don’t just train hard – train smart. Reward yourself with the break through race you’ve been waiting for with fine tuned mental focus, efficient time management, proper recovery tools, injury prevention and a solid nutrition plan. Enjoy advanced, creative brick workouts, drills, cutting edge technique focus, tips and tricks. Seconds matter...it’s your turn to finish first.

- Certified coaches, all seasoned elite triathletes and Ironman finishers will share experiences, knowledge and expertise in all three disciplines. Each athlete will be assigned a coach for general questions.
- Detailed 18-week program specific for Beginner, Experienced and Elite level athletes will utilize periodization methods to ensure logical build up and taper for a Sprint, Olympic or Half Ironman distance race.
- Informational speakers and hands on clinics will cover all aspects of triathlon to include nutrition, goal setting, race planning/preparation and transition work.
- Additional weekly DAM swim options at convenient locations and times. Seasonal open water swim sessions will be held at Lake Grapevine.
- Special emphasis on swimming, along with creative combo workouts. Outdoor group rides will also take place on Mondays, Wednesdays and Saturdays.

Program Costs:

- Sprint and Olympic programs: One-time fee of \$399 or monthly payments of \$150 for 1st month, then \$89 per month for 3 months, totaling \$417.
 - Half Ironman program: One-time fee of \$449 or monthly payments of \$150 for 1st month, then \$105 per month for 3 months, totaling \$465.
 - 3-month minimum sign up required on monthly installment plans.
 - 30-day cancellation notice required
- There is a one-time enrollment of \$15 for all new DAM/Luke's members.

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

For more information contact

Stacy Mullikin – stacymullikin@sbcglobal.net or 214.476.8580

Registration available online – www.damswim.com

PRACTICE HIGHLIGHTS MAY through OCTOBER 2006

- ✓ **SMU News** – The SMU Mon/Wed/Fri morning outdoor practice begins on May 8th and is being offered as two practice times: 5:15-6:15am and 6:15-7:00am. Of course, anyone is welcome to swim the entire hour and forty five minutes!
- ✓ **SMU on Sundays** – 9:00-10:00am, Option of two practices: sprint or distance focused practices, runs May 14 through September 24th. Distance practices will alternate between open water and lanes – check Calendar for schedule.
- ✓ **SMU Football Game Days** – Saturday Sept 16, 23, Oct 14, Nov 11 & 18 – Only one SMU practice will be offered from 5:45-6:45am on these days. All other practices stay the same.
- ✓ **Tuesday Night Stroke Technique Practice at SMU** – May 16 through August 15 an additional practice will be held on Tuesday evenings at the new SMU Recreation Pool located next to Moody Coliseum. Stroke practices for DAM Swimmers will be Tues, May 23, June 6 & 20, July 11 & July 25 and August 8th. Stroke practices for DAM Luke's Swimmers will be Tues, May 16 & 30, June 13 & 27, July 18, August 1 & 15th. See Calendar for practice details.
- ✓ **Baylor Summer Hours – May 8 – Sept 2:** Monday-Friday 6:00-7:00am and 12:00-1:00pm; Mon/Wed/Fri 7:00-8:00am; Mon/Wed 6:30-7:30pm. No Baylor Practices Aug 14-27 – pool closed for maintenance.
- ✓ **Baylor and St. Mark's** – Morning practices will resume Tuesday Sept 5th
- ✓ **Highland Park** – Tuesday/Thursday practices will be added! Mon-Fri morning practices will resume Tuesday Sept 5th.
- ✓ **JCC** – Saturday 10:00-11:00am practice will resume Saturday September 9th. Tue/Thurs noon will continue.

PRACTICE CHANGES AND EVENTS (Events are in bold)

MAY 2006

Backstroke Month

- 5 Last HP Morning and Last Baylor 5:00am practice
No SMU Evening Practice – Senior Circuit Meet
- 6 Last St. Mark's Morning Practice
Last Baylor 7:00am Practice
No SMU Practices – Senior Circuit Meet
- 7 No SMU Practices – Senior Circuit Meet
- 8 SMU Morning Practices Begin, MWF 5:15-6:15am and 6:15-7:00am, Tue/Thurs 6:00-7:00am; SMU Evenings change to 7:15-8:15pm
- 11-14 2006 USMS Short Course Yards Nationals, Coral Springs, Florida**
- 13 SMU Saturday 6:30am practice begins
- 14 SMU Weekly Sunday 9:00am practice begins
- 16 Tuesday Technique Practice begins 7:15pm at SMU Rec Pool – See calendar for DAM Swim assigned Tuesdays
- 20 SMU practice to be held 6:00-7:00am
No SMU 10:30am practice – SMU Commencement
- 29 Memorial Day – Two Practices Only: SMU Outdoors 6:00-7:00am & Southlake 7:00- 8:00am

JUNE

- 2 No SMU 7:15pm Practice – Senior Circuit Meet
- 3 No SMU Practices – Senior Circuit Meet
- 4 No SMU Practices – Senior Circuit Meet
- 24 Red-Eye Breakfast Special at SMU:** Practice at 6:30am, Breakfast served at 7:30am
No JJ Pearce AM Practice
Southlake Practice to be held 6:00-7:00am

JULY

- 1-31 Swim For Distance Month**
- 1-2 South Central Zones Long Course Championships, El Paso, Texas**
- 1 Southlake practice to be held 6:00-7:00am
- 4 Independence Day!**
SMU 6:00-7:00am Practice
No JCC or Baylor noon practices
No SMU Evening Practice
No Baylor Evening Practice
- 8 Southlake practice to be held 6:00-7:00am
- 9 Southlake AM Practice – 6:00-7:00am
- 14 DAM Summer Meet** – start time 6:30pm, warm-up 6:00pm; No SMU Evening practice
- 15 DAM Summer Meet** – start time 8:30am, warm-up 7:30am; No SMU 10:30am practice
SMU 6:30-7:30am practice will be held

JULY continued

- 28 DAM 2K Swim – SMU Outdoor Pool, 7:00pm warm-up, 7:30pm start time**
No SMU 7:15pm Practice
- 29 Red-Eye Breakfast Special at SMU:** Practice at 6:30am, Breakfast served at 7:30am
No Southlake AM Practice
No JJ Pearce AM Practice
- 30 DAM 5K/10K Swim – SMU Outdoor Pool, 7:00am warm-up, 7:30am start time;** No SMU 9:00am Practice

AUGUST

- 4-10 2006 FINA Masters World Championships**
- 7 SMU Evening Practices Return to 6:30-7:30pm
- 14-27 No Baylor Practices – pool closed for maintenance
- 15 Last Tuesday Evening Technique practice at SMU Rec Pool

SEPTEMBER

- 1 Last SMU weekday morning practice
- 2 Last SMU Saturday 6:30am practice
- 4 Labor Day – Two Practices Only: SMU Outdoors 6-7am and Southlake 7:00- 8:00am
- 5 Morning Practices Resume at St. Mark's and Highland Park
- 9 SMU Saturday 10:30am practice changes to 11:00-12:00p
JCC 10:00-11:00am practice resumes
- 16 SMU Outdoor Practice to be held 5:45-6:45am
No SMU 11:00am Practice – SMU Football Game
- 23 SMU Outdoor Practice to be held 5:45-6:45am
No SMU 11:00am Practice – SMU Football Game
No JCC Practice – Rosh Hashanah
- 24 Last SMU weekly Sunday 9:00am practice

OCTOBER

- 1-31 Breaststroke Month**
- 7 No JCC Practice – The J Closed for holiday
- 8 Super Sunday Swim Practice – SMU Indoor 9-10am
- 14 SMU Outdoor Practice to be held 5:45-6:45am
No SMU 11:00am Practice – SMU Football Game
No JCC Practice – The J Closed for holiday
- 20-21 SMU Women's Swim Classic, 7:30pm**
- 22 Super Sunday Swim Practice – SMU Indoor 9-10am
- 27 Final SMU Tues/Thurs/Fri Evening Practice for 2006 (SMU Mon/Wed 6:30pm will continue thru the winter)
- 30 Winter/Fall Practice Schedule Begins
St. Mark's evenings begin 6:30-7:30pm Mon-Fri
SMU Mon/Wed 6:30-7:30pm begins
- 31 Baylor Tues/Thurs 6:30-7:30pm begins