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Summer 2007

Ways to Swim Faster By: Coach Bobby Patten

1. How do you know if you're faster? Do you use the clock or do you just go five or ten seconds behind the swimmer in front of you? Make it a habit to know how fast you are swimming - warm up, pull sets, kick sets, and especially swim sets. I am amazed how many swimmers who train other sports know exactly what pace they can hold per mile while running or exact MPH biking, but don't know how fast they swim. Reading the pace clock is of utmost importance. It allows you to swim alone if necessary and still have a base line gauge on how you are performing. It also allows everyone in the lane to swim efficiently. Masters swimmers can't always see the clock, so I highly recommend contacts or prescription goggles.
 2. Is your focus only on technique? Currently there exists a coaching belief that to swim faster you should spend the majority of your time swimming slow purposeful drills that concentrate primarily on technique. For beginners and those getting back to the sport this is a good plan for a short time. But, if you want to get faster you have to practice swimming fast. Ideally you should focus on technique while swimming at race pace or faster than race pace. When you surpass your target heart rate zone and become short of breath you ARE swimming fast! The more often you leave your comfort zone the quicker you will see results. When you are interval training and trying to get faster, the pace clock is an important tool in watching yourself improve. It pays off to learn to use the pace clock.
 3. How often do you swim? If you answered two or three times a week, guess what, you most likely won't be getting much faster. Swimming takes place in a foreign environment; we are not accustomed to the water. The more often you swim the sooner you will become comfortable in the water. Personally I think you are better off swimming four or five times a week even if the sessions are shorter than an hour. Four thirty minute swimming sessions a week is probably more effective than one two hour session or two one hour sessions per week. You become more accustomed to being in the water and we call that a "feel for the water."
 4. How's your flexibility? A small improvement in shoulder, low back, and ankle flexibility can not only improve technique but speed as well. The better your range of motion, the easier it is for you to maintain a streamlined position which leads to less drag. You will be more efficient in the water. Stretch on a regular basis. I know very few of you will set aside 30 minutes a day to stretch but everyone can do a "stretch time out" at your desk, in your car or waiting in line. You will actually be surprised that no one is watching you.
 5. Finally don't compare yourself to others. Some of the people swimming in the DAM program have been swimming for decades. And during some of those decades they were swimming four hours a day six days a week, so they've got a jump on you. Measure your success by competing only with yourself, which makes the pace clock all the more important!!
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DAM Summer 2007

MAY 1-31 2007 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 23rd at the SMU pool immediately following the 6:30 AM. practice; the second will be on July 28th. 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 Aug. 17th (Friday, 2K/5K only) at 7:00 PM and Aug. 19th (Sunday, 5K/10K offered) at 7:00 AM. Participants will receive a special DAM T-shirt for the event. Swimmers can sign up for any of the three distances or a combination thereof. Registration information will be available on the DAM website: <http://damswim.com/meets.htm> .

DAM Summer Invitational, July 20 & 21 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 2007 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 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 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 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 and or volunteer at the July 20th and 21st invitational meet, that counts as one practice as well!!

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 6:15 am and a second workout from 6:15 to 7:00 am. 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. Tuesday and Thursday practice is 6:00 to 7:00 am.

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: 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. Practice will be held from 6:15-7:15 pm from May 2nd through July 25th. Beginning Wednesday, August 1st Dryland practice will be 7:15-8:15pm. The Sunday times will remain 10:00-11:00am.

PARKING: If you purchased an SMU Parking Pass this past winter/spring, it will expire June 30. New July 1-December 31, 2007 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 Moody garage which is located east of the outdoor pool, on Airline and Binkley. 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.

SUNDAY PRACTICE: All Sunday practices at SMU will be both a sprint and distance workout. So, if you like to swim fast with lots of wall time or prefer a distance practice there will something for everyone!

Open Water & More

OPEN WATER SUNDAYS AT SMU

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.”

Beginning in May, on certain designated Sundays our distance swim practices at SMU will be **open water simulations**. 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:

TUESDAY NIGHT QUALITY TRAINING

OPEN WATER SUNDAYS @ SMU: May 6 & 20; June 17; July 1 & 15; August 5 & 19; Sept. 12 & 16

Beginning May 8th the SMU Tuesday evening workouts will be an intense training series. The focus will be on starts, turns, racing and quality intense training. TNQT training schedule will be:

1st, 3rd and 5th Tuesdays DAM practice will be outdoors (DAM Luke's will practice indoors at Perkins).

2nd and 4th Tuesdays DAM practice will be indoors at Perkins (DAM Luke's will practice outdoors).

May 8th is the second Tuesday in May, so the first TNQT practice DAM swim will practice indoors at Perkins. Check the calendar to confirm the dates.

4TH ANNUAL LAKE TRAVIS RELAYS

Saturday, October 13th, Lake Travis, Texas (Austin area). For the 2nd year in a row DAM will be taking a team to this race. Last year we had nine teams participate and a great time was had by all! For race information please see the website at <http://www.americanswimmingassociation.com>. DAM team information will be announced closer to the event date.

LAKE GRAPEVINE OPEN WATER SWIMS

Once again DAM will be holding open water practices at Lake Grapevine. These are great practices to prepare for Maui and the Lake Travis Relays as well as any open water triathlons. There are several coaches at each practice and one will be in the water for hands on coaching.

Please see the website for dates and clinic costs.

SWIM BASICS OFFERED YEAR ROUND

Swim Basics is a month-long course that is designed for beginner and intermediate swimmers and triathletes who are not current members of DAM. Several levels of classes are offered from beginners who can barely make it one length of the pool to intermediate who want to refine their stroke techniques. Classes are located at the Jewish Community Center on Northaven just west of Central Expressway. Class times are Wednesday 6:30– 7:30 pm and Saturdays 9:00– 10:00am.

This course is fun and a non-intimidating way to learn to swim. The coach/student ratio is small with a lot of hands on instruction. Any DAM member who knows of someone that is afraid to try a Masters practice, pass it along that swim basics would be the perfect class to give swimming a try.

DALLAS AQUATICS GOAL MEETS

DAM is looking to be well represented in these upcoming swim meets for the 2007-2008 swim season. Take a look and let us know if you are interested in going.

- Plano Wetcats LCM June 16
- DAM summer meet July 20-21 SMU
- Long Course Nationals August 10-13 The Woodlands Aquatic Center/ The Woodlands, Texas(Houston area)
- Maui Channel swim September 1, 2007
- Looking ahead to 2008-12th FINA Masters World Championships April 2008 in Perth, Australia

DAM Luke's Triathlon Program

Join the triathlon craze with DAM Luke's! Our triathlon program offers a complete triathlon training program at an affordable cost. Weekly workouts are high-energy, fun and designed to help you reach your goal. This unique program has a special emphasis on swimming and offers cycling and running workouts. Workouts are customized for all experience levels from beginner to the advanced triathlete.

Let us design a plan for your goal race! Certified triathlon coaches will provide detailed training programs for all levels to complete, Sprint, Olympic, Half Ironman and Ironman Triathlons:

- Sprint—Dave Scott (9/16) and /or Stone Bridge (10/7)
- Olympic - Dave Scott (9/16) and/or Stone Bridge (10/7)
- Half Ironman - Prairie Man (9/9) and or Long Horn (10/7)

Join DAM Luke's for Ironman Florida!!!

If you are looking for a great team to train with for Ironman Florida, DAM Luke's is the team for you!

We will assemble a plan to get to the finish line. Your coaches have raced the course and they will share that knowledge with you. For more information go to www.ironmanflorida.com.

Upcoming Triathlon Events

May:

- 6th - Tri Benbrook Triathlon
- 20th - Florida 70.3 Ironman
Texas Woman's Sprint
- 29th - America's Triathlon/Capitol of Texas

June:

- 3rd - Red Ricer Triathlon
- 10th - Metroplex Sprint
Blackwater EagleMan
Danskin Women's Triathlon
- 24th - Buffalo Springs 70.3 Triathlon
Ironman Coeur d'Alene

July:

- 8th - Disco Triathlon
- 15th - Ironhead Olympic Triathlon
- 22nd - Irongirl Triathlon

Athlete Profile

Name: Zanette Zernial

Occupation: Litigation Consultant

Date of Birth: September 11, 1971

"I was so out of shape when I first started that I couldn't even run a mile! DAM Luke's has helped me find new muscles in my legs, lose 12 pounds, swim for an hour and keep running even when I wanted to stop!"

1. **Significant Other:** Neill Strickland (fiancé)
2. **How did you get into Triathlon?** My fiancé got me into biking, but I got bored with that pretty quickly. So one day I went to Luke's Locker to get some running/walking shoes. I saw a poster for Triathlons. So, I signed up, thinking that it might be fun. Turned out, it actually is - sometimes.
3. **How long have you been doing triathlon?** A little over a year.
4. **Favorite workout?** Recovery workouts and taper workouts!
5. **Out of all 3 sports which is your favorite?** Swimming.
6. **Best race?** Stonebridge, October 1, 2006
7. **Worst race?** Aqua Bike, May 22, 2007
8. **What's next for you?** Getting married, and then ramping up training and races.
9. **What do you like to do to get away from triathlon?** Cook, knit, walk my 3 dogs



PRACTICE HIGHLIGHTS MAY through OCTOBER 2007

- ✓ **SMU News** – The SMU Mon/Wed/Fri morning outdoor practice begins on May 7th 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 online Calendar for schedule.
- ✓ **SMU Football Game Days** – Saturday Sept 8, 29, Oct 20, Nov 10 & 17 – Only one SMU practice will be offered from 6-7am on these days. All other practices stay the same.
- ✓ **Tuesday Night Quality Training at SMU (TNQT)** – Beginning May 8 through September 25th Tuesday evenings SMU will be a training series focusing on starts, turns racing and quality intense training. 1st, 3rd and 5th Tuesdays the TNQT DAM swim practice is outdoor (DAM Luke's members only are indoor). 2nd and 4th Tuesdays TNQT DAM swim practice is indoor (Dam Luke's members only are outdoor).
- ✓ **Baylor Summer Hours – May 7 – 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.
- ✓ **Baylor, HP and St. Mark's** – Baylor and Highland Park Morning practices will resume Tuesday Sept 4 while St. Mark's will resume Wed, Sept 5. St. Mark's will only have MWF morning practices this fall season.
- ✓ **JCC** – Saturday 10:00-11:00am practice will resume Saturday September 8th. Tue/Thurs noon will continue.
- ✓ **Drylands**– May 2nd through July 25th practice Wednesdays 6:15-7:15pm. Beginning August 1st practice is 7:15-8:15pm. Sunday practices will remain 10:00-11:00am

PRACTICE CHANGES AND EVENTS (Events are in bold)

MAY 2007

Backstroke Month

- 2 Begin Dryland practice time 6:15-7:15
- 4 Last HP Morning and Last Baylor 5:00am practice
- 5 Last St. Mark's Morning Practice
- 6 Simulated open water swim SMU outdoor 9-10am
- 7 SMU Evening Practices changes to 7:15-8:15
SMU Weekday Morning practices begin
- 12 No SMU Practice due to meet
- 13 No SMU Practice due to meet
- 14 SMU Weekly Sunday 9:00am practice begins
- 17-20 USMS Short Course Nationals**
Weyerhaeuser King County Aquatic Center
Federal Way, Washington
- 19 SMU practice to be held 6:00-7:00am
No SMU 10:30am practice – SMU Commencement
- 20 Simulated open water swim SMU outdoor 9-10 am
- 24 No JCC Noon practice– closed for Shavout
- 28 Memorial Day - only one practice SMU 6-7 am

JUNE

- 1 No SMU evening practice – Senior Circuit Meet
- 2 No SMU Practices – Senior Circuit Meet
- 3 No SMU Practices – Senior Circuit Meet
- 15 No Southlake practice due to meet
- 16 Plano Wetcats LCM Meet**
- 17 Simulated open water swim SMU outdoor 9-10 am
- 23 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
- 30 No Southlake practice due to meet

JULY

1-31 Swim For Distance Month

- 1 Simulated open water swim SMU outdoor 9-10 am
- 4 Independence Day!**
NO Evening practices
- 7 Southlake practice to be held 6:00-7:00am
- 15 Simulated open water swim SMU outdoor 9-10 am
- 20 DAM Summer Meet** – start time 6:30pm, warm-up 6:00pm; No SMU Evening practice
- 21 **DAM Summer Meet** – start time 8:30am, warm-up 7:30am; No SMU 10:30am practice

- 25 Last 6:15-7:15 Drylands practice
- 28 Red-Eye Breakfast Special at SMU:** Practice at 6:30am, Breakfast served at 7:30 am
No Southlake AM Practice
No JJ Pearce AM Practice
- 30 SMU evening practices change back to 6:30-7:30

AUGUST

- 5 Simulated open water swim SMU outdoor 9-10 am
- 10-13 **USMS Long Course Meters Nationals**
The Woodlands Aquatic Center/ The woodlands, Texas
- 17 No SMU evening practice DAM 2k/5k
- 19 NO SMU practice DAM 5k/10k

SEPTEMBER

- 1 Last SMU Saturday 6:30-7:30 am practice for the season
- 2 Simulated open water swim SMY outdoor 9-10am
- 3 Labor Day SMU has only one practice 6-7 am
21st Hawaii trip
- 4 Highland Park morning practices resume
- 5 St. Marks morning practices resume
- 8 SMU practice 6-7am only due to football
JCC Saturday 10:00 am practice resumes
- 13 No JCC Practice– Rosh Hashanah
- 15 SMU Saturday practice changes from 10:30 to 11:00am
- 16 Simulated open water swim SMU outdoor 9-10am
- 22 NO JCC Practice-Yom Kippur
- 29 SMU practice 6-7am only due to football

OCTOBER

1-31 Breaststroke Month

- 13 4th Annual Lake Travis Relay, Lake Travis, Texas
- 20 SMU practice 6-7am only due to football

NOVEMBER

- 2 Final Tue/Thur/Fri SMU evening practice for 2007
- 4 Daylight Savings ends
- 5 St. Marks evening practices resume
- 6 Baylor Tue/Thur evening practices resume
- 10 SMU practice 6-7am only due to football
- 16-17 DAM Fall meet at Baylor**
- 17 SMU practice 6-7am only due to football

2007 Maui Channel Swim

After a year off Bobby Patten and Jim Montgomery are taking the DAM swimmers back to Maui to compete in the 2007 Maui Channel Relay Swim and the 2.4 mile Maui 'Aumākua Swim. 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 2005, 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 1st.

There will be a post race MCS banquet on Saturday night, September 1st. In addition, there will be an informal team dinner on Saturday, 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 3rd. 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

Thursday, August 30 - Depart Dallas and fly to Maui (this is when the coaches generally fly out, but you can arrive earlier or later) DAM team meeting and cocktails at Sheraton Maui, 6:00pm

Friday, August 31 - Boat Captains Meeting at Kaanapali Beach Hotel

Saturday, September 1 - Maui Channel Swim, 8:00 am, Maui Channel Banquet held at Kaanapali Beach Hotel that evening

Sunday, September, 2 - Day of rest and excursions!

Monday, September 3 - Maui 'Au Makau Swim, 8:30am

Tuesday, September 4 - Depart Maui and return to Dallas (again, anyone can depart earlier or later)

Reservation Information

Sheraton Maui Resort is offering a special rate for this event. Further information is available on the DAM webpage. Group rate room reservations can be made online, simply access the damswim.com webpage and under the Special Events section "click here to reserve your room now" or by calling Laurie at 214-219-2300.

DAM Sponsors



D&J Sports, a long time provider for DAM members is swimming superstore with two locations in Dallas. They offer a 10% discount to all DAM members, just show your card. Visit their website at www.djsports.com



A cycling superstore with locations in Park Cities, Coppell and Flower Mound. They offer a 20% discount to DAM members excluding new bicycle purchases.



Luke's locker is a fitness store for all your training needs. They are located at 3607 Oaklawn Ave and have a new Plano store opening in May 2007.

They are offering a 10% discount on swim apparel. Visit them on the web at www.lukeslocker.com.



Fit Lab is a sports testing center specializing in metabolic evaluation for sport, exercise and wellness. They have discount for DAM members and a group discount too. Visit their website at www.fitlab.us or call 214-649-3112 for information.



Southwest spa and ExerSwim. ExerSwim is a portable swim

current generator for your training needs. They offer free installation for all DAM members. Contact Will Montgomery at 972-345-0271 or willmontgomery@prodigy.net.



Juice Zone is a proud new sponsor of DAM. They offer a delicious healthy menu. They are currently located in West Village, 3839 McKinney Ave and are opening an Addison location in June 2007. They offer all DAM members a free smoothie with the purchase of a salad, wrap or sandwich after 5:00pm. www.juicezone.com

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 <http://www.damswim.com> in order to sign up for our free 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.

damswim.com website enhancements

Attention Members! You can now update your credit card information online. Go to <http://damswim.com> and simply select the Log On prompt and you will be guided to your personal webpage. From there choose Edit My Profile and then select Edit Payment Information. If you need your member log on please email Laurie Dunlap at ldunlap@damswim.com. As you visit the webpage you will notice several format changes as well as our new logo! Be sure to visit our new photo gallery and submit any DAM event photos to Laurie so they can be included.