



Published by Dallas Aquatic Masters, Dallas, TX

“What Motivates You?”

An excerpt from DAM Head Coach Jim Montgomery’s new book “**Mastering Swimming**”.
Go to www.jimmontgomeryswim.com to order your autographed copy.

What motivates you to keep coming back to a DAM practice?

Motivation, or lack of it, is usually the tipping point in any fitness program. Coaches know that swimmers who regularly attend workouts are more likely to continue with the sport. Motivated swimmers find it easier to get to the pool and, as a result, are more likely to reach their goals. Therefore, take some time to think about what motivates you. What will keep you on the path toward your final goal?

As you read through the following list of motivators, you will likely find several that fit you. Many motivators are positive side effects of the sport that evolve into the main reasons that swimmers return to the pool year after year. Read through each one carefully, decide which ones apply to you, and take some notes. Understanding what motivates you helps you select appropriate goals.

1. Fitness. Swimming is a core-based, full-body exercise that can benefit every adult. It complements running and other weight-bearing sports because it puts less stress on the joints and tendons, therefore causing fewer injuries and allowing for more consistent training. Perhaps the main motivator for most masters swimmers is fitness. Swimmers often check their fitness progress by using specific, repeatable test sets. Samples of these types of swims appear in chapter 10, Pool Workouts. These test sets, or *benchmark* sets, lend themselves to setting goals.

2. Science. If you’re intrigued by exercise science, the swimming pool provides you with an amazing laboratory. There are infinite measurable components, including your heart rate, the split times on the pace clock, your strokes per length, and your work-to-rest ratios. Swimmers motivated by the science of swimming are fascinated with fluid dynamics and the question of what makes champion swimmers fast.

3. The water. For many swimmers, water represents something natural, refreshing, and aesthetically pleasing. When they were children, their parents probably dragged them out of the swimming pool after hours of play and had to put time limits on their baths. Water simply is the place some people feel most at home. The buoyancy of water reduces body weight by 90 percent, making swimming attractive to people of all shapes and sizes. Water is indeed a great equalizer.

4. Technique. Swimmers never stop refining their strokes and learning to swim more efficiently. From the fundamentals to the finer points, such as generating more power and reducing drag, the mechanics of swimming provide endless opportunities for athletes to perfect their movements. Swimmers intrigued with improving their technique never miss an opportunity to join a swim clinic or watch another video of champion swimmers. They

are always ready to embrace new and unusual stroke drills the coach tries out. They are students of the art of swimming.

5. Overcoming fear. A Gallup poll taken in 1998 showed that much of the U.S. population is not comfortable in water: 64 percent of people polled were uncomfortable in deep, open water, 46 percent experienced anxiety in deep water in pools, and 39 percent were afraid to put their heads underwater. Many of these swimmers challenge their fears by either enrolling in adult swim lessons or joining a masters swim program. With commitment and good coaching, people can learn to swim with a relaxed stroke and proper breathing.

6. Competition. Masters swimmers who are motivated by competition will find plenty of opportunities. There are masters swim meets, open-water events, and triathlons. There are also *postal events*, in which you swim in the comfort of your own pool and send your results to an event coordinator who publishes a complete list of participants' results. Swimmers who thrive on competition are encouraged to consult a coach when planning their training programs to ensure that their efforts will properly target their events.

7. Injury rehabilitation. Many land-based athletes join masters swimming programs to maintain their fitness levels while rehabilitating their knees, ankles, or feet. These athletes may never leave masters swimming when they discover how perfectly swimming complements their weight-bearing exercises. Swimming is an excellent way for runners to build and maintain upper-body and core strength, which will make them more resistant to injury in all sports.

8. Weight loss. One hour of swimming can burn as many calories in an hour as high-impact aerobics, hiking, and ice skating. For a 160-pound person, that means 511 calories in just 60 minutes. Because weight loss is about burning more calories than one eats, most masters swimmers who combine consistent workouts with sensible diets lose weight.

9. Stress relief. Many masters swimmers who are extremely motivated in their careers and family lives view their time in the pool as complete relaxation. Although some of them enjoy competition, the majority of them have no intention of ever competing. What they have in common with competitive swimmers is the ability to leave their worries behind when they jump into the pool.

10. Self-esteem. Building your level of fitness and achieving your swimming goals will feed your self-confidence and influence all aspects of your life, including your personal relationships and career. Jim attributes his success in building one of the largest adult swim programs in the country to the confidence he gained through swimming: "Through age and experience, I have grown less competitive in the water but more confident and committed to making a positive impact on people's lives."

11. Friendship. The team environment that characterizes structured swim workouts builds a unique bond among its members. Long-time swimmers often form their strongest friendships during their swimming experiences. The uniformity of the swimsuit and goggles wash away differences in occupation, social status, and financial standing. In the pool, a sense of belonging and the spirit of teamwork prevail. My motivators have evolved since 1976 in Montreal because the demands of my life have changed with a family and a business. Like the competitive swimmer, I still have the desire to how close I can come to those glory years. Like the fitness swimmer, I believe that the water gives me a healthy lifestyle and a satisfied spirit that transfer into all avenues of my life. Full of energy and passing through mid-life, I keep coming up with new, satisfying motivators such as places to swim, groups to swim with, and creative ways to train. It's all worth striving for.

MAUI CHANNEL SWIM 2008

”My First DAM Experience “

By Eney Jones

My first DAM adventure-

in “The only Masters inter-island relay race in the world”

Participating in the Maui Channel swim was equivalent to putting on the best pair of Revo glasses in the world. The water and sky were astonishingly blue. The channel itself was breathtaking, visually spectacular, and sensually overwhelming; all this being written, it made it easy to go into sensory overload.

The Maui Channel Relay has been held every year on Saturday of Labor Day weekend since 1972. The relay starts on the island of Lanai crossing the Au Au

Channel and finishes on the black rocks of Kaanapali beach on the island of Maui. The water temperature was perfect and the swift currents were nowhere to be found this year. Of the 44 boats competing this year, Dallas



Aquatic Masters had 4 boats. Twelve solo swimmers were also participating in the 10 mile event. (Next year I look forward to watching Joanna Cain enter this) Each team consisted of 6 swimmers. The first rotation is for 30 minutes and then the rotation goes to 10 minute shifts until the channel is completed.

I had previously done the Maui Channel Relay twice before on a Boulder/ Stanford mixed team. But never have I gone to an event with my own “peeps”, traveling as a party within a party. It was like being at an away game but being so surrounded by your friends you felt like you were at home.

The race director Ian Emberson, whom you can also refer to as “The nicest person on the planet” opened the Captains’ meeting after being introduced by another DAM ambassador Laura Williams. Laura will win any future Masters event if they combine it with an

actual talent... say singing. It is about time we see a Miss America competitor saying, “For talent let me show you a video of my last race”.

Our next stop was a DAM party at the Presidential Suite at the Maui Sheraton.

Laura Williams hosted this event where there were enough provisions that we could have all stayed there a week and not gone hungry (or thirsty). For nearly an hour Chris Labianco from US swimming and I were mesmerized by the toilet that had automatic controls. You did not have to touch anything! The view from the deck was probably close to the one the astronauts see from space but we did not have to go to school to see it. Looking around the DAM party I realized I was finally with the beautiful people.



The race started with an eerie stillness. No winds, no whitecaps but soon the Hawaiian wiki- wiki law was to be broken (Wiki is the Hawaiian word for speed or quickness) The Australian Masters team led off with 19 year old Trent Grimsey, a 15:12:36 1500 meter swimmer. He was gone. These Aussies eventually won with a time of 2:53 but not before Bobby Patten asked them to “Pony Up” money to US Swimming.

Meanwhile on our boat “The Big Kahuna”, we were equipped with everything but a jacuzzi. Our breakfast spread was better than the Hyatt’s. I really did not care if my turn to swim ever came .I was on the boat with



Captain Bobby Patten, who I still think should have a syndicated radio show, Andy Ellis, Erin Sackash, Dave Harrison, Laura Williams (who didn’t swim but danced so we knew the amount of time we had left to swim) and Chris LaBianco) We ended up 4th in the Open Division but that award was shadowed by the amount of fun and laughter we experienced on the boat. Our time 3 hours 36 minutes... it was a great 3 hour cruise.

The highest DAM Team in their category was a mixed team of John Becker, Kurt Dickson, Al Jaegers (all from Arizona) and Julia Hiatt, Patty Monzingo and Kelly Irving. The relay placed second in the mixed division with a time of 4:05. The DAM women on this boat brought beauty, speed, manners (in a broad sense) and laughter to a boat that would have been flatlined with them.

In the Senior Makule division placing in 5th place was the team of Captain Steve Barnicoat (you can still hear his voice echoing in the volcano) Dave, Weeks, Clancey McKenna, Peter Smith, Brendan Emmanuel and Carolyn Roche. The time : 4hours 25 minutes.

The fourth boat finished in 12th place with a time of 5:47. It consisted of Joanna Cain, Mary Virginia Reid, Greg Hurt, Christine Smith, Monica Beaty and Greg Carr. They also had moral support from Laura Lee –and Maui Magic from Doctor D.

To sum up, the word fun is not a strong enough superlative, so I will use incredible. It was an incredible DAM experience. Thank you Dallas Aquatic Masters. Two days after the race we went on to the Aumakua Swim, but now that is another story.

Eney Jones swims, trains and coaches in Boulder Colorado. She went on to win the Aumakua Swim on Labor Day.



What's in Your Balance?

By Anne Block



People talk a lot about balance in life – striving to achieve it, maintain it, and balance the balance over time. It can snowball. Why it can even become cumbersome to talk about all you do – this and that – toward creating balance. Effort wasted may tip the balance.

So, why not chose one thing – or allow one thing to choose you? I say ‘choose’ because you may not recognize ‘this thing’ as balance at first. Whatever it is, if it weaves into the fabric of your life, and there’s a void without it, it’s in your balance. Through it, you will become enriched, strengthened, and yes, balanced.

I had always liked to swim. As a kid, I watched out the window for mom to come home from work as a nurse so I could dash to the neighbor’s pool. As an adult, I swam to ease my mind about the thought of losing my job due to an impending merger. I swam the night before an important meeting or out-of-town trip. When out of town, I sought a pool where I’d get to swim, check out the locals, and avoid the after-conference chit-chat – because I like solo time.

I joined Dallas Aquatic Masters because head coach Bobby Patten observed I was swimming when the group did – not with them, actually avoiding them by swimming a few lanes over. “Come on over here, join in this lane,” he said, waving his arm with a welcome. I was intensely intimidated. It took some coaxing to rein me in.

I began, in the slowest lane. I let go of solo swimming. With proper coaching, I learned proper swimming technique – something to always work on. I grew to look forward to group swims and stretching across the 50-meter pool. My husband Helmut and I spent our honeymoon swimming the Maui Channel Swim, a 10-mile team relay from Lanai to Maui. A few mellow meets, here and there. And at age three and four, our kids became water kids, donning goofy goggles and venturing without blow-up ‘wings.’

Then the “Annual D.A.M. 2K, 5K, 10K” distance swim approached. I chose to meet the

5,000 meters head on, akin perhaps to a half marathon for runners. It was to be my first. Lots of long-distance swim sets requiring pace and focus the month prior, followed by tapering and rest. A few days before the event, a virus set in. I hardly slept. My husband softly said, “Perhaps we should abort or you could just show up, swim the 2K and see how you feel.” Most assuredly he was thinking ‘just do it.’

At 7:00 a.m., sluggish but determined, we packed up and headed to the pool. I took it slow. My shoulders became heavy then light again. The sun beamed at me with each breath to the east. I imagined living in a loft in the sky, got into a rhythm with the help of a few ditties. I watched the dedicated timers sitting like ducks in a row, logging each 100-meter time interval, offering a drink of water. I lost track of the 100s, ‘was that 2400 or 2500 meters?’ Being half-way there makes a difference.

When I reached the pool wall one hour and 46 minutes later, I saw my timer-husband’s feet dangling before me. I looked up. “Done,” he said. That’s it? I thought I had more to go. I stretched my legs against the wall, did a 100 easy backstroke alongside my husband, and then pulled myself out of the pool. The high set in, paying no heed to fatigue or numbness. Timers and coaches signaled thumbs up – acknowledgement for the effort and the hours of training it took to get there.

A ‘thumbs up’ was all I needed; the exuberance is internal. What did it really take? Focus of the mind – a profound realization. With a new notch in my balance, it’s time to plan what’s next.

For me, it’s swimming. But it can be anything – caring for a child, parent or pet, refinishing antiques, playing the guitar, volunteering. Once you find what’s in your balance or it finds you, own it. When you do, the effort won’t really be effort at all, and the rewards will be profound.

2008 Short Course Nationals

By Katie McClelland

DAM I'm confused! What is SMU Masters and what happened to DAM? For a one-time appearance many ex-SMU swimmers and DAM swimmers joined ranks in May 2008 to compete as the SMU Masters at the USMS Short Course National Championships in Austin May 1-4, 2008.

SMU Masters finished 9th at USMS Short Course Nationals. The men placed 8th with 378.5 points. The women placed 13th overall with 319 points. In all, 62 members of DAM and SMU Masters competed for all the glory in Austin!! We had so many fast swims! Every time we looked up someone was blazing a fast swim! DAM and SMU Masters team members included:

Pat Allen, David Arvesen, Malinda Arvesen, Scott Ayer, Tom Barton, Christy Bednar, Stephen Boster, Marshall Burke, Michelle Chow, Janie Cole, Eric Colton, Dominique Diezi, Jim Dolan, Chris Donnan, Mark Donoho, Pat Dunne, Bart Fassino, Dan Garton, Mark Glass, Laura Glass, Roger Glass, Billy Glasstetter, Christina Gray, David Gregory, David Guthrie, Dianne Guthrie, Berry Hamilton, Richard Hess, Kristianne Hinkamp, Jennifer Hinkle, Chase Ingraham, Paula Kelley, John Kenny, Bill Kritzer, Katie McClelland, Frank McIntyre, Clancy McKenna, Patti Monzingo, Doug Moyse, Lia Oberstar-Brown, Bobby Patten, Jeremy Press, Mook Rhodenbaugh, William Robinson, Carlos Romo, Gordon Russell, Wyatt Russo, Truett Smith, Esteban Varela, David Weeks, Nancy Wendell, Andrew Wright, Jay Yarid, Carlos Becerra, Will Bixby, Jane Burbridge, Scott Hiemke, Terry Latham, Jim Montgomery, Rod Sikora, Bob Welty, and Joey Yglesias.

Conditions in Austin were perfect for fast swimming: a fast pool, fast competition, and fast suits! Banana hammocks are a thing of the past! Hello Blue Seventy and LZR!!

DAM and SMU Masters brought back several WINS including:

Mixed 25+ 200 Free Relay

Women's 25+ 200 Free Relay setting a new USMS record (Dominique, Laura, Michelle, Katie) 1:35.40N

Women's 25+ 200 Medley Relay setting anew USMS record (Lia, Katie, Laura, Dominique) 1:45.01N

Women 25-29 50 Breaststroke Laura Holt 29.46 setting a new USMS record!

Women 25-29 100 Breaststroke Laura Holt 1:05.95

Women 25-29 100 Individual Medley Laura Holt 58.78

Women 30-34 50 Freestyle Dominique Diezi 22.75 setting a new USMS record!

Women 30-34 100 Freestyle Dominique Diezi 50.43 setting a new USMS record!

Women 30-34 50 Backstroke Lia Oberstar-Brown 27.99

Women 30-34 100 Backstroke Lia Oberstar-Brown 59.08

Women 30-34 200 Backstroke Lia Oberstar-Brown 2:04.72

Women 30-34 50 Breaststroke Katie McClelland 28.48 setting a new USMS record!

Women 30-34 100 Breaststroke Katie McClelland 1:02.08 setting a new USMS record!

Women 30-34 200 Breaststroke Katie McClelland 2:17.39

Women 30-34 200 Butterfly Lia Oberstar-Brown 2:08.34

Women 30-34 200 Individual Medley Katie McClelland 2:09.66

Women 35-39 50 Butterfly Michelle Chow 26.61

Men 50-54 50 Backstroke Tom Barton 26.34

Men 50-54 200 Backstroke Tom Barton 2:04.42

For a complete list of top ten finishes please visit our website www.damswim.com

2008 Long Course Nationals

By Katie McClelland

DAM finished 13th at Long Course Nationals in Portland!! When the team was not enjoying the "Dallas weather" we spent time in downtown Portland drinking beer (of course), shopping, and enjoying the Northwest's beautiful scenery. The team consisted of Richard Enright, Laura Glass, Mark Glass, Bruce Goldberg, David Guthrie, Scott Hiemke, John Kenny, Katie McClelland, Alejandro Moreno, Greg Sargent, Rod Sikora, and Jay Yarid. The Men's team finished 10th! The 2 women held their own at 26th place!

The suits of choice for the men were definitely the Blue Seventy!! Tons of records were broken by swimmers in those suits!! Go get yourself a new suit and see how fast you can go!!

There was some DAM fast swimming in Portland!! The Mixed Medley Relay set a new World Record for the 120-159 Age Group with a time of 1:54.81W beating the fully stacked (and paid) team from Arizona!

1 Dallas Aquatic Masters 'A' 1:58.80 1:54.81W 22
1) Yarid, Jay M45 2) McClelland, Katie W32
3) Sargent, Gregory O M41 4) Glass, Laura W28
28.95 1:01.38 (32.43) 1:27.46 (26.08) 1:54.81 (27.35)

The men's 160-199 200 Free Relay (David, Greg, John, Mark) won in a time of 1:44.82!!!

1 Dallas Aquatic Masters 'A' 1:42.00 1:44.82 22
1) Guthrie, David M M48 2) Sargent, Gregory O M41
3) Kenny, John M48 4) Glass, Mark M34
26.60 54.17 (27.57) 1:19.51 (25.34) 1:44.82 (25.31)

The men's 16-199 200 Medley Relay (Jay, David, Rod, Mark) took second!!

2 Dallas Aquatic Masters 'A' 1:48.00 1:55.05 18
1) Yarid, Jay M45 2) Guthrie, David M M48
3) Sikora, Rod M48 4) Glass, Mark M34
29.21 59.42 (30.21) 1:29.79 (30.37) 1:55.05 (25.26)

Laura Glass killed the women's 25-29 age group in 4 events (50 Fr, 50 Bk, 50 Br, and 100 Br). Katie McClelland won 5 events (50, 100, 200 Br, 200 IM, and 100 Fr) setting new USMS records in the 30-34 women's 50 and 100 BR. But the 200 again was too much for her! Looks like she needs to get in the pool!!

Mark Glass placed in the top 8 in 5 events of the men's 30-34 (50, 100, 200 FR, 50 FL, and 50 BR)!!

Scott Hiemke placed 10th in the men's 35-39 200 FR!

Alejandro Moreno won the men's 40-44 800 FR!

Greg Sargent won the men's 40-44 200 IM!

We were **STACKED** in the men's 45-49 age group. We had John, Rod, Jay, and David all battling it out!

Rod Sikora placed 3rd in the 200 fly going 2:35.70! Rod was also 4th in the 200 back.

John Kenny placed 2nd in the 50 and 100 fly (27.13 and 59.87!!! respectively). John was 2nd in the 200 IM and 3rd in the 200 Free!

Jay Yarid won the 50, 100 and 200 back!! He SO close to breaking the world records in all the backstrokes!

David Guthrie sucked it up in the breaststrokes breaking the world records in 100 and 200 by 2 seconds and 4 seconds!! Go Blue Seventy!! He also set a USMS record in the 50 breast!

Bruce Goldberg placed 7th in the men's 55-59 1500 Free! He's an animal!

Richard Enright placed 5th and 7th in the 100 and 50 breasts!!

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 13th. Check the schedule for Holiday cancellation dates. The indoor locker rooms will be available for changing and showering.

✓ **No SMU Sunday Practices on Nov 30, Dec 28th.**

✓ During the **Holiday Break**, December 22 – January 2, 2009, there will be **no practices at Highland Park.**

✓ During the **Holiday Break**, December 20–January 4, 2009, 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.

✓ **SMU Holiday practices added – Indoor pool on Dec 22, 23, 24, 29, 30, 31 from 5:30-6:30am**

PRACTICE CHANGES AND EVENTS (events are in bold)

OCTOBER

1-31 Breaststroke Month

18 No SMU 11:00am Practice – SMU Football Game

24-25 SMU Women's Swim Classic 7:30pm

25 25 Breaststroke Clinic at St. Mark's 7-8am with Coach Katie; DAM HALLOWEEN PARTY 7:30pm

31 Final SMU Tues/Thurs/Fri Evening Practice for 2008
(SMU Mon/Wed 6:30pm will continue thru the winter)

NOVEMBER

3 Winter/Fall Practice Schedule Begins

St. Mark's evenings begin 6:30-7:30pm Mon-Thurs

SMU Mon/Wed 6:30-7:30pm begins

4 Baylor Tues/Thurs 7:00-8:00pm begins

7 Baylor Friday Evening practices begin 6:30-7:30pm

8 No SMU 11:00am Practice – SMU Football Game

21 DAM Fall Short Course Meters Swim Meet at Baylor, start time 6:15pm, warm-up 5:30pm

22 DAM Fall Short Course Meters Swim Meet at Baylor, start time 8:30am, warm up 7:30am; No Baylor 7:00am practice

22-30 No St. Mark's practice – school closed

24 No SMU Evening practice

26-28 No Highland Park Practices – school closed

26 No SMU Evening practice

29 No SMU 11:00am Practice – SMU Football Game

30 No SMU Sunday morning practice

DECEMBER

1 Freestyle Clinic at St. Mark's 6:30-7:30pm

4 No St. Mark's evening practice – High School Meet

8 Backstroke clinic at St. Mark's 6:30-7:30pm

13 DAM Christmas Relays, SMU Indoor Pool, 9:30am warm-up, start at 10:00am. All morning practices cancelled

DAM Christmas Party following the meet

20-31 No St. Mark's Practices – school closed

22-31 No SMU Mon/Wed Evening practices

No Highland Park Practices; No St. Mark's practices – schools closed

22-31 Check Damswim.com for add holiday practices at SMU

24 No Baylor Evening Practice

25 No Practices – Merry Christmas!

26 No Baylor Evening practices

28 No SMU Sunday morning practice

31 No Baylor Evening practice

JANUARY 2009

1 DAM POLAR BEAR SWIM 12:00-1:00pm at SMU Outdoor Pool

1-4 No St. Mark's Practices – school closed

2 No Baylor Evening Practice

4 SMU Sunday Swim Practice resumes 9-10am

5 Highland Park Practices resume; St. Mark's Practices resume; SMU Mon/Wed Evening Practices resume

16-17 SMU Men's Swim Classic 7:30pm

19 No St. Mark's practices – school closed for MLK day

28 No St. Mark's evening practices – High School Meet

FEBRUARY

1-28 Fraternity of Flyers Month

13 No St. Mark's practices – school closed winter break

16 No St. Mark's practices – school closed winter break

27 DAM Spring SCY Meet – SMU Indoor Pool, 6:15pm

28 DAM Spring SCY Meet – SMU Indoor Pool, 8:30am

MARCH

12 Last day of Tues/Thurs Evening Baylor Practice

13 Last Baylor Friday evening Practice

Last St. Mark's evening practice

16-20 No Highland Park AM Practices – school closed

14-22 No St. Mark's Morning Practices – school closed

16 SMU Tues/Thurs/Fri Evening practices begin 6:30-7:30pm

23 St. Mark's morning practices resume

27-29 South Central Zone SCY Meet in Southlake, TX

APRIL

4 SMU Saturday 11:00am practice changes to 10:30am

10 No St. Mark's morning practices – Good Friday

12 No SMU Sunday morning practice – Happy Easter!

MAY

7-10 USMS SHORT COURSE NATIONAL MEET – Clovis North High School in Fresno, California

8 Last HP Morning and Last St. Mark's morning practice

9 Last Baylor & St. Mark's Saturday 7:00am practice

11 SMU Morning Swims begin

AUGUST 6-10, 2009

LONG COURSE METERS NATIONALS – Indiana University in Indianapolis, Indiana

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



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.



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



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

Receive a Free Week of DAM 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



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.