



FREESTYLE **Dallas Aquatic Masters** Fun, Fitness, Competition!

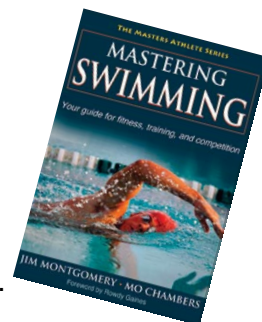
**SUMMER
2009**

Published by Dallas Aquatic Masters, Dallas TX — (214) 219-2300

Training for Endurance and Open Water Swimming

By Jim Montgomery

By getting in the SMU outdoor 50-meter pool on a consistent basis and slowly increasing the distance swum and intensity, you will begin to build a level of confidence to overcome your fear of swimming in open water. The unstructured nature of open-water swimming is a refreshing change and a great complement to pool swimming. The rewards for you and your training program are worth the time that you invest getting comfortable in this environment. Check the DAM web site calendar for exciting DAM open water opportunities. Here are a few tips from my new book “[Mastering Swimming](#)” that should help get you ready to swim open water this summer.



1. The technical aspects of the freestyle stroke in open water are similar to those in a pool. If you're a new swimmer, avoid the common mistakes of breathing too little and kicking too much early in the swim practice, which leads to fatigue. Stroke rate and arm recovery will vary somewhat in the open water.
2. When you begin a practice, breathe early and breathe often. Breathing every third stroke in the freestyle simply does not provide enough air exchanges to maintain steady effort over a long distance. Very few competitors in Olympic freestyle distance events (800 meters to 10K) breathe every third stroke. They do, however, breathe on both sides throughout the event to keep up with the competition and to maintain symmetry and balance in their strokes. Distance swimmers typically alternate two to four right-side breaths with two to four left-side breaths or, when training in a pool, mix one length of right-side breathing with one length of left-side breathing. Although all swimmers should learn to breathe comfortably on either side, or bilaterally, the practice is crucial for open-water swimmers and triathletes. There are situations, when swells, wind, or choppy water inevitably prevent you from breathing on a certain side, forcing you to use the other. Breathing on the side parallel to the shoreline helps you navigate and keep an equal distance from the shore. Confidence in bilateral breathing prepares you for any open-water situation and helps prevent neck and shoulder fatigue in longer swims.
3. If you are planning on using a wet suit, feel free to bring one to practice and try it out. The extra buoyancy of the wet suit will make swim practice a real treat if you struggle with body position. Riding higher in the water, you will enjoy a higher distance per stroke and a somewhat lower stroke rate. Another difference is that the neoprene in the wet suit constricts the arm and limits bend in the elbow on the arm recovery. In the open water, you may opt for a higher, more loping stroke that keeps the hands free of the choppy water.
4. Because oceans, lakes, and rivers lack the familiar walls of the pool for rest stops, keep a relaxation phase in your stroke cycles: riding out each stroke, working from the core muscles, but maintaining a relaxed and rhythmic flow through the water.
5. Keep your kicking light and rhythmic, picking up the pace only to pass another swimmer or to finish practice with a strong effort. Triathletes, in particular, should manage the use of the legs to pace properly for the bike ride and run that follow the swim.

HAWAII

September 3-7, 2009

Maui Channel Swim

The only Masters Inter-Island
Relay Event in the World!



Monthly Open Water Simulation at SMU

Outdoor Pool

Thursday Evenings

April 23, May 21, June 18, July 16,

August 20, September 17

DAM Events

DAM REDEYE BREAKFASTS

June 13 & July 25

SMU Outdoor Pool

Following the 6:30am Practice!

It's food, fun and for everyone!

Bring a friend! Breakfast Brats,

Pancakes and fruit will be served.



July Swim for Distance MONTH

Crank it up this month by challenging yourself in the pool!
Here's what you do...

Decide how many meters you want to swim in July.
Not sure—ask a DAM coach to help set your distance goal.
Be realistic...but not too cautious!

Log your distance at each practice using your own log sheet.

Turn in your log at the end of the month to a DAM Coach.

Get a DAM T-Shirt! Remember—minimum 16 practices in July to qualify for your DAM T-Shirt!

Sample Practice Distance

Level 1: 16 practices x 3300 m each—52,800 m—35 Miles

Level 2: 16 practices x 2400 m each—38,400 m—25 Miles

Level 1: 16 practices x 2000 m each—32,000 m—21 Miles

Level 1: 16 practices x 1500 m each—24,000 m—15 Miles



THE BEST DAM OPEN WATER SWIM AROUND

Saturday, October 10, 2009

DAM will be organizing teams to attend its **4th year in this open water race.**

In 2008, we had nine teams participate—
and a great time was had by all!

DAM Details will be sent out soon.

Race information available at

www.americanswimmingassociation.com

DAM 2K/5K Swim

Annual Swim at SMU

2K: Friday, July 31, 6:30pm

2K/5K: Sunday, August 2, 7:30am

Entry Fee: \$20

Registration & Information

www.damswim.com/meets.htm

Swimmers will receive a

DAM 2K/5K Event T-shirt

Summer Invitational

FRIDAY & SATURDAY

JUNE 26 & 27

SMU Outdoor Pool

IT'S A DAM POOL PARTY
AND EVERYONE IS INVITED!

If you have never competed before,
now is YOUR time!

Deck entries accepted-anytime!

Visit our "Meets" page for details.

www.damswim.com/meets.htm



HAWAII

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The only Masters Inter-Island
Relay Event in the World!

Kick off Party and Travel details

Will be available soon at

www.damswim.com

SMU Summary

DAM PRESENTS SMU HIGHLIGHTS FEATURING BASIC INFORMATION REGARDING THE SMU POOL AND SCHEDULE:.

Outdoor Practices: No lightning—practice. Lightning—no practice. Practices do not move inside.

Practices: Effective May 11th, practice times change to MWF 5:15am-7:00am. T/TH 6-7am.

Weekends: DAM practices end at 11:30am. If you want to stay/relax/sun—you must leave the pool area and re-enter and pay the open swim guest fee!

Indoor Locker Rooms: Opens approx. 6:00am. DAM swimmers must be out of both the indoor/outdoor pool facilities within 15 minutes after a DAM practice.

Drylands: Wednesday 6:30-7:30pm & Sunday 9:00am-10:00am (additional fee).

Parking: Parking Passes Expire June 30th! New Passes good July 1-Dec.31 can be purchased starting June 1st for \$12 on the DAM website under [Clinics](#).

ORDERS MUST BE RECEIVED BY JUNE 30TH

DETAILED INFORMATION IS AVAILABLE AT WWW.DAMSWIM.COM (UNDER CLINICS)

Student Summer Swim

Year round swimmers, middle/high school swimmers and first time swim team swimmers—join us for Off season swimming with DAM!

Keep fit and improve your technique!

Full-time students, age 14-18

May 23-August 29

\$150

Student enrollment is limited.

To register, go to www.damswim.com, or call 214-219-2300 for questions or information.

We want to hear from you...

We would like to hear your ideas for DAM...practices, customized clinics, special events and more—we want to know your ideas. Please contact: kara@damswim.com, or 214-219-2300.

SWIM BASICS

Invite your friends or family to Swim Basics...

FREESTYLE & INTERMEDIATE CLASSES

For beginner and intermediate swimmers, and triathletes

CONFIDENCE-COMFORT-TECHNIQUE

8, One Hour Sessions

Held Monthly at

The J Fitness Center

7900 Northaven just west of Central Expressway.

Class times are

Wednesday 6:30– 7:30 pm &

Saturdays 9:00– 10:00am

(class times subject to change)

A fun and non-intimidating way to learn freestyle swimming. The coach/student ratio is small with a lot of hands on instruction. Only \$160 per session. Non-DAM members only.

Next Class Starts:

Wednesday, May 2nd

(check website for future class schedules)

www.damswim.com



STATINS: THE \$30 BILLION EXPERIMENT & YOU...

the lab rat!

“Statins are the greatest drug ever.” “They should be in our water.” “Our children should take statins.” “Every American should be prescribed statins and they should be made available over the counter.”

These are actual statements made by researchers, medical doctors, drug company CEO's, pharmaceutical reps, and members of the FDA. Unless you've been living in solitary confinement with Bernie Madoff, or in the distance lane, you have undoubtedly heard these claims in the media or from your doctor.

Don't misunderstand me - we have the greatest health care in the world. But when it comes to cholesterol medication, what is currently offered by highly intelligent doctors, researchers, and health care providers is a farce--and it is backed by the multi-billion dollar statin drug industry.

If you have read or seen the recent propaganda produced by the big pharmaceutical companies, and their puppets in the FDA, you would most likely believe that statin drugs are a result of extensive research, innovation and scientific genius. Sadly, this isn't the truth.

Statin drugs are actually a poison derived from *Monascus purpurus* - a fungus found on red yeast rice. This fungus has been used in medicinally in China for over a thousand years dating back to the Tang Dynasty in 800 A.D. It is used as a preservative, spice, and food coloring. It gives Peking duck its red color, is found in fish sauce, and some rice wine. Not exactly a new comer. However, this fungus is a poison that grows in response to a predator – now threatening humans.

Through basic lab work paid for by the US government in the 1970's, Lovastatin was introduced to the market in 1987. [1] Since that time other versions have been dumped on a trusting and unsuspecting market including Zocor, Lipitor, Pravachol, Crestor and a list of other drugs under the statin “dynasty”.

The consumption of this fungus--or its drug developed cousin--is toxic and can lead to sickness and in some cases death. The toxicity is due to its ability to block cholesterol and CoQ10 production. An article published in 2005, by the American Geriatrics Society showed that elderly people with low levels of total cholesterol were approximately twice as likely to die as those with high cholesterol. [2] You read that right! Death was higher in people with low cholesterol than in those with elevated cholesterol. Plain and simple low cholesterol levels and low CoQ10 levels reduce lifespan.

This is not an isolated study, the same results have been seen in over two hundred per reviewed studies published in medical and scientific journals spanning over thirty years.

“Statin drugs are going to save lives.” We are told that statin drugs reduce the risk of heart attacks by up to 40 percent. There is no doubt that statins lower total cholesterol but what does that mean when you look at other factors like death?

One large drug trial looking at the use of Provastatin on patients with average cholesterol levels after a heart attack. The study found that the chance of death from a second heart attack was just over 5.7 percent. If you were treated with Provastatin the risk was reduced to an *unbelievable* 4.6 percent. That's right if you have had a heart attack and take statins you are 1.1 percent less likely to have another heart attack than if you don't take the drug. [3]

(Statins, cont'd)

The WOSCOPS (West of Scotland Coronary Prevention Study) trial is frequently quoted to encourage the use of statin drugs. It states that those who were treated with statins lowered mortality by 25 percent. Impressive, right? The mortality in the control group was 1.6 percent and the mortality in the treated group was 1.2 percent. The difference is less than one half of one percent! Or a difference of 25 percent! [4] The 25 percent sure sounds a lot better. The studies go on and on, with impressive claims of 25-50 percent reductions in heart attacks, but rarely supported by science.

We now spend over 30 billion dollars a year on drugs that, at best, reduce the risk of heart attack and or stroke by 1- 3 percent! We spend tens of billions to reduce our risks of heart attacks without any big results. And for our coin we get these effects: muscle pain and weakness, myopathy, fibromyalgia, coordination problems, fatigue, neuropathy, peripheral neuropathy, heart failure, dizziness, cognitive impairment, increased cancer risk, pancreatic rot, depression, memory loss, increased risk of ALS syndrome and extensive muscle pain. [5]

Remember I'm not a doctor I'm a swimming coach, the statements are made on my reading and understanding of the research, what you read here is my opinion, it is not medical advice nor is it intended to take the place of medical advice from a licensed health care provider. With that said, if you have been told to take or are currently taking statins, I recommend that you do your own research and ask your doctor questions. And consider the following:

1. Ask for your complete lipid profile? Don't start a drug as potentially toxic as statins based simply on your total cholesterol. Take a look at your HDL, LDL and your triglycerides. You want a high HDL (over 50) low LDL (under 100) and low Triglycerides under (150) the most important of these is the ratio of HDL to Triglycerides. The lower HDL to Triglycerides ratio, the lower your risk of heart disease. [6]

2. No matter what your current blood values are consider alternative treatments. These include supplementing with Omega 3 essential fatty acids, [7] extra Vitamin C, [8] 100-200 milligrams of CoQ10 [9] and simple dietary modifications. [10]

Heart disease is the number one killer in the United States taking almost one life every minute of every day. But the sad fact is no one really knows what the ultimate cause is. Over 35 percent of those who have a heart attack have no risk factors and no symptoms until they have the cardiac event. There are no guarantees but you can take steps to help reduce your chance of becoming a statistic --a statistic on statins.

The next in this series I will cover the cholesterol controversy.

References, page 6

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FYI



Friday, May 22 - Sunday, May 24

Conroe Independent School

District Natatorium 19133

For Information & Registration

Go to www.usms.org/swimfest

MAY 7-10, 2009
USMS Short Course Nationals Meet
Clovis North High School
Fresno, California
www.usms.org/comp/scnats09



August 6-10, 2009
USMS Long Course Nationals
IU Natatorium
Indianapolis, IN



THE MONEY BOX
CAP 2K
OPEN WATER RACE
& PLEDGE SWIM

Sunday, May 3
<http://www.cap2k.com/>

DAM Sponsors



**10% Discount on Swim Apparel
with DAM Card.**

Luke's locker is a fitness store for all your training needs. Area locations in Dallas, Plano, Colleyville & Ft. Worth.

www.lukeslocker.com.



10% Discount with your DAM Card
D&J Sports, is swimming superstore with two locations in Dallas on Stemmons and in North Dallas on Preston.

www.djsports.com