

the Wave

CATCH THE WAVE LET'S GET SWIMMING

How To Join? Come to your first practice or contact the coach using the information on the back of this brochure.

Where NTEX swims? North Texas Masters Swim Team trains at the brand new "state-of-the-art" Lewisville ISD Aquatic Center pool located close to Spring Creek Parkway and 121 at 5729 Memorial Dr., The Colony, 75056.

Directions: "x marks the spot on the map"

From Spring Creek Pkwy/121 intersection go .6 miles South West (towards Lewisville), turn right at Morningstar. Go 3/10 miles to Memorial, turn left. The Aquatic Center will be 2/10 miles on your right.

Coming from the South West come up 121 and turn left at the light at Paige Rd (Paige is also Plano Pkwy south of 121). Go to your first right past the shopping and turn right on to Memorial. The Aquatic Center will be 6/10 miles on your left.

Membership Fees:

INTRODUCTORY START UP - \$35 a month. Lewisville ISD employees receive a \$5.00 discount.

FREE

**FIRST WORKOUT
GIVE US A TRYOUT!!!**



X = marks the spot



North Texas Masters Swim Team (NTEX) is a registered team with US Masters Swimming

**NORTH TEXAS MASTERS
SWIM TEAM**

Send correspondence to:
North Texas Masters
2300 Coit Road, Suite 400
Plano, Texas 75075

Phone: 214-552-3933
Fax: 972-596-2188
E-mail: irondave@gmail.com



NORTH TEXAS MASTERS



*Swimming &
Triathlon Training*

- learn proper **stroke mechanics**
- improve **technique & efficiency**
- **set goals**
- experience a **great workout**
- have **FUN**

North Texas Masters Swimming Team

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North Texas Masters Swim Team

(NTEX) is a year round adult swimming program offering anyone 18 years of age or older a fun, safe way to improve physical and mental well-being through swimming. To start out, **coached practices** will be Monday, Wednesday and Friday mornings expanding to other training opportunities as the team grows. NTEX is for a wide range of swimming ability, from those **just starting a swimming for fitness activity to those competing at the highest levels.**



Benefits



- Coached Practice Sessions
- Admittance to the newest high-tech swimming facility in the area
- Structured workouts specific to YOUR need and skill level
- Open Water/Triathlon training
- Goal Setting and Accomplishment
- Underwater video stroke analysis
- Access to a network of world-class swimming facilities while traveling
- Team-sponsored social events
- Reduced rates on periodic swim clinics and one-on-one coaching sessions
- Discounts at local retail stores

Coached Practice Sessions

Mon – Wed – Fri
5:15AM to 6:45AM

FREE SWIM – come give us a try for your first workout, stay for the FUN.



Coach Dave

About the Coach

Dave Young is a certified Masters Coach and a USA Triathlon Level I coach. He brings extensive experience as an athlete having been an age group swimmer growing up, a varsity swimmer at the US Naval Academy and a participant in Masters Swimming since 1984. As a triathlete since 1981 he has completed over 300 triathlons, including 8 **Ironman**-distance races with 3 of those being the Hawaii World Triathlon Championships. He has coached the Plano Wetcats Masters Team, as well as a Masters Team at Lifetime Fitness.



THE BIG QUESTION:



Do I have to compete?

Everyone has his or her own reason for belonging to NTEX - health, fitness, camaraderie, **fun**, the thrill of competition, travel and coaching are but a few. Of the over 45,000 Masters swimmers nationwide, only about 30% compete in swimming meets. For those who want to compete, there are an incredible number of opportunities to test your skills and conditioning. Pool meets, **triathlons**, open water swims, postal meets, special events and international championships are all part of the NTEX swimming program. The majority of Masters Swimmers are simply interested in the regular routine of working out and **improving their swimming technique**



WHAT YOU NEED?

To be able to swim 25 yards, a pair of goggles, a swim suit, a towel and a **MOTIVATED** attitude. All other equipment will be available at the Aquatic Center.