



International Scuba

Volume 8, Issue 5

GETTING YOU THERE... STARTS HERE!

Dream's DO Come True

Hey Divers,

I know dreams do actually come true! I am lucky enough to see it regularly. One of my dreams is coming true with our trip to southern California's Outer Islands in September. But, even more than that, I see dreams come true every time someone comes into the shop after their Open Water check out and receives their temporary "C" card. It is always a real boost to see new divers and share their excitement.

Another dream for a lot of people is to find that perfect "Dive Buddy".

I have a way for that dream to come true, also. Get your kids, nieces, or nephews certified in one of our upcoming Summer Camps. There is no better way to get a genuine "Buddy for Life!" But schedule soon, because there are only 6 slots per class and they are filling up.

Have you been dreaming of some new dive gear? Maybe at a discount? Then I believe I have that covered, too! Come see any of the retail staff and let's look at some of the discontinued items the manufacturers have. This is still the first rate gear that you can always expect

from us, it's just going to be replaced with some different models.

If you're dreaming of a trip to blue water, but haven't been able to get time off when we have a trip scheduled, we can fix that! Call us to book a trip to just about anywhere, just about anytime!

Last dream—getting back in the water! Clear Springs is warming up nicely, the weather seems to be cooperating for the most part, it is time to get wet again! That's a dream any diver can share. Come dive with us.

Anthony

Specialty of the Month— Peak Performance Buoyancy

Hi everyone,

During Open Water class students often ask what they can do to improve their diving and which class to take next. If I were to poll every PADI Instructor worldwide I bet that Peak Performance Buoyancy would be the top choice by the vast majority of dive professionals. Buoyancy is such a valuable skill set that we encourage all of our Open Water divers to take it immediately after certification.

Why is good buoyancy such a big deal? Next to breathing continuously there is no skill you will be using more often while underwater. To get the most out of diving and enjoy that feeling of freedom from gravity you must first conquer your buoyancy. How many times have you been on a dive trip and marveled at the effortless motion of the local dive master? It appears that they just think about moving and then magically transport to the next place. The reason it looks so easy is that when you are tuned into the critical components of good buoyancy you move through the water much smoother and with very little effort.

Some fundamentals include the following;

Buoyancy Check – Unless you dive all the time with the exact same gear and under the same environmental conditions, make the Buoy-

ancy check a mandatory beginning to each dive.

Fine Tuning Buoyancy – When weighted properly you should only need to use your inflator button to fine tune your buoyancy with a puff or two of air to compensate for wet-suit compression. True fine tuning takes place when a diver can control his position in the water column with only his depth of breathing. A deep breath is used to ascend slightly and a shallower breath to descend.

Weight Distribution – By optimizing weight distribution you can improve your trim in the water. The goal is to hover in any position you choose (horizontal, vertical or inverted).

Streamlining - Gear should be attached so that everything is close to your body and nothing is dangling that could cause drag or damage to the environment. Efficient fin kicks and horizontal position allows for energy conservation and extends your dive time with better air consumption.

Visualization – Every good dive begins with a plan and the best way to dive the plan is to visualize the dive and imagine it going perfect in every way. Visualization also helps you to relax and become more in tune with all your senses.

Staying Fit – Increased stamina, better breath control and higher energy are all benefits to keeping fit

for diving. Good ways to stay fit for diving include snorkeling, aerobics and my favorite is lots of diving.

Remember that peak buoyancy comes with practice and if not maintained will become rusty. Make it a point to take the skills learned in your Peak Performance Specialty and practice during every dive.

If you think your buoyancy is fine and can't be improved on, then take a cue from some of the kings of buoyancy (cave and technical divers) as there is always room to improve. Recently while finishing my Full Cave course in Mexico, I had the honor of diving with a group of highly skilled divers. During debriefings the number one topic of conversation was buoyancy and the tiny improvements that they were planning for the next dive. I have a whole new appreciation for what is considered good buoyancy. You will probably be able to find me for the next couple months hovering and practicing various fin kicks either in the pool or at the lake during every free minute.

Continued on Page 2

Class Schedules & Trips— at a glance:

WEEKEND:

- MAY 9-10 CLEAR SPRINGS
- MAY 16-17 POSSUM KINGDOM
- MAY 23-24 CLEAR SPRINGS
- MAY 30-31 CLEAR SPRINGS
- JUN 6-7 CLEAR SPRINGS

WHERE TO:

- MAY 23-27 COZUMEL
- MAY 30-31 FLOWER GARDENS
- JUN 11-12 FLOWER GARDENS
- JUN 20-27 2-009—CAYMAN AGRESSOR
- JUL 6-8 FLOWER GARDENS
- JUL 11-12 FLOWER GARDENS
- AUG 1-2 FLOWER GARDENS
- SEP 10-13 FLOWER GARDENS—CORAL SPAWN
- SEPT 19-26 ST. LUCIA
- SEPT 21-26 CALIFORNIA OUTER ISLANDS LIVE ABOARD

OCT LITTLE CAYMAN

FEB 19-26 2010—PALAU

Inside this issue:

Specialty of the Month	1
Our Stars	2
Milestones	2
What's Happening	3
CD Corner— Next Generation	4
Creature — You Decide	4

Our World of Divers Continues to Grow

Open Water (White Belt)

Aaron Scheps
 Christopher Ross
 Kristina Ross
 Ravi Venkitaraman
 Brendan Fitzgerald
 Robert Scroggins
 Jenny Floyd-Scroggins
 Gabriel Floez
 Jorge Diaz
 German Munoz
 Roderick Patience
 Pamela Duarte
 William Barbosa
 Austin Home
 Tamara McGaha
 Andy Johnson
 Paul Herderle
 James Dugger
 Telana Marlin
 Glenn Valentine

National Geographic Open Water

Casey Goodnight

Advanced Open Water (Green Belt)

Mitchell Muir
 Brittney Jansen
 Alan Meador

Altitude

Susan Nichols
 Matthew Porter
 Rick Troutte

EFR

Dave Christilles

Randy Preston

Enriched Air

Susan Nichols
 David Thomas
 Josh Troutte

Rescue Diver

Dry Suit

Sam Cormack
 Dennis Maurer
 Teresa Pechloff

National Geographic

Navigation

Night

Peak Perf. Buoyancy

Trisha Schmidt
 Aaron Scheps
 James Dugger

Gas Blender

Sam Todd
 Mark Todd

Master Scuba Diver (Black Belt)

Gas Blender Instructor

Sam Todd
 Mark Todd

Assistant Instructor

Clint Brock
 Dean Follmer
 Trey Guthrie
 Troy Lindeman
 Randy Preston

Altitude Instructor

Ho Lee
 Matthew Porter
 Sam Cormack

Deep Instructor

Sam Cormack

PPB—Cont'd from Page 1

There is a secret ritual that is performed everyday by dive masters around the world and most divers never even realize its happening. When you show up for your first dive of the trip the Dive Master will ask a seemingly innocent question. "How much weight do you need?" This is where the DM will decide if you are a seasoned and current diver with a mind for good buoyancy. The test is pass/fail and the results aren't announced. If you are able to give the DM a good idea of what weight you wear in your current exposure suit while diving in fresh water you will be half way there. To earn 100% tell him the exact amount that you have either calculated from figures learned in Peak Buoyancy or from detailed date logs of previous dives under similar conditions. Nothing reassures a DM as much as having a diver that takes the time to log dives, keep current with refresher dives and has participated in a Buoyancy class. Earning that respect can mean the difference between diving on a reef that is safe for divers with poor buoyancy (Lots of Sand little coral) and a pristine reef that has only be dove by careful divers that respect the environment and keep skills up.

The best part of the Peak Performance Buoyancy course is that it's FUN! You might have seen hula hoops floating mid water and wondered what the heck is going on? We use the hula hoops to test our skill and breath control. If you can make it thru without touching the hoops you are on the right track. We also offer several other games to practice multi-tasking while hovering. I've even heard the class compared to yoga due to the breathing exercises and the Zen like mind set for a motionless hover.

Now is the perfect time to start mastering your buoyancy and unlock the freedom that great buoyancy will bring to your diving. PADI Diving Society Members will receive a free PADI fleece blanket for signing up for Peak Performance Buoyancy Specialty in June.

Rich



Milestones—number of dives recognition

Don't forget to email us your milestones—remember you are working hard!

10 Dives

20 Dives

25 Dives

Tracye Thomas

50 Dives

100 Dives

150 Dives

200 Dives

250 Dives

300 Dives

350 Dives

400 Dives

500 Dives

California Dreamin'

If you have stopped by the shop in Carrollton to visit for any length of time in the past year or so, you probably know that I have been "California Dreamin'" for quite some time. And now it is time to make plans for the trip! We are going to spend five days aboard the *Sand Dollar* out of San Pedro, California. We will be diving the outer islands and Santa Catalina. We will board the *Sand Dollar* on the afternoon of Sep 21 and return to port after we dive up to our "no fly" limits on the 26th.



The *Sand Dollar* is a 65' wooden hulled live-aboard built for diving. She has berths for up to 29 people, but we plan on taking only 20 – 21. While this is not a luxury boat, there will be 3 snacks and 3 meals daily and, more importantly, UNLIMITED diving. As long as the boat is at anchor, we can dive. That means we are limited only by our computers and/or endurance. And that is definitely a dream in my book!

While a complete list of the dive sites would require an entire book, I do want to mention a few of the possibilities.

Santa Barbara Island: The Rookery – with a depth of 20 to 40 feet the Rookery is the place for sea lions. You can hear the seal lion rookery even when you are still miles away. Most of the year, the younger sea lions on Santa Barbara seem to delight in the company of divers. As soon as you drop anchor, a mob of sub-adult sea lions will race toward the boat barking ecstatically. They will entertain you endlessly as you sit on the boat and watch or swim with them.

The Archway – more than half a mile off shore, the rocky formation called Seven Fathom Reef lies on the western edge of a wide shoal. Its most striking feature is a large natural archway, more than 20 feet wide and 30 feet tall. Scuba divers love to explore this beautiful structure, overgrown with anemones, sponges and gorgonians. Large scallops occupy the lower regions and lobsters hide in the cracks and holes.

Sutil Island – This is a pinnacle of the Santa Barbara Island seamount formation, separated from the main island by a narrow channel that is a few hundred yards wide and no deeper than 60 feet. In mid channel several rocks break the surface and many others rise within 20 feet of it. There is thick kelp all around Sutil and along the southwest face of Santa Barbara Island.

West of Sutil the bottom drops away to

more than 120 feet, but it is not necessary to make a deep dive to enjoy these reefs. In the 60 to 90 foot range, you will encounter reef fish, pinnipeds and lobsters. Gorgonians, scallops and nudibranchs provide opportunities for photography. CAUTION:

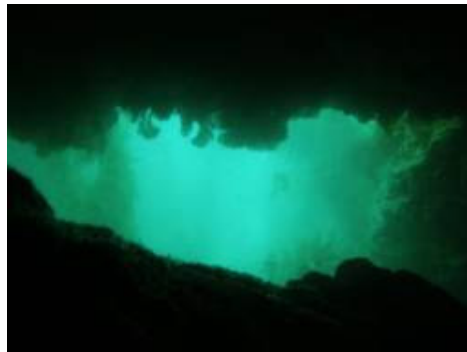


Due to the current and surge it is unsafe to enter the underwater caves of Sutil Island without proper training and equipment.

Webster Point – At 30 to 40 feet the reeftop's surface is unremarkable, but as you descend the outer walls, you will encounter an extremely complex maze of tunnels, caves, chimneys and walls. All kinds of creatures find shelter within this submarine housing project: reef fish, nudibranchs and octopi. Bat rays often lie in the sand channels between the fingers of the reef. Curious sea lions may swim by to check you out.

At 90 feet, beneath the ledge of the southeast side of Webster Point, is the entrance to Dragon Cave. Deep inside, a hole in the reef lets in shafts of light from above. At some points of the cave you can't see the entrance but there is little danger of getting lost or stuck. Just follow the chamber until it exits on the shallow side of the reef. It is a fairly deep dive, however, and an entrancing one, so keep an eye on your computer and air supply.

Santa Catalina Island: Goat Harbor – About 1 ½ miles west of Long Point is a calm anchorage with a long, kelpy inshore reef. It has an eastern wall that descends to more than 100 feet and a great free-diving site called Twin Rocks at its eastern



entrance. The deep dive begins in a rocky kelp stand and descends steadily to floor of the harbor at 110 to 120, depending on the tide. Sand bass, sheephead and calico bass flit between the rocks on the sloping wall. At the bottom bat rays, sleek

angel sharks, unusual guitarfish and well camouflaged halibut sleep on the sand. You may find a few pink and green abalone in the kelp grotto near shore. Harbor seals like to hide in the rock of the western reef, then spring out to ambush baitfish. Schools of yellowtail and barracuda sometimes follow the bait right up to the shore. You can spend all day in Goat Harbor and never be bored.

Bird Rock – An oval, guano covered mound, Bird Rock marks the entrance to Isthmus Harbor. On the channel side Bird Rock drops precipitously away to more



than 120 feet. With visibility usually better than 50 feet, this is a dramatic and beautiful scuba dive. Tall kelp stands grow from large boulders above 60 or 70 feet. Deeper the kelp gives way to gorgonians. Look for large calico bass threading their way through the fan shaped growths. More than likely you will see the garibaldi, California's state fish. These protected damsel fish are often curious about divers making them ideal candidates for underwater portraits.

There are so many more sites, there is simply no room to list them all. We will be diving not only Santa Catalina and Santa Barbara, but possibly San Nicholas and San Clemente. If the weather prevents diving at one site, we'll just move to another!

Come dive California with us!

~Anthony



Please visit our website. We do our best to keep it up to date. Let us know what you think about the site and the newsletter. An important part of our success has been the friendships developed among customers and team. That's part of why we dive.

2540 Marsh Lane, Suite 128
Carrollton, Texas 75006
Phone: 972-416-8400
Fax: 972-416-8507

5418 Broadway Blvd
Garland, Texas 75043
Phone: 972-240-4559
Fax: 972-240-5953



GETTING YOU THERE... STARTS HERE!

CD Corner — Ready for the Summer

Howdy Divers,

Ready for the Summer? It will be here before you know it and the kids will be out of school.

Have you gotten your gear serviced? Come to jump in the pool just to get wet? Planned the vacation to have a little bit of fun? Come play at the lake with us for a day or so.

There are plenty of good deals to be had for state side diving in addition to some close places to fly. Where do you want to go? We can help with an awesome travel department or you can book yourself if you would like.

You might think of doing a dive around the country using the Dive Training Magazine as a guideline and just have some fun. Gas prices are down so let's go. Don't forget the Dive Around Texas Program to start first.

We are excited to be trying new locations such as California so ask where you want to go next and we will build a trip.

We look forward to seeing many of you at Grapevine Main Street Days next weekend.

Happy Mother's Day to all of you wonderful moms out there.

~ Patti

www.divearoundtexas.com



Creature Feature — Swordfish



Humm...what other fish has a long sharp beak like nose resembling a sword? Well, if you guessed the Swordfish you are absolutely correct! It is known as the gladiator fish as it is vigorous and powerful fighters.

Adults can reach as large as 14+ feet and weigh over 1400 lbs. Females are larger in size and mature 1 to 2 years earlier than males. Though they are solitary swimmers, during mating season they will pair up. From early on they have scales but, interestingly enough, by adulthood they will lose all scales. Did you know that they can cut through the water with great ease and at the speed of 50 miles per hour - relying on its speed in order to catch its prey? The "sword" is not used to stab their prey but by trashing their swords back and forth through schools of fish to kill or

stun their prey, then swiftly turning back to consume their hard earned meal. Swordfish feed on squid, tuna, mackerel, bluefish, herring, barracuda, flying fish, hake and rockfish. They have few predators, the Shortfin Mako shark is one of the rare sea creatures big enough and fast enough to chase down and kill an adult swordfish, but they don't always win. Other known predators are the Orca's, sperm whales, some types of large sharks and of course, humans.

Swordfish are cold blooded animals and are equipped to withstand waters holding surrounding temperatures of around 50 degrees. They have special organs located next to their eyes that provides heat to the eyes and brain which improves the vision and ability to catch prey. There only about 22 other known bony fish, out of over 25,000, that have this ability to heat selected body parts above the temperature of the surrounding water.

Swordfish are known to breach, so keep your attention to the waters in hopes that perhaps you will be lucky enough to catch a glimpse of this amazing site. Scientists say that this breaching is to dislodge pest such as the remora and lampreys. It could be a technique used to surface feed by stunning their prey. Swordfish enjoy basking at the surface airing out their fins,

so always keep an eye out!

Recreational fishing created a sub-specialty of Sword fishing. Remember these fish are quite large and powerfully strong. Although there are no reports of unprovoked attacks on humans, swordfish can be very dangerous when harpooned. They have run their swords through the planking of small boats when hurt. The Gladiator of all fish will put up a good fight after a bite that can take hours before it will give up. Most fishermen and captains of charters practice capture-and-release fishing, as they are a rare fish.

~Jennifer

Here is another tricky one...what creature do you think this is?

