



Summer is Definitely Here!

Hi,
Wow what a summer. Who would have thought we could hit 100 degrees in May. Still getting lots of rain - not so fun for the commute but it keeps our lakes full.

We are diving every weekend whether it is Clear Springs or another destination. Come join us. Our local quarry is the fullest we have seen in years. Can't wait to go up north this week and check out their dive spots (Elmer Thomas and Tenkiller).

We will be hosting a Hell's Gate Cleanup on July 10th. If you need gear don't wait too long for reservations. We don't want you to miss out. Email Rich to get the details or watch the web soon.

As you well know many of our Flower

Gardens trips have been cancelled due to the Fling going out to help with the oil spill. There are spots the end of August and a few in September - if you haven't gone this year give it a try - nice way to spend a weekend.

We are watching Cozumel prices a lot these days and can often score a cheap 4 day trip so please ask. We just came back from Cozumel for barely \$800 for everything.

Lots of fun specialties for the summer - what do you want to do next? Are you a Rescue Diver? A Master Scuba Diver? Ask us how to become one.

The New Zuma BC's have arrived— get yours today and forget about extra baggage fees.



Class Schedules & Trips— at a glance:

WEEKEND:

JUN 5-6 CSSP

JUN 12-13 CSSP

JUN 19-20 CSSP

JUN 26-27 CSSP

WHERE TO:

AUG FLOWER GARDENS

AUG BELIZE AGGRESOR

SEP FLOWER GARDENS

NOV BONAIRE

JUN 2011—FIJI

AUG 2012—COCOS AGGRESOR

AUG 2012—GALAPAGOS AGGRESOR

SOR

Specialty of the month— PPB and Deep

June's Specialty of the month is Peak Performance Buoyancy. If you were to create a top ten list of skills needed to be a good diver, the top 5 picks would all be the same skill BUOYANCY! You may think that this is an overstatement to grab your attention but it's not at all. A diver with poor buoyancy skills no matter how much experience and no matter how many classes taken will always look uncomfortable, be clumsy in the water and most important a danger to the coral and even themselves.

The key to buoyancy is to get weighted properly for the gear & environment you are diving. Sounds easy to do and it is if you take the time. In the PPB course we'll work with you to achieve the perfect weighting for your gear. As the seasons or water type change or your wetsuit get thicker you will need to adjust your weighting again.

Weight isn't the only factor in good buoyancy. Your breathing is crucial to polish off all the hard work you do to be properly weighted. If your breathing is erratic than chances are so is your buoyancy.

Other factors include efficient fin kicking, using visualization to keep good trim and streamlined gear.

Join us this month for PPB and PADI Diving Society Members also receive

a free PADI shirt.

July brings one of the most exciting specialties Deep Diver! Who hasn't wondered what lies just a bit deeper? There seems to be a sirens call from just below beckoning us to check it out. Well before you give any thought to answering their call to go deep make sure you have your PADI Deep Diver Specialty Card and the 4 accompanying dives in the log book.

I've been asked why it's important to have training to go just a bit deeper. Remember in your Open Water Course you learned that narcosis starts in as shallow as 60'. You need to learn to recognize that you could be slightly impaired as you go deeper and things aren't as easy to accomplish at depth. Everyone has their own threshold for narcosis and various conditions can increase your susceptibility. One of the skills in the Deep Diver course is a mental challenge that is timed to show just how much you can be affected by narcosis. Do you remember the chart in Open Water that showed how you consumed air twice as fast at 33ft as at the surface and 4 times as fast at 99ft? Gas management is much more important the deeper we go. It's a fact we use air faster.

Other things that are affected by depth include Buoyancy. As you go deeper the pressure increases and compresses your wetsuit and the air inside your BCD. You

will need to accommodate for the diminished buoyancy as you descend and even more importantly as you make your ascent to a safety stop. One of your dives will include observing several pressure affected objects and how depth affects them.

Remember that if safety stops are already a part of every dive you need to make sure they are on deep dives. As we go deeper the nitrogen enters our bodies even faster. You will learn how to plan your dive and dive your plan. We even practice what to do if you somehow over stay your planned dive.

You might be asking why even go deep if it requires all the additional considerations? Here are a couple reasons to think about. Cozumel wall diving, it's some of the most beautiful in the world and lots of the walls are below 60ft and most are below 90. How bout the exciting wrecks off the Florida coast? Yep all of them are in the 100ft range. Even diving in our own backyard the Flower Gardens is conducted at a depth range of 60-120 ft.

You don't have to be a daredevil diver to want to experience the joys of diving some of the world's deeper sites. Everyone can benefit from the skills developed in the PADI Deep Diver Course. If you purchase your course in July and are a PADI Diving Society Member you will receive a H2O YO noise maker for free.

Sign up today!

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Our World of Divers Continues to Grow

Open Water (White Belt)

Hanna Whitehead
 Lauren Whitehead
 Niamh Savage
 Natasha Houshmand
 Matthew Rast
 Rick Dean
 Kristin Shrier
 Sanem Dincer
 Skip Bird
 Debbie Moon
 Laurie Bird
 Michelle Gates
 Lindsey Pellein
 Tonyu Chakarov
 Don Trent
 Sarah Thorne
 Tommy Hendrix
 Emma Dunlap
 Mara Ferguson
 Ross Ferguson
 Jerry Gatti
 Celeste Youngblood
 Mona Galloway
 Guy Hill
 Meredith Marlett
 Darren Crum
 Peter Hill
 Kevin Carlin
 Bryan Morrow
 Eric Pearle
 Alexander Benat
 Woody Lawson
 Holt McElroy

National Geographic Open Water

Matt Johnson

Advanced Open Water

Don Trent
 Vicki Ellington
 Austin Lynch
 Quinn Segars

EFR

Brad Sample
 Steve Haugen
 Neil Smith
 Brian Schrier
 Kerry Kreitzer

Enriched Air

Dennis Sawyer
 Peyton Dunn

Underwater Navigator

Michael Hughes
 Aaron Meador

Night

Michael Hughes

Peak Performance

Buoyancy
 Kristin Shrier
 Michael Hughes
 Janna Charette
 Natasha Houshmand
 Don Trent
 Jordan Setliff
 Celeste Youngblood
 Kevin Carlin

Rescue

Alan Meador
 Brian Shrier

Master Scuba Diver

Stellene Cox

Assistant Instructor

BJ Thompson
 Jimmie Garza
 Dennis Sawyer

July 10th we are planning to descend on Possum Kingdom Lake for the Annual Hells Gate Clean Up!

This year we will be departing from the Inland Divers Boat Dock. The past couple of years Dave Robinson of Inland Divers Dive Club has been very hospitable allowing us to camp on their beautiful lake front property and dive from their dock. We should find lots of newly deposited bottles, cans and other crazy stuff dropped by the boaters celebrating the Fourth of July the week before the clean up. Everyone that has participated in previous years knows how great Todd and Ann Burns from Scuba Point are for diving on PK. They really go all out for us year round when we come to dive. Show your appreciation by joining us. Let's make it the best Clean Up yet.



Activities

LEARNING CAN BE FUN!

If you are 10 years or older, now is the time to **DIVE** in and

complete your PADI Jr. Open Water Scuba Course.



You get to breathe

Do you know what SCUBA stands for? ...

Self

Contained

Underwater

Breathing

Apparatus

... Now you know!



Want to learn how to
SCUBA DIVE?



Upcoming 2010 classes:

June 21-25 8am—Noon
(one spot left in Carrollton)

July 12-16 8am-Noon

* Contact International Scuba for all the details!

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 — Exciting Summer

Howdy,

We are trying all sorts of ways to get folks to come out and dive. We had a very successful Grapevine Main Street Days where over 150 jumped in the pool to try scuba. Ft. Worth Star Telegram and Fox 4 featured scuba as well. We want everyone to try scuba at least once in their lives.

We even did the GroupOn thing – Rich asked me one day what I thought and I told him go for it. Beware what you ask for. We knew that San Diego had done 204 and Kansas City had just done 239. I was skeptical as DFW has tons to do so....I also figured, hey we can be them we are Texas after all so in my own mind I thought 300 would be awesome. Once again be care what you wish for – you just might get it. Wow – 769 people want to try scuba. We have done more than 50 and some folks are in. How about you?

The 4th Annual NTSRA Fun Dive Day at Clear Springs was a success. We had over 60 divers in the water hunting for numbers for prizes. The raffle was successful as well. Get ready for the Holiday Bash – cool giveaways and raffle for trips coming soon.

The two areas we haven't seen much this summer are Seal Team members and Bubblemaker Parties. Come on Mom and Dad, future divers are aching to do something different this summer. Even summer scuba camps are filling. We have a few spots left in July.

Are your skills where you want them to be?

1. Do you wish you could stay down longer, didn't cramp kicking, or want to stay neutral easier?
PPB could be for you.
2. Do you always have to ask where the boat is or how to get back to the entry point?

Navigation could be for you.

1. Do you wonder if you could assist another diver if they were in distress?
Rescue could be for you.

You get the idea of where I am going with this. What interests you or where are your weaknesses? We are here to help.

Cheers,

Patti

Creature Feature — Flamingo Tongue



Flamingo Tongue: *Cyphoma gibbosum*

Abundance & Distribution: Common Florida, Bahamas, Caribbean.

Size: 3/4 in.- 1 in.

Depth: 6 - 45 ft

Distinctive Features: Cream-white mantle covered with orangish, often somewhat rectangular spots with black outlines. Shell is lustrous reddish cream to white.

Habitat & Behavior: Attach to and feed on gorgonians (sea fans) in all types of habitats. Mantle normally extended over shell. The shell's lustrous finish is produced by the fleshy mantle, which can cover the entire outer surface.

Cheers,

Rich