

It's time for another riveting edition of

Narwhal News!!!

June, 2023



Member Spotlight: Kimber Gabryszak

Kimber Gabryszak began the sport of skeleton in 2005 after her now husband, Brad Stewart, encouraged her to give it a try since they lived so close to the Utah Olympic Park in Utah. Gabryszak and Stewart had planned to slide recreationally in the local club, but they fell in love with the sport and decided to commit to training.

Kimber raced downhill mountain bikes for the all-women pro team Velo Bellas, but she retired from bike racing in 2010 after she made the national skeleton team. “It’s hard to train for skeleton with both arms in a cast,” Gabryszak said.s

Kimber, who hails from Yentna Station, Alaska and is a current resident of Park City (and part time resident of Mesa) holds a Master’s degree in City and Metropolitan Planning from the University of Utah. She also has a Bachelor’s degree in Geography and Urban Planning and three Associate’s Degrees in Geography, International Studies and Mandarin Chinese. You can follow Kimber’s blog at www.TeamKimber.com

Career Highlights:

- 2012-2013
World Cup 13th in Lake Placid; 15th in Park City, 18th in La Plagne
- 2012-2013 International Cup

GOLD in Park City; GOLD in Park City 13th in Igls, 12th in Igls; 5th in Altenberg; 11th in Altenberg; 9th in Winterberg

- 2011-2012 World Cup
20th in Igls; 16th in La Plagne; 17th in Winterberg; 15th in Koenigssee; 7th in St. Moritz; 19th in Whistler
- BRONZE at 2011 National Championship
- 20th overall in 2010-2011 World Cup
16th in Whistler; 16th in Calgary; 14th in Park City 15th in Lake Placid; 16th in Igls; 19th in Winterberg
- 2010-2011 Intercontinental Cup
4th in Lake Placid; Bronze in Lake Placid
- 10th overall in 2009-2010 Intercontinental Cup
19th in Winterberg; 17th in Winterberg; 12th in Koenigssee; 10th in Lake Placid; 16th in Calgary; 8th in Park City; 17th in Cesana
- 29th Overall in 2008-2009 Intercontinental Cup
- 14th overall in 2008-2009 European Cup

Who Is Getting A Year Wiser????



A super duper Happy Birthday to our beautiful June babies!!! Joanne Gregg, Shawn Rodrigues, Chris Esparza, Richard Edgar, Ralph Caliendo, Kris Hansen, Teri Graves and Brendan Rodrigues!!! We hope you have a spectacular birthday and a phenomenal year!!!

Summer Season and Long Course Training



Some of you love it (mainly distance swimmers and weird people). Some of you hate it (I could name a few sprinters on the team...). Some of you have yet to try it (something to look forward to!). Yep, it's that time of year again....Long Course Season! For those of you new to the sport, US swimming has two competitive seasons: Short Course, where the pool is set up at 25 yards and Long Course, when the pool runs for 50 meters. In the United States, most High School and College championships are Short Course, as well as the bulk of the Age Group and Masters programs (roughly September through May). International events are held in Long Course pools, and World Records can be broken in them! This is due to the fact that few countries are as lucky as we are to have BOTH course options throughout the country, so the rest of the world always swims Long Course. If you've never experienced a Long Course workout, and if your Coach is in a good mood...you'll probably do a great deal of fin-assisted swims to start with. There is no shame in the flipper!!! Embrace your gear!!! We will have more people per lane when we swim Long Course, but fear not! The lanes are A LOT longer, so you'll have plenty of room! Also, good Long Course lane etiquette is to leave 10 seconds after the person in front of you, rather than the 5 second lead we give our lanemates in Short Course. It's always fun to change things around, so look forward to the workouts that you'll have the opportunity to train in a 50 meter pool!!!

“My Favorite Workout” by Ethan Fisher



We decided to put one of our swimmers on the spot, and make him share his all time favorite workout with the team. Ladies and gentlemen, I proudly introduce Ethan Fisher!!!

Ethan Fisher began swimming in Lawrence, Kansas in 2000. He was inspired/thrown in by both of his swimmer parents who were tired of his energy. He balanced his time between swimming and bison ranching during his teenage years. Ethan would go on to swim distance and IM events at St. Cloud State University where he was Team Captain his senior year. He moved to Arizona to pursue his Masters Degree in Mechanical Engineering at Arizona State University and currently works as a Design Engineer at Honeywell Aerospace. Ethan currently lives with his wife and two cats in Chandler and enjoys complaining about the workout no matter who is coaching!

One of Ethan’s favorite practices is from his college days which is a set called “Long Melvins”: 200 Fast off the blocks; 200 smooth; 100 fast; 100 smooth 3 times through with 1:00 rest in between each round. The goal is to go faster than you 500 pace on the fast and hold a solid pace on the smooth. The smooth should not be easy. It’s a good set to learn your pace and build up your endurance. It was a great set because the whole team would do it, regardless of what stroke or distance you swam.

Let's get ready for a fantastic summer
full of great training,
great teammates,
and great memories!!!

GoOOoooOOOooOOOoo MAC MASTERS!!!!