

MAC Masters

July Newsletter

Time Trials

What a fantastic job you all did at our intersquad Time Trials on July 1st! We had some phenomenal swims and some very exciting races! A HUGE Thank You to all of those who came out and volunteered so your teammates could have a chance to race. What a spectacular group of individuals comprise MAC! You all ROCK!!!!

Getting to Know....Coach Jenny!



What can I say about myself that most of you don't already know? I love to swim!!! I've been swimming up and down a pool since age 6 and have only taken two 10-week breaks after Miller (my son) and Megan (my daughter) were each born. I swam through college and after one year of working a 9 to 5 job in Boston, I had to get back to the pool. I came out to AZ in September of 1994 to coach for Bob Gillett and never looked back. I "retired" from coaching in 2020, after 27 years on deck,

BUT love to sub for Coach Laura whenever I can. One of my favorite workouts is combination of IM and Freestyle:

4 x 100 IM

100 Free, DPS (Distance Per Stroke)

4 x 75 Fly, Back, Breast by 25

100 Free DPS

4 x 50 IM Switch

100 Free DPS

4 x 25 one of each stroke

100 Free DPS

Of course, my other favorite set is 4 x 800 IM's Long Course. Just Kidding!!!! I had to do that ONE time when I was 16...it was stupid!

Upcoming Events!



Mark your calendar! Here are some fun and exciting events happening in the near future! Start setting some big goals, then surpass them!!!

August 2-6 Summer USMS Long Course Nationals

August 2-11 FINA World Championships

September 10th La Jolla Cove Open Water

November 19-20 Ron Jon Invitational (@ ASU)

December 16th Annual Christmas Party (details to come)

January 6th Annual 100 x 100's and 100 x 50's (tentative)

So! There's always something to look forward to and to keep training for! We'll keep you posted as each of these events get closer!

Just Like a Fine Wine....



These people just keep getting better with age!

A very Happy Birthday to:

Peter Lofquist; Greg Riggs; McKenzie Anderson; Jenni Gramstad; Bill Daniel; Craig Kingston; Daniela Borgialli; Mikel Steinfeld; Brad Lundblad;

Kurt Adkins; Dave McGowan; Jean Watson-Maxson; Stein Erickson; Kanta Emoto; Carrie Sackett; Laura Heelan; Robin Surdey; and Susan Watts!!!
Have a very special day!!!

Coaches' Corner

The Importance of Sculling



Sculling is one of the single most important drills you can do to improve your swimming! You often hear things like “catch”, “hold water”, “early vertical forearm”, etc. Committing to improve your sculling will assist in all of these things PLUS (depending on the specific scull) help maintain proper head position, improve neutral buoyancy by engaging your core and more!

Tips:

1. First and foremost...SLOW DOWN!

Yes, there is a time and place to do speed sculling, but not until you master the basics.

2. Never kick! If you are still struggling with this use a pull buoy or strap at your ankles.
3. On front sculls, you need to keep your head in a neutral position so when you need a breath do a simple headlift much like sighting in open water. Using a snorkel is also extremely helpful.
4. There are 6+ different sculls to master, so don't always go back to the ones you are doing well! If you can't think of more than 1 or 2, ask your coach!!!

GOOOOOOOOOO MAC!!!