

MAC Masters

October News

2023

A Swimming Reunion

By Tricia Hickey with Christie Yonker Hall



This photograph is from Phoenix Parks and Recreation swim team championships in the early 70's. Our record setting relay included (from left to right) Ellen Hickey, Christie Yonker Hall, Tricia Hickey, and Caryl Hickey Garber.

Look at those suits, and no caps or goggles! Yet Perry Piranhas were a powerhouse swim team!

We swam the 4 x 100 yard medley as well as the 4 x 100 yard freestyle relays. Christie was our butterflyer for a great start, and Ellen brought in the finish with her strong freestyle!



Although this is a fond memory, the story continues...

Earlier this month, at Saturday Skyline practice, Christie and I reunited! Life is serendipitous and it's good to recognize when a special moment occurs.

Christie recognized me when Coach Laura yelled my name (whether to pay attention or do IM order, I don't remember 🙄).

At the end of the pool, Christie breathlessly asked if I swam at Perry Pool. Yes I did! We missed the interval, but quickly recognized each other from our smiles (smiles never age 😊).

So, here we are, 50 years later, still swimming and enjoying all the benefits swimming offers, health, fun, and friendships.

What a fantastic story!!! We have always loved how the sport of swimming can bring people together and how it can forge lifelong friendships! And, this is a reminder to be nice to everyone...as you never know when they're going to pop back up and reappear in your life!!!!

HAPPY BIRTHDAY

The month of October is chock full of super special birthdays! We are wishing you all the very best in your new year of life:

Cindy Croxell; Mike Herrmann; Doreen Lemke; Dionna Reeb; Melanie Narish; Blake Larsen; Katherine Kustritz; Sean Lunny; Lisa Harris; Christy Rasmussen; Shawna Schwendinger; Deb Condo; Marianne Rexer; Stacey Permana; Larissa Lewis; Rich Harwood; Eric Mix; Maddy Carioty; Mike Wares and Debi Moore!!!

A very happy birthday to you all!!!



A HUGE Welcome to our newest members~

Caitlin Green; Monica Robinaugh; Blake Larson; Hudson Downs; Ruben Avila; Rhys Tallentire; Dominic Mangino; Christie Hall; Ron Hall; Tiffani Ray; and Addey Edmunds! We look forward to getting to know you better!!!

Coaches Corner



“The Basics”

Whether you're a seasoned vet when it comes to training with a swim team or brand new to it there are a number of things that we do that are very different from what you would typically see of people in lap swim. So here's a refresher!

- Using the pace clock. Although there are certainly times when you don't have to use the clock, it's important that you learn how to. Knowing how sendoff times work, knowing what your times are on specific sets, knowing what your easy/moderate and fast times are by distance and by stroke, etc.
- 4 x (3 x 25's) @:45 every 3rd kick! No this is not advanced physics! This is a very common type of set that we do where we want people to break up the distance being swum, change up the strokes and add kicking. So in this case we're doing 25s (one length at a time where you stop on the wall and either go on a set interval (in this case leave every 45 seconds) or take a specific amount of rest after each length (rest 10 seconds after each length would be an option). Since we are going “blocks” of 3s in this case you would swim 2 lengths and the kick the 3rd...leave every 45 seconds which means some people going faster will have more rest, those going slower will have less (if we have people take 10

seconds rest than everyone will have the same amount of break even if going different speeds. Important tip: NEVER be concerned with what the lanes around you are doing or try to “keep up” with them as almost always different lanes have different intervals and/or distances, stay within yourself and with your lanemates!

- Build, descend, hold pace: “BUILD” means that in one swim you try to get faster as you progress the length assigned, so 8 x 50s build @1:00 means you will swim two lengths of the pool (50 yards) and within that swim you will accelerate until you finish, see your time and then be prepared to leave every 1 minute doing the same thing (typically all 8 the same time if it's all the same stroke) 8 times. “DESCEND” means that within the “set” not the individual swim you get faster. So if we do 6 x 100’s descend 1-6 on 2:00 you would start off nice and easy on #1 (let’s say it takes you 1:42 to complete the swim), on #2 you want to be just a bit faster (say 1:41 to 1:39, on #3 a little faster, etc until #6 you will have your fastest swim. “HOLD PACE” is where you want to have as close to the same time on every swim within a set. Depending on the goal of that set you may have very little rest or possibly quite a bit more depending on what the goal of that workout is that day (aerobic, recovery, threshold, etc...more on this next month). So an example might be 10x200’s @ 2:30 with the goal to hold times of around 2:15 on all of them!

If you have questions ask your coach or you can reply back to this email!



The weather is cooling off and it’s a GREAT time of year to train hard!
We look forward to seeing you all at the pool!

GoOOoOOOooOOOO MAC Masters!!!