

Masters Weekly Announcements Wednesday, October 18, 2017

1. Calendar of Team Events and Meets
2. SCM Championships!
3. Team Night Out – October Fest
4. Three BIG Things

Calendar Team Events and Meets

10/22 Sunday

Pierce College Spooky Shoot, Woodland Hills

https://www.clubassistant.com/club/meet_information.cfm?c=1327&smid=9321

10/27 Friday, 6:00PM – October Fest

Phoenix Club, Anaheim

11/17-11/19 Fri-Sun

Gobbler Classic Short Course Yards, SLO

https://www.spmasterswim.org/c/8B6A80C/file/meets/2017/2017_Gobbler_Classic_Meet_Sheet.pdf

12/01-12/03 Fri-Sun 2017 SPMS Short Course Meters

Championships Commerce, CA

Thursday, December 7, 2017

Annual Team Christmas Party – Location TBD

2017 SPMS Short Course Championships

https://www.clubassistant.com/club/meet_information.cfm?c=1293&smid=9564

Friday, December 1 - Sunday, December 3, 2017

ARE YOU GOING? Enter the meet by Nov 15th to receive a team shirt.

Fees: Flat fee of \$52.00 if entered online or postmarked by Wednesday, November 15th. Entry fee includes a meet souvenir. Add a \$15.00 late fee for all entries postmarked (or entered online) after Wednesday, November 15th.

All entries must be received by midnight on Saturday, November 25th. No individual deck entries are allowed.

Team Night Out – October Fest

Masters Night Out

10/27 Friday, 6:00PM – October Fest

RSVP – [Coach Mark](#)

We work and swim hard! It's time for some fun.

Join us for some Ice Tea and Musik.

Tables on a 1st come 1st serve basis, so get there a little early to take-over a table.

Significant Others & Kids are Welcome!

Herzlich Willkommen

AT THE PHOENIX CLUB IN ANAHEIM
 open fri. 6pm - sat. 5pm - sun. 12pm

LIVE MUSIC The Express Band,
 Musikkapelle Rottenbuch, Odenwälder Dirndljaeger

Giant Beer Tent - Authentic German food - Folk Dancers
 18yrs & up \$10 - Members \$5 - KIDS FREE

The Phoenix Club thephoenixclub.com
 57 off at Ball rd. 1340 S. Sanderson Ave. Anaheim, CA 92806 714-563-4166 ext 2

Words from Coach Mark

Three Big Things

Here are three reasons why you may not be getting faster and how you can break through and continue improving.

1. You Lack Consistency

When working out, consistency is key. Having a regular training schedule and sticking to it is paramount if you want to improve.

Training for several days in a row, then taking two to seven days off (or more), will inhibit progress toward your goals.

Success is earned by consistently doing what you are supposed to do day in and day out.

Ultimately, all of the little things add up and yield the race results you're working toward.

2. You're Ignoring your Areas of Weaknesses

It's always more enjoyable to do the things we are good at.

Often, technical improvements will come quicker when working on one or items at a time. For example – tight streamlines or faster turns.

Embracing your weakness(es) and committing to improving will require focused training.

This should last between two to four weeks. During this time, you should focus on one or two items while maintaining consistency in your workout routine.

3. You're Not Going Easy Enough

One of the biggest mistakes swimmers make is not going easy enough when they're supposed to go easy.

Swimmers usually think they're going easy, but in reality, they are not. Meaning, they aren't going easy enough to enable active recovery or to keep their heart rate in the correct zone to elicit the desired physiological affect.

This problem compounds because if you don't do your easy sets easy enough, then you won't be able to do your hard sets hard enough.

And more importantly, swimming slowly and deliberately can make you a faster and a more efficient swimmer.

Too often swimmers hop into the water and do the swim practice with the sole intentions of getting it over with or getting their hand on the wall first. Or we get lost in the need to swim fast all of the time, forgetting the fundamentals that are needed to get better.

But surely, slowly, you will feel your hand catching during the pull and that hard-to-describe feel for the water will slowly appear.

And soon enough, you will be swimming more efficiently and faster than ever before!