

SO, YOU'RE INTERESTED IN MASTERS SWIMMING...

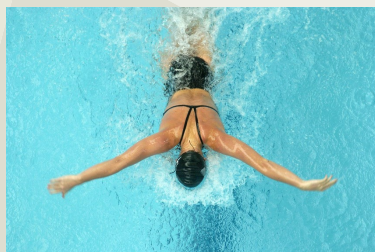
Are you a triathlete, former youth, high school or college swimmer?



Then, Masters could be just the workout or cross-training tool you are looking for you! Masters is also perfect for Triathletes.

Masters is for MAC members 18 and older. Joining is as easy as adding Masters to your membership for \$50 per month. Members are encouraged to try the Masters Program for one complimentary week. See Aquatics Office for more details. At this time, due to COVID, our Masters team is limited to 15 swimmers.

MAC is a registered US Masters Team. With over 50,000 adults registered in USMS, you will be a part of a great organization. Competitions are totally optional. Check out all of the benefits available for Masters swimmers at their website www.usms.org



IS MASTERS RIGHT FOR ME? ABSOLUTELY!

U.S. Masters welcomes adult swimmers of all ages and abilities.

*Competition is Optional



Memorial Athletic Club

14690 Memorial Drive
Houston, Texas 77079

(281) 497-7570 Club Phone
(281) 759-1748 Aquatic Office
www.fitmac.com

Masters Swimming

Adult Aquatic
Fitness Program at
Memorial Athletic Club
& Aquatics Center



Coaching Staff

James Herrick USMS Level III Coach

James has been involved with swimming for just over 20 years. He swam both club and high school in Texas and swam at the Division I collegiate level for the University of Missouri-Columbia. After his college career, he continued swimming with the Masters program at the university, where he trained with several Ironman triathletes. With experience in stroke and technique training for swimmers and triathletes ranging from beginners to pros, he can assist Masters swimmers to meet their short and long

Mandi Roden WSI, LG

I competitively swam in the DFW area for 10 years including starting my prep school's swim program as the first swimmer to swim at TAPPS state meet. I picked swimming back up to get in shape after having my children. I have been a swim instructor at MAC for 6 years and also coach our YAF teams. I am so excited to add coaching Masters to my schedule. I am a 4 time 70.3 Ironman and my entire family competes in triathlon. When I'm not teaching at MAC, you'll find me swimming on my off time. Come join me!

Steve Clancy USMS Level III Coach

Steve has been swimming Masters for nearly 20 years and has been affiliated with a number of different Masters clubs in Chicago and Houston. He swam competitively in high school and competed at the Masters level in both local meets and Regional/Zones.

Russell Hubbard USMS Level II Coach

Russell is a native to the Spring Branch Memorial areas swimming at Dad's club and Spring Woods High School. Russell also swam in college at Southwest Texas State University. Russell began teaching swimming to adults and children as a teenager. He has also worked with physically and mentally challenged children and adults, with



Coached Practices

**Mon, Wed and Friday morning
5:30 am-7 am**

**Tuesday evening
6:30-8 pm**

Benefits Include

- On Deck Coaching
- Motivational Leadership
- Structured Workout Regimen
- Stroke Technique Evaluation
- Stroke Technique Corrections
- Camaraderie and Fun
- Latest Stroke Developments
- Underwater Filming for Stroke Evaluations
- Be Part of a Great Group!



DATE _____



***ONE Week Trial For MAC
Members Only.***

**Come join the Masters team for
a one week complimentary trial.
No obligations.**

Name: _____
Phone #: _____
Email: _____

