

Swimming World Magazine

AUGUST 2010 — VOLUME 51 NO. 8

FINDING SUCCESS AS A 2-WAY SWIMMER
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VLADIMIR MOROZOV: A LONG ROAD TO MALE HIGH SCHOOL SWIMMER OF THE YEAR

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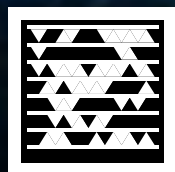
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LYNN HAZELWOOD EARNS MASTERS SWIMMING'S HIGHEST HONOR

Q&A with Coach Dan Gelderloos

How They Train Emily Roberts & Maggie Vail: Career Accomplishments

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CALIFORNIA NORTH COAST HS CHAMPS Concord, California May 22, 2010

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CALIFORNIA SOUTHERN SECTION III HS CHAMPS Long Beach, California May 15, 2010

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KANSAS 5A-1 HS GIRLS CHAMPS Topeka, Kansas May 20-22, 2010

KANSAS 6A HS GIRLS CHAMPS Topeka, Kansas May 20-22, 2010

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Senior Vladimir Morozov of Torrance High School in Southern California was named *Swimming World's* Male High School Swimmer of the Year. During the 2009-10 season, Morozov set national prep records in the 50 and 100 yard freestyles. In the 100, he became the first high schooler to break the 43-second barrier with his 42.87. (See story, page 8.)

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A VOICE for the SPORT

FINA MUST NOT HIDE PROPOSED LEGISLATION; INCLUDE ATHLETE AND COACH ON BUREAU

BY BRENT RUTEMILLER

Next year at the World Championships in Shanghai, China, the FINA Congress will assemble for an Extra-Ordinary Session to review the FINA Constitution and Bylaws. Part of the review must include legislation that allows for coach and athlete representation on the bureau level of the organization.

"What!?!?" you say. "The two most knowledgeable and instrumental segments of the aquatic community are not already on the FINA Bureau? How can FINA make decisions that affect coaches and athletes without their input?" Change the bylaws now to correct this imbalance!

Not so easy when the existing powers in charge try to control the legislative process.

A little background:

FINA (Fédération Internationale de Natation) is the world governing body for aquatic sports, including swimming, diving, synchro, open water and water polo. The FINA world is divided into five geographical areas (Africa, Americas, Asia, Europe, Oceania) representing 194 countries. Each one of those areas is subdivided into zones (Africa, 3 zones; Americas, 4; Asia, 3; Europe, 4; Oceania, 1). Every zone elects a representative to the FINA Bureau. So, if you do the math, 15 zone representatives from the five geographical areas serve on the FINA Bureau.

An additional seven people are elected to the FINA Bureau as at-large members, bringing the total to 22 people. This body makes most of the decisions for aquatic sports in the world. A congress is formed when all members and country delegates come together to vote on legislation.

Normally, new legislative proposals are sent to the bureau prior to the meeting of the congress. Along the way, FINA's legal commission reviews the proposals, which are eventually sent to the FINA Executive Committee, which then forwards to the bureau for recommendation. The recommendations—either for or against—are

then presented to the congress for voting.

Going forward:

Earlier this year, Asia, Europe and the Americas submitted a joint proposal that included placing a coach and an athlete representative on the bureau. The legal commission sent the proposal to the FINA Executive Committee for distribution to the bureau.

However, it appears that the executive committee took the unprecedented step of choosing which parts of the proposal should be forwarded to the bureau for recommendation and to trash those parts that it personally did not support. The part that included a coach on the bureau never saw the light of day and was mysteriously absent.

The fact that individuals within a select group can control what is to be voted on is against common democratic principles.

John Leonard, executive director for the American Swim Coaches Association, recently echoed this point when he said, "Eliminating the ability of the federations to propose changes is completely undemocratic and against the entire spirit and history of FINA, and should not be tolerated by the federations. Just like every other congress, all proposals from the federations should be brought forward to the floor of the congress for consideration."

The fact that members of the executive committee have acted in a non-transparent manner only confirms the need to hold an extra-ordinary congress to review FINA Constitution and Bylaws. If there is a loophole in the current bylaws that allow the executive committee to control what the members see or don't see, then perhaps more changes are needed. Now, if only these changes can get through the executive committee. ♦

BRENT RUTEMILLER, *Publisher, CEO*

** This issue was still in development at press time. Breaking news will be posted at SwimmingWorld.com regarding this proposed legislation.*

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MALE SWIMMER HIGH SCHOOL

of the YEAR

FROM SIBERIA TO BEST IN THE U.S.

Vladimir Morozov left the Arctic elements of Siberia three years ago for Southern California, where he has become the fastest high school swimmer in the country, setting national prep records in the 50 and 100 yard freestyles.

BY JEFF COMMINGS

VLADIMIR MOROZOV

Male High School Swimmer of the Year

When many people think of Siberia, they think of a frozen wasteland where Russian political prisoners are sent to die.

But it's also a place where future legends are born.

Vladimir Morozov, this year's pick for *Swimming World Magazine's* Male High School Swimmer of the Year, was born in Siberia, where the conditions weren't exactly ideal to plant the seed for swimming greatness. But the young Morozov braved the Arctic elements on foot daily between school and the pool, putting in as many as 18,000 meters per day with one goal: to make the Olympic team.

Morozov is now firmly planted in the United States, having lived for the past three years in the Los Angeles suburb of Torrance. The desire to accomplish his ultimate goal intensified this May when the 17-year-old set national high school records in the 50 and 100

yard freestyles at two high school championship meets.

At the California Interscholastic Federation Southern Section III Championships on May 15, Morozov bested Jimmy Feigen's overall national high school record of 19.49 in the 50 free with a 19.43 blast as the leadoff swimmer on Torrance High School's 200 freestyle relay.

Three days later, Morozov was back in the water at the CIF Masters meet, a competition for the best from all four divisions in the state's Southern section.

In the meet's final event, the 400 freestyle relay, Morozov blasted through four lengths of the pool in 42.87 seconds on the leadoff leg, becoming the first high school

swimmer to dip under the 43-second barrier. Feigen's record was 43.05.

Morozov said he was not surprised by the time in the 50, but breaking the record in the 100 free was a shock.

"I dropped half a second in two months," he said. "That's unreal."

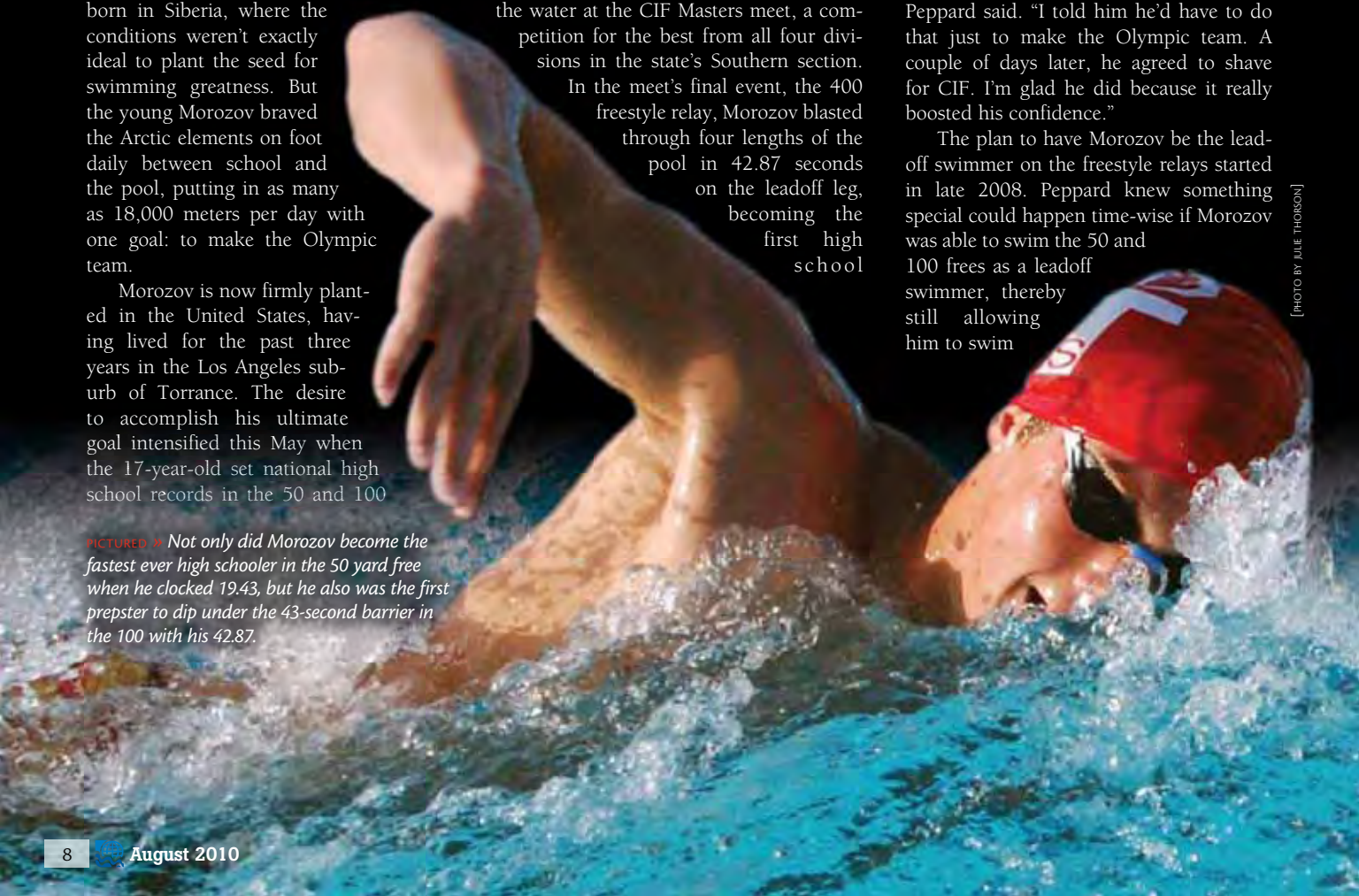
What's more unreal—at least for those who do not know Morozov—is his time drop in one year in the 100 free. At the 2009 CIF Southern Section III Championships, Morozov swam a 45.81 as the leadoff swimmer on Torrance's 400 freestyle relay. That's a *three-second drop* in one year.

How did he do it? The answer is simple, according to Torrance High swim coach Scott Peppard: he had never shaved or tapered before his record-breaking meets.

"I spent a long time trying to convince him that he should shave and taper for CIF, but he said he didn't want to shave and taper until he swam in the Olympics," Peppard said. "I told him he'd have to do that just to make the Olympic team. A couple of days later, he agreed to shave for CIF. I'm glad he did because it really boosted his confidence."

The plan to have Morozov be the leadoff swimmer on the freestyle relays started in late 2008. Peppard knew something special could happen time-wise if Morozov was able to swim the 50 and 100 frees as a leadoff swimmer, thereby still allowing him to swim

PICTURED *Not only did Morozov become the fastest ever high schooler in the 50 yard free when he clocked 19.43, but he also was the first prepster to dip under the 43-second barrier in the 100 with his 42.87.*



[PHOTO BY JULIE THORSON]

the 100 back and 100 fly individually. At the 2009 CIF Championships, Morozov led off Torrance's relays in 19.96 and 45.81. The plan was working.

"He had to take time to get acclimated to it and understand that leadoff swims count (for records)," Peppard said. "Once he started putting it all together, it jazzed him up that he could actually do something great."

As mind-boggling as his freestyle swims were in May, his times in the 100 back and 100 fly at the CIF meet officially gave notice that he will be a three-event threat at the NCAAs when he begins his freshman year at the University of Southern California this fall. His 47.55 in the 100 back was the fastest by a high school swimmer last season, and the 47.97 he swam in the 100 fly is the second-fastest in the country, behind the 47.55 posted by future USC teammate Chase Bloch at the CIF Southern Section II Championships.

Now only one question remains: which of these four events will Morozov not swim individually at the NCAA Championships?

MORE POTENTIAL UNTAPPED

Peppard has been one of Morozov's guiding hands since the teen and his mother came to the United States three years ago. Peppard acts not only as Morozov's coach during the spring high school season, but as a chauffeur to and from school.

"I remember the first day I ever met him, which was his first day in the United States," Peppard said of Morozov. "His main goal was finding a pool, and only when he did was he OK with looking for a school."

Peppard describes Morozov as "a machine" when it comes to pool workouts. One of Peppard's greatest memories of watching Morozov train came just a few days before his swimmer would break the 50 free record at the CIF meet.

Morozov swam four 100 yard freestyles from a push at an all-out effort on a 2:30 interval. Normally, Morozov would maintain a 49-second average, but on that day, the watch repeatedly showed 47s.

"I was mad at him for doing that set the week of CIF," Morozov said, "but obviously it paid off."

A favorite set of Morozov's is 10 x 100 freestyle on a 1:30 interval. Holding a 53-second average is the norm, obviously a remnant of his high-volume days in Siberia.

The opportunity to improve at USC is great, considering that Morozov has never done weights or a serious dryland program.

Working with Coach Dave Salo is likely to further intensify his goal of competing in

the Olympics—not for Mother Russia, but for the United States. Since the requirement of living in the country for five years will not make him eligible for the London Olympics, he and others within USA Swimming are working to find a loophole.

"I was told that I have to be among the top in the country in order for them to speed up my citizenship," Morozov said. "So I have to be the best in the nation. That's why my goal is to be in the top two in the country."

Morozov will make his case to the government—and to the swimming community—that he is serious about this quest to be an American Olympian at a sectional meet and the U.S. Open this summer. Peppard said Morozov is likely to be a better long course swimmer, where his smaller frame (6-1, 165 pounds) won't be as much of a disability on turns against taller competitors.

Morozov might not get the chance to race his chief competition at a taper meet this year, but he had a taste of how the best in the country swim when he competed at a USA Swimming Grand Prix meet in December. Racing Jason Lezak and Matt Grevers in the 50 freestyle final taught him that his height is his only true weakness.

"After they turned, this huge wave goes over me, so I had to do these big underwaters to get through that," Morozov said.

Morozov will likely carry on the tradition created by a long line of *Swimming World* male high school swimmers of the year whose potential was just barely tapped as they said goodbye to high school. Consider the current status of recent honorees Michael Cavic, Matt Grevers and Ricky Berens.

"In the 50 free, his starts are deadly," Peppard said. "He beats guys by half a body length just off the blocks. You can't

— continued on 10



PICTURED » Morozov will swim for Coach Dave Salo at the University of Southern California this fall, where he hopes to intensify his goal of competing in the Olympics—not for Mother Russia, but for the United States.

MALE SWIMMER — *continued from 9*
teach that. He's a diamond in the rough."

OTHERS IN THE PICTURE

The battle for the overall high school national record in the boys' 200 IM has been one of the most compelling stories of the past two high school seasons.

In 2009, Matt Thompson, Nick D'Innocenzo and Kyle Whitaker took turns owning the overall record in the event in a span of two weeks. It was Whitaker who was able to make the final claim on the record with a 1:45.25 at the Indiana High School Championships, just one hour after Thompson swam a 1:45.27 at the Texas state meet and a week after D'Innocenzo posted a 1:45.52 in Massachusetts.

With Thompson off to Stanford and D'Innocenzo at the University of Texas, Whitaker looked to end the 2009-10 season as the sole contender for the 200 IM record. His 1:44.55 at the Indiana state meet dropped the record to an unbelievable place for high school swimmers, and was believed not to be touchable for many years. But it only took three weeks for someone to answer Whitaker's challenge.

At the Pennsylvania State Championships, Hershey High School's David Nolan posted a 1:43.43 on March 19, a

three-second drop from his previous lifetime best of 1:46.26, set at the 2009 USA Swimming Short Course Nationals.

"I focused on breaststroke to make sure that split was really fast, because I'd say that's one of my weaker strokes," Nolan said in his interview with Peter Busch on "The Morning Swim Show," April 5, on SwimmingWorldMagazine.com. "Every stroke felt like I wasn't grabbing any bubbles under the water."

For their incredible performances this year, Nolan and Whitaker were named runners-up for the *Swimming World Magazine* Male High School Swimmer of the Year award. Nolan gets another shot at the top honor, as he's set to enter his senior year at Hershey High, where he said his chief goal is to lower his 200 IM record. His second individual event has yet to be determined, though he could give chase to Morozov's 100 free record of 42.87. Nolan swam a 43.27 at the Pennsylvania meet.

Nolan started his championship meet in March with a 21.82 backstroke leadoff leg on the Hershey High 200 medley relay (1:30.27) that broke the national public school record set by The Woodlands in 1999. It's highly likely that the overall national record of 1:29.79 set by the Bolles School last fall will be in jeopardy next year. Only butterflyer Sean Grier will

not be returning from the record-setting team.

Though Whitaker wasn't able to hold on to his 200 IM record, he still put up a swim that will make him one to watch at next year's NAAs, when he represents the University of Michigan. In addition to the 200 IM, Whitaker will be a strong force in the 100 fly for the Wolverines. He didn't swim that event this year at the Indiana state meet, opting instead for the 500 freestyle and putting up the country's fastest high school time with a 4:19.79 while breaking the Indiana state record by six seconds.

Whitaker also posted some heavy-duty relay splits. He led off Chesterton High's 200 medley relay with a 22.67 backstroke split and anchored the school's 200 freestyle relay with a 19.78.

Whitaker leaves the Indiana high school system with three individual state records that are not likely to be challenged in the near future. His 47.85 in the 100 fly from the 2009 championships was a top-ranked time that year, and would stand as the second-fastest in the country in 2010. He arrives at Michigan this month to train with Sean Fletcher, the current national high school record holder in the 100 fly, and John Wojciechowski, one of the top junior butterfly swimmers in the country. ♦

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FEMALE SWIMMER HIGH SCHOOL of the YEAR

CONTINUING GREATNESS

Dagny Knutson becomes only the fifth female to win back-to-back titles as Swimming World Magazine's Female High School Swimmer of the year.

BY JASON MARSTELLER • PHOTOS BY PETER H. BICK

DAGNY KNUTSON

Female High School Swimmer of the Year

For the second year in a row, Minot's (N.D.) Dagny Knutson has been named *Swimming World Magazine's* Female High School Swimmer of the Year. She again won the award in dominant fashion with two national records.

Knutson becomes only the fifth female to win back-to-back titles, joining Shadow Mountain's (Ariz.) Misty Hyman (1996-97), Gulliver Prep's (Fla.) Christina Swindle (2001-02), Long Beach Wilson's (Calif.) Jessica Hardy (2004-05) and Austin Westlake's (Texas) Mary Beck (2007-08). Only one swimmer has won the male honor two years in a row: The Bolles School's (Fla.) Alex Lim (1999-2000).

After setting a trio of national high school records during her junior year with top times in the 100, 200 and 500 yard free (48.33r, 1:42.81, 4:34.78), Knutson returned as a senior with another pair of record-breaking swims.

During this season's North Dakota High School State Championships, held last fall, Knutson lowered her mark in the 100 with a prelim time of 48.15 and set another record during prelims with a 1:53.82 in the 200 IM—not only cutting five seconds from her previous state mark of 1:58.58, but demolishing the previous national record of 1:56.45 as well, set by Beck in 2008.

PRIMED TO REPEAT

One might wonder what it would take to repeat as High School Swimmer of the Year, especially after such a breakthrough year as a junior. Not only did Knutson have the pressure of defending her title, but she also had to deal with college recruiting as a senior in high school.



PICTURED » *Knutson will forgo her college swimming eligibility to turn pro and train at the post-graduate and professional training center at FAST in Fullerton, Calif. "The 2012 Olympics are my main focus, and I want to do what I think will help me get there to accomplish my goals," she said.*

"I just kept doing what I always do as far as training," Knutson said when asked about how she re-focused. "I just set my standards and goals higher than the previous season, based off the events I wanted to swim at state."

With five national high school record performances in the books, Knutson has definitely been in the prep school spotlight the last two years. When asked which of those records was her personal highlight, she answered the 200 free in 2008.

"During my junior season, I knew I'd be swimming the 200 free, and I thought even a 1:44 was a stretch. So, when I saw a 1:42 (1:42.81) up on the scoreboard, my heart dropped—it was the greatest feeling in the world... something I'll never forget. It was probably one of

my first 'breakout' swims as well, so it was pretty special."

SENIOR STRATEGY

One of the interesting things about the high school state championship format is that a swimmer can pull out all the stops in prelims and still have a day to recover before finals the next day. Knutson used this to her advantage this year by setting records in prelims before winning the following day with slower times.

"Over the past couple state meets, I've tried just giving everything I had on Day One since I was freshest and ready to go," Knutson said about her prelim strategy. "Day Two, there are relays and there's the physical and emotional tiredness from Day One. So, I tried to get my individual goals out of the way during prelims."

Knutson also decided that during her senior season, she would focus on new events instead of trying to improve upon the records set during her junior year. Not only did this tactic demonstrate her remarkable versatility, but it also helped her win this year's SOY award since the selection process places a high premium on national high school records.

"The last time I had swum the 200 IM was my sophomore year, so I wanted to end my high school career with a faster 200 IM, as well as get the national high school record," Knutson said. "And I chose to do the 100 free for the same reasons."

Knutson will undoubtedly go down as the top swimmer ever to come out of the North Dakota high school ranks. She's definitely had an exciting six years as a swimmer while representing Minot High (from seventh through 12th grade) and propelling her school to the most state championships in North Dakota.

"I swam high school as a seventh and eighth grader, and

my eighth-grade year, our team wasn't expected to win state," Knutson recalled when reviewing her prep career. "We were really close with Williston High School. That state meet was one of the most fun times I've ever had because we dominated. Overall, the meet wasn't stressful at all, and it was so much fun. I also liked being young and getting to enjoy the moment with the older girls. They were all so great."

TOUGH DECISIONS

The 2009-10 season not only witnessed some exciting times for Knutson in the pool, but she also went through a rather stressful college recruiting process. Knutson first announced that she committed to Auburn University on SwimmingWorld.com in September 2009.

"I loved Auburn because the small-town feel felt like home, and the chemistry between the coaching staff and team was amazing," Knutson told SwimmingWorld.com. "The Auburn family works so well together! I'm excited to have the chance to be a part of a collegiate team, and I think it'll be a great place to improve my swimming abilities."

However, a half-year later, Knutson's career goals had changed, so she elected to bypass her college eligibility by de-committing from Auburn to become a professional swimmer in May 2010. She chose, instead, to head to the post-graduate and professional training center at FAST in Fullerton, Calif., as her next base of training.

"There were many different factors that went into making my decision," Knutson said when asked

about why she turned pro. "Sometimes, life puts you in situations where you have to make tough decisions. The 2012 Olympics are my main focus, and I want to do what I think will help me get there to accomplish my goals."

OTHER CONTENDERS

While Knutson won her second straight SOY title in dominant fashion, three other swimmers were in the running for the No. 2 spot. For the hard-core swim fan, each of the three is a household name: Jasmine Tosky, Missy Franklin and Cindy Tran.

Tosky, who swims for Palo Alto Stanford on the club circuit and Palo Alto High in prep swimming, finished second to Knutson in the High School Swimmer of the Year standings. Tosky, a sophomore, took the top spot in the 200 yard free (1:44.11) and finished second in the 100 fly with a 52.77. Only fellow sophomore Kendyl Stewart of La Costa Canyon, Calif. posted a faster butterfly time this past season with a 52.43—just 2-hundredths off the overall national high school record.

Franklin, a freshman sprint phenom who represents Regis Jesuit High and the Colorado Stars, clocked the second fastest 100 free in the country with a 48.39 (a national independent school record), trailing only Knutson's 48.15. She also finished third in the 50 free (22.49), behind Maddy Schaefer (22.24) and Margo Geer (22.35). Franklin also clocked a 53.04 in the 100 back for third, behind Tran (51.85) and Lily Moldenhauer (52.89).

Tran, a senior at Edison High who swims for Golden West on the club circuit, perhaps turned in the most impressive performance among the girls this year with her astounding 51.85 in the 100 back at the California Southern Section Division I Championships. She became the first high school female to clear 52 seconds in the event, crushing Natalie Coughlin's previous prep mark of 52.86 when she represented Carondelet in 1998.

Oddly enough, Tran is heading to Cal—Coughlin's alma mater—this fall. ♦

PICTURED » At last fall's North Dakota High School State Championships, Minot's Dagny Knutson set national high school records in the 100 yard free (48.15) and 200 IM (1:53.82), giving her five national high school record performances overall.



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A Dual Star

BY JOHN LOHN

She's an international open water champion who also has competed in the pool at the World Championships. It stands to reason that the USA's Chloe Sutton could excel in both disciplines come the London Olympics in 2012.

Amid flailing limbs and waves, and against strong currents, she has emerged as the United States' premier open water swimmer among women. But that identity, as satisfying as it might be, is not enough for this California Golden Girl. No, Chloe Sutton also harbors dreams of being her country's top distance swimmer in the 50-meter jungle.

There was a time not long ago when the United States had a well-defined female

leader in the distance realm. It was Kate Ziegler, and her multiple world titles handed her that distinction. Now, however, Ziegler is in the process of working her way back to past form, which has created an opening for Sutton. The 18-year-old makes it clear she'd love to carry the U.S. distance banner.

Balancing her already established open water career with her constantly growing success in the pool is a delicate issue for Sutton. Yet, she is proving it's doable, the proof residing in her recent national crown in the 10-kilometer open water event and her dominant display on the U.S. Grand Prix Circuit.

So, if she, indeed, emerges as a major international force in the 400 and 800 freestyles, will it really be considered a surprise?

— continued on 16

PICTURED » Chloe Sutton, who captured gold medals in the 10K event at the 2006 Pan Pacific Championships and 2007 Pan American Games, also competed at the Beijing Olympics, earning 22nd place and achieving a lifetime dream by representing the USA on the biggest stage in athletics.

[PHOTO BY CAETANO BARRERA, REUTERS]

Lane9

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USA SWIMMING SEXUAL ABUSE SAGA CONTINUES

USA Swimming continues to be mired in a controversy regarding potential cover-ups within the organization regarding sexual abuse claims.

The national governing body recently announced its "Banned-for-Life" list of people who are prevented from ever earning membership again. The shock was palpable when former national team director **Everett Uchiyama's** name appeared on the list. The most surprising development came when Uchiyama's then-employer—the Country Club of Colorado—claimed that USA Swimming had provided a positive reference for Uchiyama when he applied for a desk position. USA Swimming denied these claims.

Then, the saga continued when, just days after USA

Swimming announced a partnership with the Child Welfare League of America, the Country Club produced documented evidence of USA Swimming's positive reference of Uchiyama. The documents, acquired by *Swimming World*, revealed that club development director **Pat Hogan** provided a positive reference for Uchiyama nearly a year after Uchiyama was added to the "Banned-for-Life" list. Hogan was recorded as saying that Uchiyama was "fantastic—most popular employee in the organization," and that his initiative was "outstanding." Hogan also indicated that Uchiyama was eligible to be rehired at USA Swimming.

News then broke in late June that executive director **Chuck Wielgus** at best misspoke during an interview

— continued on 16

MAKING A NAME

Although open water competition is nothing new, drawing immense crowds 80-90 years ago, its popularity didn't start to rise again until a few years ago, and especially when the 10K event was added to the Olympic program for the 2008 Games in Beijing. It happens, coincidentally, that Sutton also began her climb to aquatic stardom during this time frame.

She was the 2006 Pan Pacific Championships gold medalist in the 10K event, and followed a year later by capturing the gold medal at the Pan American Games. At the Beijing Olympics, she earned 22nd place, but achieved a lifetime dream by representing the United States on the biggest stage in athletics.

Now, she's adjusting her goals.

A year after racing the 400 (13th), 800 (10th) and 1500 (eighth) freestyles at the World Championships in Rome, Sutton is determined to better her pool results on the global stage. She feels she has the ability to turn in greater performances against the best foes in the world, a development that the United States National Team would gratefully embrace.

"I've had gradual improvement during my career," Sutton said. "I've always loved to race and have loved competition, whether it was open water or in

the pool. All I cared about was making an Olympic team. When I would see a shooting star or a fountain...that would be my wish. Then, when my dream came true, I realized I had to change my wish. It's because I'm very competitive."

If there were any doubt whether Sutton's open water excellence would transfer to the pool, the first half of this year has provided the answer. At nearly each stop of the U.S. Grand Prix Circuit, Sutton has been among the dominant performers. She has sizzled from 200 meters through the 1500 on the way to building a sizable lead in the season-long points race.

As important, she has registered quality times while in training, suggesting that one day soon she'll be able to challenge the likes of Great Britain's Rebecca Adlington, the reigning Olympic champion in the 400 and 800 freestyles at the Olympic distance. This year, without a major international long course event featuring both the United States and Great Britain, that opportunity will not present itself. Next year, though, the World Champs will be in Shanghai, and Sutton would love the chance to make her mark.



PICTURED » *Chloe Sutton is doing everything possible to remain among the world's elite open water swimmers and to become her country's top distance swimmer in the pool. At nearly each stop of the U.S. Grand Prix Circuit this year, Sutton has been among the dominant performers from 200 meters through the 1500.*

PHOTO BY BILL COLLINS

LANE 9 — continued from 15

with ESPN's "Outside the Lines" last April. "It's hard to point a finger at a victim, but victims have got to report these crimes," Wielgus said on the show. "And we didn't hear about **Andy King** until April of 2009."

King, a former coach at San Jose Aquatics, was convicted and sentenced to prison for 40 years after molesting at least four girls during the course of 30 years. Evidence produced by the *San Jose Mercury News* indicated that Wielgus knew of the King situation as early as Jan. 27, 2003, based on correspondence sent from his e-mail on that date.

represented Slovakia at five straight Olympic Games from 1992 through 2008. She also excelled at the World Championships, winning three silver medals and a pair of bronze medals at the long course meets. Her best swimming, though, came at the short course Worlds, where she won seven gold medals during her career.



MARTINA MORAVCOVA GIVES BIRTH TO KAROLINA

Two-time Olympic silver medalist **Martina Moravcova** gave birth to a baby girl, **Karolina**, in June. Moravcova, who competed in college at Southern Methodist University,



PASSAGES

Charlie Hickcox, who won three gold medals and a silver medal at the 1968 Mexico City Olympics, passed away in mid-June after a battle with cancer. Swimming for the USA, he helped set a world record in the men's 400 medley relay in Mexico, while also winning the 200 and 400 IMs. His silver medal came in the 100 back. Hickcox also helped Indiana to two NCAA team titles.



ELITE TEAM PARTNERS

Swimming World extends a special thanks for the sup-

"It's been a great experience," Sutton said of the Grand Prix meets. "I've had a great time traveling to different places and seeing friends, but it's also been great competition and has kept me confident. I started out going to race, but after a couple of meets, I was doing really well and wanted to keep it rolling."

BALANCING ACT

How serious is Sutton about expanding her reputation in the pool? This tale should make it clear. Shortly after winning the U.S. title in the 10K in June, Sutton made the decision to bypass the Open Water World Championships in Canada. The decision was made because the timing of that event would have interfered with her training for the U.S. Nationals in early August in Irvine, Calif.

There's a reason Sutton is focused on the pool this year and willing to give up a chance at an open water world crown. The meet in Irvine serves not only as the selection meet for this year's Pan Pacific Champs, but also for next year's World Championships. Basically, there was too much at stake not to be in peak form.

"The toughest thing with balancing is my schedule and making sure that both don't take away from each other," said Sutton, who is guided as a member of the Mission Viejo Nadadores by Coach Bill Rose. "It's working out, and that's because Coach Rose is brilliant at what he has me do. I'm not involved in the planning. I just do what he says."

"There's so much on the line at nationals this summer, we thought the best option was not doing Open Water Worlds. I want to be in the best shape possible and not carry any baggage. The

“*(Balancing open water events with distance swimming in the pool) is working out, and that's because Coach Bill Rose is brilliant at what he has me do. I'm not involved in the planning. I just do what he says.... He's been a blessing in my life.*”

timing wasn't going to work for both.”

What has worked is Sutton's relationship with Rose, known as one of the United States' top distance coaches. Sutton began training with Rose in late 2007 and calls her mentor a good friend. It's not rare for Sutton to arrive at practice early so she can hang out in Rose's

office for a little chit-chat.

"He's been a blessing in my life," Sutton said. "He's one of my best friends."

LONDON CALLING

If Chloe Sutton has a dream lead-up to the 2012 Olympics in London, she'll compete both in the pool and in the open water event. By the time those Games roll around, she could be in contention for a medal in multiple disciplines. That would make a second Olympic experience better than her first.

What could make it even grander?

Although she admits she doesn't train specifically for the 200 freestyle, Sutton is gifted in that race as well. It would mean a great deal to go to Omaha for the U.S. Trials in two years and finish in the top six in that event, consequently nailing down a berth on the 800 freestyle relay.

"It would be amazing to be able to do that," she said. "I'm not focusing on it, but I know I have enough speed, and the endurance is definitely there. It would be great to make the finals and give myself a chance. I would be so honored to get a chance to swim on that relay."

In the meantime, Sutton is going to put in the necessary work to remain a dual star in a grinding sport. She's going to do everything possible to remain among the world's elite open water swimmers and to continue her development in the pool. As she follows that blueprint, she'll constantly think about that potential trip to England.

"You picture the Olympics every day at practice," she said. "Everything is a stepping stone to London. I want to be able to go there and do something special." ♦

port of Curl-Burke Swim Club, Mount Hood Aquatics and North Baltimore Aquatic Club. The three clubs recently joined the magazine's Elite Team Partnership program, which provides a whole host of products and services to a club's membership. For more information on the program, go to <http://www.swimming-worldmagazine.com/partnership/>.



NATIONAL RECORDS BROKEN

At the Spanish Open in Malaga, Spain's **Mireia Belmonte** lowered the national record in the women's 400 meter IM, breaking her own mark of 4:37.91 from the Beijing Olympics with a 4:37.33. France's **Yannick Agnel** clocked 1:46.35 in the men's 200 free at the French Long Course Nationals, bettering **Amaury Leveaux's** national mark of 1:46.54 from 2008.

Three national records were broken at the Japanese Long Course Nationals in Tokyo. **Yuuya Horihata** clocked a 4:12.02 in the

men's 400 IM to clear the 4:12.41 record set by **Ken Takakuwa** a year ago. **Masayuki Kishida** turned in a 22.11 in the men's 50 free to nip the 22.18 set by **Tomohiro Yamanoi** at the 2001 World Championships. Meanwhile, in his first major long course meet after a lengthy layoff since Beijing, **Kosuke Kitajima** posted a 27.30 during prelims of the men's 50 breast, eclipsing **Yuki Honda's** national record of 27.43, set at the 2009 World Championships.

CHLOE SUTTON WINS USA SWIMMING GRAND PRIX CHECK

Having just turned professional last winter, Mission Viejo's **Chloe Sutton** didn't waste any time in claiming her first big title in the pro ranks. Sutton turned in the most consistent successes throughout the USA Swimming Grand Prix en route to winning the grand prize check of \$20,000. Sutton also has remained active in the open water scene, earning a berth on the U.S. Pan Pacific squad. ♦

Open Water LOOKING FOR NEW CHALLENGES

BY EMILY SAMPLE

Paul Robinson, a successful triathlete and open water swimmer, hopes to cross the English Channel next summer.

There are endless barriers to break and feats to accomplish in the sport of swimming. Whether it's breaking one minute for the first time in the 100 free, finishing a 200 fly or winning an Olympic gold medal, success can be measured in many ways.

Next summer, Paul Robinson hopes to add, "Crossing the English Channel," to his long list of successes.

"I have wanted to swim the Channel for a long time, but I never really had the time to look into it or the resources to make it happen," he said. "Now that I'm over 40, I suppose I should make the attempt while I still have a good chance of making it."

Swimmers looking to attempt a Channel swim must endure a lengthy application process, join a Channel swimming organization, pay the required fees, hire observers and a boat captain, and keep a close eye on the tides near Dover, England in the lead-up to their attempt at crossing. Robinson recently found out he has been accepted to attempt the crossing next summer.

"It's actually a very interesting process," he said. "There are two governing bodies that oversee and validate Channel swims. The one I am working with is the Channel Swimming Association (CSA).

"Basically, I am required to join the association and pay the fees so that they will arrange to have an official observer on the boat when I make my attempt. The rest of the arrangements are handled through my boat captain, Fred Mardle.

"I've put down a deposit with Fred, and he will advise me about the range of dates the tides will be favorable. As soon as Fred gives us the green light, we'll go for it."

PREPARING FOR THE CHANNEL SWIM

Robinson first got into open water swimming a few years ago when training for triathlons. In the past seven years, he's competed in more than 50 triathlons, including four Ironmans, several Olympic distances and a few half-Ironmans. During the course of all of those races, he realized he really just wanted to go back and concentrate on his strength—swimming.

"While competing in triathlons, I always felt like the swim was never really represented equally as a segment of the race," he said. "For instance, we'd have a 5-hour race in which 30 minutes would be swimming, two-and-a-half hours biking and two hours running. I suppose I am too large to run or bike with the best of the

pack, so it's back to swimming!"

Although he won't be following this 10-plus-hour swim with biking and running, Robinson said he believes his experience in triathlons may help him deal with the psychological aspect of completing such a long race.

"I think swimming the Channel will be similar (to triathlons), although I've been told by some experts that the mental aspect of the Channel is what is the biggest challenge," he said. "My approach to long triathlons has been to break it up into smaller segments and take them one at a time. I intend to do the same with the Channel.

"I will have my support team keep me in the loop on my progress as I go through each lane, and I think that will help me stay in the event mentally."

Despite an apparent lack of open water swims in Texas and the surrounding region, Robinson has been able to find races in other states that have allowed him to keep up his training and preparations for the Channel swim. Last year, he completed the Horsetooth 10K swim in Fort Collins, Colo. in two hours, 43 minutes with only minimal training. This year, he hopes to drop at least 20 minutes off that time.

In November, he plans to complete a six-hour training swim in the 60-degree waters of Lake Texoma on the Texas-Oklahoma border.

"I'll do the required swim in November, and then again in April when the water returns to 60 degrees," he said. "Long weekend swims in the lake will be critical to a successful Channel crossing."

PICTURED » *In the past seven years, Paul Robinson has competed in more than 50 triathlons. During the course of all of those races, he realized he wanted to go back and concentrate on his strength—swimming. So, he's been competing in open water races and hopes to make a successful crossing of the English Channel next summer.*



Robinson says the local Coast Guard Auxiliary group will be on hand to ensure his training swims go smoothly, especially night swims, which he'll need to do to prepare for the possibility of finishing portions of his Channel swim at night.

Unfortunately, he will only be able to devote a small fraction of his training to lake swims—the rest will be mainly in the pool and on the bike.

"It's important to get your body used to competing for long periods of time, so I'll do plenty of weekend bike rides of six to eight hours," he said.

During the 21-mile swim—or longer, depending on the tides—that takes most swimmers between 10 and 15 hours to complete, depending largely on the weather conditions, Robinson is not allowed to touch the boat or wear a wetsuit. He can, however, grease parts of his body to prevent chafing, and take food and water from a bucket attached to a long pole.

"I'll take calories every 20 minutes or so," he said. "This frequency has worked well for me in triathlon efforts of over 10 hours," he said. "It's really important not to bonk, so I'll be eating and drinking things such as gels, Accelerade, Gatorade, water, warm chicken or beef broth and Coke."



PICTURED » "The kids see me working hard toward a goal, and I think that is a good thing for them to see," Robinson said. "And my wife, Bridget, is very supportive of my sports."

SWIMMING FOR A CAUSE

When he eventually takes the plunge into the chilly waters of the Channel next year, Robinson won't just be swimming for himself. He has dedicated his swim to his longtime age group coach, Neil Matzen, who passed away last December after battling glioblastoma, an aggressive form of brain cancer that also took the life of former Auburn University head coach Richard Quick. Matzen left behind his wife, Linda, and two young sons, and Robinson plans to donate the money he raises to the family.

"I am attempting to get some corporate or private sponsorship money raised to help support the swim," he said. "Once the cost of the swim is covered, I will donate all proceeds to the Matzen Education Fund, which has been set up for Neil's sons' education."

With continued support from his own family and friends, Robinson stands an excellent chance of completing the grueling swim successfully.

"The kids see me working hard toward a goal, and I think that is a good thing for them to see," he said.

"And my wife, Bridget, is very supportive of my sports. I tell her that I'm just trying to find new ways to impress her." ♦

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the POOL'S EDGE

MOTIVATION ■ TECHNIQUE ■ TRAINING IDEAS ■ EQUIPMENT USAGE

KICK IT UP!

BY KARLYN PIPES-NEILSEN

Faster swimming is the No. 1 benefit to becoming a better kicker.

From a propulsion standpoint, the kick is critical in every stroke.

In July of 2008, I had a *dream* vacation—in Omaha, Neb.

I spent an amazing week watching all 15 sessions of the USA Swimming Olympic Team Trials. It was an unforgettable experience I hope to repeat when the Trials return to the Qwest Center Omaha from June 25 to July 2 in 2012.

Besides admiration for every athlete who competed—including 40-year-old Susan Von der Lippe—I came away with three observations that changed the way I swim and teach:

1. Freestyle arm recovery—anything goes.
2. The breaststroke pull and kick is very compact.
3. To be a REALLY good swimmer, you must also have a REALLY strong, fast, sustainable kick.

Kicking used to be a great way to give the eyes a break from the massive amounts of chlorine in the pool or to catch up on the latest gossip. Not anymore.

“From a propulsion standpoint, I think the kick is critical in every stroke, but I also believe that the best kickers are more balanced swimmers,” says Kelly Kremer, co-head coach of the University of Minnesota women’s swimming team.

“We do a variety of kicking and kick-

oriented drill sets, and often the kick set is our primary set of that practice,” Kremer says. “For me, the fun comes in finding creative ways to provide new challenges for our swimmers.”

Does it work?

“There has been a noticeable improvement in our team’s ability to kick over the past several years with a direct correlation to their performance. And we have broken every school record during this same time frame,” says Kremer, who won the women’s Big Ten Championship title in 2008.

What is the No. 1 benefit to becoming a better kicker?

“Faster swimming!” Kremer says.

Here are some suggestions and ideas if you decide to add more kick to your training:

- Use your whole leg when you flutter kick, but the action is in the ankles. Think “long legs, loose ankles” or “floppy feet.” Maintain a tight kick by pointing your big toes inward and continuously tapping them together.
- The dolphin kick starts in the chest and rolls through the body like a wave ending with a snap of the ankle/foot. Since 75 percent of the propulsion comes from the ankles, your kick will improve if you increase your flexibility.
- For breaststroke kick, track your knees about hip-width apart and press the water back toward the

wall behind you. No need to “finish” the kick, as slamming your feet together may cause you to stall and lose momentum.

- It is perfectly OK to use a kick-board, especially as a mental break. However, try to balance it with kicking without a board in a streamline position on your back or side.
- Depending on the time of year, about 20-40 percent or more of your total training volume should be devoted to kick, kick with fins, kick/swim sets, drills, vertical kick, underwater work and test sets to chart your progress.
- Include kick in your warm-up. My favorite is: 100 freestyle, 100 non-freestyle (swim or drill), 50 kick. Repeat.
- Work on a quick tempo kick and catch-up swimming at the same time by focusing on “fast feet and slow hands.” Start each length with an exaggerated kick, then gradually add the pull with a long extension up front.
- Open water swimmers need a strong kick to accelerate quickly or to shake off the jerk that keeps hammering your toes.
- Do interesting and challenging kick/swim sets. Coach Kremer’s favorite set is 15 x 100, alternating 2 x 100 (50 kick/50swim) with 1 x 100 kick ALL OUT. Subtract five seconds every round of three.
- Your legs will take longer to rest when tapering. “Depending on the individual swimmer, we back off of the legs as much as four weeks out,” says Coach Kremer. ♦

World Masters Swimmer of the Year Karlyn Pipes-Neilsen of Aquatic Edge offers swim technique clinics and camps worldwide. For more information, please visit www.aquaticedge.org or e-mail Karlyn at aquaticedge@hawaii.rr.com.

Lane LEADERS

TRACI GRANGER

BY EMILY SAMPL

Swimming laps back and forth across a little black line for hours and hours can get pretty monotonous, as most swimmers might tell you. As a collegiate athlete at Cal Poly-San Luis Obispo in the late 1970s, Traci Granger and her teammates experienced a new form of training—one that would later inspire Granger to continue swimming and cross-training well after college.

“Our coach was the kinesiology professor. She didn’t train us hours a day, and she was always trying crazy things with us—at least we thought they were crazy at the time,” Granger



ABOVE » Traci Granger

recalled. “She would always tell us she was trying out some physiology or kinesiology experiment on us. But it made workouts fun. We didn’t do a ton of yardage—which was fine with me—and we were ‘guinea pigs’ for the experiments.”

Granger took almost 20 years off from competitive swimming following her college years, but she returned to the sport when her podiatrist recommended swimming to relieve pain in her lower extremities caused by plantar fasciitis. She joined the Los Angeles Peninsula Swimming (LAPS) team in Torrance, Calif., and has been swimming there ever since.

“We have a great team ranging from 30- to 70-year-olds, and we do a lot of fun things besides swimming in the pool,” she said. “We have a lot of team get-togethers like going out to eat, barbecues, bike rides and ocean swims. Some of the team members swam in college, others played water polo, some do triathlons, some don’t have any swim-related background. They’re a fun group, and I give anyone credit who gets up in the dark to train before they go to work!”

Waking up at the crack of dawn is something Granger says she’s always strug-



ABOVE » Traci Granger took almost 20 years off from competitive swimming following her college years, but she returned to the sport when her podiatrist recommended swimming to relieve pain in her lower extremities caused by plantar fasciitis.

gled with, despite considering herself a morning person.

“Getting up at 4:20 a.m. to be in the pool by 5 a.m. has been a huge obstacle!” she said. “But I’m a morning person, and I would rather swim first, go to work, and then be finished for the day. That is way better for me than having to work out at the end of the day. I think I would be too tired by then. However, some mornings are really cold to be out on the pool deck half-naked.”

Granger owned the fastest times in the women’s 50-54 age group over short course yards in several events last season, including the 50 and 100 free (25.39 and 56.35) as well as the 50 and 100 fly (26.77 and 1:00.28). Although she hasn’t competed in too many meets lately, Granger—when she does race—puts extra emphasis on technique and strategy over times.

“Another challenge for me is to swim a smart race,” she said. “That is pretty hard for me because I don’t practice ‘racing’ in competitions too often. When I do, I like to try and swim what I think of as a

perfect race—things such as a good start, nice streamline, race pace, good turns and nice splits.”

GETTING TO KNOW: TRACI GRANGER

Residence: Torrance, Calif.

Occupation: Professor of kinesiology at El Camino College (Torrance, Calif.)

College: College of the Sequoias (1976-78), Cal Poly-San Luis Obispo (1978-80)

Favorite thing about Masters: “Masters encompasses a large group of individuals who want to swim and be fit, have fun and have camaraderie. I enjoy going to competitions and visiting with friends from across the country who I sometimes see only once a year. I can work out with a like-minded group of individuals, and we can push one another and still have fun in the process.” ♦

THE WORKOUT CARD

Training with Davis Aquatic Masters

BY STU KAHN, HEAD MASTERS COACH, DAVIS (CALIF.) AQUATIC MASTERS

Swimming World Magazine suggests that you have a medical exam before starting any exercise program, then at least once a year thereafter.

Also, warm-up for at least 10 minutes and warm-down at least 10 minutes in each workout.

If you are just beginning your swim program as a fitness swimmer, please allow about 30 days for your body to acclimate to its new regime.

We recommend that you start off your training program by swimming three times a week and build to five or six times a week.

Remember, all exercise programs extend your fitness and health, but they do have inherent risks.

PRACTICE #1 (Monday) DISTANCE

WARM-UP

- 10:00 (swim 250-stretch-swim 250)

MAIN SET

- 500 free smooth, 2 x 250 free faster pace
- 4 x 25 Fast, #1 stroke (not free)
- 400 free smooth, 2 x 200 free faster pace than previous

- 4 x 25 Fast, #1 stroke (not free)
- 300 free smooth, 2 x 150 free faster pace than previous
- 4 x 25 Fast, #1 stroke (not free) (All rests = 20 secs.)

COOL-DOWN: 200

TOTAL = 3,400 Yards

PRACTICE #2 (Tuesday) MID-DISTANCE POTPOURRI

WARM-UP

- 10:00 (swim 250-stretch-swim 250)

MAIN SET

- Swim 500 free, build by 100
- Kick 500 (long fins), streamline on back. Alt 50 flutter kick & 50 dolphin kick (with buoy between thighs)
- Swim Math 500 IM (20 lengths) Lengths that are prime numbers are free, lengths divisible by 2 are back; by 3, breast; and by 5, fly. The rule for numbers with multiple divisors is: "the higher number

takes precedence." For example, length #6 is breast, not back—i.e., 6 is divisible by both 2 and 3, but 3 is the higher number.

- Pull 500 free lungbuster (20 lengths) Odd lengths, breathe every 3rd pull; pulls between breaths on even lengths equal length number

- Swim 500 Speedplay 25EZ-25Fast, 50EZ-50Fast, 75EZ-75Fast, 100EZ-100Fast

COOL-DOWN: 200

TOTAL = 3,200 Yards



FOURTEEN AUSSIE MASTERS RECORDS BROKEN

Several Aussies took down more than a dozen short course national Masters records—a majority in 25-meter events—at the West Australian State Championships, May 1-2, in Perth, Australia. Some notable records in Olympic-distance events included **Paula Hill's** 27.98 in the women's 35-39 50 meter free; **Joyce O'Farrell's** 1:05.06 in the women's 90-94 50 free and 2:28.20 in the 100 free; **Vic Paul's** 3:01.01 in the men's 65-69 200 fly; and **Anthony Dunne's** 2:37.58 in the men's 45-49 200 breast.



USMS SHORT COURSE NATIONALS FEATURES RECORD-BREAKING SWIMS

With a record 1,976 swimmers registered for the 40th USMS spring nationals, held at the Georgia Tech University Aquatic Center in Atlanta, May 20-23, it should come as no surprise that the meet featured dozens of record-breaking swims.

Among the record-breakers were: (WOMEN) **Denise Brown** (50-54), **Marissa Clapp** (18-24), **Charlotte Davis** (60-64), **Suzanne Dills** (65-69), **Emile Ewing** (18-24), **Laura Glass** (25-29), **Sheri Hart** (35-39), **Brigitte Heuer** (50-54), **Tanica Jamison** (25-29), **Lo Knapp** (55-59), **Cokie Lepinski** (50-54), **Celeste Miller** (60-64), **Fiona O'Donnell-McCarthy** (18-24), **Ellen Reynolds** (45-49), **Nancy Steadman-Martin** (55-59), **Diann Uustal** (60-64) and **Laura Val** (55-59); (MEN) **Richard Abrahams** (65-69), **Lance Asti** (30-34), **Dennis Baker** (45-49), **Holden Bank** (50-54), **Tom Barton** (50-54), **Alan Bell** (60-64), **Jon Blank** (50-54), **Nick Brunelli** (25-29), **Richard Burns** (65-69), **Eric Christensen** (35-39), **Jim Clemmons** (60-64), **Philipp Djang** (55-59), **Jeff Erwin** (45-49), **Kenneth Frost** (65-69), **Mark Gangloff** (25-29), **Zsolt Gaspar** (30-34), **Jack Groselle** (55-59), **Brad Horner** (55-59),

GUTTERTalk



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PRACTICE #3 (Wednesday) SPRINT

WARM-UP

- 10:00 (swim 250-stretch-swim 250)

SET #1

- Swim 300 choice (easy-med-fast by 25. cont.)
- 300 IM. kick/swim by 25

SET #2

- 5 x 50 @ :40 make interval
- 1 x 50 @ :45 FAST

- 4 x 50 @ :45 make interval
- 2 x 50 @ :50 FAST
- 3 x 50 @ :50 make interval
- 3 x 50 @ :55 FAST
- 2 x 50 @ :55 make interval
- 4 x 50 @ 1:00 FAST
- 1 x 50 @ 1:05 make interval
- 5 x 50 @ 1:05 FAST

COOL-DOWN: 200

TOTAL = 2,800 Yards

PRACTICE #4 (Thursday) IM/FREE

WARM-UP

- 10:00 (swim 250-stretch-swim 250)

SET #1

- 2x through:
- 300 free @ 3:45 (neg split)
- 3 x 100 IM @ 1:30
- 3 x 100 free @ 1:20

SET #2

- 16 x 25 free breath control
- 0-1-2 breaths per lap;
- 3 breaths rest on wall

COOL-DOWN: 200

TOTAL = 3,500 Yards

PRACTICE #5 - (Friday) IM/PULL

WARM-UP

- 10:00 (swim 250-stretch-swim 250)

SET #1

- 3x through:
- 125 free @ 1:40
- 100 back @ 1:30
- 75 breast @ 1:20
- 2 x 25 fly @ :40 (1 breath per 25)

SET #2

- Pull with paddles and buoy

OR swim

- 500 free. get 400 split
- 400 free. beat 400 split. get 300 split
- 300 free. beat 300 split. get 200 split
- 200 free. beat 200 split. get 100 split
- 100 free. beat 100 split (All rests = 30 secs.)

COOL-DOWN: 200

TOTAL = 3,250 Yards

SAMPLE DAILY DIET

BY NICOLE DAVID

Nicole David, 42, swims for Davis Aquatic Masters.

After being diagnosed with anemia last spring and seeking the advice of many, I decided to:

- Eat regularly and often throughout the day
- Replenish within 30 minutes after practice by consuming plenty of fluids and an energy bar
- Substitute fresh fruit, salads and briefly steamed (5 mins.) vegetables over all-processed, imitation foods and drinks

- Include protein and carbohydrates as important energy sources for a well-balanced diet

- **Breakfast:** yogurt with fresh berries, grape nuts and flax seeds (high in iron and antioxidants)
- **Snack:** orange and nuts (vitamins, protein and omega-3 fatty acids)
- **Lunch:** salad with sprouts and a slice of whole grain bread (vitamins, minerals, carbohydrates, protein)
- **Snack:** ½ avocado and some dried apricots (fiber, potassium, vitamins, folic acid and iron)
- **Dinner:** pasta and tofu fried with collard or other greens and raisins in a lemon sauce (little bit of everything) ♦

Richard Hughey (45-49), Burwell "Bumpy" Jones (75-79), Cullen Jones (25-29), Richard Kammerer (50-54), Clarke Mitchell (75-79), Ande Rasmussen (45-49), Michael Ross (40-44), Steve Scheren (18-24), David Sims (45-49), Chris Stevenson (45-49), Robert Strand (60-64), Keith Switzer (45-49) and Steve West (35-39).

Complete results from the meet and a list of all the record-setting performances can be found on the USMS website at www.usms.org.



MISSION VIEJO MASTERS MEET KICKS OFF SIZZLING SUMMER

Just two weeks prior to the USMS Short Course National Championships, nine USMS records were broken at the Mission Viejo Masters Meet in Southern California. Frank Piemme accounted for nearly half of the nine individual records broken, setting USMS marks in the men's 85-89 100-200-500-1000 freestyles with times of 1:36.02, 2:50.54, 7:54.01 and 16:28.80. Alex Kostich took down three records in the men's



[PHOTO BY DAVE GONZALES]

ABOVE » Frank Piemme

40-44 age group in the 500-1000-1650 free (4:39.86, 9:32.66 and 15:51.52). Finally, Laura Val (55-59) and Jackie Marr (65-69) lowered the women's 400 IM record in their respective age group to 5:03.92 and 6:15.25.



LYNN HAZELWOOD EARNS MASTERS SWIMMING'S HIGHEST HONOR

Reston Masters Swim Team's Lynn Hazelwood, 64, was awarded the Ransom Arthur Award at this spring's USMS National Championships in May for her continued support and volunteering in the Masters community. Although not present to accept the award at the meet in Atlanta, eight former recipients of the award, including Nancy Ridout, Sandi Rousseau, Kathy Casey, Barry Fasbender, Jim Miller, Mel Goldstein, Betsy Durrant and Paul Hutinger, were on deck to recognize her accomplishment.

FOLLOW USMS SUMMER NATIONALS ONLINE

Couldn't make it to San Juan, Puerto Rico for the USMS Summer Nationals? Don't worry—you can still keep up with all of the action from the meet on your computer! Log on to usms.org from Aug. 9-12 for real-time results from the biggest Masters meet of the summer. ♦



THE "HOW-TO" MAGAZINE FOR BETTER SWIMMING

SWIMMING TECHNIQUE

Swimming Technique was first published in 1964 as the official magazine of the American Swim Coaches Association. Today the title lives as a section in Swimming World Magazine and can be downloaded separately.

COACH DAN GELDERLOOS

[PHOTO PROVIDED BY CALVIN COLLEGE]



Dan Gelderloos Head Women's and Men's Coach Calvin College Grand Rapids, Mich.

Dan Gelderloos (B.S. in geology, Calvin 1994) was a four-year performer and senior captain for the Knights before earning Master's degrees in geology at the University of Memphis and in sports administration from Western Michigan University. Since becoming head women's and men's swimming and diving coach in 1996, Gelderloos has guided the Calvin women's swim team to eight MIAA Conference titles and five top 10 NCAA Division III national finishes. His men's teams have improved as well, finishing ninth at the 2002 NCAA meet.

Gelderloos is an ASCA Level 5 coach and has received an ASCA certificate of excellence five times.

A MIGHTY FORTRESS

BY MICHAEL J. STOTT

Dan Gelderloos has drawn strength from Calvin College's Christian heritage, producing national champions and galvanizing the swimming and diving programs into a Michigan Intercollegiate Athletic Association and NCAA Division III force.

Q. *Swimming Technique*: Recently, Calvin College's men's team has not matched the women's success at NAAs (top 10 from 2005-09). Any reasons?

A. Coach Dan Gelderloos: Since 2002, we were in transition without an on-campus pool for two years while building the new Venema Aquatic Center. That hurt recruiting some, although the women kept rolling.

This year, 18 of 22 men were freshmen or sophomores. We were in great need of new energy and excitement from our freshmen. Next year will be better now that this young class knows what college swimming takes, training expectations and how to balance college swimming and academics.

How do athletes do that in Calvin's demanding liberal arts curriculum?

Calvin students do very well on graduate entrance tests and get great jobs following graduation. We encourage teammates to help each other get to the library and form small study groups within each major. We also have an outstanding Student Academic Service with counselors and tutors.

Talk about the Christian college experience.

This is the best part of coaching at Calvin College. I want a team that is not only connected by their talents in the

water, but also a team that shares the same faith, realizes that we are not perfect and wants to help each other to grow in all areas of their lives. We provide opportunities for swimmers to talk openly about their faith, pray together and challenge each other to make good choices based on what they believe as Christians. Being able to integrate faith and learning is a great thing at Calvin.

Does Calvin's faith-base orientation hamper recruiting?

Yes and no. As a Christian college, some recruits rule us out immediately although we do get many swimmers interested in a Christian college. We get a good mix of athletes from Christian and public schools. It is a great environment to learn, grow, reach all of one's goals and integrate one's faith in the whole process.

Erica Deur rocks. What attracted this diving superstar to Calvin?

She was an incredible athlete. Her parents went to Calvin College, so that was a help. Before matriculating, we promised her an opportunity to dive at a very high level, get a great education and provide a Christian environment. She earned eight All-American recognitions, two national titles and a national record. Erica now works in Boston as a teacher.

Has the Venema Aquatic Center helped your program?

It's been an incredible addition to this team and college. The quality of our practices has increased significantly, and recruiting contacts have almost doubled. Finally, we can host meets and events on campus.

How is the Calvin season plan structured?

The first half of the year is broken up into two phases. The first four to five weeks, we focus on conditioning. The reps are high, sets are low rest, and we do a good amount of dryland.

The next four to five weeks lead to our winter invitational around Thanksgiving. Meets are in full swing, and we start breaking up into more specific training groups—such as strokes, distance and IM—and introduce race-specific sets. Also, dryland and weights get more power-oriented rather than endurance-based. Thanksgiving allows some rest. Our winter invitational reveals what we are doing right and what we need to fix going into the second half of the year.

Our post-invitational period includes transition weeks with one week of classes and one week of exams. At Christmas, swimmers are expected to train with their high school or club teams in anticipation of our winter training trip.

Phase III is a four-to-five-week period that kicks off with our winter training trip and leads to our taper for our conference (Michigan Intercollegiate Athletic Association) championships. Training gets very specific with faster in-water practices. Dryland and weights are almost all power-oriented.

Taper is one to three weeks and situational, depending on the swimmer, events and/or gender. We have options for swimmers so they can take control of their tapers.

Is Calvin a heavy-volume swimming program?

No. I write workouts based on what we need to accomplish. On a low rest endurance

set, our elite groups may get substantial yardage on that given day—about 7,000 to 8,000 in two hours. Pace work yardage usually comes down to accommodate recovery swimming. I believe you can reach higher aerobic capacities on land versus water, so some of our endurance work is done in dryland to reduce volume and yardage-induced injury.

Kicking?

Almost every day. The legs are where everything starts. Tuesdays are virtually all kicking.

We do almost every kind of kick imaginable: against the wall, on our sides, on our back, vertical board, against a stretch cord, pushing a teammate, underwater and so on.

I get the whole team involved in a whistle set. This is a 30-to-45-minute kick in which they will do different types of kick on a set time. I'll blow the whistle, and the type of kick will change or the intensity will increase or decrease. For example, they'll sprint kick for :30, :15 EZ, then :30 kick with vertical board, which adds a lot of resistance. You can vary patterns infinitely.

My teams like it. With no set distance, slower kickers don't feel like they are getting left behind. One set is a simple kick-swim, doing 100s—50 kick/50 swim—on 1:30, holding best average. The distance group does 300s—swim/kick/swim—on 4 minutes.

Dryland?

This is a big part of our training and a reason for team success. We do a lot of full-body plyometrics that incorporate many swimming movements. We spend 30 to 45 minutes, three days a week, doing dryland, then 30 to 45 minutes in the weight room, typically in the mornings for our sprinters while our other groups are in the water.

What's the deal on Calvin holiday training?

Our main training site is Coral Springs Aquatic Complex

in Deerfield Beach, Fla. We have been to Hawaii and Puerto Rico. It is a week that we can go overboard in training, but perhaps the most important part is that we spend a week getting to know each other. We come home very close and motivated to finish off the year at our best. During our trip, I challenge our swimmers with tough sets to measure individual and team response.

Any mental training and visualization?

During the last full week of taper, I bombard them with positive things, such as 10 to 15 minutes of a movie clip or sporting event—something that creates chills. It works!

What do you do for a dual meet warm-up?

I have a five-step process that gives the swimmers a chance to create their own

warm-ups:

- 500+ focus swim—easy, slow swimming
- 200 to 500 drill work—something like 75s kick/drill/swim to get technique and feel right
- 200 to 500 building swims—get the heart rate up, maybe 12 by 25, descending by 3s
- Race pace—sprinters do a few starts/turns at race pace, maybe a 25 or so; distance swimmers do two to five 50s pace work as needed. I usually supervise.
- During the meet, swimmers may have to revisit steps 1 to 4, depending on meet length and number of events. Swimmers work with the coach. ♦

Michael J. Stott, one of *Swimming World Magazine's* USA contributors, is based in Richmond, Va.

Online Premium Members click here to read more from Coach Gelderloos' interview at www.SwimmingWorldMagazine.com.

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EMILY ROBERTS and MAGGIE VAIL

BY MICHAEL J. STOTT • PHOTOS PROVIDED BY CALVIN COLLEGE

At the end of May, Coach Dan Gelderloos bid adieu to two senior stalwarts who were the backbone of Calvin College's (Grand Rapids, Mich.) recent MIAA conference championship and NCAA Division III top 10 team finisher.

During their tenures, breast-strokers and IMers Maggie Vail and Emily Roberts achieved many of the same results—All-American, MIAA champion, school record holder and MIAA MVP (Vail senior year, Roberts as a junior). “However, their training was very different,” says Gelderloos.

“Emily responded to a traditional program, training predominately with our IM group. We had a lot of success with some good hard aerobic IM sets that involved high yardage, low rest. The more big IM sets we could put together, the better she would swim,” he says. “Emily was a true competitor. She worked hard, but her true strength was the ability to want to race and beat somebody.

“Maggie never practiced with Emily. Maggie had shoulder surgery in high school and was limited in the amount of swimming she could do. She did a combination of training with our sprinters and on her own. The workouts focused a lot more on quality.

“She did faster swimming, kicking, had more rest and did not do many long aerobic sets that would jeopardize her shoulders. I would try to work her shoulders in short amounts so they would have time to recover. She would do most of the sprinters' sets and, when in doubt, we would kick or do a completely different workout.

“Maggie's secret was she never

quit. She also trusted and communicated with the coaching staff, and she hated to lose.”

SAMPLE SETS

EMILY ROBERTS

Mid-October 2009

- 5 x 700 @ 10:30
 - #1: 50 fly-50 back, 50 fly-100 back, 50 fly-150 back, 50 fly, 200 back
 - #2: 50 back-50 breast, 50 back-100 breast, 50 back-150 breast, 50 back-200 breast
 - #3: Reverse of #2
 - #4: 50 breast-50 free, 50 breast-100 free, 50 breast-150 free, 50 breast-200 free
 - #5: 50 free-50 fly, 50 free-100 fly, 50 free-150 fly, 50 free-200 fly
- 10 x 150 free (you may pull)
 - 4 @ 2:00/2:05
 - 3 @ 1:55/2:00
 - 3 @ 1:50/1:55

MAGGIE VAIL

Mid-October 2009 (same day as Emily)

- 4x through:
 - 3 x 50 free @ :45 (P200 +3)
 - 1 x 175 free @ 3:00
 - * under best 200 free time
 - 2 x 50 stroke @ :50 (P200 +2)
 - 30 secs. to get on blocks
 - 1 x 25 sprint @ :30
 - 4 x 50 @ 1:15 recover
 - * 2 swim/2 drill
 - 3 x 300 drill/swim with fins with 30 secs. rest
 - 4 x 50 @ :40 (P200 +3)
 - 4 x 50 EZ @ 1:00
 - 4 x 50 @ :45 (P200 +2)
 - 4 x 50 EZ @ 1:00
 - 4 x 50 @ :50 (P200 +1)
 - 4 x 50 EZ @ 1:00
 - 2 x 50 @ 1:00 (P200 -1)
 - * 1st set was done freestyle
 - * 2nd set was done breast-stroke on the pace 50s

• • •

EMILY ROBERTS

Mid-January

“This was a great day!”

The goal for 75s was under :45—only a handful of kids were

able to do it, while most of the team was under :50. There was a 50 EZ between every line on coach's sendoff. Emily did the 100s and 200s swimming IM; she did the 25s using breast

- 2 x 75 @ :50
- 6 x 25 @ :30 (P100)
- 4 x 75 @ :55
- 1 x 100 from dive @ 1:30
- 6 x 75 @ 1:00
- 6 x 25 @ :30 (P100)
- 8 x 75 @ 1:05
- 1 x 200 from dive @ 3:00
- 6 x 75 @ 1:10
- 6 x 25 @ :30 (P100)
- 4 x 75 @ 1:15
- 1 x 100 from dive @ 1:30
- 2 x 75 @ 1:20
- 6 x 25 @ :30 (P100)
- 500 EZ pull
- 30 x 25s @ :45 with fins (paddles optional)
 - #1: All out to 15M
 - #2: Build to finish
 - #3: All out to 15M
 - #4: No breath, as few strokes as possible

MAGGIE VAIL

Mid-January (same day as Emily)

Maggie's shoulders were not 100 percent this day. We did a version of Emily's first set, and that was very successful.

- 75s were done kick with fins as follows:
 - 25 head up, no board, 25 fly kick on back, 25 swim
 - 100s/200s were breast-stroke
 - 25s were sprint kick with no fins
 - * Sendoffs were altered when needed
- Then we did a great 20-minute breaststroke set since it did not bother Maggie's shoulders:
 - 30 secs. breast pull against stretch cord
 - Then dropped buoy, added kick, sprinted to wall
 - 30 secs. rest
 - Repeat until 20 minutes is reached ♦



ABOVE » Emily Roberts



ABOVE » Maggie Vail



How they train

Goal-Oriented

BY MICHAEL J. STOTT

Goal setting is essential to team leadership, direction, tradition hopes and dreams.

The following words reside atop one team's season goal sheet: "If you don't know where you are going, any road will get you there."

One wonders, "Did the creator of 'Alice in Wonderland' ever hold a stopwatch?" Likely not, but if he did, he most likely would have recognized goal setting as integral to team leadership, direction, tradition, hopes and dreams.

COLLEGE PERSPECTIVE

Stanford women's coach Lea Maurer knows all about traditions and goals. She was an Olympian and a member of three Cardinal NCAA championship teams (1992-94), earning 10 NCAA individual and relay titles. In her fifth year as head women's coach on The Farm, Maurer's athletes are "not only committed to individual goals, but dedicated to the team goals. We want to reach our full potential individually while being our best daily. The two are not mutually exclusive, but every decision is driven by what is best for our team," she says.

Kathy Milliken, head coach of the Kalamazoo College men's squad, was a seven-time NCAA Division III All-American at Denison. This year, after leading the Hornet men to a fourth-place finish at NAAs, she became the first female to be named the division's men's coach of the year. She believes team goals work especially well when squads have strong bonds in and out of the pool.

"The more athletes hold themselves accountable and care about what their teammates think, the more they are willing to work hard in

PICTURED » Stanford coach Lea Maurer, an Olympian and a member of three Cardinal NCAA championship teams, says her athletes are "not only committed to individual goals, but dedicated to the team goals. We want to reach our full potential individually while being our best daily. The two are not mutually exclusive, but every decision is driven by what is best for our team."



[PHOTO BY BILL COLLINS]

the water, balance their school, swimming and social lives, get enough sleep, eat healthy and want to become better.

If someone gets off track, it is easier to pull him back by reminding him of his role and how he fits into overall team goals," she says.

So when do teams set goals?

In "Alice in Wonderland," the King advised the White Rabbit to "begin at the beginning and go on until you come to the end; then stop."

Kalamazoo sets goals two weeks into the season. "I

want to make sure that our team goals are realistic. It is

difficult to do that when you haven't figured out what the first year's strengths and weaknesses are and how hard the upperclassmen trained in the

off-season," says Milliken. "I take

those first weeks to meet with individuals. By hearing their goals, I can better assess what the future holds for the team."

Most coaches don't mandate goal setting. "It is a collaborative effort and always in need of tweaking," says Maurer.

Milliken tries to be more of a mediator in goal-setting meetings rather than dictating. "I find that the team takes more ownership if they are the ones setting them," she says.

Texas A&M coach Steve Bultman agrees. "The girls brainstorm and present team goals. We help a little and do it early in the fall, splitting up into captain-led small groups. Then we all discuss and come up with specifics and, hopefully, a team motto. This season it was, 'one team.' That was appropriate because we had a new dive coach, and in the past, we had functioned as two units."

The captains' role in goal setting and "the power of their voices is crucial," notes Maurer. So is past history. "Building a tradition is always important," she says.

That was especially true in 2010 for the Hornets whose men's team set a goal of being top five at NAAs after finishing sixth

— continued on 28

GOAL-ORIENTED — *continued from 27*

three times previously. “They wanted to be the best men’s swim team in Kalamazoo College history and that was an easy way to define being ‘the best,’” says Milliken.

Revisiting of goals varies by team. Texas A&M’s goal sheet has 15 questions related to individual events and goal times. Bultman meets separately with each girl in September or October, in January to discuss conference and/or NCAA tapers and in April for a season-ending review and summer-planning session.

Stanford coaches and athletes address goals at Christmas, mid-season, pre-championships and “whenever they are losing sight,” says Maurer. Milliken focuses on the beginning and what she calls a “need-to basis.” In 2010, she had a freshman who achieved her end-of-season time goals at a mid-season rest meet. “She was really excited, but the coaches knew that she had a lot more potential for that season. We re-evaluated her goals and set the bar higher. Those new goals are serving to keep her motivated to address her weaknesses in the off-season,” she says.

Celebration of individual goal achievement is often confined to hugs and high-fives with the mass pandemonium reserved for conference titles or the elusive national championship. Maurer says that Stanford celebrates failures. “The more failures we have, the more opportunities we have to learn and become that much better next time. This year, we were hunting our dreams and seeing where

that landed us. We were perfect-ish—2.5 points shy. I want them to use the sting to fuel their hearts as they pursue their next dream or their next challenge,” says Maurer.

The feeling of unfinished business also lingers in College Station. “We came close to our goal, finishing sixth and just 71 points out of first,” says Bultman. “We did win conference, and that was awesome. One of our goals was to have somebody win NAAs, and two girls won individual events. My No. 1 goal is for everybody to get faster and do best times. If that is happening, then the team goals are going to take care of themselves.”

HIGH SCHOOL PERSPECTIVE

Secondary school coaches eye season-ending meets with the same fire and focus as their college counterparts. Greg Fastrich is coach of two-time defending Pennsylvania Interscholastic Athletic Association champion Hershey High. Led by national record holder David Nolan, the Trojans bludgeoned the competition to win the 2010 state title by 264 points.

“Team goals are what keeps our team working together,” says Fastrich. “With them having priority, we usually reach individual goals, or at least they come pretty close.”

He’ll get no argument from Larry Rogers, coach at Bellarmine College Prep in San Jose, Calif. Last year, his boys team was the nation’s top independent school in the NISCA rankings for schools with enrollment exceeding 900 students. His charges have won 27 out of the last 28 CIF (California) Central Coast Section Championships (starting with Pablo Morales) and have lost only three dual meets in 29 years. “Tradition is a big motivator,” he says. “No senior wants to leave the program being in the class that did not continue the winning streak.

“We use our seniors as a board to set goals at the beginning of the season. The goals are virtually the same each year—that is to win our CIF Section Championships.” Rogers provides extra structure by indicating times necessary to place at championships, names of returning meet placers, current year top team times as well as All-American and section qualifying times.

For Fastrich, the process begins in September. “Our swimmers fill out information related to

time, competition level, outcome, technical (swimming attributes) and personal goals (college choices, academics and career). Then, I meet with swimmers who return their goal sheets. I don’t require my swimmers to turn them in.

“I try to motivate swimmers in training based on the goals they set. I tell them not to expect certain times if their training is insufficient to reach those times, and that’s the only time I mention an athlete’s individual goals. Team goals, which captains discuss at the beginning of the season in November, are just known. We don’t re-discuss the end goal. If freshmen set unrealistic goals, I just let them be. At the end of the season, we reflect and then make realistic goals. It’s a learning process. I let athletes think big.”

For Mike Adams, coach of the boys 2010 Illinois state champion Naperville Central Redhawks, goal setting starts a stream of constant communication. In addition to weekly team meetings, Adams uses completed goal sheets as the basis for individual meetings. Swimmers projected to advance through Illinois’ stringent qualifying standards often find themselves meeting with Adams bi-weekly.

“The main thing for us,” says Adams, “is the process of getting there. Are you doing everything you need in the weight room? Are you as fast as you need to be on your quality sets? Are you working your underwaters? If we work on the process, everything usually turns out pretty well,” he says.

Interestingly, Redhawk captains are not a part of the goal-setting process. “Where they are really good is making people stay on task,” says Adams. “The goal for our team is for everyone to swim well. We take pride in that. This year we had 99.5 percent best times—by a lot.”

Had his team not secured the crown, the drill would have been the same: talk about the season, re-invigorate and prepare for next year. “Sometimes you don’t attain everything,” says Adams. “That doesn’t mean you’ve had a bad season. You use the disappointment for next year.”

Milliken, perhaps speaking for all coaches, concurs: “This is why we compete in sports. If the outcome was set, it wouldn’t be exciting and we wouldn’t be challenging ourselves to reach new goals and overcome mental or physical obstacles. As long as we use the disappointment as motivation and learn from our mistakes, we’ll be better athletes in the future,” she says. ♦

Michael J. Stott, one of Swimming World Magazine’s USA contributors, is based in Richmond, Va.

interview » Greg Fastrich, coach of two-time defending Pennsylvania Interscholastic Athletic Association champion Hershey High School, believes that team goals are what keeps his team working together: “With team goals having priority, we





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How to Prevent Shoulder Pain

STORY AND PHOTOS BY G. JOHN MULLEN

The shoulder is a complex area of multiple joints that is under high levels of stress in swimming, but a proper understanding of the shoulder and preventive exercises will impede the epidemic of shoulder injuries sweeping the swimming community.

It is estimated that 87 percent of swimmers will experience shoulder pain during their career. This astronomical number is embarrassing for the sport and needs to decrease immediately.

Medical practitioners and researchers believe volume is the cause of all swimming injuries. This is difficult to dispute, considering that an average swimmer could take around 10 billion strokes during a 20-year career!

However, coaches have heard this story before and little has changed. Therefore, a prehabilitative approach to shoulder injury is essential to improve the health of young shoulders.

First, let us discuss the anatomy of the shoulder and symptoms of shoulder pain, followed by how to construct a shoulder pain prevention program.

The Science of Performance

SHOULDER ANATOMY

The shoulder is a complex area composed of multiple joints, tendons, muscles, bursae (fluid-filled sacs that reduce friction) and ligaments. Most shoulder pain is due to impingement, which is compression of the rotator cuff tendons. Impingement is more common in the front of the shoulder (anterior impingement) than the back of the shoulder (posterior impingement). There are four rotator cuff muscles (see Photos #1 and #2):

- The *supraspinatus* (the most commonly injured rotator cuff muscle) is located on the top of the shoulder. This muscle stabilizes the shoulder and brings your arm out to the side as in freestyle and butterfly recovery. It is also used during the catch phase as the tendon slides under the acromion (top of the shoulder) and past bursae. Inflammation of the supraspinatus tendon is the most common cause of shoulder injury and is often referred to as shoulder impingement, which is typically caused by poor swimming mechanics.
- The *subscapularis* is located

in the front of the shoulder and internally rotates the shoulder. In swimming, its main function is during the catch phase.

- The *infraspinatus* and *teres minor* externally rotate the shoulder. In swimming, this muscle is used eccentrically during lengthening and may be injured during an especially fast stroke.

EXERCISES

A proper rehabilitation or prehabilitation shoulder program needs to combine strengthening, stretching and muscle timing. This equilateral triangle approach ensures the muscles are performing at an optimal length with the proper amount of force at the correct time.

Strengthening

Most swimmers have seen the Y, T and W exercises performed on the Swiss ball—which are good, but often too easy or too hard for swimmers. Following are a few easier and harder exercises for the serratus anterior.

Scapular Squeezes: This beginner exercise is just what it sounds like: squeezing your shoulder blades together. Start this exercise by lying on your back and progress to standing up. This will



strengthen your middle trapezius muscle. It is important not to use your upper trapezius muscles, so during the exercise, check if you're raising your shoulders to your ears—if you're wearing them as earrings, you're using your upper trapezius muscles.

A variation of this exercise can strengthen the lower trapezius muscles by trying to bring your shoulder blades to your back pocket. You should feel this exercise at the bottom of your shoulder blades.

Wall Slides: Wall slides strengthen the serratus anterior muscle and are performed one arm at a time. Stand near a wall with a towel or shirt in hand and slide it up the wall—or, if you don't have a towel or shirt, you can simply slide your hand up the wall (see Photo #3). Once again, make sure you're not wearing your shoulders as earrings.

Upper Cuts: Start with your knees bent 15 degrees. As you begin the upper cut movement, punch toward your opposite shoulder—as if you were kissing your bicep—and push through your legs. Don't try to knock someone out with the movement, but you can progress it by adding weight. This is another exercise to strengthen the serratus anterior.

Push-up Plus: Start in the push-up position and instead of bending at your elbow, perform the scapular squeeze and then round the back (see Photo #4). The movement is small, but if done properly, you should feel it around your shoulder blades. This is also great for the serratus anterior.

This is a progression of one shoulder stabilizer muscle. Be creative and create an exercise progression for each of the shoulder stabilizers. These exercises can start at two sets of 15 repetitions three times a week for a few weeks. Then, increase the difficulty or resistance and drop to three sets of six. Remember to mix up the number of sets and amount of resistance!

Stretching

Muscles that are typically tight in swimmers include:

- Pectoralis major and minor
- Anterior, Posterior and Middle Scalenes
- Levator Scapulae
- Upper Trapezius

Armpit Sniffer (for levator scapulae): While standing, look down toward your armpit as if you were checking to see if that

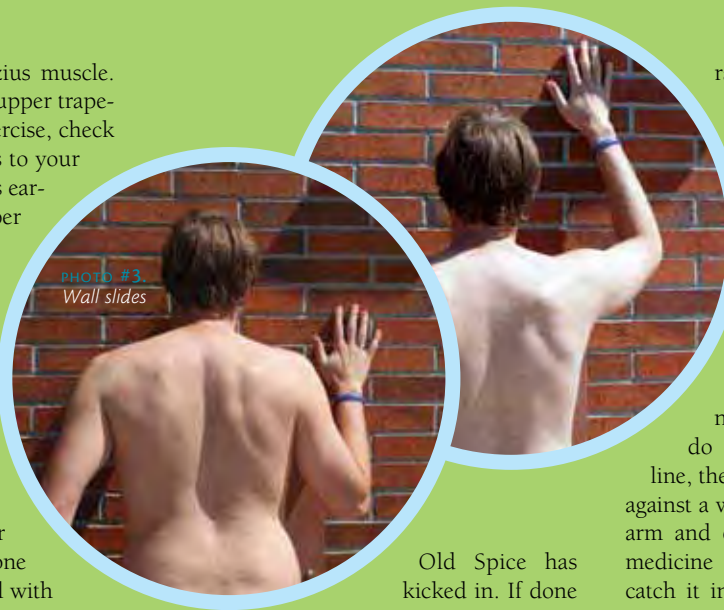


PHOTO #3
Wall slides

Old Spice has kicked in. If done correctly, you should feel a slight pull on the neck of the opposite side. You can increase the stretch by pulling your head toward your armpit, but if this muscle is really tight, just looking in the direction will suffice.

Corner Stretch (for pectoralis muscles): Pectoralis muscles are often tight due to extended periods of sitting. Find a doorway and put the inside of your bent arm on the surface of the wall at shoulder height. Turn your body away from the arm, and you should feel the stretch in your chest. To emphasize the pectoralis minor, increase the angle of between your body and upper arm from 90 degrees to 120 degrees.

Scalene Stretch: Hold onto something for support as you tip your head backward and toward the opposite shoulder from which you are holding the wall. Only pull your head back if you do not feel a stretch in the front of your neck with the initial movement.

Upper Trapezius Stretch: Without rotating your neck, tip your ear to your shoulder. If you do not feel a stretch on the opposite side, you can depress your opposite shoulder, which should create a pulling sensation.

Plyometrics

Upper extremity plyometric exercises play an important role—that is commonly forgotten—in shoulder pain prevention and rehabilitation. However, before plyometrics are performed, eccentric strengthening (lengthening of the muscles) is essential, particularly in the pecto-

ralis and internal shoulder rotator muscle groups.

Explode push-up: In the push-up position, explode on the way up and try to have your body leave the ground. On the way down, catch yourself as you lower yourself to the ground.

Throwback: The throwback is a mini-trampoline that allows easy single person internal rotation plyometrics. If you do not have a throwback trampoline, these movements can be performed against a wall or with a partner. Bend your arm and elbow 90 degrees and throw a medicine ball toward the throwback and catch it in the same position. When you catch the med ball and prepare for another throw, allow the arm to return at a controlled speed—not too fast!

Plyometrics can start at two sets of 15 for a couple of weeks and then progress by varying sets and repetitions to mimic the intensity of the plyometric exercise. ♦

G. John Mullen is a certified strength and conditioning specialist who is pursuing a doctoral degree in physical therapy at the University of Southern California. He privately trains swimmers and coaches for the Southern California Aquatic Club. Mullen also is a weekly columnist for <http://www.myhousecallmd.com/>, where he answers questions pertaining to physical therapy treatments.

♦ ♦ ♦

The models for the photos are Mu Huang (Photos #1, 2 and 4) and David Richards (Photo #3).



PHOTO #4.
Push-up Plus—
scapular squeeze (left) and
round the back (right)

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NAG Record SETTER

Jared Markham, 15-16 Boys 200 Yard Backstroke

BY JUDY JACOB

[PHOTO BY DARCY MIECZO PACE]



ABOVE » Jared Markham

[statistics]

- **Team:**
Greenwood Tiger Sharks
Greenwood Village, Colorado
- **National Age Group Record Holder:**
15-16 Boys
200 Yard Backstroke
- **Birthdate:**
March 16, 1993
- **Height:**
6-3
- **Coach:**
Scott Cummins

Jared Markham of the Greenwood Tiger Sharks (Colo.) is having a record-breaking year in both age group and high school competition.

During the Speedo Champions Series sectional meet in Federal Way, Wash., March 10-13, Jared bettered the national age group record in the 15-16 boys 200 yard backstroke. His 1:43.66 erased Kip Darmody's 1:44.82 from last year.

Competing in his final meet in the 15-16 age group, Jared also took down four additional Colorado state marks in the 1650 free (15:21.68), 100 back (49.19), 200 IM (1:48.85) and 400 IM (3:51.09), and placed second in the 500 free (4:26.61).

As a member of the National Youth Team, Markham has already gained some international swimming experience. He swam in FINA World Cup meets in Sweden (Stockholm) and Germany (Berlin) last November. In June of this year, he competed in Spain at the Ciutat de Barcelona Meeting, the second of three meets of the Mare Nostrum series.

Competing in his junior season for Cherry Creek High School at the Colorado 5A Boys High School Championships in May, Jared set a state record in the 200 yard IM (1:48.87). He also took first in the 100 back (49.30) and anchored his school's state record-setting 400 free relay (3:06.04).

HANG TIME:

"In my free time, I like to hang out with friends, playing basketball, lacrosse, soccer and pretty much anything outdoors. I also enjoy motorcycle and bicycle riding. When I don't have meets, I volunteer for the Special Olympics and mentor younger swimmers at my summer club team, the Foxridge Foxes."

FAVORITE THING ABOUT SWIMMING:

"My favorite things about swimming are racing, the friends that I have made locally and across the country, and the opportunity to travel around the world and other states in the United States."

SHORT-TERM GOALS:

"My most immediate goal in the next few months is to make my college selection."

LONG-TERM GOALS:

"My longer-term goals are to qualify for the national team and, ultimately, to earn a spot on the U.S. Olympic team." ♦

AMERICAN RELAY

BY JUDY JACOB

[PHOTO PROVIDED BY DON WALKER]



ABOVE » TEXAS >> *The high-point winners gather together at the end of the 8th Annual Cinco De Mayo Meet, May 1-2, in San Antonio. This meet is one of the "signature meets" for USA Swimming for diversity/outreach athletes.*

ARIZONA

Amy Bilquist of the Westside Silver Fins set four meet records in the girls 12-and-under age group at the United Healthcare Cactus Classic, May 28-31, in Scottsdale: 50 and 100 meter free (27.98 and 1:01.59) and the 50 and 100 back (32.31 and 1:08.96).

Four other swimmers bettered one meet record each: Bilquist's teammate, Angel Van Hogwegen, in the 13-14 girls 50 fly (29.41), Natalie Ward from Tucson

Ford in the 12-and-under girls 1500 free (18:56.33), Christina Valenzuela of Phoenix in the 13-14 girls 50 breast (34.92) and Breeja Larson from Mesa in the 15-and-over girls 50 breast (32.27).

Scottsdale Aquatic Club hosted the meet, and its swimmers combined for 3,588.5 points to win the combined team trophy. Phoenix Swim Club nabbed second place by just 10 points over Westside Silver Fins (2,073 to 2,063).

In the age group competition, the

high-point champions included Taylor Ruck, Scottsdale, and Brooks Fail, TJCC Stingrays (10-and-under); Lilly Creswick, Scottsdale, and Ty Dang, Mesa (11-12). Champions of the open competition were Marianna Letz, Westside, and Orion Brody, College Area (11-12); Kendra Griffin, Scottsdale, and Dorian Holler, Lobo (13-14); and Danielle Lee, Arizona Marlins, and Darian Townsend, Tucson Ford (15-and-over).

...

Arizona Swimming presented awards at its house of delegates meeting to Matt Rankin of the Westside Silver Fins (Head Coach of the Year) and Joe Zemaitis of Swim Neptune (Age Group Coach of the Year). Scholarships were presented to Chandler High School's Axel Barta, who will be attending Arizona State University, and Jessica Mohkami, who was undecided.

FLORIDA

Florida Swimming's all-star team topped the Florida Gold Coast all-stars, April 10-11, in Fort Pierce. Florida captured the combined (704-568), women's (358-258) and men's (346-290) team titles.

Florida's individual event champions included Brianna Bender, Margaret Davis and Madelyn Rainey (10-and-under girls); Santiago Corredor, Wyatt Foote and Christian McGovern (10-and-under boys); Spence Atkins, Mollie Billingsley, Hanna Burdge, Nancy Hu and Macy Marshburn (11-12 girls); Andre Belcik, Joshua Chen, Luke Hanner and Eric Ordas (11-12 boys); Lia Lombardi, Ashley Neidigh, Emma Spilman and Michelle Turek (13-14 girls); and Ryan McRae and Taylor Uselis (13-14 boys).

HAWAII

Wailuku, Maui, was the site of the 36th Coach Soichi Sakamoto Memorial Meet, May 28-30. Lahaina Swim Club finished first with 1,269 points, followed by the host Maui Swim Club's 770 and Kona Dolphins' 560.5.

High-point champions were Kysha Altura, Hawaii, and Jared Gaastra, Lahaina (10-and-under); Paris Sargent, Lahaina, and Raphael Marcoux, South Maui Sharks (11-12); Sarah Armstrong, South Maui Sharks, and Carter Suzuki, Maui Gold (13-14); Ashlyne Hao, Maui Gold, and Renny Richmond, Lahaina (15-16); and Jesselee Chapman, Lahaina, and Nicholas Garrett, Kona Dolphins (open division).

Meet records were broken by Richmond (15-16 boys 200 meter fly, 2:16.60), Penguins' Whitney Stephenson (women's 200 back, 2:26.23) and Maui's Randall Tom (men's 100 butterfly, 56.80).

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MARYLAND

Rockville-Montgomery Swim Club dominated the team competition at the Maryland State Long Course Championships, June 4-6, in Rockville. The team scored 10,129 points to runner-up Curl-Burke's 4,456.5 and third-place Delaware Swim Club's 1,312.

Rockville-Montgomery dominated in the individual high-point races as well. Earning high-point honors were **Elaina Gu** (11-12 girls), **Harrison Gu** (13-14 boys), **Sarah Haase** (15-and-over girls), **Anna Kolanowski** (13-14 girls), **Brady Ott** (10-and-under boys) and **Andrew Tollefson** (15-and-over boys). **Isabella Rongione** of the Fish (10-and-under girls) and **Dennis Lai** from Curl-Burke (11-12 boys) were first in their respective age groups.

Rongione bettered meet records in the 10-and-under girls 100 meter free (1:05.24), 200 free (2:21.10) and 200 IM (2:42.78). Two of her Fish teammates, **Emily Meilus** (11-12 girls 200 back, 2:28.67) and **Christopher Murphy** (11-12 boys 50 back, 31.07) also set a meet record apiece, as did Rockville's **Emily Wang** in the 10-and-under girls 100 back (1:15.03).

NORTH CAROLINA

The Marlins of Raleigh-Wolfpack Aquatics dominated the Ed Cutino Invitational, June 18-20, hosted by the Savannah (Ga.) Swim Team. The Marlins' combined score was 1,560 points. Finishing second was City of Charleston with 479 points, followed by Georgia Coastal Aquatic Team with 431.

Seven of the eight high-point awards went to Marlins swimmers: **Grace Countie** and **Christopher Silver** (10-and-under), **Tyler Silver** (11-12 boys); **Kiko Lamb** and **Scott Johnson** (13-14); and **Victoria Mitchell** and **Ben Miller** (senior). There was a first-place tie in the 11-12 girls age group between **Emma Gourdie** and **Elaine Zhou**, both from City of Charleston.

WASHINGTON

Ellie Thornbrue of the Hillsboro Heat and **Ben Gore** from Olympic Cascade were the 12-and-under high-point champions at the Pacific Coast Invitational, May 14-16, in Federal Way. Also claiming high-point awards were **Morgan Gillis** of the Mighty Marlins and **Bryce Kananowicz** from Coeur D'Alene (13-14); **Hannah Taylor** of the Mighty Marlins and **Joe Loftus** of Coeur D'Alene (15-16); and **Rachel Millet** from Spokane Waves and **Austin Ringquist** of Hillsboro Heat (17-and-over).

The meet was co-sponsored by the Stingray Swim Club and the South Sound Titans. Issaquah Swim Team, with 3,061.5 points, came in first, followed by Hillsboro Heat (2,643.5) and Olympic Cascade (1,984.5). ♦



TYR AGSOTM

AGE GROUP SWIMMER *of the* MONTH

Alex Liang's career as a 10-and-under swimmer came to an end on July 10 when he turned 11. Competing for Palo Alto Stanford Aquatics, Alex made quite an impact on the Pacific Swimming record book for 10-and-unders. He is looking forward to setting Pacific and national age group records as an 11-12 competitor.

At the Far Western Championships in Morgan Hill, Calif., April 8-11, Alex won seven individual events and took home the high-point trophy for 10-and-under boys. He broke Pacific Swimming records in the 50 yard back (29.33), 100 back (1:02.97), 50 fly (28.00) and 100 fly (1:01.67). Alex also was first in the 100 free (57.40), 100 IM (1:05.26) and 200 IM (2:20.37).

Alex continued his record-setting ways at the Pleasanton (Calif.) Junior-Plus Long Course Meet, June 5-6. He bettered the Pacific Swimming record in the 10-and-under boys 100 meter fly with his 1:11.20. He lowered that mark to 1:11.06 at the DeAnza Cupertino (Calif.) Aquatics "C-B-A+" meet, June 18-20, and added a 50 fly Pacific Swimming mark of 31.59.

Alex also posted first-place times at the DeAnza meet of 30.96 in the 50 free, 1:06.56 in the 100 free, 2:22.54 in the 200 free, 5:19.15 in the 400 free, 34.86 in the 50 back, 1:15.92 in the 100 back and 2:40.57 in the 200 IM. He finished fourth in the 50 breast in 45.80.

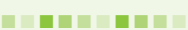
As of late May, Alex was in first place on the Pacific Swimming Top Times list for short course yards in the 100 free, 50 and 100 back, 50 and 100 fly and 100 and 200 IM. He also ranked first for long course in the 50, 100 and 200 meter free, 50 and 100 back, 50 and 100 fly and 200 IM. ♦



◆◆◆◆ **ALEX LIANG, AGE 10** ◆◆◆◆

*Palo Alto Stanford Aquatics
Palo Alto, California*

**APPLY to BE
the NEXT:**



**AGE
GROUP
SWIMMER
of the
MONTH**

Candidates for this article must compete within a nationally recognized age group. Please send a personality sketch and a color photograph or digital image (a face shot, such as a school picture) of each nominee. You can request a *Swimming World Magazine* Age Group Swimmer of the Month Profile form, which can be used as a guide for submitting the nomination.

Send everything to *Swimming World Magazine*, Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86341, or by e-mail to editorial@SwimmingWorldMagazine.com.

TYR Sport sends each Age Group Swimmer of the Month a package containing a swimsuit, goggles and a T-shirt for the swimmer's coach.

1:36.13 Laguna Hills
54.80t Noelle Tarazona, CLAR
55.56 Amelia Schachter, ARG

400 FR

3:23.86* Edison (H.B.)
3:27.31 Fountain Valley
3:30.22 University (Irvine)

BOYS

TEAM STANDINGS

253 Capistrano Valley
247 Loyola
233 Corona del Mar

50 FREE

20.93 Jack Yeager, NEWP
20.97 Joe Ferretti, LSAL
21.13 Connor Sharpe, LYLA

100 FREE

45.63 Nick Soedel, MRNA
45.72 S. Goodman, CAPO
46.21 Britt Dalby, LYLA

200 FREE

1:38.29t Jon Daniec, MISV
1:38.29t Logan Redondo, CAPO
1:38.66 Lucas Norman, CAPO

500 FREE

4:22.34 Jon Daniec, MISV
4:28.15 Logan Redondo, CAPO
4:29.98 Riley Mita, WRAN

100 BACK

50.22 Nolan Brown, REDL
51.68 Garrett Hubbard, ALMY
51.90 Alex Ngan, HART

100 BREAST

56.20 Michael Liao, CDM
57.18 Geon Kim, CDM
57.77 Fred Abramyan, LYLA

100 FLY

49.39 Chris Wong, UNIV
50.17 Bob Hwang, VLNC
50.46 Dane Stassi, WOOD

200 IM

1:50.34 Brock Redondo, CAPO
1:50.75 Geon Kim, CDM
1:50.78 Garrett Larson, CDM

200 MR

1:33.26 Corona del Mar
1:36.25 Capistrano Valley
1:36.61 University (Irvine)

200 FR

1:23.83 Newport Harbor
1:24.01 Loyola
1:25.62 Capistrano Valley

400 FR

3:02.82* Capistrano Valley
3:04.66 Loyola
3:09.37 Corona del Mar

200 IM

1:57.91* Gretchen Jaques, GLND
2:02.40 Noelle Tarazona, CLAR
2:04.40 Shannyn Hultin, AGOR

200 MR

1:47.11* Glendora
1:50.34 Palos Verdes
1:50.91 Troy

200 FR

1:37.81 Walnut
1:38.54 La Canada
1:38.92 Moorpark

400 FR

3:32.02 Glendora
3:32.62 Walnut
3:36.62 Arroyo Grande

BOYS

TEAM STANDINGS

278 Oaks Christian
191 Crescenta Valley
180t La Canada
180t Thousand Oaks

50 FREE

20.97 David Armstrong, THOS
21.04 Jake Fletcher, BRE
21.43 Jet Reich, OCHS

100 FREE

46.34 Alex Campbell, LACA
46.46 Jason Haney, DAMI
46.69 Lucas Spencer, ELMO

200 FREE

1:40.10 Brennan Jacobsen, SOHS
1:41.55 Christian Renfro, LACA
1:41.74 Sam Jardine, CLAR

500 FREE

4:24.82 Brennan Jacobsen, SOHS
4:27.38 Young Tae Seo, CRVY
4:34.36 Dylan Gabel, LOSO

100 BACK

48.80* Chase Bloch, OCHS
51.23 Jesse Ryckman, OCHS
51.73 Harrison Thai, CRVY

100 BREAST

58.10 E. van de Mortel, MURV
58.29 Harrison Thai, CRVY
58.63 Kenji Oberlander, GOHS

100 FLY

47.55* Chase Bloch, OCHS
49.76 David Armstrong, THOS
51.31 Brandon Porter, MURV

200 IM

1:50.14 Young Tae Seo, CRVY
1:50.57 Scott Farley, SANM
1:54.28 Dylan Duimovich, OCHS

200 MR

1:34.73* Oaks Christian
1:35.65 Crescenta Valley
1:36.46 Murrieta Valley

200 FR

1:25.04* Oaks Christian
1:26.47 Damien
1:26.53 La Canada

400 FR

3:07.56 Oaks Christian
3:09.88 La Canada
3:10.90 Thousand Oaks

CALIFORNIA SOUTHERN SECTION III HIGH SCHOOL CHAMPIONSHIPS

Long Beach, California
May 15, 2010 (25 YD)

n = National High School and Public School Record
* = CIF Southern Section III Record

GIRLS

TEAM STANDINGS

254 Mark Keppel
207.5 La Serna
186.5 El Segundo

50 FREE

24.95 Katie Anderson, LASE
25.09 Alicia Lewsadder, ACHS
25.10 J. Youngerman, CYPR

100 FREE

52.47 Jessica Marsh, WHIT
53.33 Elle Wohlmut, PLMD
54.00 Lauren Vosseler, PACI

200 FREE

1:47.67 Lynette Lim, PALM
— continued on 42

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May 15, 2010 (25 YD)

* = CIF Southern Section II Record

GIRLS

TEAM STANDINGS

158 Walnut
147 Glendora
129 Troy

50 FREE

23.48 Andrea Grant, WALN
23.52 Kylie Garcia, ROWL
23.79 Michele Kee, TROY

100 FREE

50.87 Andrea Grant, WALN
51.98 Nicole Proulx, CYNA
52.06 Kate Santilena, CHAP

200 FREE

1:49.71 K. Campbell, LACA
1:51.87 Orianna Wang, UPLD
1:52.60 Haley Preston, WSTL

500 FREE

4:47.69 K. Campbell, LACA
4:54.25 Nikki Chang, SOHS
4:55.67 Orianna Wang, UPLD

100 BACK

55.72 Haley Preston, WSTL
56.50 Berklie Oscarson, SANM
57.17 Ariana Peschke, LARE

100 BREAST

1:00.03* Gretchen Jaques, GLND
1:03.61 Amelia Schachter, ARG
1:04.50 Emily Wu, WALN

100 FLY

54.80t Kylie Garcia, ROWL

September

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SEPTEMBER

- 3-4 **Palm Harbor, FL**
PYP AG/SR Open
727-787-9622/116
- 4 **Key West, FL**
Key West Invitational
lori.bosco@fkcc.edu
- 4-5 **Morgan Hill, CA**
MAKO Age Group Open
mmla2z@earthlink.net
- 4-5 **Salinas, CA**
MBSC Age Group Open
maryhazdovac@comcast.net
- 10 **Fort Lauderdale, FL**
Broward South Sizzler
coachnobu@aol.com
- 10 **Lauderhill, FL**
Broward North Sizzler
tmwaldron@earthlink.net
- 10-11 **New Orleans, LA**
CCSC Short Course
ccscnola@aol.com
- 10-12 **Port Orange, FL**
DBS AG/SR Open
386-576-3320
- 10-12 **Tampa, FL**
TBAY AG/SR Open
727-510-7817
- 11 **Hanford, CA**
HSC "A-B-C"
jamie.shaw@comcast.net
- 11 **Lake Lytal, FL**
Palm Beach Sub JO
gmand688@bellsouth.net
- 11 **Naples, FL**
SWIM AG Open
239-289-5925
- 11 **Savannah, GA**
GCAT Pentathlon
gcatcoach@aol.com
- 11-12 **Kingman, AZ**
Andy Devine Days Invite
928-715-7946
- 11-12 **Oro Valley, AZ**
FAST Fall Meet
fastmeets@gmail.com
- 11-12 **Pensacola, FL**
PNY/SAST Open
coachwicki@pnyswimteam.org
- 12 **Lodi, CA**
LSC Age Group Meet
johnlodiaquatics@sbcglobal.net
- 11-12 **Miami, FL**
Dade Sub JO
rodriguez.david29@gmail.com
- 16-18 **Brunswick, GA**
GIST Sunsational Invite
robertaculpepper@hotmail.com

- 17-19 **Saint Petersburg, FL**
SPA AG/SR Open
727-821-2918
- 17-19 **Winter Haven, FL**
WIN AG/SR Open
863-514-4564
- 17-19 **Bartlett, TN**
BXST Open
901-385-6470
- 18 **Anthem, AZ**
AD Fall Classic Invite
623-742-6050
- 18 **Jacksonville, FL**
BSS AG/SR Open
904-256-5213
- 18 **Johnson City, TN**
BSC Open
bscswim@yahoo.com
- 18-19 **Elmwood, LA**
Elmwood 14 and Under
ntatal@oshners.org
- 19 **Tucson, AZ**
EDAC Pentathlon
meetdirector@swimedac.org
- 24 **Fort Myers, FL**
GCST AG/SR Open
239-949-6671
- 24-25 **Osawatomie, KS**
Oz Pentathlon Plus
g-hart@Hughes.net
- 24-26 **Davis, CA**
Davis "BB+/-"
davisquads@gmail.com
- 24-26 **Coral Springs, FL**
FG Invitational
mlohberg@aol.com
- 24-26 **Panama City Beach, FL**
PCST Open
coachjonathan@hotmail.com
- 24-26 **Stuart, FL**
FG Invitational
mccombj@martin.k12.fl.us
- 24-26 **Minden, NV**
DDSC Invitational
johnstonld@gmail.com
- 24-26 **Brentwood, TN**
XCEL Open
847-370-3471/23
- 24-26 **Irving, TX**
Div. 2 "B-C"
Short Course
972-717-7448
- 24-26 **Mansfield, TX**
Div. 1 "B-C"
Short Course
817-276-5230
- 24-26 **Plano, TX**
Div. 3 "B-C"
Short Course
972-398-7946
- 25 **Fresno, CA**
RCA "A-B-C"
kacy1982@sbcglobal.net
- 25 **Overland Park, KS**
COOL Fall
Kick-Off Meet
jdowney@coolwaves.org
- 25 **Springfield, MO**
MSA Pentathlon
davidcollins@missouristate.edu
- 25 **Gresham, OR**
MHA Pentathlon
lunyone@yahoo.com
- 25-26 **Vestavia Hills, AL**
BSL Open
b_wrighton@yahoo.com
- 25-26 **Grass Valley, CA**
Penguin Meet
sadean1997@att.net
- 25-26 **Hercules, CA**
EBSD "C-B-A+"
a.birnarn@gmail.com
- 25-26 **Santa Cruz, CA**
SCCA "C-B-A+"
zlockenest@aol.com
- 25-26 **Sebastopol, CA**
SSS "C-B-A+"
roan54@sbcglobal.net
- 25-26 **Clearwater, FL**
CAT Open
727-791-9542
- 25-26 **Orlando, FL**
HIGH AG Invitational
406-206-1900/1180
- 25-26 **Bristol, TN**
BASA Open
woodyv@vunet.net
- 25-26 **Vancouver, WA**
CRST Waverider
Challenge
crstbermis@aol.com
- 26 **Coronado, CA**
Freestyle Festival South
swimcoachcheryl@aol.com
- 26-27 **Kansas City, MO**
NLU Sprint Decathlon
timpeb@parkhill.k12.mo.us
- 27 **Washington Twp., OH**
WTRC New Swimmers
Meet
wtcrsharks@hotmail.com

MASTERS SEPTEMBER

- 4 **Lanai, Maui, HI**
Maui Channel Swim
ian@Hawaiian.net
- 6 **Maui, HI**
Aumakua Open Water
Swim
malcolmhwy@Hawaii.rr.com
- 11 **Coronado, CA**
Different Strokes
SCY Meet
meets@dsst.org
- 11 **Kihei, Maui, HI**
Maui Summer
Pentathlon
malcolmhwy@yahoo.com
- 11 **Chicago, IL**
Big Shoulders
2.5K/5K Open
Water Swim Classic
bigshoulders2010@yahoo.com
- 18 **Saguaro Lake, AZ**
Arizona Open Water
Series 3
david@dcbadventures.com
- 25 **Ocala, FL**
CFM Masters Fall Splash
ocalamarlins@aol.com
- 26 **La Jolla, CA**
San Diego Senior Games
sisecretary@usms.org
- 26 **Keawekapu Beach, HI**
Maui Roughwater Swim
jkenner@earthlink.net

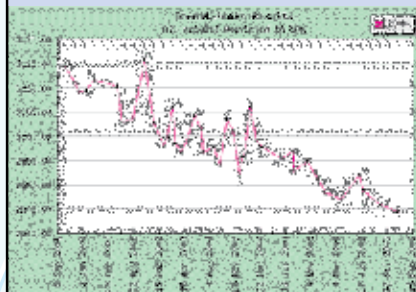
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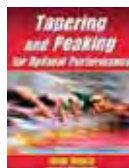
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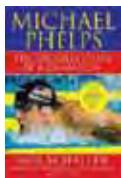
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