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COVER PHOTO BY JULIE THORSON: SNIPE PHOTO BY BILL COLLINS



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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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# AGHSCHEOS WIMMER 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

hen 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

facture. 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.

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

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

school

[PHOTO BY JULIE THORSOI

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

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

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 NCAAs, 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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# FEASEHOOLE SWIMMER of the YFAR

#### **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

or 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.

and train at the postgraduate 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 Reach do as far as training," Knutson said when asked about how she refocused. "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

PICTURED » Knutson will forgo her college swim-

ming eligibility to turn pro

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

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.

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 decommitting 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.



Learn more about Team Partnerships, which include discounted event streaming rates, team subscription rates, fund raising and event goodie bags.





#### **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

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 "fantasticmost 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

#### **A DUAL STAR** — continued from 15

#### **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.

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.



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.

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,

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.

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,

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

**66** (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. 22

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

#### 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.swimmingworldmagazine.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. \*

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

here 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 over-see 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-plushour 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."

#### **SWIMMING FOR A CAUSE**

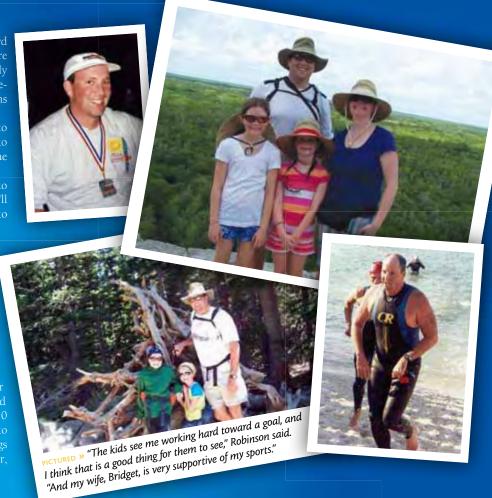
When he eventually takes the plunge into the chilly waters of the Channel next year, Robinson won't just be swimming for himself. He has dedicated his swim to his longtime age group coach, Neil Matzen, who passed away last December after battling glioblastoma, an aggressive form of brain cancer that 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."







# 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.

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

I spent an amazing week watching

I spent an amazing week watching all 15 sessions of the USA Swimming Olympic Team Trials. It was an unforgetable 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, cohead 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 kickboard, 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.

# LaneLEADERS

#### TRACI GRANGER

BY EMILY SAMPL

wimming 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



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-



"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 avis 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 250stretch-swim 250)
- MAIN SET
- ■500 free smooth,  $\frac{2 \times 250}{100}$  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

MD-DISTANCE POTPOURR ■ 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
- Odd lengths, breathe every 3rd
- pull; pulls between breaths on even lengths equal length number Swim 500 Speedplay
- 25EZ-25Fast, 50EZ-50Fast,
- 75FZ-75Fast, 100FZ-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.

# GUTTERtalk

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#### **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),

## PRACTICE #3 (Wednesday) SPRINT

- WARM-UP
- ■10:00 (swim 250-stretchswim 250)
- SET #1
- Swim 300 choice (easy-medfast by 25, cont.)
- ■300 IM, kick/swim by 25
- ■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

■500 free, get 400 split

100 split

■ 400 free, beat 400 split, get

300 free, beat 300 split, get

■200 free, beat 200 split, get

■100 free, beat 100 split

(All rests = 30 secs.)

**TOTAL = 3,250 Yards** 

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
- ■3 x 100 IM @ 1:30
- ■3 x 100 free @ 1:20
- ■300 IM @ 4:30
- **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

- ■10:00 (swim 250-stretchswim 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

SAMPLE DAILY DIET BY NICOLE DAVID

Nicole David, 42, swims for Davis

After being diagnosed with anemia last spring and seek ing 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.) veg etables 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



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. •

# COACH DAN GELDERLOOS



#### 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 I. 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 NCAAs (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-fiveweek 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 endur-

ance set, our elite groups may get substantial yardage on that given day—about 7,000 to 8,000 in two hours. Pace work vardage 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.

This is a big part of our training and a reason for team success. We do a lot of fullbody 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?

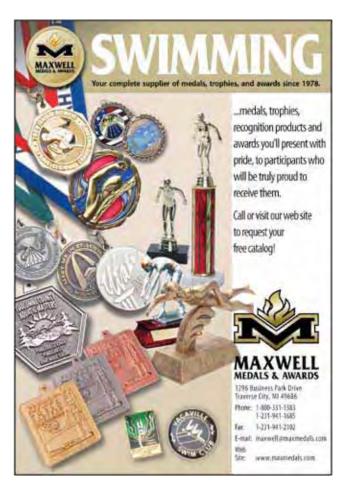
I have a five-step process that gives the swimmers a chance to create their own warm-ups:

- 500+ focus swim—easy, slow swimming
- 200 to 500 drill worksomething 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.



### **EMILY ROBERTS and MAGGIE VAIL**

BY MICHAEL I. STOTT • PHOTOS PROVIDED BY CALVIN COLLEGE

t 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, breaststrokers and IMers Maggie Vail

and Emily Roberts achieved many of same the results-All-American, MIAA champ,



s c h o o l ABOVE » Emily Roberts 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 true her strength was the ability to want to race and beat somebody.



"Maggie never prac- ABOVE » Maggie Vail ticed 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

guit. 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

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 breaststroke 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 breaststroke
  - 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 \*





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

he 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."

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.

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 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 fourthplace finish at NCAAs, she became the first female to be named the year. She believes team goals squads have strong bonds in and out of the pool.

letes 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."

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? 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

> that our team goals are realistic. It is difficult to do that when you ured out what the first year's strengths and weaknesses are and how hard the upperclass-

men 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."

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. the Hornets whose men's team set a goal of

being top five at NCAAs after finishing sixth

— continued on 28



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.

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 "needto 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 reevaluated 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 highfives 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

next dream or their next challenge," says Maurer. Revisiting of goals varies by team. Texas

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 NCAAs, 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.'

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

son-ending meets with the same fire and focus as their college counterparts. Greg Fastrich is coach of two-time defend-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 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.

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 Central Redhawks, goal setting starts a 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 percent best times—by a lot."

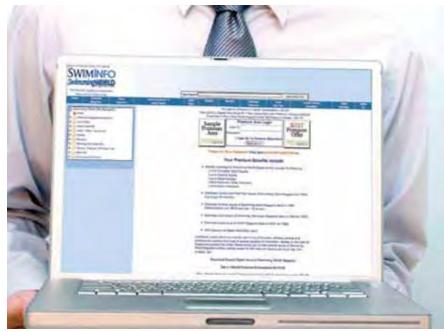
Had his team not secured the crown, the drill would have been the same: talk about the season, re-invigorate and prepare for next year. "Sometimes you don't attain everything," says Adams. "That doesn't mean you've had a bad season. You use the disappointment for next year."

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

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







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# How to Prevent Shoulder Pain

STORY AND PHOTOS BY G. JOHN MULLEN

Supraspinatus and

subscapularis

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.

**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 rota-

tor cuff muscles (see Photos #1 and

• 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 stand-



# The Science of Performance

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

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

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 forgottenin shoulder pain prevention and rehabilitation. However, before plyometrics are performed, eccentric strengthening (lengthening of the muscles) is essential, particularly in the pectoralis 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 trampo-

line, 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).



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North Baltimore Aquatic Club Baltimore, Maryland Maryland LSC Championship Meet



10 Years

Somerset Valley YMCA Bridgewater, New Jersey **New Jersey Short Course JOs** 



**Greater Toledo Aquatic Club** Toledo, Ohio **Ohio Short Course JOs** 



North Baltimore Aquatic Club Baltimore, Maryland Maryland LSC **Championship Meet** 

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# **NAG Record**



» 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:

Coach:

Scott Cummins

### Jared Markham, 15-16 Boys 200 Yard Backstroke BY JUDY JACOB

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

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

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



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**

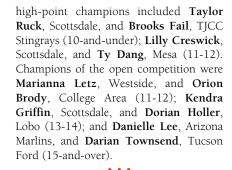
Amy Bilquist of the Westside Silver Fins set four meet records in the girls 12-and-under age group at the United Healthcare Cactus Classic, May 28-31, in Scottsdale: 50 and 100 meter free (27.98 and 1:01.59) and the 50 and 100 back (32.31 and 1:08.96).

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



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).



#### **MARYLAND**

Rockville-Montgomery Swim Club dominated the team competition at the Maryland State Long Coruse Championships, June 4-6, in Rockville. The team scored 10,129 points to runnerup 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-andunder 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). \*

# TRIGSOUVI

#### 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-andunders. 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 LIANG, AGE 10 ---Palo Alto Stanford Aquatics Palo Alto, California

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. .

**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.

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# FOR the RECORD



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### WORLD



### WOMEN

50 FREE June 6 24.94 T. Alshammar, SWE 25.06 R. Kromowidjojo, NED

### 100 FRFF June 6

54.14 R. Kromowidjojo, NED 54.78 Dana Vollmer, USA 55.58 Daniela Schreiber, GER

### 200 FREE June 5

1:58.00 Camille Muffat, FRA 1:58.52 Blair Evans, AUS 1:59.14 Coralie Balmy, FRA

400 FREE June 6 4:07.39 Blair Evans, AUS 4:07.59 Camille Muffat. FRA

50 BACK June 6

Zhao Jing, CHN 27.94 Zhao Jing, CHN 28.16 Anastasia Zueva, RUS

# 100 BACK June 6

1:00.86 Zhao Jing, CHN 1:01.51 Mariya Gromova, RUS 1:01.72 Sinead Russell, CAN

### 200 BACK lune 5

2:10.93 Sinead Russell, CAN 2:12.69 Lawren Lavigna, CAN 2:13.15 Mariya Gromova, RUS

### 50 BREAST June 6

30.35 Yuliya Efimova, RUS 31.04 Rebecca Soni, USA

### 100 BREAST June 5

1:06.53 Rebecca Soni, USA 1:07.24 Yuliya Efimova, RUS 1:08.87 Joline Hostman, SWE

200 BREAST June 6 2:24.45 Rebecca Soni. USA

2:26.42 Joline Hostman, SWE 2:28.57 Martha McCabe, CAN 50 FLY June 6

T. Alshammar, SWE 26.62 Dana Vollmer, USA

### 100 FLY June 5 58.91

Dana Vollmer, USA 59 35 Martina Granstrom,SWE Irina Bespalova, RUS

200 FLY June 6 2:09.19 Samantha Hamill, AUS Martina Granstrom, SWE 2:09.34 2:09.87 Mireia Belmonte, ESP

200 IM June 6 2.11.55 Camille Muffat FRA

2:13.62 Hannah Miley, SCO 2:14.32 Caitlin Leverenz, USA

Hannah Miley, SCO 4:35.06 4:40.31 Mireia Belmonte ESE Samantha Hamill, AUS

# MFN

### 50 FREE June 6

Fred Bousquet, FRA 22 17 Alain Bernard FRA

# 100 FREE June 5

49.18 Brent Havden, CAN 49.41 Andrey Grechin, RUS 49.70 Danila Izotov, RUS

# 200 FREE June 6

Paul Biedermann, GER 1:49.32 Brent Hayden, CAN 1:49.45 A. Sukhorukov, RUS

400 FREE June 5 3:48.77 Paul Biedermann, GER 3:49.10 Zhang Lin, CHN

3:50.35 Oussama Mellouli, TUN 50 BACK June 6

### 24.81

Camille Lacourt, FRA 25.56 Daniel Arnamnart, AUS

### 100 BACK June 5

36 August 2010

53.97 Camille Lacourt, FRA

# 55.21 Aaron Peirsol, USA 55.24 Daniel Arnamnart, AUS

## 200 BACK June 6

1:58.71 Markus Rogan, AUT 1:58.91 Aaron Peirsol, USA 2:01.97 Stanislav Donets, RUS

50 BREAST June 6 27.92 Hendrik Feldwehr, GER 28.06 Vladislav Polyakov, KAZ

### 100 BREAST June 6

1:01.58 Daniel Gyurta, HUN 1:01.63 Kosuke Kitajima, JPN 1:01.79 Grigory Falko, RUS

# 200 BREAST June 5

2:11.51 Eric Shanteau, USA 2:12.17 Kosuke Kitajima, JPN 2:12.23 Daniel Gyurta, HUN

# 50 FLY June 6

Geoff Huegill, AUS Steffen Deibler, GER 23.86

52.80 Nikolay Skyortsoy, RUS A. Lauterstein, AUS Benjamin Starke, GER

**June 5** Thiago Pereira, BRA Maxim Ganikhin, RUS 200 FI Y 2:00.04

### 2:00.89 Christophe Lebon, FRA 200 IM

June 5 1:59.77 Markus Rogan, AUT Eric Shanteau, USA Oussama Mellouli, TUN

### 2:01.15

Oussama Mellouli, TUN Thiago Pereira, BRA A. Tikhonov, RUS 4:15.57 4:17.55

# MARE NOSTRUM SERIES #2: 31st CIUTAT DE BARCELONA

### WOMEN

50 FREE June 9 25.15 Dorothea Brandt, GER 25.32 Kara Lynn Joyce, USA 25.42 Francesca Halsall, GBR

100 FREE June 10

Sarah Sjostrom, SWE 54.87 55.16 Jessica Hardy, USA 55.29 Victoria Poon, CAN

200 FREE June 9

Tang Yi, CHN Katie Hoff, USA 1:58.56 Morgan Scroggy, USA

4:07.70 Blair Evans, AUS 4:07.92 Lotte Friis, DEN Katie Hoff, USA

800 FREE June 9 Rebecca Adlington, GBR

### 8:21.25 8:23.76 Lotte Friis, DEN

8:29.97 Wendy Trott, RSA 50 BACK June 10

28.28 Xu Tianlongzi, CHN 28.44 Sophie Edington, AUS 28.45 Mercedes Perez, ESP

100 BACK June 9 1:00.44 Anastasia Zueva, RUS 1:00.49 Gao Chang, CHN 1:00.64 Sophie Edington, AUS

200 BACK June 10 2:10.21 Zhao Jing, CHN 2:10.51 Melissa Ingram, NZL 2:10.69 Melissa Franklin, USA

# 50 BREAST June 9

30.44 Yuliya Efimova, RUS 30.94 Rebecca Soni, USA 30.99 Jessica Hardy, USA

## 100 BREAST June 10

1:06.27 Rebecca Soni, USA 1:06.97 Yuliya Efimova, RUS 1:08.95 Joline Hostman, SWE

### 200 BREAST June 9

2:21.41 Rebecca Soni, USA 2:24.65 Yuliya Efimova, RUS 2:26.67 Ji Liping, CHN

Canet, France June 12-13, 2010 (50 M)

### WOMEN

24.92 Francesca Halsall, GBR

### 100 FRFF June 13

Sarah Sjostrom, SWE Dana Vollmer, USA Amit Ivry, ISR 55.15 Tang Yi, CHN

50 FLY June 10 25.49 T. Alshammar, SWE 26.44 Francesca Halsall, GBR

26.68 Amit Ivry, ISR

100 FLY June 9

58.32 59.21

59.45

200 FLY June 10 2:09.14 Samantha Hamill, AUS 2:09.67 Mireia Belmonte, ESP Ha Sinan, CHN

# 200 IM June 10

Ariana Kukors, USA Hannah Miley, SCO 2:13.76 Caitlin Leverenz, USA

Hannah Miley, SCO

Mireia Belmonte, ESP Samantha Hamill, AUS

### 4:35.26 4:41.30

MFN 50 FREE

22.58 Stefan Nystrand, SWF George Bovell, TRI Steffen Deibler, GER 22.63t

### 100 FRFF June 9

Brent Hayden, CAN Evgeny Lagunov, RUS Andrey Grechin, RUS 49.24 49.38

## 200 FREE June 10

Danila Izotov, RUS Brent Hayden, CAN 1:49.23 P. Korzeniowski, POL

# 400 FREE June 9

3:48.21 Zhang Lin, CHN 3:48.92 Oussama Mellouli, TUN 3:51.48 Dai Jun, CHN

# 1500 FREE June 10 15:12.56 Zhang Lin, CHN 15:18.40 Dai Jun, CHN

15:19.64 Oussama Mellouli, TUN 50 BACK June 9

# 25.42 Liam Tancock, GBR 25.54 Daniel Arnamnart, AUS 25.67 J. Miguel Rando, ESP

100 BACK June 10 54.57 Daniel Arnamnart, AUS 55.54 Alexander Tarabrin, RUS

55.82 Dean Gareth, NZL 200 BACK June 9

1:58.11 Aaron Peirsol, USA 2:00.57 Radoslaw Kawecki, POL

2:00.64 James Goddard, GBR

50 BREAST June 10 27.96 Kosuke Kitajima, JPN 28.01 Dragos Agache, ROM 28.30 C. v.d. Burgh, RSA

100 BREAST June 9

1:00.79 Kosuke Kitajima, JPN 1:0166 Grigory Falko, RUS 1:01.85 Hugues Duboscq, FRA

200 BREAST June 10

2:13.65 Grigory Falko, RUS

# 2:11.59 Eric Shanteau, USA 2:11.64 Kosuke Kitajima, JPN

Geoff Huegill, AUS 23.91 24.08 A. Lauterstein, AUS Roland Schoeman, RS

### 24.13t Nikolay Skvortsov, RUS

100 FLY June 10 Nikolay Skvortsov, RUS 52.88 53.20 Benjamin Starke, GFR A. Lauterstein, AUS

### 200 FLY June 9

P. Korzeniowski, POL Nikolay Skvortsov, RUS 1:59.80 Chad Le Clos, RSA

### 200 IM June 9 Markus Rogan, AUT 1:59.12

4:16.85

4:20.23

Thiago Pereira, BRA Alan Cabello, ESP 2:02.61 400 IM

4:20.37 Robert Margalis, USA

Thiago Pereira, BRA

Chad Le Clos, RSA

# MARE NOSTRUM SERIES #3: 23rd MEETING ARENA DE CANET

50 FREE June 12 24.84 T. Alshammar, SWE

54.94 Francesca Halsall, GBR 55.14 Josefin Lillhage, SWE

### 200 FREE June 12

1:58.90 Tang Yi, CHN 1:59.24 Katie Hoff, USA 1:59.54 Morgan Scroggy, USA

400 FREE June 13 4:07.16 Camille Muffat, FRA 4:07.66 Blair Evans, AUS

# 800 FRFF June 12

8:31.53 Coralie Balmy, FRA 8:33.25 Blair Evans, AUS 8:34.25 Wendy Trott. RSA

### 50 BACK June 13 28.07 Anastasia Zueva, RUS

28.66 Gao Chang, CHN 28.74 Sophie Edington, AUS 100 BACK lune 13

# 1:00.40 Anastasia Zueva, RUS 1:00.70 E. Simmonds, GBR 1:01.48 Mariya Gromova, RUS

200 BACK lune 12 2:08.32 E. Simmonds, GBR 2:10.07 Melissa Ingram, NZL 2:12.38 Sinead Russell, CAN

50 BREAST June 12 30.55 Yuliya Efimova, RUS 30.93 Rebecca Soni, USA 31.63 Jennie Johansson, SWE

## 100 BREAST June 12

1:06.27 Rebecca Soni, USA 1:07.14 Yuliya Efimova, RUS 1:09.08 Jessica Hardy, USA

### 200 BREAST June 13

2:21.99 Rebecca Soni, USA 2:24.55 Yuliya Efimova, RUS 2:27.72 Annamay Pierse, CAN 50 FLY June 13

### 25.70 T. Alshammar, SWE 26.61 Melianie Henique FRA

26.69 Ingvild Snildal, NOR 100 FLY June 12 Dana Vollmer, USA Kim Vandenberg, USA 58.72 59.33 59.35 Natalie Coughlin, USA

### 200 FLY June 13 Samantha Hamill, AUS 2:08.22 2:00:12

Mireia Belmonte, ESP 2:10.57 Audrey Lacroix, CAN 200 IM June 12 2:11.22 Ariana Kukors, USA 2:11.96 Camille Muffat, FRA

2.12 46 Mireia Belmonte, ESP

MEN 50 FREE June 12 22.13 Fred Bousquet, FRA 22.18 Alain Bernard, FRA

# 22.42 Steffen Deibler, GER

100 FREE June 13 Alain Bernard, FRA Brent Hayden, CAN 49.45 Evgeny Lagunov, RUS

### 200 FREE June 12

1:48.56 Brent Havden, CAN 1:48.59 Benjamin Starke, GER 1:49.04 Evgeny Lagunov, RUS 400 FRFF June 12

# 3:50.97 Sebastien Rouault, FRA 3:51.02 Oussama Mellouli, TUN

3:52.55 Dave Carry, GBR 1500 FREE June 13 15:16.34 Sebastien Rouault, FRA 15:20.37 Oussama Mellouli, TUN

15:23.36 Pal Joensen, SWE

## 50 BACK June 13 25.15 Camille Lacourt, FRA 25.62 Liam Tancock, GBR

100 BACK June 13

Camille Lacourt. FRA

# 55.47 Jeremy Stravius, FRA 56.01 Gareth Kean, NZL

### 200 BACK lune 12

1:59.75 Radoslaw Kawecki, POL 2:00.84 Peter Bernek, HUN 2:01.14 Gareth Kean, NZL

# 50 BREAST June 12

27.93 Dragos Agache, ROU 28.20 Glenn Snyders, NZL 28.28 Giacomo Perez, FRA

100 BREAST June 12 1:00.65 Kosuke Kitajima, JPN 1:01.84 K. Gilchrist, GBR 1:02.21 S. Lakhtyukhov, RUS

200 BREAST June 13 2:10.73 Kosuke Kitajima, JPN 2:12.98 Grigory Falko, RUS 2:14.96 K. Gilchrist, GBR

50 FLY June 13 Steffen Deibler, GER

23.95 Geoff Huegill, AUS 23.97 Roland Schoeman, RSA 100 FLY June 12 Nikolav Skvortsov, RUS 52.99

### 53.16 A. Lauterstein, AUS 53.24 Albert Subirats, VEN

200 FLY June 13 1:56.56 P. Korzeniowski, POL 1:56.88 Laszlo Cseh, HUN

# 1:58.03 Nikolay Skvortsov, RUS

200 IM June 12 1.59 01 Laszlo Cseh HUN 1:59.26 Markus Rogan, AUT 2:01.86 James Goddard, GBR



# \* = National Record

WOMEN 50 FREE June 11 24.67 Ranomi Kromowidjojo 25.37 Femke Heemskerk

# 25.70 Ilse Kraaiieveld

100 FREE June 13 54.28 Femke Heemskerk 55.47 Ilse Kraaijeveld 56.61 Elise Bouwens

### 200 FREE June 12

1:58.54 Femke Heemskerk 2:01.69 Rieneke Terink 400 FRFF June 11 4:17.43 Rieneke Terink 4:23.01 Marieke Nijhuis

### 4:23.45 Marion van den Berg

800 FREE June 12 9:03.98 Marion van den Berg 9:08.24 Marieke Nijhuis 9:11.52 Leonie van Noort

### 1500 FREE lune 13 17:23.16 Marion van den Berg 17:42.92 Marieke Niihuis

17:52.19 Leonie van Noort 50 BACK June 12 Ranomi Kromowidjojo 29.54 Anja van der Hout

# 100 BACK June 13 1:02.63 Wendy v.d. Zanden 1:03.47 Mariet Koster 1:03.78 Evy Witlox

29.78 Sylvia Dik

200 BACK June 11 2:11.48\* Femke Heemskerk 2:14.52 Wendy v.d. Zanden

# 50 BREAST June 13 32.26 Moniek Nijhuis 32.87 Anouk Elzerman 32.92 Lona Kroese

1:10.59 Moniek Nijhuis 1:11.10 Lia Dekker 1:11.15 Loes Zanderink

### 200 BREAST June 12 2:32.40 Fanny Lecluyse 2:32.60 Loes Zanderink 2:32.73 Lia Dekker

50 FLY June 13 26.25 Ranomi Kromowidioio 28.30 Willemiin Knot

### 100 FLY June 12

Sharon van Rouwendaal

1:02.14 Kelly de Jong

200 FLY June 11

2:14.71 Sharon van Rouwendaal 2:19.36 Lenneke van Schaik 2:22.02 Marloes Oldenburg

2:15.35\* Lieke Verouden 2:18.53 | loelle Scheps

### Fanny Lecluyse

400 IM June 12 Lieke Verouden Rieneke Terink

### 4:54.15 4:59.37 Judith Stap

### MFN

50 FREE June 11 Robin van Aggele 23.26 Sebastiaan Verschuren

### 23.49 Ian Kersten

100 FREE June 13 49 39 Sehastiaan Verschuren

51.19 Stefan de Die 200 FREE June 12 1:47.10 Sebastiaan Verschuren

1.51.10 Stefan de Die

400 FRFF June 11 3:52.71 Sebastiaan Verschuren 3:57.46 Arjen van der Meulen

### 4:01 24 loost Reiins

8:28.90 Ferry Weertman 8:36.11 Mark Moussa

### 8:52.83 Vincent van Iperen

1500 FRFF lune 13 15:42.36 Arjen van der Meulen 16:07.50 Davy Verreussel 16:23.18 Mark Moussa

### 50 BACK June 12

25.76 Bastiaan Lijesen 25.80 Nick Driebergen 26.46 Jurjen Willemsen

# 100 BACK June 13 55.52 Nick Driebergen 56.35 Jurjen Willemsen 58.07 Joey de Ruiter

200 BACK June 11 2:01.74 Nick Driebergen 2:02.71 Jurjen Willemsen

# 2:07.24 Henk van Niejenhuis

50 BREAST June 13 28.51 Lennart Stekelenburg 28.76 Robin van Aggele

### 29,46t Bram Dekker 29.46t Rudy Ted de Haan

100 BREAST June 11 1:01.76 Alexander Dale Oen 1:02.85 Bram Dekker 1:03.15t Lennart Stekelenburg

# 1:03.15t Robin van Aggele

200 BREAST June 12 2:17.18 Devi Wolthuizen 2:22.28 Lennart Stekelenburg 2:23.31 Stefan Hazeleger

### Joeri Verlinden 24.36 Joeri Verlinder 24.94 Marc Kremer

25.24 Jeroen Stuut 100 FLY June 12 52.88 54.20 Joeri Verlinden Robin van Aggele

### 200 FLY June 11 2:00.73 loeri Verlinden 2:04.02 Fabian Beimin Wouter Houtman

Bram Dekker 2:05.09 2:07.01 Sebas van Lith 2:07 39 Miek Marissen

# 4:33.32 Vincent van Iperen SEVEN HILLS MEETING

# Pescara, Italy June 17-19, 2010 (50 M) WOMEN



24.85 Francesca Halsall, GBR 25.78 Martha Matsa, GRE 100 FREE lune 18 Femke Heemskerk, NED 54.19 54.77 T. Alshammar, SWE 54.91 Francesca Halsall, GBR 200 FREE June 19 Femke Heemskerk, NED Agnes Mutina, HUN 1:58.22 2:01.08 Zsuzsanna Jakabos, HUN

400 FREE June 17 Federica Pellegrini, ITA 4:03.12 Agnes Mutina, HUN Wendy Trott, RSA 4.09 15

800 FREE June 18 Federica Pellegrini, ITA 8:31.73 Wendy Trott, RSA 8:43.42 M. Caramignoli, ITA

1500 FREE June 17 16:29.79 Giorgia Consiglio, ITA 16:34.33 M. Caramignoli, ITA 16:49.49 Kalliopi Araouzou, GRE

50 BACK June 17 E. Simmonds, GBR 28.61 29.01 Arianna Barbieri ITA 29.32 Chanelle Van Wyk, RSA

100 BACK lune 18 1:00.15 E, Simmonds, GBR 1:02.71 Kimbelry Buys, BEL 1:02.73 Ingvild Snildal, NOR

200 BACK June 19 2:08.31 E. Simmonds, GBR 2:14.04 Roberta loppi, ITA 2:14.34 Alessia Filippi, ITA

50 BREAST June 17 32.06 Kim Janssens, BEL 32.30 Martina Carraro, ITA 32.66 Chiara Boggiatto, ITA

100 BREAST June 19 1:09.01 Chiara Boggiatto, ITA 1:10.66 Martina Carraro, ITA

1:11.19 Giulia Fabbri, ITA 200 BREAST June 19

2:28.97 Chiara Boggiatto, ITA 2:32.27 Elisa Celli, ITA 2:34.10 Irene Lacriola, ITA

50 FLY June 19 T. Alshammar, SWE 26.31 Triin Aliand, EST Francesca Halsall, GBR

100 FLY June 17 Francesca Halsall, GBR Ingvild Snildal, NOR 1:00.28t Elena Di Liddo, ITA 1:00.28t Francesca Segat, ITA

200 FLY June 18 2:08.80 Zsuzsanna Jakabos, HUN 2:09.83 Caterina Giacchetti, ITA 2:11.54 Denise Riccobono, ITA

200 IM Evelyn Verraszto, HUN 2:12.67 Francesca Segat, ITA Camilla Dal Rio, ITA 2.15.20

400 IM June 18 Zsuzsanna Jakabos, HUN Stefania Pirozzo, ITA

4:53.37 Kathryn Meaklim, RSA

50 FREE June 17 Eamon Sullivan, AUS Josh Schneider, USA 22.55 Luca Dotto, ITA

100 FREE June 19 49.25 Eamon Sullivan, AUS Filippo Magnini, ITA Jason Dunford, KEN 49 35

200 FREE June 18 Gianluca Maglia, ITA 1:49.78 Emiliano Brembilla, ITA 1:50.55 Michele Berardi, ITA

400 FREE June 17 3:50.32 F. Colbertaldo, ITA 3:51.88 Andrea Busato, ITA

3:52.46 Luca Baggio, ITA

800 FREE June 18 7:55.35 Samuel Pizzetti, ITA 7:56.82 F. Colbertaldo, ITA

1500 FRFF lune 19 15:09.41 F. Colbertaldo, ITA 15:17.84 Luca Ferretti, ITA 15:27.37 Samuel Pizzetti. ITA 50 BACK June 17 Liam Tancock, GBR 25.89 Mirco Di Tora, Ita 26.07 Matteo Giordano, ITA 100 BACK June 18 100 FLY June 25

54.82 Liam Tancock, GBR 55.23 A. Grigoriadis, GRE 55.67 Damiano Lestingi, ITA 200 BACK June 19 1:59.91 Sebastiano Ranfagni, ITA 1:59.94 Matteo Milli, ITA 2:00.12 Damiano Lestingi, ITA

50 BREAST June 18 27.82 C. van den Burgh, RSA 27.86 Fabio Scozzoli, ITA 28.32 Luca Residori, ITA

100 BREAST June 17 1:01.42 Fabio Scozzoli, ITA 1:01.61 Alexander Oen, NOR 1:02.02 Loris Facci, ITA 200 BREAST June 19

2:12.88 Neil Versfeld, RSA 2:14.19 Akos Molnar, HUN 50 FLY June 19 23.50 Geoff Huegill, AUS 23.79 Milorad Cavic, SRB 24 00 Jason Dunford KEN

100 FLY June 17 52 53 Milorad Cavic SRB Jason Dunford, KEN Geoff Huegill, AUS 52.75

200 FLY June 18 1:58.63 Chad Le Clos, RSA 1:59.45 Francesco Vespe, ITA Francesco Pavone, ITA

200 IM June 19 1:59.14 Laszlo Cseh, HUN Vytautas Janusaitis, LTU 2:01.67 2:02.85 Chad Le Clos, RSA 400 IM June 18

4:13.08 Laszlo Cseh, HUN David Verraszto, HUN Luca Dioli, ITA

SWIMMING CHAMPIONSHPIS

June 22-26, 2010 (50 M) WOMEN

50 FREE June 26 26.25 Amy Allen, AUS 26.36 Hannah Saunders, NZL 26.53 A. Evatt-Davey, AUS

100 FREE June 23 A. Evatt-Davey, AUS Jade Neilsen, AUS 56.16 57.03 57.29 Hannah Saunders, NZL

200 FREE June 22 2:01.21 A. Evatt-Davey, AUS Amy Allen, AUS 2:03.26 S. Lucie-Smith, NZL

400 FREE June 25 4:17.44 Jade Neilsen, AUS
T. Papaemanouil, AUS 4.17.61 4:20.60 S. Lucie-Smith, NZL

800 FRFF June 26 Amy Allen, AUS Belinda Bennett, AUS 8:54.79 lessica Ashwood, AUS

50 BACK June 23 Whitney Ireland, AUS Laura Quilter, NZL Jenni O'Neill, AUS 29.70

100 BACK June 22 1:02.47 Jenni O'Neill, AUS 1:02.67 Jessie Blundell, NZL 1:02.79 Sophia Batchelor, NZL

200 BACK June 25 2:11.94 Sophia Batchelor, NZL 2:12.15 Jenni O'Neill, AUS 2:15.64 Jessie Blundell, NZL

50 BREAST June 25 32.30 Rebecca Kemp, AUS 33.82 T. Papaemanouil, AUS 36.26 Simsara Rouan, NCL

100 BREAST June 23 1:08.86 Rebecca Kemp, AUS 1:12.07 Grace Francis, NZL 1:18.82 Pilar Shimizu, GUM

200 BREAST June 26 2:26.63 Rebecca Kemp, AUS 2:34.40 Grace Francis, NZL 2:52.99 Marona Bong, NCL

50 FLY June 22 Samantha Lee, NZL 27.86 Madeline Groves, AUS Amy Smith, AUS

4:22.17

4:37.22

3:43.97 3:49.55

3:23.79

3.30.32

7:28.61

7:32.97

PARIS OPEN

400 MR June 26

800 FR June 23

3:55.23 New Caledonia

Australia

Australia

7:53.07 New Caledonia

New Zealand

New Zealand

New Caledonia

1:01.32 Sam Lee, NZL 2:12.49 Madeline Groves, AUS Amy Smith, AUS 2.12 98 Charlotte Webby, NZL lune 26 200 IM

Madeline Groves, AUS Amy Smith, AUS

2:15.89 Grace Francis, NZL 2:17.27 Jenni O'Neill, AUS T. Papaemanouil, AUS 2:20.36 400 IM June 23 T. Papaemanouil, AUS Samantha Smith, NZL 4.56 19

5:12.73 Summer Harrison, HWI 400 MR 4:08.92 Australia 4.18 54 New Zealand

400 FR June 25 Australia New Zealand 3:51.10 4.07 46 Hawaii

800 FR June 23 8-18 58 Australia New Zealand 8:53.29 Hawaii

MEN 50 FREE June 26 22.95 James Roberts, AUS 23.09 Hamish Rose, AUS Ryan Pini, PNG 23,49

100 FRFF June 23 Luke Kerswell, AUS 50.64 50.75 James Roberts, AUS Andrew McMillan, NZL

200 FREE June 22 Andrew McMillan, NZL Matthew Terry, AUS 1:52.88 Jarrod Killey, AUS

Matthew Terry, AUS 3:53.59 3:59.67 Jarrod Killey, AUS 3:59.99 D. Dunlop-Barrett, NZI

1500 FREE June 22 15:43.02 D. Dunlop-Barrett, NZL 15:45.04 Matthew Terry, AUS

16:22.84 Ryan Phillip, AUS 50 BACK June 23 Braiden Camm, AUS 27.11 Bobby Jovanovich, AUS 27.31 Darren Choi, HWI

100 BACK June 22 56.37 Braiden Camm, AUS 58.09 Bobby Jovanovich, AUS 58.15 Darren Choi, HWI

200 BACK June 25 2:01.88 Braiden Camm, AUS 2:03.03 Mitch Larkin, AUS

2:1158 Darren Choi HWI 50 BREAST June 25

28.64 Nick Ferrif NZI 29.69 Luke Westgaard, NZL 29.94 Thomas Dahlia, NCL

100 BREAST June 23 1:02.79 Nick Ferrif, NZL 1:03.37 Jeremy Meyer, AUS 1:03.49 Amini Fonua, TGA

200 BREAST June 26 2:15.27 Jeremy Meyer, AUS 2:17.16 Thomas Dahlia, NCL 2:21.01 Luke Westgaard, NZL

24.64 Rvan Pini, PNG 24.98 James Roberts, AUS 25.02 Amini Fonua, TGA

100 FLY June 25 Ryan Pini, PNG Grant Irvine, AUS 54.19 54.47 Andrew McMillan, NZL

200 FLY June 22 Andrew McMillan, NZL Shaun Burnett, NZL 2.00.02 2:01.76 Grant Irvine, AUS

200 IM June 26 Mitch Larkin, AUS 2:04.14 2:05.93 Steven Kent, NZL 2:07.72 Jarrod Killey, AUS

400 IM June 23 1:01.66 Alexianne Castel, fRA Mitch Larkin, AUS Steven Kent, NZL 200 BACK June 26

2:08.29 E. Simmonds, GBR 2:08.57 Elizabeth Pelton, USA 2:11.40 Alexianne Castel, FRA Austrlaia New Zealand 50 BREAST June 27

31.74 Moniek Nijhuis, NED 31.86 Kate Haywood, GBR 32.09 Stephanie Spahn, SUI 100 BREAST June 26

1:10.07 Coralie Dobral, FRA 1:10.10 Kate Haywood, GBR 1:10.13 Stephanie Spahn, SUI

200 BREAST June 27 2:28.11 Nadja Higl, SRB 2:28.72 Alena Alexeeva, RUS 2:31.00 Coralie Dobral, FRA

Paris, France June 26-27, 2010 (50 M) 25.76 T. Alshammar, SWE 26.41 Melanie Henique, FRA 26.60 H. Schreuder, NED WOMEN 24.54 R. Kromowidioio, NED 24.82 Francesca Halsall GBR 100 FLY June 26

100 FREE June 27 54.08 R. Kromowidjojo, NED 54.25 Femke Heemskerk, NED

54 98 Francesca Halsall GBR 200 FREE June 26 1.56.92 Camille Muffat FRA

1:57.27 Femke Heemskerk, NED 1:58.01 Allison Schmitt, USA 400 FREE June 27

4:05.40 Coralie Balmy, FRA 4:05.49 Camille Muffat, FRA 4:08.30 Allison Schmitt, USA

800 FREE June 26 8:47.80 Grainne Murphy, IRL 8:52.86 Aurelie Muller, FRA 8:53.19 Iris Matthey, SUI

50 BACK June 26 29.36 Mathilde Cini, FRA 29.63 Alexianne Castel, FRA 29.66 Ivana Gabrilo, SUI

100 BACK June 27

59.99 Elizabeth Pelton, USA 1:00.65 E. Simmonds, GBR

Francesca Halsall, GBR 58.91 Kim Vandenberg, USA 59.09 Felicia Lee, USA

200 FLY June 27 2:08.53 Kim Vandenberg, USA 2:09.04 Aurore Mongel, FRA 2:12.59 Magali Rousseau, FRA

200 IM June 26 2:11.18 Camille Muffat, FRA 2.15.50 Lara Grangeon, FRA Francesca Segat, ITA

400 IM June 27 Lara Grangeon, FRA Grainne Murphy, IRL 5:01.33 Marie Jugnet, FRA

50 FREE June 27 21.55 Cesar Cielo, BRA 21.83 Fabien Gilot, FRA 21.95 Fred Bousquet, FRA

48.65 Fabien Gilot, FRA 48 83t Nathan Adrian USA 48.83t Yannick Agnel, FRA 200 FREE June 27

1:46.30 Yannick Agnel, FRA 1:46.97 S. Verschuren, NED 1:47.54 Michael Phelps, USA

400 FREE June 26 3:49.90 Sebastien Rouault, FRA 3:52.00 F. Colbertaldo, ITA

3:53.83 Clement Lefert, FRA 1500 FREE June 27 15:13.35 Sebastien Rouault, FRA 15:22.83 F. Colbertaldo, ITA 15:27.54 Anthony Pannier, FRA

50 BACK June 27 Camille Lacourt, FRA 25.24 Randall Bal, USA 25.43 Liam Tancock, GBR

100 BACK June 26 53.73 Camille Lacourt, FRA 54.46 Jeremy Stravius, FRA

54.65 David Russell, USA 200 BACK June 27

2:00.95 Eric Ress, FRA 2:01.39 David Russell, USA

50 BREAST June 26 27.81 Mark Gangloff, USA 27.86 L. Stekelenburg, NED 28 12 Giacomo Perez FRA

100 BREAST June 27 1:00.73 Mark Gangloff, USA 1:00.84 Alexander Oen, NOR 1:00.95 Fabio Scozzoli, ITA

200 BREAST June 26
2:13.75 Neil Versfeld, RSA
2:14.21 Hugues Duboscq, FRA
2:15.22 Alexander Oen, NOR

50 FLY June 26 23.61 Roland Schoeman, RSA 23.83 Fred Bousquet, FRA 24.10 loeri Verlinden, NED

100 FLY June 27 52.11 Albert Subirats, VEN Joeri Verlinden, NED Konrad Czerniak, POL 53 20

- continued on 38

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FOR THE RECORD — co	ntinued from 37	2:24.80 Leone Vorster, FORD	200 BACK June 14 2:15.42 Natalie Beale, NBAC	25.51 Lia Neal, AGUA	55.40 Matt Grevers, FORD 55.44 Ryan Lochte, UNAT
200 FLYJune 26 1:55.70 Michael Phelps, USA 1:59.01 Christophe Lebon, FRA 1:59.80 Jordan Coelho, FRA	8:02.34 Chad La Tourette, MVN 8:09.58 Jackson Wilcox, NAC 8:10.44 Dakota Hodgson, NAC	4:59.10 Alyssa Anderson, FORD 5:07.11 Charlotte Ruby, SCSC 5:10.36 Susana Helms, FORD	2:20.66 Hali Flickinger, YORK 2:24.96 Kelly Offutt, NBAC 100 BREAST June 13 1:12.81 Kayla Brumbaum, RAYS	100 FREE June 18 54.47 Dana Vollmer, CAL 55.90 Jasmine Tosky, PASA 55.99 Marieke Guehrer, AUS	200 BACK June 19 1:58.74 Ryan Lochte, UNAT 1:59.77 Matt Grevers, FORD 2:01.24 Austin Surhoff, UNAT
200 IM June 27 1:58.95 Michael Phelps, USA 2:00.81 Todd Patrick, USA 2:02.31 Federico Turrini, ITA	15:30.44 Chip Peterson, FULL 15:35.92 Sean Ryan, SCEN 15:36.68 Jackson Wilcox, NAC	MEN 50 FREE June 12 23.42 Matt Grevers, FORD 23.43 M. Kishida, FORD	1:14.29 Krista Rossum, MM 1:14.87 Felicia Lee, NBAC 200 BREAST June 14	200 FREE June 19 1:58.82 Dagny Knutson, ASK 2:00.23 Karlee Bispo, UNAT 2:01.06 Leone Vorster, FORD	100 BREAST June 18 1:02.57 Henrique Barbosa, AUB 1:02.66 M. Alexandrov, FORD
400 IM June 26 4:19.27 Federico Turrini, ITA 4:19.44 Todd Patrick, USA 4:24.78 Taki M'rabet, TUN	100 BACK June 13 55.61 Tyler Clary, FULL 56.60 Tobias Orwiol, TOR 56.60 Jiheun Kim, WAVES	23.72 Jordan Smith, FORD  100 FREE June 11 50.97 Kenrick Monk, AUS 51.13 N.Shapira Bar-Or, UNAT	2:40.93 Elizabeth Pelton, NBAC 2:41.44 Willa Wang, NBA 2:42.60 Krista Rossum, MM	400 FREE June 18 4:10.27 Alexa Komarnycki, IS 4:11.28 Dagny Knutson, ASK 4:12.42 Melanie Schmid, UNAT	1:03.33 Marcus Titus, FORD  200 BREAST June 20 2:15.88 Henrique Barbosa, AUB 2:16.65 Scott Dickens, UBCD
NATIONAL  TYR SWIM MEET	200 BACK June 11 2:00.60 Tyler Clary, FULL 2:02.87 Tobias Orwiol, TOR	51.46 Nicolas Oliveira, FORD  200 FREE June 12 1:50.38 Kenrick Monk, AUS	1:02.66 Chelsea Nauta, ABSC 1:03.33 S. O'Toole, NBAC 1:03.77 Allison Schmitt, NBAC	800 FREE June 20 8:38.31 Alexa Komarnycky, IS 8:38.71 Kelsey Ditto, STAN	2:16.69 George Klein, UNAT  100 FLY June 19 53.27 M. Kishida, FORD
OF CHAMPIONS Mission Viejo, California June 10-13, 2010 (50 M) WOMEN	2:04.29 Jiheun Kim, WAVES  100 BREAST June 13 1:03.33 Warren Barnes, TOR	1:51.39 T. Fraser-Holmes, AUS 1:52.26 Patrick Murphy, AUS 400 FREE June 11	2:17.94 Willa Wang, NBAC 2:17.99 Andi Staub, NBAC 2:18.03 Hali Flickinger, YORK	8:44.25 C. Escobar Torres, MEX  1500 FREE June 17 16:51.63 S. Vandenberge, BRUIN	53.59 David Russell, CAL 53.65 Kaio de Almeida, BRA 200 FLY June 18
50 FREE June 12 26.07 Madison Kennedy, CAL 26.45 Marie-P. Ratelle, REO 26.64 Rochelle Dong, RSD	1:04.49 Myunghwan Kim, KOR 1:05.36 Marco Monaco, TOR 200 BREAST June 12 2:19.31 Warren Barnes, TOR	3:55.42 Patrick Murphy, AUS 3:55.74 Robert Hurley, AUS 3:56.31 T. Fraser-Holmes, AUS	200 IM June 13 2:21.29 Hali Flickinger, YORK 2:22.88 Natalie Beale, NBAC 2:24.35 Kendall Surhoff, NBAC	16:52.91 Tristin Baxter, CSC 17:00.54 Lauren Morford, AGUA 100 BACK June 19 1:01.24 Presley Bard, TERA	1:56.94 Kaio de Almeida, BRA 1:59.74 Stefan Hirniak, IS 2:00.79 David Mosko, UNAT
100 FREE June 11 56.89 Madison Kennedy, CAL 57.46 Chloe Sutton, MVN	2:19.49 Marco Monaco, TOR 2:23.29 Cody Miller, SAND	15:39.33 T. Fraser-Holmes, AUS 15:40.74 Patrick Murphy, AUS 15:57.37 Xavier Mohammed, SDA	400 IM June 12 4:52.61 Willa Wang, NBAC 4:52.91 Hali Flickinger, YORK	1:01.24 Presiey Bard, TERA 1:01.61 Grace Loh, AUS 1:02.21 Elizabeth Beisel, BSC	2:02.06 Brian Johns, UBCD 2:03.04 Conor Dwyer, UNAT 2:05.29 William Cregar, ABSC
57.75 Paige Schultz, TOR  200 FREE June 12 2:00.40 Chloe Sutton, MVN	54.06 Octavio Alesi, TROJ 54.14 Bobby Bollier, UNAT 54.96 Tyler Clary, FULL	100 BACK June 13 56.38 Matt Grevers, FORD 57.27 Robert Hurley, AUS 57.35 Jake Tapp, UNAT	5:00.94 Natalie Beale, NBAC  MEN 50 FREE June 13	2:10.80 Elizabeth Beisel, BSC 2:11.94 Madison White, CROW 2:14.83 Hilary Caldwell, PSW	400 IM June 18 4:17.73 Brian Johns, UBCD 4:19.13 T. Fraser-Holmes, AUS 4:24.44t Ryan Cochrane, IS
2:00.72 Kate Ziegler, UNAT 2:02.29 Lyndsay De Paul, TROJ 400 FREE June 11	200 FLY         June 11           2:00.17         Tyler Clary, FULL           2:02.39         Clement Lefert, TROJ           2:03.19         Zack Chetrat, OAK	200 BACK June 11 2:03.69t Cory Chitwood, FORD 2:03.69t Matt Grevers, FORD	24.66 Josh Tomlin, BMAC 24.68 Ellis Miller, NBAC 25.03 Scott Thiede, ASA	1:09.13 Kasey Carlson, WCAB 1:10.14 Keri Hehn, UNAT 1:10.60 Katlin Freeman, SBAC	4:24.44t William Cregar, ABSC  400 MR June 20 3:44.19 Tucson Ford
4:08.88 Chloe Sutton, MVN 4:11.46 Kate Ziegler, UNAT 4:16.98 Chris Jennings, UNAT	200 IM June 13 2:01.37 Tyler Clary, FULL 2:05.45 Tobias Orwiol, TOR	2:06.93 Ryan Murphy, BSS  100 BREAST June 12 1:03.08 Marcus Titus, FORD	100 FREE June 14 51.07 Todd Patrick, NBAC 54.36 Scott Thiede, ASA 54.91 Josh Tomlin, BMAC	200 BREAST June 18 2:26.93 Keri Hehn, UNAT 2:29.45 Katlin Freeman, SBAC	3:49.43 Tucson Ford B 3:52.15 Korea 400 FR June 18
8:38.89 Chloe Sutton, MVN 8:49.03 Zsofi Balazs, TOR 8:51.13 Haley Anderson, SMST	2:07.16 Alex Wold, MINN  400 IM June 12 4:19.46 Tyler Clary, FULL 4:30.44 Alex Wold, MINN	1:03.13 M. Alexandrov, FORD 1:05.31 Carl Mickelson, FORD 200 BREAST June 13 2:19.97 M. Alexandrov, FORD	200 FREE June 12 1:51.18 Todd Patrick, NBAC 1:52.60 Drew Cosgarea, NBAC 1:55.75 Brennan Morris, NBAC	2:29.62t Megan Jendrick, KING 2:29.62t Liz Smith, STAN 100 FLY June 18 57.73 Dana Vollmer, CAL	3:22.64 Tucson Ford 3:25.87 Australia 3:26.10 Tucson Ford B
16:35.87 Chloe Sutton, MVN 16:41.57 Zsofi Balazs, TOR 16:46.17 Haley Anderson, SMST	4:32.58 Chip Peterson, FULL SOUTHWEST CLASSIC	2:20.26 Miguel Molina, BSS 2:20.45 Carl Mickelson, FORD	400 FREE June 13 4:01.06 Todd Patrick, NBAC 4:02.78 Brennan Morris, NBAC	59.37 Elaine Breeden, STAN 59.92 C. Magnuson, FORD 200 FLY June 20	7:27.46 Australia 7:37.34 Tucson Ford 7:41.20 Mexico
100 BACK June 13 1:03.96 Joan Simms, TROJ 1:04.19 A. Jurenovskis, TOR	Tucson, Arizona June 10-13, 2010 (50 M)  WOMEN	54.04 M. Kishida, FORD 56.16 A.J. Tipton, FORD 57.11 T. Fraser-Holmes, AUS	4:08.20 Rodney Fentress, CAST  800 FREE June 11 8:29.19 Mike Thomas, NBAC	2:11.33 Dagny Knutson, ASK 2:11.41 Jasmine Tosky, PASA 2:12.09 Kathleen Hersey, UNAT	CALIFORNIA CENTRAL
1:04.50 Genevieve Cantin, REO  200 BACK June 11 2:15.65 Genevieve Cantin, REO 2:18.36 Deann Matthous, OLY	50 FREE June 12 25.68 Marieke Guehrer, AUS 25.75 Yolane Kukla, AUS 26.56 Lara Jackson, FORD	2:05.39 A.J. Tipton, FORD 2:05.92 Jordan Slaughter, FORD 2:08.93 Ryan Hinshaw, SCSC	8:29.28 Rodney Fentress, CAST 8:38.18 Chase Kalisz, NBAC	200 IM June 20 2:12.82 Julia Smit, STAN 2:13.64 Caitlin Leverenz, CAL 2:14.80 Julia Wilkinson, IS	HIGH SCHOOL CHAMPIONSHIPS Bakersfield, California May 21-22, 2010 (25 YD)
2:18.36 Deann Matthews, OLY 2:20.53 Joan Simms, TROJ 100 BREAST June 13 1:10.75 Jillian Tyler, MINN	100 FREE June 11 56.11 Marieke Guehrer, AUS 56.88 Meagen Nay, AUS 57.48 Yolane Kukla, AUS	200 IM June 13 2:05.42 T. Fraser-Holmes, AUS 2:06.68 Darian Townsend, FORD 2:07.44 Miguel Molina, BSS	15:43.25 Drew Cosgarea, NBAC 15:58.06 Ian Rowe, UNAT 16:20.80 Mike Thomas, NBAC 100 BACK June 13	400 IM June 19 4:39.12 Elizabeth Beisel, BSC 4:42.21 Alexa Komarnycky, IS 4:42.28 Caitlin Leverenz, CAL	GIRLS 50 FREE 23.74 Mariah Tharp, CWHS 24.37 Taylor Solorio, HHS
1:11.71 Melissa Bates, WAVES 1:11.83 Kayla Voytechek, ALB 200 BREAST June 12	200 FREE June 12 2:01.63 Meagen Nay, AUS 2:03.86 Leone Vorster, FORD	400 IM June 12 4:32.92 Xavier Mohammed, SDA 4:36.22 Miguel Molina, BSS	59.59 Ellis Miller, NBAC 1:00.14 Josh Friedel, RAYS 1:02.33 Kevin Webster, NBAC	400 MR June 20 4:12.31 Terrapins 4:13.88 Tucson Ford	24.73 Katie Brown, MWHS  100 FREE 53.13 Taylor Solorio, HHS
2:37.83 Tanya Krisman, NCA 2:37.93 Jillian Tyler, MINN 2:38.26 Jessie Schmitt, NCA	2:05.00 Yolane Kukla, AUS  400 FREE June 11 4:26.83 Sam Harding, WWAC	436.43 Darian Townsend, FORD  NORTH BALTIMORE LONG COURSE CHAMPIONSHIPS	2:06.76 Drew Cosgarea, NBAC 2:07.09 Brennan Morris, NBAC 2:08.44 Mike Thomas, NBAC	4:16.91 Palo Alto Stanford  400 FR June 18 3:42.84 California	54.84 Amber Nelson, SHS 54.97 Jamie Green, CHS 200 FREE
100 FLY June 13 59.56 Lyndsay DePaul, TROJ 1:00.97 Tanya Krisman, NCA 1:01.90 Yumi So, SPAS	4:27.02 Ashley Neidigh, BSS 4:27.88 Susana Helms, FORD 800 FREE June 10 9:09.02 Ashley Neidigh, BSS	Baltimore, Maryland June 11-14, 2010 (50 M)	100 BREAST June 13 1:02.54 Michael Phelps, NBAC 1:02.65 Scott Spann, NBAC	3:48.76 Australia 3:49.88 Terrapins 800 FR June 19	1:48.92 Tristin Baxter, CWHS 1:50.59 M. Schuler, CWHS 1:55.80 Sarah Albright, BUHS
200 FLY June 11 2:09.08 Katinka Hosszu, TROJ 2:11.19 Lyndsay DePaul, TROJ 2:11.78 Tanya Krisman, NCA	9:10.46 Susana Helms, FORD 9:14.09 Sam Harding, WWAC	50 FREE June 13 26.37 Felicia Lee, NBAC 26.77 Elizabeth Pelton, NBAC 27.09 Natalya Ares, ASA	1:08.77 Chase Kalisz, NBAC  200 BREAST June 14 2:15.59 Scott Spann, NBAC 2:26.35 Brennan Morris, NBAC	8:12.50 Tucson Ford 8:14.13 California 8:23.71 Team Bruin	4:45.60 Tristin Baxter, CWHS 4:58.18 M. Schuler, CWHS 5:05.80 Jessica Norgaard, CWHS
200 IM June 13 2:13.52 Katinka Hosszu, TROJ 2:16.21 Lyndsay DePaul, TROJ	1:01.99 Grace Loh, AUS 1:02.60 Meagan Nay, AUS 1:04.17 Rachel Goh, AUS	100 FREE June 14 56.14 Felicia Lee, NBAC 57.33 Elizabeth Pelton, NBAC	2:29.28 Caleb Tuten, YORK  100 FLY June 12 52.48 Michael Phelps, NBAC	50 FREE June 19 22.32 Nathan Adrian, CAL 23.12 Adam Brown, UNAT 23.16 Matt Grevers, FORD	100 BACK 58.29 Mariah Tharp, CWHS 1:00.17 McKenna Fife, CWHS 1:00.41 Sara Ramos, SHS
2:18.89 Stephanie Horner, TOR  400 IM June 12  4:36.93 Katinka Hosszu, TROJ 4:50.00 Lyndsay DePaul, TROJ	2:12.64 Meagen Nay, AUS 2:19.84t Grace Loh, AUS 2:19.84t Hannah Ross, FORD	58.33 Allison Schmitt, NBAC  200 FREE June 12 2:01.87 Chelsea Nauta, ABSC	54.77 Todd Patrick, NBAC 58.10 Ellis Miller, NBAC 200 FLY June 13	100 FREE June 20 48.83 Nathan Adrian, CAL 49.40 N.Shapira Bar-Or, UNAT	100 BREAST 1:04.95 Loreen Whitfield, CEHS 1:10.00 Madie Goodvin, FHS
4:50.00 Lyndsay DePaul, TROJ 4:52.61 Haley Anderson, SMST MEN 50 FREE June 12	100 BREAST June 12 1:10.16 Katelyn Weddle, UNAT 1:10.21 Katie Olsen, SDA 1:12.11 Amanda Beard, FORD	2:02.11 Allison Schmitt, NBAC 2:03.88 Felicia Lee, NBAC 400 FREE June 13 4:21.26 Natalie Beale, NBAC	1:57.91 Michael Phelps, NBAC 2:07.30 Mike Thomas, NBAC 2:07.95 Brennan Morris, NBAC	50.29 Nicolas Oliveira, FORD  200 FREE June 18 1:49.29 Kenrick Monk, AUS 1:49.33 N.Shapira Bar-Or, UNAT	1:10.56 Alex Magdaleno, CWHS  100 FLY  55.84 Loreen Whitfield, CEHS 57.48 Sara Ramos, SHS
23.37 Octavio Alesi, TROJ 23.39 Gabe Woodward, BSC 23.66 Joey Hale, RED	200 BREAST June 13 2:31.29 Amanda Beard, FORD 2:32.68 Katelyn Weddle, UNAT	4:21.34 Allison Schmitt, NBAC 4:24.30 Lauren Hine, NBAC 800 FREE June 11	2:07.99 Scott Spann, NBAC 2:08.10 Brennan Morris, NBAC 2:09.09 Mike Thomas, NBAC	1:49.44 Richard Berens, UNAT  400 FREE June 19 3:52.98 Patrick Murphy, AUS	59.20 Bonnie Orr, BUHS  200 IM  2:10.68 Bonnie Orr, BUHS
100 FREE June 11 50.51 Dominik Meichtry, TROJ 51.55 Matt McLean, UNAT 51.58 Gabe Woodward, BSC	2:38.45 Katie Olsen, SDA  100 FLY June 13 1:01.54 Yolane Kukla, AUS	8:54.76 Lauren Hine, NBAC 8:58.84 Natalie Beale, NBAC 8:59.39 Hali Flickinger, YORK	420.59 Brennan Morris, NBAC 4:29.95 Mike Thomas, NBAC 4:30.13 Drew Cosgarea, NBAC	3:53.63 Robert Hurley, AUS 3:53.74 Dominik Meichtry, TROJ 800 FREE June 17	2:12.11 K. Bristow, EDHS 2:14.54 Chandler Bullman, FHS
200 FREE June 12 1:50.35 Dominik Meichtry, TROJ 1:50.72 Clement Lefert, TROj 1:50.79 Tyler Clary, FULL	1:02.12 C. Magnuson, FORD 1:02.41 Whitney Lopus, FORD 200 FLY June 11 2:15.99 Alyssa Anderson, FORD	1500 FREE June 14 16:59.77 Lauren Hine, NBAC 17:03.37 Hali Flickinger, YORK 18:01.65 C. Hamilton, NBAC	SANTA CLARA INTERNATIONAL INVITATIONAL Santa Clara, California	7:58.00 Ryan Cochrane, IS 8:01.73 Robert Hurley, AUS 8:03.00 T. Fraser-Holmes, AUS	1:53.62 Bullard 1:54.26 Clovis West 1:55.05 Clovis East
400 FREE June 11 3:55.73 Tyler Clary, FULL 3:56.29 Chad La Tourette, MVN	2:15.99 Alyssa Anderson, FORD 2:18.92 Charlotte Ruby, SCSC 2:19.92 Melisa Mexia, ACC	100 BACK June 13 1:04.16 Felicia Lee, NBAC 1:06.68 S. O'Toole, NBAC 1:07.28 Willa Wang, NBAC	June 17-20, 2010 (50 M)  WOMEN 50 FREE June 20	15:36.07 Robert Hurley, AUS 15:41.75 David Faisal, MEX 15:42.54 David Mosko, UNAT	1:43.11 El Diamante 1:43.45 Stockdale
3:57.28 Chip Peterson, FULL	2:21.39 Alyssa Anderson, FORD 2:22.31 C. Monsees, SCSC	,	25.13 Yolane Kukla, AUS 25.31 Marieke Guehrer, AUS	100 BACK June 20 55.25 David Plummer, MINN	<b>400 FR</b> 3:30.84 Clovis West

3:41.32 Bullard 3:43.62 ROYS 50 FREE 21.41 Wesley Schultz, THS Michael Rowe, LHS Garret Collard, CHS 22.09 22.12 100 FREE Chase Lemley, CHS 46.92 47.16 Wesley Schultz, THS 47.55 J. Lopez-Lamb, DHS 200 FREE

1:41.04 Cary Wright, CWHS Chase Lemley, CHS 1:44.56 Tommy Allen, CWHS 500 FREE

Cary Wright, CWHS Tommy Allen, CWHS Sean Hooten, CWHS 4:31.77 4.42 02

100 BACK 52.95 J. Lopez-Lamb, DHS 53.64 Dylan Patton, THS 54.13 Garrett Pickford, BHS

100 BREAST 58 99 Randy Askhus, FHS 59.61 Jared Osborn, CWHS 1:01.41 Hanaya Brasali, BUHS

100 FLY Jacob McGough, CWHS Hanaya Brasali, BUHS 50.48 53 24 Ting Williams, CWHS

200 IM Randy Aakhus, FHS Jacob McGough, CWHS Jared Osborn, CWHS 1:52.86 1:57.41

200 MR 1:36.32 Clovis West Frontier Liberty 1:41.66

200 FR Clovis 1:28.20 Clovis West 1:30.32 Madera

3:09.37 Clovis West 3:16.76 Buchanan

CENTRAL COAST HIGH SCHOOL CHAMPIONSHIPS Santa Clara, California May 22, 2010 (25 YD)

n = National Independent School Record \* = CIF Central Coast Record

TEAM STANDINGS 292.5 Archbishop Mitty 236.5 Palo Alto 242 St. Francis

50 FREE 22.24n Maddy Schaefer, SFHS 23 54 Iulia Áma, GUNN Jesse Bergman, HOME 100 FREE

Maddy Schaefer, SFHS 48.61\* 51.22 51.22 Chelsea Fong, MVHS 51.23 Julia Ama, GUNN

200 FREE 1:44.11\* Jasmine Tosky, PAHS 1:48.98 Chelsea Fong, MVHS 1:50.27 Anne Peanasky, HOME 1.44 11\* 500 FREE Alicia Grima, WOOD 4:51.09

Casey Lincoln, GUNN Jacqui Levere, SFHS 4:55.20 4:56.80 100 BACK 55.05 56.10 Linnea Mack, PHS

Lauren Opatrny, SHS 56.13 Alicia Grima, WOOD 100 BREAST 1:03.37 Eva Chen, AMHS

1:03.40 Sarah Liang, PAHS 1:05.22 Anne Peanasky, HOME 100 FLY Jasmine Tosky, PAHS 55.54 Naomi Thomas, BHS 55.93

Charlotte Ruby, AMHS 200 IM 2.03 11 2:03.78

100 FLY Jessica Khojasteh, HARK Lauren Opatrny, SHS Sarah Liang, PAHS 50.54

200 MR Archbishop Mitty 1:47.06 Palo Alto 200 FR 1:34.16\* 1:34.51 St. Francis Gunn

1:35.72 Homestead 3:25.97 St. Francis Palo Alto Gunn 3.28 20 3:28.88

BOYS TEAM STANDINGS 384 Bellarmine Prep 216 Valley Christia Sacred Heart Prep

50 FRFF 20.00 Shayne Fleming, VC 20.83 Cole Davis, HARK 21.43 Parker Bovenberg, PHS

100 FREE 44.64 Shayne Fleming, VC 45.95 Cole Davis, HARK 46.37 Ian Burns, SHS

200 FREE Tom Kremer, SHP 1:37.45 1.37 70 Adam Hinshaw SHS Sam Shimomura, BCP 500 FRFF

4:22.77 4:24.22 Adam Hinshaw, SHS Jackson Partin, BCP 4.24.29 Kevin Owens TKA

100 BACK 50.05 Tom Kremer, SHP 51 28 Matt Webster, BCP Casey Fleming, VC 51.69 100 BREAST

57.75 Byron Sanborn, PAHS 58.27 Kevin Khoiasteh HAP Kevin Khoiasteh, HARK 58.29 Christian Bedell, BCP

49.41 Erich Peske, LGHS 49.94 Chris Scheaffer, BC Chris Scheaffer, BCP Parker Bovenberg, PHS

1:49.88 Andrew Porter, MVC 1:51.80 Erich Peske, LGHS

1:52.53 Ian Burns, SHS 200 MR 1:35.03 Bellarmine Prep Harker School 1:39.43 Palo Alto

200 FR Valley Christian 1:23.91\* Bellarmine Prep Sacred Heart Prep 1:26.41 400 FR

Valley Christian 3:08.22 Bellarmine Prep 3:08.34 Sacred Heart Prep

LOS ANGELES CITY HIGH SCHOOL CHAMPIONSHIPS Los Angeles, California May 21, 2010 (25 YD)

GIRLS TEAM STANDINGS 409 Palisades 404 Cleveland

50 FRFF Margaret O'Rourke, VHS 25.14 25.81 25.81 Hayley Hacker, PHS26.15 Brenda Iglesias, BHS

100 FREE 54.15 Margaret O'Rourke, VHS **100 FREE** 55.66 Tricia Lee, CHS 48.77 55.78 Hayley Lemoine, PHS 49.19

200 FREE Samantha Elam, GHHS 1:55.87 2:00.04 Ana Silka, PHS 2:00.29 M. Schwinger, SOCES 500 FREE

5:07.11 Megan Lee, MHS 5:10.44 Samantha Elam, GHHS 5:24.17 M. Schwinger, SOCES 100 BACK

58.03 Val Orellana, CHS 1:01.95 Hayley Hacker, PHS 1:03.66 Kathleen Vincent, VHS

100 BREAST 1:10.38 Jessica Chong, CHS 1:11.95 Sabrina Giglio, PHS 1:14.31 Ana Grinfield, BHS 100 FLY Val Orellana, CHS 56.71 56.90 Bianca Valencia, GHHS 1:02.61 Zoe Fullerton, PHS

200 IM 2:08.20 2:12.89 Megan Lee, MHS Bianca Valencia, GHHS 2:15.80 Hayley Lemoine, PHS

200 MR 1:53.32 Cleveland 1:55.47 Palisades 1:56.70 Venice 200 FR

1:45.22 Cleveland 1:45.77 Palisades 400 FR 3:43.81 3:46.40 Cleveland 3:53.01 Granada Hills

Venice

BOYS TEAM STANDINGS 342 Cleveland 279 Birmingham

276 Palisades 50 FREE 22.03 Nico Kryspin, THS 22.26 Christian Diehm SPHS

Zachary Lew, LACES Nico Kryspin, THS David Portillo, CHS

49.88 John Amis PHS 200 FREE 1:47.81 Grant Richman, GHHS 1.49.62 Matt Harmatz, SPHS Andrew Hacker, PHS 1:53.75

500 FRFF Grant Richman, GHHS 4:46.64 4:50.09 Matt Harmatz, SPHS 5:07.55 Andrew Hacker, PHS

100 BACK 55.90 John Cullen, PHS 56.58 Alex Moshensky, HHS 58.05 Stan Gershkovich, MHS

1:05.15 Valentino Vilches, CHS 1:06.70 Ryan Saletta, CHS

1:07.33 Roger Luna, HPHS 100 FLY 55.22 55.85 Steven Jalomo BHS Zachary Lew, LACES 58.16 Anthony Chan, RHS 200 IM

2:03.89 Alex Moshensky, HHS Valentino Vilches, CHS Carlos Herrera, BHS 2.07.53 2:07.75 200 MR 1:46.22 Palisades

Cleveland

Los Angeles CES 200 FR 1.32 60 Cleveland 1:34.97 Los Angeles CES

1:46.31

1:49.58

Cleveland 3:24.29 3.27 13 Granada Hills

CALIFORNIA NORTH COAST HIGH SCHOOL CHAMPIONSHIPS Concord, California May 22, 2010 (25 YD)

n = National Independent School Record

\* = Sectional Record

TEAM STANDINGS 262.5 Carondelet 235 San Ramon Valley

200 Campolindo 50 FREE

22.70 Kasev Carlson, LALO Kathryn Murphy, MCAT Sara Delay, NOGA

100 FREE 49.82 Maya DiRado, MCAR 49.93 Kathryn Murphy, MCAT Sara Delay, NOGA

200 FREE Chelsea Chenault CARO

1:47.36 Catherine Breed, AMVA – continued on 40



swim clinic in history. Nine of the Coaches of Gold Medalists from the Rome World Championships will be speaking at the Clinic — that makes this a "can't miss" event for swimming coaches. In addition, the sessions for age group, high school and college coaches are cuttingedge and among the most varied in our history. Please join us in Indianapolis, August 30-September 5, 2010 John Leonard, ASCA Executive Director

Call 1-800-356-2722 or go to www.swimmingcoach.org



Part					(00 FB		200 114		100 0 4 51		400 FREE	
200   190									51.34	Andrew Ireland, CORO		
Sept   Control	500 FREE		214									
1.5.1   1.5.2   1.5.	4:43.43* 4:46.68 4:50.43	Taylor Nanfria, SANR Catherine Breed, AMVA	23.56 24.14	Brittany Aoyama, LND	SAN DII HIGH SI CHAMI	EGO I CHOOL PIONSHIPS	1:38.99 1:39.42	La Costa Canyon	57.63** 57.85	Brandon Meier, CRST Alex Bowen, SNTNA	1:53.93 1:57.14	Jeffery Lau, LOW
Sept	53.33 54.47 55.22	Deborah Roth, REDW Madison White, CARO Marissa Neel, SANR	51.33 51.89	Alex Whitford, BV Anji Shakya, DAV	* = CIF San	d 22, 2010 (25 YD)  Diego Section Record	1:28.16 1:28.78	Rancho Buena Vista	51.77 53.57	David Fan, MCAR	5:13.20 5:24.95	Jeffery Lau, LOW
15-10   15-1	59.52*	Kasey Carlson, LALO					400 FR		200 IM		100 BACK	
1.00   March and LAME   1.00   FEET   Thorpy, 1   March 2   Marc	1:00.84 1:01.07	A. Gargalikis, CARO	1:49.86	Katie Herrington, TOK	260 192	Torrey Pines La Costa Canyon	3:12.21 3:13.29	Carlsbad	1:52.39** 1:53.98	Codi Saunders, VALH	55.87 58.35	Jared Vu, LINC Brian Zhong, WASH
1961/19   1961	53.60					nameno permarao	CALIFO	RNIA		Mt Carmol		
20.01   Complete   1.02   Co	55.86 <b>200 IM</b>	A. Gargalikis, CARO	5:00.65 5:02.35	Tara Halsted, DAV Gabrielle Rossback, OR	23.63* 24.19	Justine Maher, EAST	CHAMI	PIONSHIPS	1:38.90 1:40.54	La Jolla	1:05.95 1:073.4	Chioke Bautista, LOW
19-08   19-0	2:02.18	Taylor Nanfria, SANR	56.42 56.71	Sydney Johnansen, STF Anji Shakya, DAV	51.48		* = CIF San	Diego Section Record	1:25.97* 1:29.60	Canyon Crest	54.63* 55.34	Nick Pasquinzo, LOW
19-10-11   19-11   1		Carondelet	100 BREA	AST	52.82	Anique Hermann, TPINE	GIRLS		400 FR		200 IM	
19-15   1-1-15   1-15	1:42.50 1:46.34	Las Lomas	1:04.37 1:06.57	Mikaela Macklin, ED Carissa Metcalf, STF	1:51.38 1:52.61	Monica Dornick, CARLS	239 135	Cathedral Catholic Valhalla	3:11.17 3:17.07	Valhalla	2:00.66* 2:06.78	Nick Pasquinzo, LOW
19.00   19.0	1:34.95			Mary Criffith TOV		veronica meyer, ernee		Kamona	CALIFO	RNIA		Laurell
2-32.5   Campolindo   2-30.6   March Power, INA   1909 REAT   19	1:36.24 400 FR	Campolindo	54.29 56.86	Katie Herrington, TOK	4:57.12 4:59.18	Riley Spitser, RB	24.37 24.82	Jenna Harris, CATH	San Franc	IONSHIPS isco, California	1:44.60 1:52.49	Washington
Column	3:29.93	Campolindo			100 BAC	(	100 FREE		May 1, 201	0 (25 YD)		Lowell
TAM STANDINGS   200 MR   100		Maria Carrillo								Francisco Record		
200   File		ANDINGS	200 MR		57.40	Chi Pham, WVIEW	53.01	Hailey Luscher, SRNCH		ANDINGS	400 FR	
20 FRE   100 FRY   200 F	265 210	Campolindo Monte Vista	1:47.39 1:48.15	Granite Bay	1:04.02 1:07.34	Kelsey Kafka, TPINE Kenna Nagy, LCC	1:48.75 1:52.09	Jessica Heim, HZN Andrea Basaraba, BISH	157 58	Lowell Lincoln	3:34.24 3:40.53	Washington
21.09   Plankh (Lohn, ACH)   39.28   Left Prairies   24.24   Months (Medica)   Mon		Trent Williams, TFRA		Bella Vista				•		Kristie Chan LINC	CALIFO	RNIA Frn
4502   Semperble CAMP   33175   Davis Campone Campon	21.00 21.30	Jeff Strausser, CAMP	1:39.28 1:39.49	St. Francis	52.43* 57.17	Michaela McLean, PHHS	4:52.88 4:58.70	Jessica Heim, HZN Heren Alanis, LJ	25.47 26.39	Leslie Fung, LOW	SECTION HIGH SC CHAMP	n I Chool Tonships
46.5   Kyle Surber, AMW   33,310   Bella Vista   2,06.72   Allison Deferalta, PTINE   53.00   Sant Lendroft, SYTRA   57.38   Asia Azus, CUV   1.09   FREE   1.00   FREE	45.44		3:30.16		200 IM		100 BACI	(		Kristie Chan, LINC		
200 FRE   1996   Green   1400   1401   1502   1504   150											n = Nationa	al High School and
1936   Greig Harper, LALD   TEAM STANDINGS   200 MR   100 SREAST   1	200 FREE		BOYS		2:08.56	Kelley Sheehan, POWAY	58.26	Sarah Luibel, VALH	200 FREE			
1962   1972						La Costa Canvon			2:06.62			
100 BACK   200 FRE   140 FT			277	Granite Bay	1:48.29	Torrey Pines	1:05.26	Heren Alanis, LJ			TEAM ST	
4346 Byshar Highes, AMV 2104 Aarn Avacron, ED 2105 Fire Fallwood, Avacron, ED 2105 Aarn		Creg Harper IAIO		50.0.0		Westeriew		Killbell Boolie, CXIII		Emily Was LOW	233	Edison (Huntington Beach)
100 BACK   Same   Sam	4:34.62	Jackson Miller, LALO	20.99		1:40.07		54.79*		5:44.71	Amdna Chun, LOW		Aliso Niguei
50.00   Recomposited, Affeld   10.00   FRE   46.55   Trevor Allen, DAV   64.64   Aaron Vaccaro, ED   332.17   La Costa Caryyon   332.55   Torror Pines   332.17   La Costa Caryyon   332.55   Torror Pines   332.67   Rancho Bernardo   332										,	23.22	
11815   Mason Kinnard, YCVA   464   Aaron Vaccaro, ED   4647   Targrif Moner, ES   335.60   Torrep Pines   335.60   Torrep P	50.91	Ben Whitenack, HELD							1:04.01	Erica Fung, LOW		
100 BREAST   13.56   Charlie Wiser, MIRA   56.60   Charlie Bay   13.60   Charlie Bay   13.80   Charlie Bay   13.	51.85t	Mason Kinnard, YGVA	46.44	Aaron Vaccaro, ED	3:32.56	Torrey Pines	2:02.94	Allison Knight, LJ				
Fach of Charlie Wiser, MIRA   5673 Stewn Stumph, CAMP   5676   Jamie Cook, SANR   5673 Stewn Stumph, CAMP   5765   Jamie Cook, SANR   5705   Jamie Sank   5705   Jamie Sank   5705   Jamie Cook, SANR   5705   Jamie Sank   5705   Jamie Cook, SANR   5705   Jamie Sank   5705   Jamie San						Rancho Bernardo		Erin Cox, PLOMA			50.86	Dayae Choi, WOOD
140.95   Andrew Murch, GB   188   Fallbrook   152.76   Mt. Carmel   100 FLY   190 FL	56.60	Charlie Wiser, MIRA	1:38.56	Adam Jorgenson, ROS	TEAM ST		1:49.34**		1:15.25	Cynthia Tran, LINC		Courtney Wilde, LAGU
100 FLY   49.50   Piankhi Gibson, ACHS   42.62   Varn Virtue, OM   49.57   Noguchi, REDW   49.75   Noguchi, REDW   49.75   Noguchi, REDW   427.61   Nick Johnson, JES   427.61   Nick Kowalski, ORNCH   147.00   REVER   139.48   Ramona   191.67   Verna Huang, LINC   453.50   Megan Rankin, UNIV   453.50   Megan Rank										Alicia Tang, LOW		Melanie Klaren, ALIN
495.0   Plankhi Gibson, ACHS   4997   Noguchi, REDW   427.6   Nick Johnson, JES   121.1   Stefan Knight, LCC   14.6   Mike Kowalskit, CRNCH   14.10   Valhalla   193.80   Vivian Chow, LOW   447.01   Megan Rankin, UNIV   450.01   Megan Rankin, UN						Torrey Pines			1:01.38			
200 IM   100 BACK   100 BREAST   100 BREAS	49.97	S. Noguchi, REDW	4:27.61	Nick Johnson, JES		Stefan Knight, LCC	1:41.10	Valhalla	1:01.67	Verna Huang, LINC	500 FREE	
100 BACK   15284   5teven Stumph, CAMP   15301   8 Andrew Murch, CB   45.98   Trent Williams, RB   3333.0   Cathedral Catholic   2.24.21   Vivian Chow, LOW   100 BACK   15301   8 Andrew Murch, CB   45.98   Trent Williams, RB   3333.0   Cathedral Catholic   2.24.21   Vivian Chow, LOW   100 BACK   15301   Miramonte   15.43.2*   Lowell   5.63   S. Schlobhm, ALIN   15.43.2*   Lowell   5.66   S. Schlobhm, ALIN   15.43.2*   Lowell   S. Schl		Alan Winder, TERRA			21.45	Mike Kowalski, ORNCH					4:47.01	
1-53.01   Andrew Seitz, AMVA   50.58   Andrew Murch, GB   46.69   Nick Wilson, POWAY   47.35   Goeffrey Jameson, FALL   Sandy Bole, REDW   52.47   Weston Landre, DO   64.669   Nick Wilson, POWAY   47.35   Goeffrey Jameson, FALL   South State   100 BREAST   100 BREAST   100 BREAST   134.42   Campolindo   1:34.74   Miramonte   55.84   Trevor Allen, DAV   57.41   Evan Studebaker, PL   1:35.13   Monte Vista   57.68   John Choi, VDL   1:41.94   Jamey Lyon, LCC   160   La Jolla   1:41.94   Jamey Lyon, LCC   160   La Jolla   1:41.94   Jamey Lyon, LCC   160   La Jolla   1:41.94   Jamey Lyon, LCC   1:41.95   Jamey Lyo		Steven Stumph, CAMP			100 FREE	,,		Cathedral Catholic	2:17.64			
200 MR	1:53.01	Andrew Seitz, AMVA	50.58	Andrew Murch, GB	45.98		3:37.28	Valhalla				
134.42   Campolindo   55.84   Tevor Allen, DAV   139.53   Trent Williams, RB   131.13   Mr. Carmel   2:00 FRE   139.53   Monte Vista   57.68   Josh Choi, VDL   140.84   Stefan Knight, LCC   149   Coronado   2:00 FRE   1:46.00   Loyell   1:01.74   Casey Mims, JSERR   1:01.74   Casey Mims, JSERR   1:01.74   Casey Mims, JSERR   1:02.33   Ternt Williams, RB   1:01.64   Melissa Bates, MTRD   1:01.74   Casey Mims, JSERR   1:01		•								Lowell	54.82	Samantha Taylor, CAPO
1:35.13   Monte Vista   57.68   Josh Choi, VDL   1:40.84   Stefan Knight, LCC   160   La Jolla	1:34.42		55.84	Trevor Allen, DAV		Trent Williams. RB	TEAM ST		2:01.47	Lincoln		
100 FR   100 FR   125.13   Campolindo   49.55   Evan Virtue, OM   49					1:40.84	Stefan Knight, LCC	160	La Jolla			1:01.23	Andrea Kropp, FLSH
125.13   Campolindo   49.55   Ran Virtue, OM   428.10   Jamey Lyon, LCC   20.84*   Rev Butler, CORO   21.22   Reid McCallum, CYNCR   Danny Ettelson, MCAR   2400 FR   2400 FR   241.57   Robert Robinson, CARL   21.22   Reid McCallum, CYNCR   Danny Ettelson, MCAR   2400 FR   255.73   K. Livingstone, CYNC   21.23   Danny Ettelson, MCAR   246.00 FR   246.		Monte Vista		Adam Jorgenson ROS		jamey Lyon, Lee		Coronado	1:46.00			
441.57 Robert Robinson, CARL 21.34 Danny Ettelson, MCAR 348.07* Lowel 55.73 K. Livingstone, CYNC 340.5R Redwood 3:10.69 Redwood 3:10.79 Los Alamos 1:53.58 Ryan Studebaker, PL 51.83 Anton Razanav, WVIEW 55.49 Patrick Scahill, RBV 55.49 Pa	1:25.13	Campolindo	49.55	Evan Virtue, OM	4:28.10		20.84**					M Hausthorne CHMD
3:0.69 Redwood 1:53.98 Ryan Studebaker, Pt 51.83 Anton Razanav, WVIEW 51.79 Los Alamos 1:54.66 Michael Franz, RA 2:00 MR SAC_IOAQUIN HIGH SCHOOL CHAMPIONSHIPS Lodi, California May 13, 2010 (25 YD)		icira Liliua		nyan i ickell, PON						Lowell	55.73	K. Livingstone, CYNC
3:10.79 Los Alamos 1:54.66 Michael Franz, RA 55.17 Juan Robles, ORNCH 55.49 Patrick Scahill, RBV 46.92 Danny Ettelson, MCAR 46.92 Danny Ettelson, MCAR 46.92 Danny Ettelson, MCAR 7EAM STANDINGS 2:00.33 Melissa Bates, MTRD 2:00.034 Andrea Kropp, FLSH 2:00.035 Melissa Bates, MTRD	3:08.54		1:51.98					n n l cono				Morgan Sprosty, NOR1
200 MR   137.97   Granite Bay   137.97   Granite Bay   138.9   Ponderosa   138.98   Vacaville   59.38   Connor Cackovic, CARL   134.02   CHAMPION SHIPS   Lodi, California   May 13, 2010 (25 YD)   CIRCLS   126.84   Del Oro   51.30   Kyle Evans, POWAY   126.84   Del Oro   51.27   Mike Kowalski, ORNCH   441.69   Tom Anderson, BISH   128   Lowell   2:00.43   Andrew Ireland, CORO   31   Lincoln   200 MR   1:43.34   Edison (H.B.)   1:43.34   Edison (H.B.)   1:43.34   Edison (H.B.)   1:45.34   Edison (H.B.)   1:					55.17	Juan Robles, ORNCH	46.60	Reid McCallum, CYNCR		ANDINCS	1:58.74*	
138.98   Vacaville   59.38   Connor Cackovic, CARL   143.86   Alex Bowen, SNTNA   144.36   Alex Bowen, SNTNA   144.38   Alex Bowen, SNTNA   144.38   Alex Bowen, SNTNA   144.58   Alison (H.B.)	CALIFO	RNIA		Counity B				,	128	Lowell		
Lodi, California	HIGH SC	CHOOL	1:38.19	Ponderosa	58.49	Jonathan Wang, TPINE	1:42.30	Andrew Ireland, CORO				5 P. 41-5
1.26.70   Granite Bay   100 FLY   500 FREE   23.46   Calvin Luo, WASH	Lodi, Cali	fornia		vacaville							1:44.58	Aliso Niguel
GIRLS         1:26.84         Del Oro         51.30         Kyle Evans, POWAY         4:36.11         Eric Hedlin, LJ         23.99         Nicholas Kwan, LOW         200 FR           TEAM STANDINGS         1:27.34         Jesuit         52.27         Mike Kowalski, ORNCH         4:41.69         Tom Anderson, BISH         1:34.75*         Fountain Valley		10 (25 YD)	1:26.70						23.46	Calvin Luo, WASH		University (Irvine)
		ANDINGS							23.99	Nicholas Kwan, LOW		Fountain Valley
	330	St. Francis										

1:36.13 Laguna Hills 400 FR 3:23.86\* Edison (H.B.) Fountain Valley

3:30.22 University (Irvine) TEAM STANDINGS

253 Capistrano Valley 247 Loyola 233 Corona del Mar

50 FREE

20.93 lack Yeager, NEWP Joe Ferretti, LSAL Connor Sharpe, LYLA 20 97

100 FREE

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

200 FREE

1.38 29t Ion Daniec MISV 1:38.66 Lucas Norman, CAPO

500 FREE

4:22.34 Ion Daniec, MISV Logan Redondo, CAPO Riley Mita, WRAN 4.28 15

100 BACK

50.22 Nolan Brown, REDL 51.68 Garrett Hubbard, ALMY **100 FREE** 51.90 Alex Ngan, HART

100 BREAST

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

100 FLY

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

200 IM

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

Corona del Mar

1:33.26

Capistrano Valley University (Irvine) 1:36.61

200 FR

Newport Harbor 1:24.01 Lovola 1:25.62 Capistrano Valley

400 FR

3.02.82\* Capistrano Valley Loyola 3:09.37 Corona del Mar

CALIFORNIA SOUTHERN SECTION II HIGH SCHOOL CHAMPIONSHIPS Long Beach, California May 15, 2010 (25 YD)

\* = CIF Southern Section II Record

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 FRFF

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

200 FREE

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

500 FREE

4:47.69 K. Campbell, LACA Nikki Chang, SOHS Orianna Wang, UPLD 4.54.25

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, ARGR 1:04.50 Emily Wu, WALN 1.00.03\*

54.80t Kylie Garcia, ROWL

54.80t Noelle Tarazona, CLAR 55.56 Amelia Schachter, ARGR

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 Palos Verdes 1:50.91

Trov 1:37.81 Walnut La Canada Moorpark 1.38 54

400 FR 3:32.62 Walnut 3:36.62 Arroyo Grande

**BOYS** TEAM STANDINGS

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

50 FRFF

David Armstrong, THOS Jake Fletcher, BREA 21.04 21 43 let Reich OCHS

46.34 Alex Campbell, LACA Jason Haney, DAMI Lucas Spencer, ELMO 46 46 46.69

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

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

Young Tae Seo, CRVY Scott Farley, SANM Dylan Duimovich, OCHS 1:50.14 1.50 57

200 MR Oaks Christian Crescenta Valley 1:35.65 1:36.46 Murrietta Valley

200 FR

1.25 04\* Oaks Christian Damien La Canada 1:26.53

400 FR

Oaks Christian 3:07.56 3.09 88 La Canada 3:10.90 Thousand Oaks

CALIFORNIA SOUTHERN SECTION III HIGH SCHOOL CHAMPIONSHIPS 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** 

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

lessica Marsh, WHIT 52.47 53 33 Elle Wohlmuth, PLMD Lauren Vosseler, PACI

200 FRFF

1:47.67 Lynette Lim, PALM - continued on 42 S



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	IE RECORD — cor			200 IM 1:52.68*	Joshua Hanson, IMCR		See Han Lee, TOR Kenji Oberlander, GOHS		Dan Jurgs, GWHS	<b>100 FLY</b> 57.69	Megan Greving, STA
1:49.35 1:53.72	Kelsey Cummings, ESEG Jessica Marsh, WHIT	SOUTH	HERN	1:54.29 1:59.97	Alex Cisneros, RAAL Ben Skelding, LTRK	100 FLY	•	100 FREE 45.26**	Spencer Fronk, CCHS	1:00.21	Brooke Brittain, WIHS Maggie Metz, TSHS
500 FREE		SECTIO HIGH S	ON IV SCHOOL	200 MR	•	47.97* 48.65	Vladimir Morozov, TOR Chase Bloch, OCHS	47.20 47.44	Dave Shemer, BHS Dan Jurgs, GWHS	200 IM	
4:45.29* 4:51.85	Lynette Lim, PALM Kelsey Cummings, ESEG	CHAM	PIONSHIPS ach, California	1:42.89 1:43.56	Crossroads Viewpoint	49.25	David Armstrong, THOS	200 FREE	-	2:12.08	Kristin Strecker, THHS Gina Cernohous, ACHS
	Rebecca Gregg, ACHS		010 (25 YD)	1:43.67	Villanova Prep	200 IM 1:50.71	Young Tae Seo, CRVY	1:38.32** 1:41.24	Spencer Fronk, CCHS Clark Smith, RJHS		Kaela Ropson, STA
100 BACK 58.94	Kirsten Shew, LASE	* = CIF Sou	uthern Section IV Record	200 FR 1:30.69	Brentwood	1:53.66		1:42.43	Connor Andrew, CCHS	200 MR 1:52.28	St. Thomas Aquinas
1:00.84	Julianne Allison, ESEG Noelle Yu, MK	GIRLS	····	1:30.76	Littlerock Crossroads	200 MR	Alex cisileros, is a c	<b>500 FREE</b> 4:35.27	Ben Holston, GWHS	1:54.39	Wichita Independent Emporia
100 BREA		275	Marlborough	400 FR	Clossidads		Oaks Christian	4:35.73	Nick Beaulieu, RJHS	200 FR	Епіропа
1:05.52	Elle Wohlmuth, PLMD		Cabrillo (Lompoc) Maranatha	3:22.45	Brentwood	1:36.59		4:36.21	John Martens, GHS	1:44.70	Topeka Hayden
1:05.64 1:06.40	Kathy Pierce, VALE	50 FREE			Littlerock Villanova Prep	200 FR	_	49.30	Jared Markham, CCHS		Emporia Mt. Carmel
100 FLY		23.11* 24.98	Kendall Swanson, MBHS	CALIFO	RNIA	1:25.51 1:25.53	Oaks Christian	49.41 51.05	Kyle Milberg, HRHS Andy Hartbarger, HRHS	400 FR	
55.98 1:00.21	Kirstie Chen, WHIT Tessa Franke, SAMO	25.03	Shannon Slaught, BIDI	SOUTH SECTION	N	1:27.04	Irvine	100 BREA		3:42.61	Wichita Independent St. Thomas Aquinas
1:00.29	Bohyuin Kim, KENN	100 FREE 53.90		MASTER HIGH SO	CHOOL	<b>400 FR</b> 3:07.18	Torrance	58.00 59.18	Kyle Noser, HRHS Mike McCormick, PHS		Newton
200 IM 2:03.55	Kirstie Chen, WHIT	54.24 55.79	Michaela Paige, CABR	CHAME	PIONSHIPS ch, California	3:11.44	Mater Dei Damien	59.32	Rin Isobe, BHS	KANSAS HIGH SO	S 6A CHOOL
2:08.29		200 FREE		May 18, 20		COLOR	ADO 4A	100 FLY 49.87	Clark Smith, RJHS	GIRLS	PIONSHIPS
200 MR			Laura Clark, MBHS		thern Section s Record	HIGH S BOYS	CHOOL	50.05 50.27	Kyle Milberg, HRHS Andrew Torres, RVHS	Topeka, K	
1:53.64	Mark Keppel La Serna		Lilliana Casso, MARL	GIRLS	, neco.a	CHAMI	PIONSHIPS , Colorado	200 IM	/ III	,	State Record
	El Segundo	500 FREE		50 FREE	Mary Hanson, IMCR		, 2010 (25 YD)	1:48.87* 1:52.14	Jared Markham, CCHS Kyle Noser, HRHS	TEAM STA	
200 FR	La Serna	5:07.77		23.45	Cynthia Faschella, FNVL	* = Colora	do 4A Record	1:54.04	Andy Hartbarger, HRHS	276	Shawnee Mission East Topeka Washburn Rural
1:43.13	Adolfo Camarillo		Bailey Muchin, MARL	23.76	Courtney Wilde, LAGU		ANDINGS	200 MR	eretion to beauty		Lawrence Free State
	Cypress John Kennedy (La Palma)		Mary Hanson, IMCR	50.33	Cynthia Faschella, FNVL	241		1:33.50* 1:34.39	Highlands Ranch Cherry Creek	50 FREE	
400 FR	51.6	58.28 58.88	Sandy Hon, GAB Alyssa Yu, MARN	50.82 51.62	Dayae Choi, WOOD Jessica Marsh, WHIT		Fossil Ridge	1:36.64	Regis Jesuit	24.32	Haley Molden, WRHS Maddy Dalcamo, ONW
3:42.73	El Segundo Mark Keppel	100 BREA	AST	200 FREE	The BALAN	50 FREE 21.40		200 FR 1:25.51	Cherry Creek		Tiesha Scipio, MHS
	Palm Springs	1:05.65	Lilly Parks, SIERR Kendall Swanson, MBHS	1:47.57* 1:50.11		21.90 22.08	Dylan Westover, EPHS Matthew Arthur, PCHS	1:26.54 1:27.48	Highlands Ranch Regis Jesuit		Maddy Dalcamo, NWHS
BOYS TEAM STA		1:06.54			Dayae Choi, WOOD	100 FREE		400 FR			Marston Fries, SME Hannah Molden, WRHS
232t	El Segundo Torrance	100 FLY 58.41			Lynette Lim, PALM		Josh Ginsborg, FRHS Pat Cardillo, LPHS	3:06.04* 3:10.22	Cherry Creek Regis Jesuit	200 FREE	
	Mark Keppel	59.34 1:00.53		4:51.47 4:51.56	K. Campbell, LACA Kelsey Cummings, ESEG		Jeff Garnier, DEHS		Highlands Ranch	1:53.09	Morgan Flannigan, LFS Hannah Molden, WRHS
50 FREE 21.18	Josh Roe, CCSA	200 IM	•	100 BACK			Patrick Scally, CMHS	KANSA!	S SA-T CHOOL		Marston Fries, SME
21.30 21.52	Brendon Chiu, MK Cameron Neely, PFCA	2:08.21		56.66	Mary Hanson, IMCR S. Al-Quah, SPAS		P.J. Wickwire, MHS Jeff Garnier, DEHS		IONSHIPS		Haley Molden, WRHS
100 FREE		2:12.23	Lilly Parks, SIERR		Haley Preston, WSTL	500 FREE		Topeka, k May 20-22,	ansas 2010 (25 YD)		Mackenna Rife, ONW Morgan Flannigan, LFS
	Ryan Makuta, ESEG Josh Roe, CCSA	200 MR 1:52.88	Maranatha		Gretchen Jaques, GLND	4:38.10	Patrick Scally, CMHS P.J. Wickwire, MHS	TEAM ST		100 BACK	
	Chris Cordobes, ESEG	1:53.38 1:53.56	Cabrillo (Lompoc)		Melissa Bates, MTRD Jiana Vargem, MTRD		Jake Ores, MVHS	252	St. Thomas Aquinas Wichita Independent	57.27	Sammie Schurig, WRHS Chloe Portela, LFS
200 FREE 1:41.26	Ryan Makuta, ESEG	200 FR	•	100 FLY		100 BACI 51.05	<b>(</b> Ryan Arata, LPHS	192	Newton		Heather Clark, LFS
1:41.66 1:43.46	David Jakl, MK Dennis Cassidy, LASE	1:42.07 1:42.46	Cabrillo (Lompoc)	55.67	Kylie Garcia, ROWL Amelia Schachter, ARGR		Michael Revak, GWHS Joey Notarianni, MHS	50 FREE 24.43	Chesley Kilgore, WIHS		Nikki Daniels, WNW
500 FREE		1:42.98			Emily Yu, WALN	100 BREA		25.07 26.00	Megan Greving, STA Sarah Clark, MCHS		Margaux Kent, SBV Grace Stafford, BVN
4:34.22 4:38.51		400 FR 3:40.96	Marlborough	200 IM 1:58.88*	Gretchen Jaques, GLND		Tanner Krall, CHS Connor Dwyer, LHS	100 FREE		100 FLY	
	Justin Tran, ALH	3:44.03	Maranatha Gabrielino	2:02.22 2:05.45	Melissa Bates, MTRD Brianna Weinstein, IHS		Collin Babcock, LPHS		Chesley Kilgore, WIHS Christina Entz, NHS		Natalie Morris, ONW Chloe Portela, LFS
100 BACK 48.11		BOYS		200 MR		100 FLY 50.14*	Ryan Arata, LPHS	57.04	Rebecca Tidwell, EHS	58.79	Hannah Angell, BVW
	William Cobau, LASE Jeffrey Allison, ESEG	TEAM ST	TANDINGS Viewpoint		Aliso Niguel Glendora	51.81 52.46	Matthew Arthur, PCHS Bryan Bonack, LPHS	200 FREE 1:55.94	Monica Dudley, STA	200 IM 2:05.45	Sammie Schurig, WRHS
100 BREA	ST	138.5	Crossroads Littlerock	1:49.49	Mater Dei	200 IM	·	1:56.48 2:02.16	Kelsey Eklund, WIHS Natalie Hyde, THHS		Nikki Daniels, WNW Natalie Morris, ONW
58.00	See Han Lee, TOR Michael Dozal, CCHS	50 FREE		200 FR 1:36.96	Fountain Valley		Eric May, AHS Bryan Bonack, LPHS	500 FREE	,	200 MR	
1:00.23	Cameron Price, STMA		Jack Galvan, JURU		Walnut	1:56.09			Monica Dudley, STA Kelsey Eklund, WIHS	1:46.34	Lawrence Free State Washburn Rural
100 FLY 48.30	V. Morozov, TORR	21.87		400 FR		200 MR 1:36.16	Lewis Palmer		Sara Lopez, STA		Shawnee Mission East
50.39 50.44		100 FREE 46.59	Michael Haney, BLOO	3:33.34	Woodbridge Mater Dei	1:38.03	Fossil Ridge D'Evelyn	100 BACK 1:00.67	Brooke Brittain, WIHS	200 FR 1:38.22	Shawnee Mission East
200 IM	•	46.89 47.21	Jack Galvan, JÚRU		Walnut	200 FR		1:01.57	Gina Cernohous, ACHS Emily Knocke, TA	1:39.00	Olathe Northwest Blue Valley North
1:49.71* 1:55.20	Alwin Firmansyah, CER See Han Lee, TOR	200 FREE		BOYS 50 FREE		1:27.33	Lewis Palmer Cheyenne Mountain	100 BREA	•	400 FR	5.00
1:55.89	Justin Tran, ALH	1:42.00	Michael Haney, BLOO		Joe Ferretti, LSAL Jake Fleetcher, BREA		Fossil Ridge	1:07.04	Kristin Strecker, THHS Natalie Hyde, THHS	3:31.39*	Washburn Rural Olathe Northwest
200 MR 1:38.19	Mark Keppel	1:43.64 1:44.37			Josh Roe, CCSA	400 FR 3:08.86*	Lewis Palmer		A. Scheideman, WHS		
1:39.07	Beverly Hills La Serna	500 FREE		100 FREE 46.09	S M-lura ESEC	3:12.80	Fossil Ridge D'Evelyn				
200 FR	La serria	4:57.72	Andrew Barmann, LAS John Brody, VIEW	46.38	Michael Haney, BLOO		ADO 5A		Onus covi		
1:26.93	El Segundo		Milo Filip, LAGBL		Spencer Wollkind, THS	HIGH S BOYS	CHOOL (I)	S	WIM MEET (	OF CH	<u>IAMPIONS</u>
1:27.83	Torrance (Leadoff: Morozov,	100 BACH 51.98*	Joshua Hanson, IMCR		Brennan Jacobsen, SOHS	CHAMI	PIONSHIPS		Nission Viejo,	Califo	rnia 🥏
1:30.63	19.43n) Beverly Hills	54.74 56.23			David Jakl, MK Ryan Makuta, ESEG		ins, Colorado , 2010 (25 YD)	j.	ine 10-13, 20	10 (50	M) 🚇 🚇
400 FR	Torranco	100 BREA		500 FREE	V T ( CD)/V		do State Record				
3:10.02	Torrance El Segundo	1:00.44	Bryson Alef, LAGBL Joshua Hanein, WARR	4:33.70	Young Tae Seo, CRVY Riley Mita, WRAN		ado 5A Record		or all on-demar		
3.14.01	Mark Keppel		Kyle Chen, GAB		Janardes Burns, ANHS	373	ANDINGS Highlands Ranch		ne TYR Swim <i>M</i>	ieet or c	Lnampions,
		<b>100 FLY</b> 51.50	Alex Cisneros, RAAL		Vladimir Morozov, TOR		Cherry Creek Regis Jesuit		lease go to: ttp://www.swin	nminav	vorldmagazine
		52.62	Taylor Wolfe, VILL	51.25	William Cobau, LASE	EN EDEE			LLP.// www.swiii	minigw	oriumagazine.

100 FLY
51.50 Alex Cisneros, RAAL
52.62 Taylor Wolfe, VILL
54.31t Kyle Chen, GAB
54.31t Justin Yoshimaru, CROS

100 BACK 47.55\* Vladimir Morozov, TOR 51.25 William Cobau, LASE 52.06 Keaunui Harris, CHS

100 BREAST 56.21 Michael Liao, CDM

50 FREE
21.72t Daryl Turner, CCHS
21.72t lan Woon, HRHS
21.77t Cole Hackney, HRHS

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# September

Su	Мо	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
- Morgan Hill, CA MAKO Age Group Open mnla2z@earthlink.net
- Salinas, CA MBSC Age Group Open maryhazdovac@ comcast.net
- 10 Fort Lauderdale, FL Broward South Sizzler coachnobu@aol.com
- 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 jamie.shaw@comcast.net

THIS Month

**IN SWIMMING** 

SWIMMING HALL OF FAME

On Aug. 9, 1984, Tracie Ruiz (ISHOF

Honor Synchronized Swimmer 1993) and

Candy Costie (ISHOF Honor Synchronized

Swimmer 1995) made Olympic history when

they became the first-ever Olympic gold

medalists in synchronized swimming, cap-

turing the duet event at Los Angeles. Three

days later on Aug. 12, Ruiz added a gold

medal in the solo event, while Costie cap-

tured the silver medal. At the 1988 Olympics

in Seoul, Ruiz earned a silver medal in solo

THE INTERNATIONAL

Ungust

competition.

- 11 Lake Lytal, FL Palm Beach Sub JO gmand688@ hellsouth net
- 11 Naples, FL SWIM AG Open 239-289-5925
- 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 coachvicki@ pnyswimteam.org
  - Lodi, CA LSC Age Group Meet iohnlodiaquatics@ 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
  - Johnson City, TN BSC Open bscswim@yahoo.com
- 18-19 Elmwood, LA Elmwood 14 and Under tnatal@oshners.org
- 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 davisaquadarts@ 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
- 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 kacy1982@sbcglobal.net
  - 25 Overland Park, KS COOL Fall Kick-Off Meet idownev@coolwaves.org
  - 25 Springfield, MO MSA Pentathlon davidcollins@ missouristate.edu
  - 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.birnam@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@bvunet.net
- 25-26 Vancouver, WA **CRST** Waverider Challenge crstbemis@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 wtrcsharks@ hotmail.com

### MASTERS SEPTEMBER

- 4 Lanai, Maui, HI Maui Channel Swim ian@Hawaiian.net
- 6 Maui, HI Aumakua Open Water Swim malcolmwhy@ Hawaii.rr.com
- 11 Coronado, CA Different Strokes SCY Meet meets@dsst.org
- 11 Kihei, Maui, HI Maui Summer Pentathlon malcolmwhv@ 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 Iolla, CA San Diego Senior Games sisecretary@usms.org
- Keawekapu Beach, HI Maui Roughwater Swim ikrenner@earthlink.net .

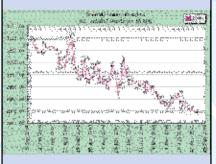
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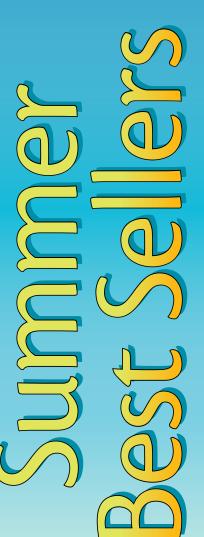


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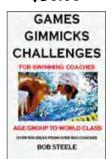
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