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Lane 9
YEAR OF THE COMEBACK
ARIZONA CLAIMS ANOTHER NCAA WOMAN OF THE YEAR KUDO

Gutter Talk
VENTURA DEEP SIX RELAY TEAM SHATTERS WORLD RECORD
OFFICERS ELECTED, ANNOUNCED AT ANNUAL USMS CONVENTION
WORLD RECORD FALLS AT PACIFIC MASTERS CHAMPIONSHIPS
OLYMPIAN ROWDY GAINES PART OF RECORD-BREAKING RELAY
JASON LASSEN CROSSES CATALINA CHANNEL
USMS POSTAL NATIONAL CHAMPIONSHIP RESULTS POSTED

Q&A with Coach Eric Hansen and How They Train: Maggie Meyer

For the Record
COMMONWEALTH GAMES New Delhi, India Oct. 4-9, 2010
MISSISSIPPI HIGH SCHOOL CHAMPIONSHIPS Biloxi, Mississippi Oct. 23, 2010
WYOMING 3A HIGH SCHOOL GIRLS CHAMPS Gillette, Wyoming Oct. 29, 2010
WYOMING 4A HIGH SCHOOL GIRLS CHAMPS Gillette, Wyoming Oct. 29, 2010
INSIDE THIS ISSUE of

Swimming World magazine

ON THE COVER:

Ryan Lochte captured his first regional and world Male Swimmer of the Year honors, ending a record four-year streak by Michael Phelps. In an incredible year, Lochte won four individual events at the Pan Pacific Championships last summer, with all four winning times ranking No. 1 in the world. (See story, page 12.)

[COVER PHOTO BY PETE H. BECK]

8 10 BEST PERFORMANCES OF 2010 by John Lohn
12 WORLD & AMERICAN SWIMMERS OF THE YEAR: Rebecca Soni and Ryan Lochte
14 EUROPEAN SWIMMERS OF THE YEAR: Federica Pellegrini and Camille Lacourt
16 PACIFIC RIM SWIMMERS OF THE YEAR: Alicia Coutts and Kosuke Kitajima
18 AFRICAN SWIMMERS OF THE YEAR: Mandy Loots and Cameron van der Burgh
40 WORLD AND AMERICAN RECORD PROGRESSION

21 THE POOL’S EDGE: It’s a Break, not a Break-up by Karlyn Pipes-Neilsen
Do you need a change from the sport of swimming? Here are some suggestions to help guide you.

22 DRYSIDE TRAINING: Want to Swim Faster? Cross Train! by J.R. Rosania
The first of a two-part article highlights several conditioning, strength and core exercises that will help produce a stronger, more fit body that can help you swim faster.

27 Q&A WITH COACH ERIC HANSEN, UNIVERSITY OF WISCONSIN by Michael J. Stott
Since assuming the coaching reins at the University of Wisconsin, Coach Eric Hansen has sparked a resurgence in the men’s program and has led the women to eight top-20 NCAA finishes.

30 RECRUITING TRIPS: WHAT TO DO, WHAT TO ASK by Michael J. Stott
Last month, Swimming World offered a coach’s perspective on recruiting high school swimmers. This month features testimonials from four highly touted recruits.

35 NATIONAL AGE GROUP RECORD SETTER: Premier Aquatics Club of Klein (Texas) 11-12 Boys 200 Meter Freestyle Relay

36 AMERICAN RELAY by Judy Jacob

DEPARTMENTS:

6 A VOICE for the SPORT
24 HOLIDAY GIFT GUIDE
39 FOR THE RECORD
43 CALENDAR
46 PARTING SHOT

SWIMMING WORLD MAGAZINE (ISSN 0039-7431). Note: permission to reprint articles or excerpts from contents is prohibited without permission from the publisher. The publisher is not responsible for errors in advertisements. Microfilm copies available from University Microfilms, 313 N. First St., Ann Arbor, MI 48103. Swimming World Magazine is listed in the Physical Education Index. Printed in the U.S.A. © Sports Publications International, December 2010.
A VOICE for the SPORT
WORLD AND
REGIONAL
SWIMMERS OF
THE YEAR

BY JASON MARSTELLER

The December issue of Swimming World is always one of the most interesting editions we put together with the World and Regional Swimmers of the Year being voted on and announced annually. This year, we crown our 45th and 47th Female and Male World Swimmers of the Year—a tradition that began in 1964 when Don Schollander of the United States was named the best male swimmer of that year. Two years later, Swimming World began honoring the women as well with the USA’s Claudia Kolb winning the 1966 female award.

In a landslide vote, Ryan Lochte ended Michael Phelps’ record-setting reign of four years atop the male world rankings. With his first World Swimmer of the Year award, Lochte earned his fourth spot on our cover (Sept. 2005, June 2006, Oct. 2010 and Dec. 2010). Phelps and Mark Spitz own the record with nine appearances each, but Lochte moved into the same conversation as other swimming luminaries such as Shirley Babashoff, Mike Barrowman, Matt Biondi, Kolb, Pablo Morales and Mel Stewart as other swimmers to grace the cover four times.

The Female World Swimmer of the Year title proved to be just as decisive with Rebecca Soni earning her first selection atop the world rankings. She became the first U.S. swimmer since Natalie Coughlin (2002) to win the top honor for women. 2009 winner Federica Pellegrini of Italy wound up second, fighting off Australia’s Alicia Coutts and Great Britain’s Rebecca Adlington for runner-up honors.

While Lochte and Soni posted convincing wins in their respective world categories, only two regional winners were unanimous. Lochte won the Male American Swimmer of the Year with first-place votes from each of the 19 panelists, while Japan’s Kosuke Kitajima earned all the top votes in the Male Pacific Rim Swimmer of the Year category.

The closest contest proved to be the European Female Swimmer of the Year as Pellegrini fended off Adlington by just a mere five-and-a-half points. Voters were asked to rank their Top 5 choices in each category, with five points being given to the No. 1 selections down to one point for a No. 5 vote.

The remaining award winners for open water, water polo, diving, synchronized swimming and disabled swimming—along with the World by Best Event—will be named in the January issue.

Swimming World Magazine thanks the members of its panel for generously donating their valuable time and expertise: Asia: Hideki Mochizuki, writer for Japanese Swimming Magazine and Swimming World Japanese correspondent. Australia: Nicole Jeffery, senior sportswriter for The Australian; Ian Hanson, owner of the Hanson Media Group; Ron McKeon, president of the Australian Swimming Coaches and Teachers Association. Central Europe: Camillo Cametti, editor of Nuoto Eastern Europe: Norbert Agh, Swimming World European correspondent from Hungary; Ivan Tsalnov, editor of Bulswim.info in Bulgaria. Middle East: Buky Chass, swimming commentator for Israeli TV and former national technical director. North Africa: Chaker Belhadj, swimming writer for Le Temps. Northern Europe: Oene Rusticus, Swimming World European correspondent from The Netherlands. South Africa: Neville Smith, Swimming South Africa. South America: Jorge Aguado, Swimming World South American correspondent from Argentina; Alex Pussieldi, senior writer for Bestswimming.com.br. United Kingdom: James Hickman, director of Made in Manchester TV. Swimming World: Jeff Comings, associate producer of SwimmingWorld.TV. Bob Ingram, senior editor, Judy Jacob, production assistant; John Lohn, senior writer; and myself, Jason Marsteller, general manager of media properties.

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I’m not sure how many years this has been one of my assignments for Swimming World, but it’s been more than a few. During that time, I’ve certainly developed a love-hate relationship with determining the top 10 performances of the year. The challenge is enjoyable. However, there’s always frustration with the decision-making process.

Well, this year has been a little more head-slamming than the others. Why? Well, usually there are world records that help guide the process. In 2010, of course, we’ve been world-record-free, thanks to the abolition of performance-enhancing suits and a return to textile swimwear. Don’t be mistaken. This change was a positive development.

During the selection of the top 10 performances, there were a number of movements. As one swim went up the list, another tumbled down. Eventually, though, this is what was determined, and it actually feels solid. You may think otherwise. Hey, it’s the beauty of subjectivity.

1. CAMILLE LACOURT, FRANCE
   100 Meter Backstroke, 52.11
   The Frenchman came closest to knocking aside a world record set in a techsuit when he dazzled at the European Championships. Lacourt scorched a time of 52.11 for the two-lap backstroke, which rattled the global standard of Aaron Peirsol (51.94).
   By going 52-low in a textile suit, Lacourt significantly separated himself from anyone previously in that type of gear. For good measure, he also topped the world rankings in just one lap,

2. ALICIA COUTTS, AUSTRALIA
   200 Meter Individual Medley, 2:09.70
   It wasn’t easy deciding whether to place this performance here or the one delivered by Rebecca Soni (see next entry). Ultimately, the decision was made to go with the performance that bettered a drug-tainted showing. Before Coutts won gold at the Commonwealth Games in the 200 IM, the fastest time in the event in textile was 2:09.72 by China’s Wu Yanyan. However, that mark was known to be aided by performance-enhancing drugs.
   While Coutts’ time was well off the world record of Ariana Kukors, set at the 2009 World Championships, it’s pleasing to see the swim by Wu go by the wayside.

3. REBECCA SONI, USA
   100 Meter Breaststroke, 1:04.93
   Cracking the 1:05 barrier at the Pan Pacific Championships could have easily earned Soni the No. 2 position on this list, but sitting third isn’t too bad. The premier female breaststroker in the world became the first woman to dip under 1:05 in textile, an amazing feat for someone best known for her exploits in the 200 breast.
   Speaking of the 200, Soni’s performance in that event at Pan Pacs also warranted consideration. After all, she went 2:20.69 and made a push at the world record of 2:20.12. As the United States forges toward London, count Soni as an American headliner.
4. **RYAN LOCHTE, USA**
   **200 Meter Individual Medley, 1:54.43**
   What a year it was for Mr. Lochte, who won six gold medals at the Pan Pacific Championships. Lochte provided a number of spectacular races during the year, but it was his effort in the 200 IM at Pan Pacs that landed him on this list. By going 1:54.43, Lochte pushed his world record of 1:54.10 and posted the fastest time ever in textile.
   At the 2011 World Championships and the 2012 Olympic Games, expect to see Lochte rivaling Michael Phelps for top honors. They’ve supplied wonderful showdowns in the past, but the best is still to come.

5. **KOSUKE KITAJIMA, JAPAN**
   **100 Meter Breaststroke, 59.04**
   Plain and simple, Kitajima is the greatest breaststroker in history. That’s what double-Olympic gold will get someone—exactly what the Japanese star pulled off at the 2004 and 2008 Games. After taking off the 2009 season, Kitajima returned to action in stylish fashion this year, dominating the breaststroke events at the Pan Pacific Champs.
   While Kitajima earned his nod on this list for the 59.04 he spun in the 100 breast, he also managed a time of 2:08.36 in the 200. Both times are the fastest produced in textile, edging the times of American Brendan Hansen.

6. **FRED BOUSQUET, FRANCE**
   **50 Meter Freestyle, 21.36**
   During the techsuit era, the look of the men’s sprint events was almost difficult to believe. Before the introduction of polyurethane, no one had ever gone faster than the 21.64 of Alexander Popov. In rubber, however, 21-low became commonplace, with sub-21 even emerging. When textile returned, there were some questions as to how long it would take for someone to better Popov. Not long.
   In the semifinals of the 50 free at the European Champs, Bousquet hit the wall in 21.36, blowing Popov’s time out of the water. While he didn’t go faster in the final, settling for 21.49, it was another phenomenal performance.

7. **FEDERICA PELLEGRINI, ITALY**
   **200 Meter Freestyle, 1:55.45**
   Some of the times Pellegrini clocked during the techsuit era may never be touched. However, she is far from a suit swimmer, as we will find in some others. In June, the Italian freestyle ace registered a time that narrowly edged the fastest ever in textile wear. The woman she took down was France’s Laure Manaudou, an old rival, and given Manaudou’s plans to exit retirement, a foe again soon.
   Pellegrini also had an impressive time of 4:03.12 for the 400 free, but it was her four-lap outing that made her an easy pick for this list.

— continued on 10
8. AYA TERAKAWA, JAPAN

100 Meter Backstroke, 59.13

Of all the names on this list, Terakawa’s is probably the least established, although she does have a solid international record. She took silver in the 100 back at the Pan Pacific Championships, but her best swim of the year didn’t come until a month later at the Japanese National Sports Festival when she went 59.13—the best time in textile.

What will Terakawa do going forward? We’ll find out soon enough, especially at next year’s World Champs. Certainly, she’s made herself a major player in the dorsal events.

9. BRENT HAYDEN, CANADA

100 Meter Freestyle, 47.98

He’s been a world champion and a major force for Canada for many years, but Hayden somehow seems to get overlooked. Umm, that may have changed with his efforts at the Commonwealth Games. After enjoying a superb Pan Pacific Champs, Hayden went to Delhi and won the 100 free with a sub-48 performance, grabbing the top-ranked time for the year.

With that swim, Hayden pushed the best textile time in history, the 47.84 of Dutch legend Pieter van den Hoogenband. Look for Hayden to ride his momentum into 2011 and, more importantly, 2012.

10. MICHAEL PHELPS, USA

100 Meter Butterfly, 50.65

Could we really have a list without Phelps, the greatest swimmer ever? It was close, but the 14-time Olympic gold medalist nabbed the final spot on the list with his effort at the U.S. nationals. Although Phelps had an off year by his standards, he still went 50-mid in the 100 fly, not far off the 50.40 by Ian Crocker in 2005, which stands as the best textile swim to date.

Phelps also had a superb 100 free during 2010 and is expected to return to peak form for the World Champs in Shanghai and the London Olympics, which most likely will be his swan song in elite competitive swimming.

YEAR OF THE COMEBACK

On top of Libby Trickett and Laure Manaudou recently announcing that they were returning to competitive swimming, two more impressive comebacks have been reported by Swimming World at SwimmingWorld.com.

Swimming icon Janet Evans, who last swam competitively at the 1996 Atlanta Olympics, is returning to the pool at the age of 39 to battle in Masters competition. Her initial goal is to compete in the 500, 1000 and 1650 freestyle events at the 2011 USMS Short Course Yards Nationals in Mesa, Ariz. She’ll also be giving the 400 IM a try, as the breaststroke has completely changed in both technique and rules since she retired.

Also, Olympic gold medalist Ed Moses broke the story of his return to swimming on “Split Time” on SwimmingWorld.TV. Moses won Olympic gold on the 400 medley relay at the 2000 Sydney Olympics, and took home the silver medal in the 100 meter breaststroke.

ARIZONA CLAIMS ANOTHER NCAA WOMAN OF THE YEAR KUDO

For the second year in a row, the University of Arizona produced the NCAA Woman of the Year. Justine Schluntz defended Lacey Nymeyer’s 2009 title with a strong mix of academic and athletic achievements. She became a Rhodes Scholar, and has begun studying at Oxford University. Her Oxford study focus will be to research the viability of harnessing tidal energy from the oceans to use as a renewable resource. Athletically, she helped Arizona’s 200 and 400 medley relay squads to NCAA titles, finishing her career as a 16-time All-American.
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REBECCA SONI
Female World and American Swimmer

It took eight years for it to happen, but the United States has reclaimed the Female World Swimmer of the Year award after Rebecca Soni’s dominant breaststroke performances in 2010. Europe and Australia have been trading the award back and forth since Natalie Coughlin captured the title for the U.S. back in 2002.

Soni also stopped Italy’s Federica Pellegrini from defending her title in a close ballot that saw Pellegrini finish second this year. Additionally, Soni defended her co-title of Female American Swimmer of the Year that she shared with Ariana Kukors in 2009.

No one could touch Soni in the breaststroke discipline this year, as she crushed the competition in the 100 and 200 meter events at the Pan Pacific Championships with world-leading times of 1.04.93 and 2.20.69, respectively. Soni’s performance in the 100 breast pushed Jessica Hardy’s world record of 1.04.45, and is the fastest time in a textile suit—faster than Leisel Jones’ 1:05.09 WR prior to the techsuit era.

Soni also threatened Jones’ top time in a textile suit in the 200. Her 2:20.69 just missed Jones’ mark of 2:20.54 from 2006 when she defended her World Swimmer of the Year title.

For good measure, Soni demonstrated some sprint prowess at the first stop (Monte Carlo) of the Mare Nostrum series in June with a swift 30.63 in the 50 breast. That effort put her fifth in the world rankings this year.

Soni’s win, along with Lochte’s triumph on the men’s side, gives the same country possession of both titles for the first time since Jones and Grant Hackett won for Australia in 2005.

Editor’s Note: On the following pages from 12 through 19, Swimming World recognizes the female and male World and Regional Swimmers of the Year. In next month’s issue, the top performers in open water, synchronized swimming, water polo, diving and disabled swimming will be honored.
Phelps’ shadow as arguably the second-best swimmer of all time, a discussion that includes Mark Spitz. This year, Lochte’s continued dedication to the sport put him atop the mountain with the spotlight now shining brightly on him.

Lochte’s victory this year in the Male World Swimmer of the Year voting broke a record four-year streak by Phelps that additionally, Lochte broke Phelps’ four-year streak as American Swimmer of the Year. The win is Lochte’s first regional and world triumph.

Lochte secured his best year to date with an incredible four individual titles at the Pan Pacific Championships. He finished the meet with wins in all four times placing him atop the world rankings with the fastest time in a textile suit.

Lochte’s busy schedule at Pan Pacs could prove to be a test run for a go at the London Games. With four individual titles as well as likely gold medals in relays, Lochte is on pace to develop a repertoire that could leave him pushing Phelps at the 2012 London Games.

Not only did Lochte launch himself into swimming’s stratosphere with his performances at Pan Pacs, but he also enjoyed some away-from-the-pool success by starting his own footwear line, one that included a total of four specially-designed pairs of flashy green tennis shoes that bore his name—just four in existence!
FEDERICA PELLEGRINI
Female European Swimmer of the Year

After becoming the first Italian to win the Female European Swimmer of the Year award (as well as the world title) last year, Federica Pellegrini added to her resume with a title defense.

Swimming World’s voters definitely took a bit of a turn with this award compared to how the panel voted on other regional swimmers of the year. Typically, voters put heavy emphasis on performances at the major meets of the year—in 2010, the Pan Pacific, European, Commonwealth and African Championships. For Pellegrini, however, one of her performances occurred at a non-major meet.

Pellegrini’s top effort came with a 200 free victory at the European Championships. She clocked 1:55.45, which tied for the 10th fastest performance all time.

Pellegrini, however, also scorched the 400 free at a meet in Pescara, Italy in June with a 4:03.12. Rebecca Adlington was the closest pursuer with a 4:04.55.

Pellegrini also demonstrated her versatility with an eighth-place ranking in the 800 free. Her 8:24.99 from the European Championships put her among the top 10 in that event as well.

The voting for this award produced the closest margin of victory of all of the regions, with less than 10 points separating Pellegrini from Adlington. The two have been at the top of the division since Laure Manaudou’s back-to-back wins in 2006 and 2007. Adlington won in 2008, with Pellegrini taking the 2009 title. Short course star Therese Alshammar of Sweden also showed well in the voting with a strong third-place effort.
THE TOP 5: EUROPEAN SWIMMERS OF THE YEAR

FEMALE
1. FEDERICA PELLEGRINI, Italy
2. Rebecca Adlington, Great Britain
3. Therese Alshammar, Sweden
4. Katinka Hosszu, Hungary
5. Sarah Sjostrom, Sweden

MALE
1. CAMILLE LACOURT, France
2. Fred Bousquet, France
3. Laszlo Cseh, Hungary
4. Sebastien Rouault, France
5. Alexander Dale Oen, Norway

CAMILLE LACOURT
Male European Swimmer of the Year

France’s Camille Lacourt became one of the preeminent backstrokers in the world this year with a breakout meet at the European Championships. While he still has some work to do in the 200, no one could touch him in the 50 and 100 backstroke in 2010.

Lacourt posted the two fastest times in the world this year in the men’s 50 back (24.07, 24.30), just missing the opportunity to become the first swimmer to break a world record following the techsuit era that spanned 2008 and 2009. Liam Tancock owns the sprint back standard with a 24.04 at the 2009 World Championships. Both of Lacourt’s times came at the Europeans.

Lacourt also threatened the men’s 100 back world record with a sterling time of 52.11. Aaron Peirsol holds the mark with a 51.94 from the U.S. nationals in 2009. Lacourt also clocked a 52.46 to grab two of the top 10 times ever in the event.

Lacourt joined Alain Bernard as the only Frenchmen ever to win the award. Bernard captured the title in 2008, with Paul Biedermann of Germany earning the award in 2009.

Lacourt, a native of Narbonne, France, far surpassed any other European in the voting, as countryman Fred Bousquet and Hungary’s Laszlo Cseh finished a distant second and third in the balloting.
Alicia Coutts
Female Pacific Rim Swimmer of the Year

Australian women have dominated the Pacific Rim region, having won 15 of a possible 16 Swimmer of the Year awards—including 14 in a row. In the past five years, four different women have received the award (Liesel Jones, 2005-06; Libby Lenton, 2007; Stephanie Rice, 2008; and Jessica Schipper, 2009).

This year, a relative newcomer kept the Aussie streak intact: Alicia Coutts, who put together an intriguing performance at the Commonwealth Games that apparently leapfrogged her ahead of teammate Emily Seebohm in the voting for this year’s Pacific Rim award.

In Delhi, Coutts posted the top time in the world in the 200 IM (2:09.70) to become the first swimmer in a textile suit to eclipse a previously drug-tainted world record—in this case, Wu Yanyan’s 2:02.72 from 1997. Prior to Coutts, it took a swimmer in a techsuit to shoot down what had been Public Enemy No. 1 on the world record list among swimming historians and fans.

The 23-year-old Aussie also won two more titles at the Commonwealth Games with wins in the 100 free (54.09) and 100 fly (57.53). Both efforts put her among the top 10 in the world in 2010.

Coutts is no stranger to international competition (she represented her country at the Beijing Olympics in 2008), but this is the first time she finished as her country’s—and region’s—premier female swimmer.

Heading into the Commonwealth Games, Seebohm had a strong chance of winning this year’s award based on her two wins at Pan Pacs along with six top 10 rankings. But Coutts’ epic 200 IM gave her the edge. ✪
KOSUKE KITAJIMA
Male Pacific Rim Swimmer of the Year

When Japan’s Kosuke Kitajima is hitting on all cylinders, no one can beat him. Although Zhang Lin of China ended Kitajima’s two-year winning streak last year as the Male Pacific Rim Swimmer of the Year, it should be noted that Kitajima took a post-Olympic break after becoming the first man to win back-to-back Olympic gold medals in the 100 and 200 breast.

Kitajima returned to his dominant form in 2010 with a pair of Pan Pacific victories in the 100 and 200 breast, winning the 100 in 59.35 and 200 in 2:08.36. He also clocked the fastest 100 breast time in a textile suit when he qualified at Pan Pacs with a 59.04. That time eclipsed the world record heading into the techsuit era: Brendan Hansen’s 59.13 from 2006.

Kitajima’s 200 time also was the fastest in a textile suit, surpassing Hansen’s previous best of 2:08.50, also set four years ago. The pair of fastest textile swims ever definitely swayed the voters this year. Kitajima joined American Swimmer of the Year Ryan Lochte as the only regional swimmers of the year to win by a unanimous vote. Lochte had some competition for World Swimmer of the Year, but he swept the first-place votes for American Swimmer of the Year.

With this year’s Pacific Rim honor, Kitajima has claimed the title four times (2003, 2007, 2008, 2010) after becoming the first Asian to win the award in 2003. His win this year also gave Asia its fifth straight triumph after Australia had won nine of the 11 previous titles.
MANDY LOOTS

Female African Swimmer of the Year

With five-time winner Kirsty Coventry taking the year off, the door was wide open for someone else to shine as Female African Swimmer of the Year. Mandy Loots of South Africa took full advantage of the opportunity with a superior performance at the African Championships.

Loots captured three national titles with wins in the 200 meter back (2:15.66), 200 fly (2:11.97) and 200 IM (2:16.77). Two of her triumphs occurred on the same day, Sept. 19, as she won the 200 fly and 200 back for a difficult double.

Ironically, Loots was born in the same country, Zimbabwe, that Coventry represents internationally, but Loots has swum for South Africa in the 1996, 2000 and 2008 Olympic Games.

Loots also did some community service outreach last February by participating in the Swimming South Africa 24-Hour Swimathon, which helped raise funds for the nation’s Learn-to-Swim program that were specifically earmarked for putting portable pools in communities without swimming facilities.

Loots’ best effort in the sport came in 2009 at the Singapore stop of the World Cup when she claimed the short course 200 fly African record in 2:04.24.

Coventry will be looking to reclaim the title next year, as she’s won five times in the seven years since the inception of the award in 2004. South Africa’s Suzaan Van Biljon (2006) is the only other African female to win the title.
Cameron van der Burgh’s success at the Commonwealth Games helped him defend his title as Male African Swimmer of the Year. In 2009, he was named a co-winner along with Ous Mellouli of Tunisia.

The South African won both the 50 and 100 meter breast (27.18 and 1:00.10) at the Commonwealth Games in Delhi, dodging the “Delhi Belly” ailment that afflicted many of the swimmers in attendance.

Van der Burgh’s time in the 50 put him at the top of the world rankings in the sprint breaststroke, while his 100 stood fourth in the world behind the three sub-minute performers this year (Japan’s Kosuke Kitajima, 59.04; Norway’s Alexander Dale Oen, 59.20; and Japan’s Ryo Tateishi, 59.84).

While many other world-class African swimmers have trained overseas in the university system of the United States, van der Burgh has remained in South Africa to hone his skills. Last year, he earned his first international meet victory by winning the 50 breast at the World Championships—twice setting world records in the event (semis and finals).

Since Swimming World first presented the award seven years ago, a swimmer from South Africa has won the title six times. In addition to van der Burgh’s shared title in 2009, Roland Schoeman won four straight awards from 2004 to 2007.
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or e-mail swimming@pinecrest.edu
In March of 2010, I did something totally out of character. While competing at the New England Short Course Masters Championships at Harvard, I scratched most of my events... and I have not swum a race since.

It’s not that I don’t love the sport of swimming. In fact, I may love it too much. The passion that used to fuel me to the finish line was missing. So, rather than force myself to continue when my heart was clearly not into it—and possibly suffer a total burnout—I decided to step off the blocks. It was a big decision.

I plan to be back one day—refreshed, renewed and ready to take on the next goal. So really, this is a break, not a break-up.

Perhaps it’s time you examined your own feelings about swimming. Ask yourself:

- Are you still enjoying the sport?
- Do you feel like you are in a rut?
- Would you feel lighter and less stressed if you stopped?
- Is there a new interest pulling you in a different direction?

If your honest answers indicate a need for a change, here are some suggestions to help guide you.

**Give yourself permission:** Athletes often wrap up their identity in their sport. However, swimming is something you do, not who you are. On a soul-searching walk or hike, ask yourself if you would be happier not competing, and then give yourself permission to walk away. You are not “quitting”—just stepping back for a while.

**No couch potato:** Stay fit and active, but make it fun! Even without any specific goals in mind, I discovered I am an athlete at heart. I still swim, but now I mix in spinning, Zumba, yoga, weights, hiking and running. The biggest difference is that I work out because I want to, not because I have to.

**Re-direct your energy:** Do you have an interest or passion that has gone unfulfilled due to your swimming commitments? Reinvent yourself and don’t be afraid to step outside your comfort zone. Whether it’s cake baking or mountain climbing, now is a perfect time to turn those dreams into reality.

**Take a “real” vacation:** Instead of dedicating your vacation time to attend a major swim meet, plan an entire trip with fun and enjoyment as the focus. Sure, join the local Masters team for a workout, but the idea is to see the sights, not just the inside of an aquatic complex.

**Focus on technique:** Now that the pressure is off to perform, this is a great time to update your technique. Attend a clinic, check out YouTube or buy a DVD for some virtual coaching. Also, work on your “off” strokes. Who knows, you may even learn to love butterfly!

**Give back:** Re-charge your batteries by volunteering. Be a timer at a meet, help out the youth team or offer to coach the Masters workout. By changing roles, you may just come away with a brand new appreciation for our wonderful sport.

**Come back:** Swimming can be a heavy load to carry because it takes time, energy and dedication. When you are ready, come back. I promise, the water will embrace you like an old friend.

I love my new relationship with water—it’s much more playful. I no longer obsess about yardage or a skipped workout, and I have redirected my energies toward a more positive outlet—teaching swimmers of all ages and abilities how to swim faster with less effort at my Aquatic Edge swim technique clinics and camps. Check out my schedule at www.aquaticedge.org to see if I am coming to a city near you!

Karlyn Pipes-Neilsen is offering a swim camp in beautiful Costa Rica, Feb. 21-25. For more information, e-mail aquaticedge@hawaii.rr.com. In 2011, Pipes-Neilsen will write the “Pool’s Edge” column on a quarterly basis.
I live and swim in Phoenix, Ariz., at the Phoenix Swim Club. Next spring, the Masters Nationals are going to be held in neighboring Mesa. So around our club, everyone is gearing up their training to swim fast at the Masters meet.

One way I can help the members of our team is to suggest that everyone add cross training to their swim training. Swimming is really an endurance sport. We swim miles and miles to get faster. But what else can we do to help us improve?

Well, cross training in the form of increased strength and conditioning through resistance exercise and conditioning exercises seems to be beneficial.

In this two-part article are several conditioning, strength and core exercises that will help produce a stronger, more fit body that can help you swim faster. This month includes some conditioning and a few body strength exercises. Next month will focus on more strength exercises.

Add this routine two to three days a week to your current swim program. Start easy and build. Do one set of each exercise and add another set faster. This month includes some conditioning and a few body strength exercises that will help produce a stronger, more fit body that can help you swim faster. This month includes some conditioning and a few body strength exercises. Next month will focus on more strength exercises.

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record in the men’s 60-64 short course meters 400 IM with a swift time of 5:22.86, chopping nearly three seconds off Nick Leclercq’s previous mark of 5:25.65. Clemmons also added two USMS records at the meet in the 400 and 800 free with times of 4:42.39 and 9:46.66.

**Olympian Rowdy Gaines Part of Record-Breaking Relay**

Olympic champion Rowdy Gaines’ speedy 50 freestyle leg helped propel his Blu Frog relay team—along with Keith Switzer, Marc Middleton and Scot Weiss—to a FINA Masters world record of 1:38.79 in the men’s 200-239 200 free relay (short course meters) at the Rowdy Gaines Masters Classic in October. Gaines split a 23.95 on the leadoff leg, just 6-tenths off his world record in the individual 50-54 50 free (23.38).

**Jason Lassen Crosses Catalina Channel**

Oregon Masters swimmer Jason Lassen, 38, successfully crossed the Catalina Channel on Sept. 30th—swimming breaststroke. Lassen often swam breaststroke in distance freestyle races at Masters meets, so he thought he’d give the Channel a try. He completed the distance in 15 hours, 59 minutes—almost seven hours faster than Henry Sullivan in 1927, when he became the first American to swim breaststroke the entire way.

**USMS Postal National Championship Results Posted**

Results for the 2010 5K National Postal Championships, May 15 through Sept. 15, are now available online at www.usms.org. The leaders in their respective age groups for women included Kasey Morris (18-24, 1:05:11.21), Sarah Thomas (25-29, 1:03:09.79), Joy Stover (30-34, 1:02:33.01), Frank Wuest (50-54, 1:05:54.27), Jack Fritts (60-64, 1:17:13.40), Larry Raffaelli (65-69, 1:20:18.98), Barry Fasbender (70-74, 1:41:15.57), David Radcliff (75-79, 1:19:05.86) and Robert Beach (80-84, 1:50:10.99).
Test by Swimming Technology Research show that the Tek-master paddles generate more force than both bare hands and flat paddles. Under both non-tethered (Figure 1) and tethered (Figure 2) conditions, the peak force was similar for hand and flat paddles, but over 50% higher for the Tek-Master paddles. The consistency was remarkable as the Tek-Master values were higher for both the left and right hands for every subject.
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Q. Swimming Technique: Why did you decide to become a swim coach?

A. Coach Eric Hansen:
Athletics has always been a big part of my life. In swimming, the harder you work and invest, the more likely you will succeed...plus I like the biomechanical, physiological and art aspects of the sport itself.

Why exercise science and exercise physiology as college majors?
To become a better swimmer and learn what I was capable of in the pool. My coach, Bob Groseth, really invested a lot of time and energy in my development. In addition to normal training, we'd work one-on-one twice a week throughout each year.

Talk about your coaching influences.
My first coach—Mom—prepared me to excel collegiately. Bob Groseth, really invested a lot of time and energy in my development. In addition to normal training, we'd work one-on-one twice a week throughout each year.

Seven of your NCAA female participants are back. What's the women's outlook for 2011?
It looks very positive as long as we keep our eye on the common goal of the NCAA Championships. Nothing else truly matters. That's our goal as a team. Everything we do leading into that meet simply adds to our ability to perform in March. That's how we judge ourselves year-to-year. The Big Ten meet is simply a qualification process to rededicate ourselves to the team and position ourselves to be in top form in 2012. Some incredible freshmen should help that process.

— continued on 29
SAMANTHA’S SWIMMING FASTER.
COACH ERIC HANSEN — continued from 27

Will it take more Dan Lesters (NCAA All-American butterflyer) for the men to reach the women’s level?

Yes, in the sense that Dan Lester brings a work ethic and desire that inspires everyone around him. Talent always helps, but how an athlete manages that talent speaks more about a program and the athlete than anything. With Dan, it’s about a vision and a willingness to live the lifestyle to get there. We can always use more of that.

What do you look for in a recruit?

The most important thing is assessing vision and work ethic. Where do recruits see themselves now and are they willing to commit to the process of getting to where they want to be? There are kids who truly want to live the lifestyle it takes to train hard, to recover quickly and to progress at the rate at which they want to get better. To do that, you have to be a competitor, be coachable, and if you’re coming to Wisconsin, be an excellent student.

What motivation do people such as Ashley Wanland, Maggie Meyer, Sam Rowan and Dan Lester provide to other Badger swimmers?

It’s very important that your best swimmers also be your hardest workers. All four of these athletes have that in common. They bring an inspiring level of consistency and intensity to each workout. They live it, plain and simple. Their work ethic and lifestyle provide a good template for those around them who want to succeed at the highest level.

Talk about college swimmers taking ownership of their destiny.

Ownership is the difference between being good and being great. In my eyes, it’s an all-or-nothing commitment. Those who “get it” understand that the resources around them are there to help them achieve something special. It’s a treat to coach somebody who understands the opportunity and takes advantage of the program components.

How do you structure individual workouts by training groups?

We do a little bit of everything. The first six weeks we stay together—dryland training, yoga, drilling and a lot of kicking. From there, we break up into stroke and distance groups on a day-to-day basis.

Do swimmers progress through all energy systems each workout?

No, it’s more about progressing through them each week, and it depends on time of season and group. We have a comprehensive program that requires a lot of hard work—both from an intense sprinting focus and an endurance base.

Stroke mechanics?

They are key. I am at the pool early every day to work one-on-one with athletes. I prefer to be in the water so I can see pull patterns, etc. Being in the water with them is more effective, and athletes seem to pick things up quicker. We also TiVo a lot of workouts so swimmers can get feedback and self-correct stroke. Everyone is also filmed from three angles for all of their applicable strokes.

Dryland—anything special you do at Wisconsin?

Our Friday lifts start with a solid 75 minutes in the weight room. We then go up to a turf surface and do different things such as throwing physio balls and med balls for distance, pushing sleds for time, plyometrics and a lot of bounding. We start by jumping rope and also do variations with wheels on a turf incline. We end each Friday focusing on progressions that are designed to build solid relay starts.

In-water aids?

We use them more to correct technique and as a teaching tool.

Kicking?

We do a lot. A few summers ago, we kicked as much as 30,000 meters a week. We didn’t necessarily see the huge benefit from it that summer, but the next fall/spring, we saw huge benefits. We rarely kick with fins. Once we’ve achieved a certain kicking fitness level, we do plenty of resistance kicking because it can be beneficial in maximizing efficiency.

Do you practice starts, turns, breakouts?

We do turf work for our starts and relay exchanges every Friday morning and more frequently at training camp in Hawaii. When we begin our college season, we do a 10-day training camp that is a glorified learn-to-swim program. It helps freshmen understand our system and drills. Upperclassmen help with that process. In addition, we break down each component and work one-on-one where necessary.

Michael J. Stott, one of Swimming World Magazine’s USA contributors, is based in Richmond, Va.
Last month, Swimming World offered a coach’s perspective on recruiting high school swimmers. Overwhelmingly, they agreed that the most important element was “fit.”

“We look for fit in all areas—academic, athletic, personal, social and so on,” says Tim Welsh, men’s coach at Notre Dame and president of the American Swimming Coaches Association of America. “The bottom line is that a person coming here does not change the university. The university changes them. A ‘fit’ is what everyone wants and needs.”

Fit was crucial for many of last year’s most prized five- and six-star recruits. Rachel Naurath (NOVA of Virginia/University of Virginia), Felicia Lee (North Baltimore Aquatic Club/Stanford), Elizabeth Beisel (Bluefish/University of Florida) and Kyle Whitaker (Duneland/University of Michigan) share their thoughts on the grueling exercise.

Editor’s Note: This is the second of a two-part series on recruiting. Last month’s article (SW Nov) dealt with the coaches’ perspective. This month’s story features testimonials from four highly touted recruits.

What is a recruiting trip like?

Naurath: “A bit overwhelming. You hear a ton of names and remember basically none of them! I just tried to live the way the kids did at the college I was visiting. It’s a lot to consider in a short amount of time. I had to focus hard, but also had a ton of fun.”

Lee: “It’s a cool experience. Be warned, trips are very tiring! The 48 hours will be jam-packed with activities.”

Beisel: “Amazing and stressful. Every school was willing to put everything out on a silver platter and made sure I was able to see every part of the school I wanted. The trips revolved around the recruits, which made us feel guilty because the teams dropped everything for us. The stress came later when each school called looking for an answer when, naturally, I didn’t have a clue yet. It got even more stressful when some schools pressed the issue of available money and how long they would hold it.”

Whitaker: “It’s a once-in-a-lifetime experience involving one of the most rewarding, yet challenging decisions of my life. I was nervous. I didn’t know what to expect from the teams, coaches and the colleges. I noticed that the expectations of a college student, athlete and a person are much higher.”

What were you looking for?

Naurath: “Academics absolutely came first. I researched everywhere I went before I contacted the coaches, so I knew that I would be attending a great academic institution no matter which I finally chose. I also wanted a team where I could make an immediate impact. How the team meshed together, the support system, how I fit in with the girls mattered as did...”
what I would swim, making the travel team, scholarship money versus financial aid, location, general student body and athlete services such as tutors and programs that help graduates find jobs.”

Lee:
“I wanted excellent academics and an awesome swim program. Academically, I was looking at available help given to students and how the pre-med program was structured. Swimming-wise, I wanted to make sure I got along with the coach, that I bought into the philosophy and the training styles and that I could trust the coach as well as the whole staff. I looked to see if I could fit into the school, if I could excel academically as well as athletically.”

Beisel:
“I was mainly looking for a team that I was comfortable with, a coach I could trust and an academic program that was well respected. Being on a team and living with teammates for four years means it is imperative that you get along and train hard with them.”

Whitaker:
“School came first. I asked a lot of questions about the schooling and what was required in the classroom.”

How important was the training philosophy?

Naurath:
“Massively important. As a distance swimmer, I knew that: a) I didn’t want to be locked into only swimming distance freestyle for the rest of my career, and b) that I did not want to do ‘garbage yardage.’ In the end, I decided UVA had my favorite distance training philosophy. I felt I would be able to train for the mile as well as the 200 fly and 400 IM.”

Lee:
“I like what I am doing at NBAC, so I wanted to keep some of the same regimen, but I’m also open to new ideas and training styles. At Stanford, I sense the training is similar, but different enough to add variety.”

Beisel:
“This was the basis of my decision. Each school had completely different training styles, and I bet that all of them would work for me. It came down to where I would be the most confident and comfortable.”

Whitaker:
“I come from a very distance-oriented background. The program at Michigan has a long tradition of success, and I trust the coaches and team members.”

How important was the coach—or assistant coach?

Naurath:
“I knew I would need to love the coach, so I really paid attention to what I heard and what I could infer when she/he spoke about the team. I only talked with six coaches. I definitely recommend narrowing the list and not giving out your cell number to avoid having to disappoint too many people. Make sure you talk to coaches and get everything answered before you visit. Then you can really focus on getting to know them while you are physically there.”

Lee:
“I need to be able to trust, get along and have a good relationship with the coach who is going to help me reach my goals during college and possibly beyond.”

Beisel:
“I had already known each coach personally from national team trips. My decisions were not personal, but geared more toward training methods. Assistant coaches are always important since chances are you will be swimming for them as much as the head coach.”

Whitaker:
“I wanted a coach who had the experience in getting athletes to the top and still had a genuine desire to see them succeed outside of swimming. Michigan coach Mike Bottom hit both areas.”

How important were incoming freshmen?

Naurath:
“Huge. I depend on my teammates to push me to the next level. The team was my No. 1 deciding factor at UVA. I didn’t know too many of the people who signed before me, but I knew enough to know that the Class of 2014 was going to be a special one and that I wanted to be a part of it.”

Lee:
“When I made my decision, I believe I was the first public commit to Stanford, so I had no idea who would be joining me. As it turns out, Stanford has an awesome incoming class.”

Beisel:
“Not the reason for my decision...I basically knew everybody on all of my trips from the swimming world. It is one of the few times you have to be selfish and put yourself before anyone else. It is what you want—not what your fellow recruits want.”

How important were current team members?

Lee:
“They were an influence. It was awesome to see how closely knit the team was at Stanford. I thought to myself, ‘I can fit in here, I can excel with this training group, and I want to help this team win a national title.’”

Whitaker:
“Great guys. They all really had a bond that was above and beyond anything I’ve seen. I have known many of them, whether from racing in meets,
swim camps up at Michigan or just via Facebook.

What are some turnoffs?
Lee: "The only turnoff was how tired I felt afterward."

Beisel: "Turnoffs generally have to do with questioning what you see. Is what they’re showing you actually what you’re going to get? It’s a matter of how honest the school is being with you and how ‘fake’ they’re not being. Another low point is all of the meetings. They are vital to each trip, but tend to get long. Other than that, recruiting trips are incredible."

What should a prospective athlete ask of the coach?
Naurath: "Anything and everything you want to know about the team, school and college swimming in general. I think I probably annoyed every coach I talked to. Ask a lot of questions before your trip so you know that you want to spend a trip on the school."

Lee: "A million questions. At first, I wasn’t prepared with any questions and was just soaking up the experience. I got to ask them later on. I’d ask about coaching styles/techniques/philosophy, schedule of practices, dryland training, scholarships, flexibility with training and academics, goals of the team and for yourself."

Beisel: "This is probably the hardest question of all. I would be in meetings and coaches would ask if I had any questions, and I would freeze up and say, ‘No’. I never put any thought into what I should ask or what information I wanted because I figured it would all be given to me. Not true! Coaches, rightfully so, want to sell you the part of their team and school that they want you to see, or the parts that best portray the school. Ask about how the coach handles things when the team isn’t doing well or how he will handle you in the same situation. These questions are essential because the chances of having a perfect freshman year are slim to none. There are so many transition periods and changes. You have to know that the coach will be there and will know what to do for you."

What should a prospective teammate ask of current athletes?
Naurath: "Anything and everything not related to school and college swimming. Make sure you get a feel for the atmosphere of both the team and the school from the students as well as the professors, coaches, academic advisors and trainers."

Lee: "Talk with the team about their personal experience with the team. What you hear will definitely help. Prospective athletes can also ask team members about campus social events and the balance required of a student-athlete."

Beisel: "Get a feel for how close the team is. This won’t be too hard after seeing them interact with each other. Ask what the team does outside of swimming and silly stuff like that. Being around the right group of people for four years should definitely be on top of your list. It’s all about comfort levels."

Why did you choose School X rather than Y or Z?
Naurath: "At UVA, there was an unparalleled combination of academics, athletics, social life and team camaraderie. There were so many factors that went into my decision, but in the end, UVA was the right choice for me. It took me over a week to decide."

Lee: "Ultimately, it came down to where I could spend the next few years excelling at both academics and swimming."

Beisel: "Comfort with the training. I have trained with boys all of my life, and I have done high yardage for a long time. I felt that the less things changed, the more confident I would be at Florida. The way Coach (Gregg) Troy explained the training to me, I felt as if Florida was where I would perform the best and be the most comfortable."

Whitaker: "Michigan was where I felt most comfortable, eager and excited to go. I fell in love with the campus and program. That may sound cheesy, but you’ll understand when you find the right place."

Any last words of advice?
Naurath: "I would tell recruits to realize that they are going to disappoint coaches and to keep it real. It really helped when I called to say ‘no’ just to cut to the chase. You are not the first swimmer—and won’t be the last—that they have lost. And take five trips! I’m so glad I took all five—they were by far the highlight of my senior year!"

Whitaker: "Pick what’s best for you, not what’s best for your friend. It’s your choice, your life."

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INSPIRATION AND RECOGNITION FOR YOUNG SWIMMERS

Jr. Swimmer was started by Peter Daland in 1952. It became a magazine in 1960 and then merged with Swimming World in 1961. Today, the title lives as a monthly section in Swimming World Magazine.

It’s easy to see why the Texas Age Group Swimming Championships (TAGS) is, perhaps, the favorite meet of four 12-year-old boys who swim for the Premier Aquatics Club of Klein. At this summer’s meet, Todd Coachman, Jonathan Saucedo, Todd Ber and Alejandro Londono set a national age group record in the 11-12 boys 200 meter freestyle relay with their 1:51.50. The previous mark was 1:51.67, set by SwimAtlanta in 2009.

The quartet also finished first in the 200 medley relay for 11-12 boys with a nation-leading 2:04.52 and in the 400 free relay (4:06.89), good for second in the country. In the 400 medley, Jeffery Dean replaced Londono, with Premier adding another nation-leading time (4:33.98).

The boys’ training focuses on middle distance and individual medley. There’s also an emphasis on dryland training at the beginning of each season that consists of running and using ab wheels and stretch cords. In the pool, they average 5,000 to 6,000 meters each practice.

HANG TIME:
Jonathan: Playing video games on X-box, eating, reading and sleeping
Alejandro: Hanging out with friends
Todd B.: Playing video games and sleeping as much as possible
Todd C.: Reading and sleeping

FAVORITE THING ABOUT SWIMMING:
Jonathan: “It’s fun to do. It never gets boring for me. It’s always a challenge, which makes it interesting.”
Alejandro: “I really enjoy racing at swim meets.”
Todd B.: “I love to race at meets.”
Todd C.: “The feeling of my accomplishment after a season.”

SHORT-TERM GOALS:
Jonathan: Final at TAGS again
Alejandro: Focus on TAGS this season
Todd B.: Make a sectional cut
Todd C.: Final at TAGS again

LONG-TERM GOALS:
Jonathan: Swim for the University of Texas and make the USA Olympic team
Alejandro: Make the USA Olympic team
Todd B.: Swim for a good college team—University of Texas would be great!
Todd C.: Make a junior national cut

NAG Record
SETTERS

[statistics]

• Team:
Premier Aquatics Club of Klein
Klein, Texas

• National Age Group Record Holders:
11-12 Boys
200 Meter Freestyle Relay

• Birthdates:
Jonathan Saucedo: Aug. 9, 1997
Alejandro Londono: Sept. 30, 1997
Todd Ber: July 22, 1997
Todd Coachman: Aug. 5, 1997

• Height:
Jonathan: 5-9
Alejandro: 5-9
Todd B.: 5-10
Todd C.: 6-0

• Coaches:
Shane McCauley

Premier Aquatics Club of Klein
11-12 Boys 200 Meter Free Relay

BY JUDY JACOB

[PHOTO PROVIDED BY PREMIER AQUATICS CLUB OF KLEIN]
CALIFORNIA

North Coast Aquatics claimed the combined team title at the San Diego-Imperial Swimming Long Course Junior Olympics, Aug. 19-22, in Coronado. North Coast swimmers combined for 4,422.5 points to runner-up Pacific Swim’s 3,271 and Heartland Swim Association’s 2,333.

High-point champions were Katelyn Thomas, unattached, and Brendan Santana, Pacific Swim (10-and-under); Sarah Nowaski, College Area, and Michael Salazar, Heartland (11-12); Rochelle Dong, Rancho San Dieguito, and Scott Clausen, North Coast (13-14); and Herendira Alanis, North Coast, and Trent Williams, San Diego (15-and-over).

COLORADO

Missy Franklin of the Colorado Stars and Jared Markham of the Greenwood Tigersharks were selected Colorado Swimming’s Swimmers of the Year. Missy’s coach, Todd Schmitz, earned the Coach of the Year award, and Evergreen’s Jeff Armstrong was voted the Age Group Coach of the Year. Joy Stebbins and Erin Popovich were this year’s Disability Swimmers of the Year. Morgan Love of Salida Cyclones was recognized as the Seasonal Athlete of the Year, while Ron Nighswonger and Nicole Hart of Colorado Springs Racquet Club were chosen Seasonal Coaches of the Year.

Recipients of the Hale Adams Memorial Scholarship Awards were Katie McBride of the Colorado Springs Swim Team and Tanner Krall from the Pueblo Swim Club. McBride currently attends the University of the Pacific, and Krall is a student at the University of Denver.

ILLINOIS

At Illinois Swimming’s Annual Athlete Recognition Banquet, Oct. 10, in Downers Grove, the following swimmers and coaches were recognized for their outstanding efforts during the past year. Haley Swims of Express Swim Team and Matt Elliott of Peoria Area Water Wizards were named Swimmers of the Year. Breakthrough Swimmers of the Year were Rebecca Mann from Academy Bullets and Danny Thomson of Hinsdale Swim Club. Peoria’s Ivan Kirov and Academy’s Todd Capen were selected as the Senior and Age Group Coaches of the Year, respectively.

IOWA

The host Central Iowa Aquatics (CIA) scored a combined 5,934.5 points to claim first place at its Fall Mixer, Oct. 16-17, in West Des Moines. Ames Cyclone Aquatic Club was second with 2,260 points, followed by Cedar Rapids Aquatics Association with 1,790.
High-point champions included Ruby Martin, unattached, and Gregg Lichinsky, Central Iowa (10-and-under); Kelsey Drake, Cedar Rapids, and Jack Scalfuri, Central Iowa (11-12); Moriah Moore and Alek Martin, both of Central Iowa (13-14); and Gwen Sorensen, Central Iowa, and Ian Ford, Cedar Rapids (senior).

NEW YORK

Twenty-one Metropolitan LSC records were set during the summer long course season. Long Island’s Zach Towers led the way with three individual and three relay marks. He lowered the 11-12 boys 800 meter free record to 9:28.83, the 1500 to 18:14.95 and the 400 IM to 5:17.31. Towers anchored the 11-12 boys 200 free team of Alec Huang, Lenny Grant and Dylan Van Manen to their record-setting team of Jeff McNeary replaced Huang in the medley relay, Tyler Myers joined Grant, and Van Manen for a 4:44.30.

Michael Domagala, swimming unattached, set records in the 13-14 boys age group of 24.72 in the 50 free, 56.84 in the 100 fly and 2:10.74 in the 200 IM. Other individual record setters included Ryan Feeley, Badger, in the 15-18 boys 400 free (3:53.88), Timothy Ho, Boys Club of New York, in the 9-10 boys 50 back (34.71); Isla Hutchinson-Maddox, Asphalt Green, in the 15-18 girls 200 fly (2:13.65); Lia Neal, Asphalt Green, in the 15-18 girls 50 free (25.58) and 100 free (54.91); Ariel Okhtenberg, Blue Arrow, in the 11-12 boys 200 breast (2:44.63); and Annie Zhu, Asphalt Green, in the 15-18 girls 100 breast (1:09.76) and 200 breast (2:29.15).

Empire Swimming’s 13-14 relay teams set four LSC records. The girls team of Olivia Katcher, Caroline Poleway, Tanita Leary and Isabel Shipman combined with boys squad of Shane McNamara, Raoul Rodriguez, Louis Behnen and Matthew Lantin to their record-setting team of Aaron Saccurato came on board in the 400 free relay with McNamara, Rodriguez and Lantin for a 3:55.80.

VIRGINIA

Potomac Valley Swimming honored its outstanding athletes for 2009-10. The awards were presented based solely on their swimming accomplishments in a single age group:

Curl-Burke: Ellyn Baumgardner (women), Sinead Eksteen (9-year-old girls), Janet Hu (14-year-old girls), Philip Hu (tie for 13-year-old boys), Michael Kelley (10-year-old boys), Katie Ledecky (12-year-old girls), Hellen Moffitt (13-year-old girls), K.J. Park (18-year-old boys) and Kaitlin Pawlowicz (17-year-old girls).

Fish: Emily Meilus (11-year-old girls), Chris Murphy (12-year-old boys) and Isabella Rongione (10-year-old girls).

Herndon Commanders: Christian Ginieczki (tie for 11-year-old boys).


Rockville Montgomery: Jack Conger (tie for 15-year-old boys), Jonathan Ekstrom (16-year-old boys), Timmy Ellett (9-year-old boys), Harrison Gu (13-year-old boys), Elizabeth Pepper (16-year-old girls), Patrick Scordato (14-year-old boys), Danielle Schulkin (18-year-old girls) and Devin Truong (tie for 11-year-old boys).

Snow Swimming: Matt McLean (men).

WASHINGTON

Samantha Bennett of Wenatchee Area Swimming and Mason Shaw, Spokane Area Swimming, received Inland Empire Scholastic Scholarships. Bennett is currently a freshman at Washington State, and Shaw is in his first year at Stanford.

Also recently honored by Inland Empire Swimming was Kevin Wang, head coach of the Spokane Waves Aquatic Team, selected as Inland Empire Coach of the Year.
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2010 WORLD AND AMERICAN RECORD PROGRESSION

COMPiled BY jASON MAReSTELLER

Following is a list of the world and American records set this past season for long course, short course meters and short course yards. The record progression begins with meets swum Dec. 1, 2009 and runs through Oct. 31, 2010. The initial time listed per event is the previous record.

World Records

Long Course Meters — Men

50 METER FREESTYLE
20.94 F. Bouquet, FRA — Montpellier 4-26-09
20.91 C. Cielo, BRA — Sao Paulo 12-18-09

Short Course Meters — Women

200 METER FREESTYLE
1:51.85 F. Pellegrini, ITA — Rijeka 12-14-08
1:51.17 F. Pellegrini, ITA — Istanbul 12-13-09

50 METER BACKSTROKE
25.82 Z. Jing, CHN — Stockholm 11-12-09
25.70 S. Jovanovic, CRO — Istanbul 12-12-09

100 METER BREASTSTROKE
1:03.00 L. Jones, AUS — Berlin . . 11-14-09
1:02.70 R. Soni, USA — Manchester 12-19-09

200 METER BREASTSTROKE
2:15.42 L. Jones, AUS — Berlin . . 11-15-09
2:14.57 R. Soni, USA — Manchester 12-18-09

100 METER BUTTERFLY
55.46 F. Galvez, AUS — Stockholm 11-10-09
55.05f D. Bui Dayet, FRA — Istanbul 12-12-09

200 METER INDIVIDUAL MEDLEY
2:06.01 E. Vilasov, HUN — Moscow 11-06-09
2:04.64 E. Vilasov, HUN — Istanbul 12-10-09
2:04.60 J. Smith, USA — Manchester 12-19-09

400 METER INDIVIDUAL MEDLEY
4:12.98 K. Meidami, RSA — Singapore 11-22-09
4:21.04 J. Smith, USA — Manchester 12-18-09

400 METER MEDLEY RELAY
3:49.95 Canada — London . . . . . . 8-9-09
(Murdoch, Pierse, Lacroix, Poon)
3:47.97 United States — Manchester 12-18-09
(Hoelzer, Hardy, Vollmer, Weir)

400 METER MEDLEY RELAY
3:23.33 Canada — London . . . . . . 8-9-09
(Tapp, Kornfeld, Bartoch, Hayden)
3:20.71 United States — Manchester 12-18-09
(Thoman, Gangloff, Phelps, Adrian)
3:19.16 Russia — St. Petersburg . . 12-20-09
(Donets, Geybel, Korotyshkin, Izotov)

400 METER FREESTYLE RELAY
3:04.98 France — Istres . . . . . . . 12-20-08
(Mallet, Gilot, Meynard, Bouquet)
3:03.30 United States — Manchester 12-19-09
(Adrian, Grevers, Weber-Gale, Phelps)

American Records

Short Course Meters — Men

50 METER FREESTYLE

100 METER FREESTYLE
52.79 Lara Torres — Berlin . . . . 11-18-07
52.16* D. Vollmer — Manchester 12-18-09
52.71p Dana Vollmer — Berlin . . 10-31-10
52.50 Dana Vollmer — Berlin . . 10-31-10

200 METER FREESTYLE
1:54.04 Lindsay Benko — Moscow 4-7-02
1:51.67* A. Schmitt — Manchester 12-19-09
1:53.67 Dana Vollmer — Berlin . . 10-30-10

400 METER FREESTYLE
3:59.53 Lindsay Benko — Berlin . . 1-26-03
3:55.89* A. Schmitt — Manchester 12-18-09

100 METER BACKSTROKE
2:03.62 N. Coughlin — New York 11-27-01
2:02.72*M. Hoelzer — Manchester 12-18-09

100 METER BUTTERFLY
56.32 R. Komisarz — Manchester 4-13-08
55.81* C. Magnuson — Manchester 12-18-09
55.59 Dana Vollmer — Berlin . . 10-30-10

200 METER INDIVIDUAL MEDLEY
2:07.79 Allison Wagner — Malirorca 12-5-93
2:06.20*W. Myers — Singapore . . 11-22-99
2:04.60*Julia Smit — Manchester 12-19-09
2:07.64 Julia Smit — Berlin . . 10-30-10

400 METER INDIVIDUAL MEDLEY
4:25.87 Julia Smit — Toronto . . . 11-28-08
4:21.04*Julia Smit — Manchester 12-18-09

400 METER MEDLEY RELAY
3:51.36 United States — Manchester 4-11-08
(Hoelzer, Hardy, Komisarz, Denby)
3:47.97*United States — Manchester 12-18-09
(Hoelzer, Hardy, Vollmer, Weir)

400 METER FREESTYLE RELAY
3:34.96 United States — Manchester 4-12-08
(Hardy, Komisarz, Silver, Denby)
3:28.89*United States — Manchester 12-19-09
(Franklin, Magnuson, Weir, Vollmer)

Short Course Meters — Women

50 METER FREESTYLE

100 METER FREESTYLE
21.07P S. Muhammad — Berlin . . 11-15-09
20.71* N. Adrian — Manchester 12-19-09

100 METER BACKSTROKE
46.25 Ian Crocker — New York . . 3-27-04
45.42* N. Adrian — Manchester 12-18-09
45.08r N. Adrian — Manchester 12-19-09

200 METER FREESTYLE
1:42.78 Michael Phelps — New York 2-4-06
1:42.17*P. Vanderkaay — Manchester 12-19-09
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