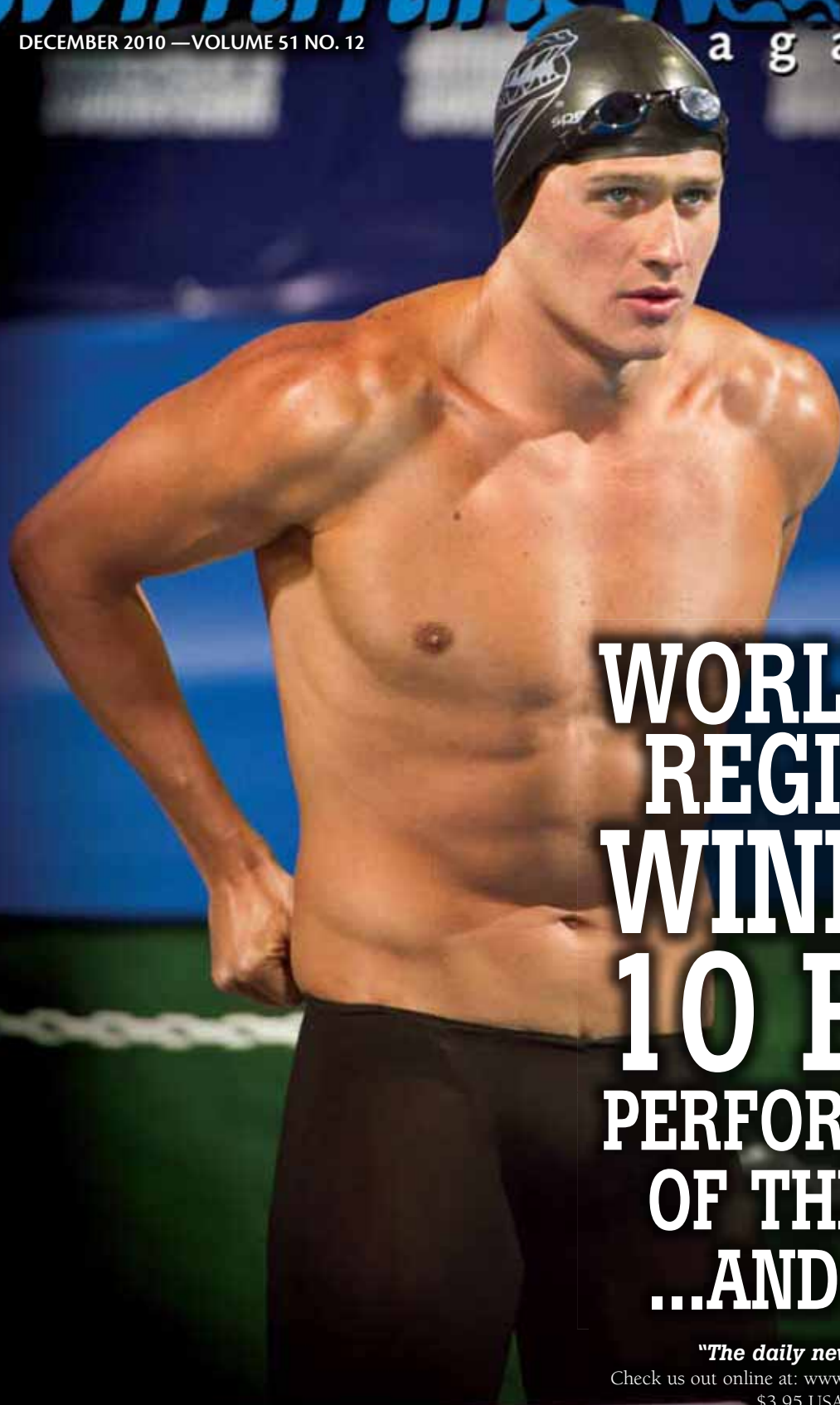


ANNUAL AWARDS ISSUE

Swimming WORLD

magazine

DECEMBER 2010 — VOLUME 51 NO. 12



**WORLD AND
REGIONAL
WINNERS
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OLYMPIAN ROWDY GAINES PART OF RECORD-BREAKING RELAY

JASON LASSEN CROSSES CATALINA CHANNEL

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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 PETER H. BICK]



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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.



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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 Best by 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 Tzanov, 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 Commings, 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. ♦

JASON MARSTELLER
General Manager of Media Properties

SwimmingWORLD
magazine

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SwimmingWorld.TV Producer — Garrett McCaffrey
Assistant Producer/Product Manager — Jeff Commings

Printer — Schumann Printers, Inc.
Published by Sports Publications International

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Andrea Nigh, George Olsen, Reuters, Getty Images

OFFICIAL MAGAZINE OF:



ENDORSED
BY:



PUBLISHER



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Sedona, AZ 86341
Phone: 928-284-4005
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10 BEST PERFORMANCES of 2010

BY JOHN LOHN

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



[PHOTO BY PETER ANDREWS, REUTERS]

ABOVE » Camille Lacourt

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 the 50 back with a 24.07. How good was that effort? Over just one lap, Lacourt was nearly a half-second faster than his closest pursuer.

#2



[PHOTO BY TIM WIMBORNE, REUTERS]

ABOVE » Alicia Coutts

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



[PHOTO BY PETER H. BICK]

ABOVE » Rebecca Soni

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 breastroker 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

[PHOTO BY KIM KYUNG HOON, REUTERS]



ABOVE » Aya Terakawa

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.

#9



ABOVE » Brent Hayden

[PHOTO BY TIM WINBORNE, REUTERS]

#10

[PHOTO BY PETER H. BICK]



ABOVE » Michael Phelps

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. ♦

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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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2010 SWIMMERS... WORLD & AMERICAN.....

BY JASON MARSTELLER

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.



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. ♦



[PHOTO BY PETER H. BICK]

PICTURED » Rebecca Soni

of the YEAR

THE TOP 5: WORLD SWIMMERS OF THE YEAR

FEMALE

1. REBECCA SONI, USA
2. Federica Pellegrini, Italy
3. Alicia Coutts, Australia
4. Rebecca Adlington, Great Britain
5. Jessica Hardy, USA

MALE

1. RYAN LOCHTE, USA
2. Michael Phelps, USA
3. Kosuke Kitajima, Japan
4. Camille Lacourt, France
5. Ryan Cochrane, Canada

THE TOP 5: AMERICAN SWIMMERS OF THE YEAR

FEMALE

1. REBECCA SONI, USA
2. Jessica Hardy, USA
3. Elizabeth Beisel, USA
4. Dana Vollmer, USA
5. Christine Magnuson, USA

MALE

1. RYAN LOCHTE, USA
2. Michael Phelps, USA
3. Brent Hayden, Canada
4. Ryan Cochrane, Canada
5. Nathan Adrian, USA

[PHOTO BY PETER H. BICK]

PICTURED » Ryan Lochte



RYAN LOCHTE

Male World and American Swimmer of the Year

For most of the past decade, Ryan Lochte has labored in Michael 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.

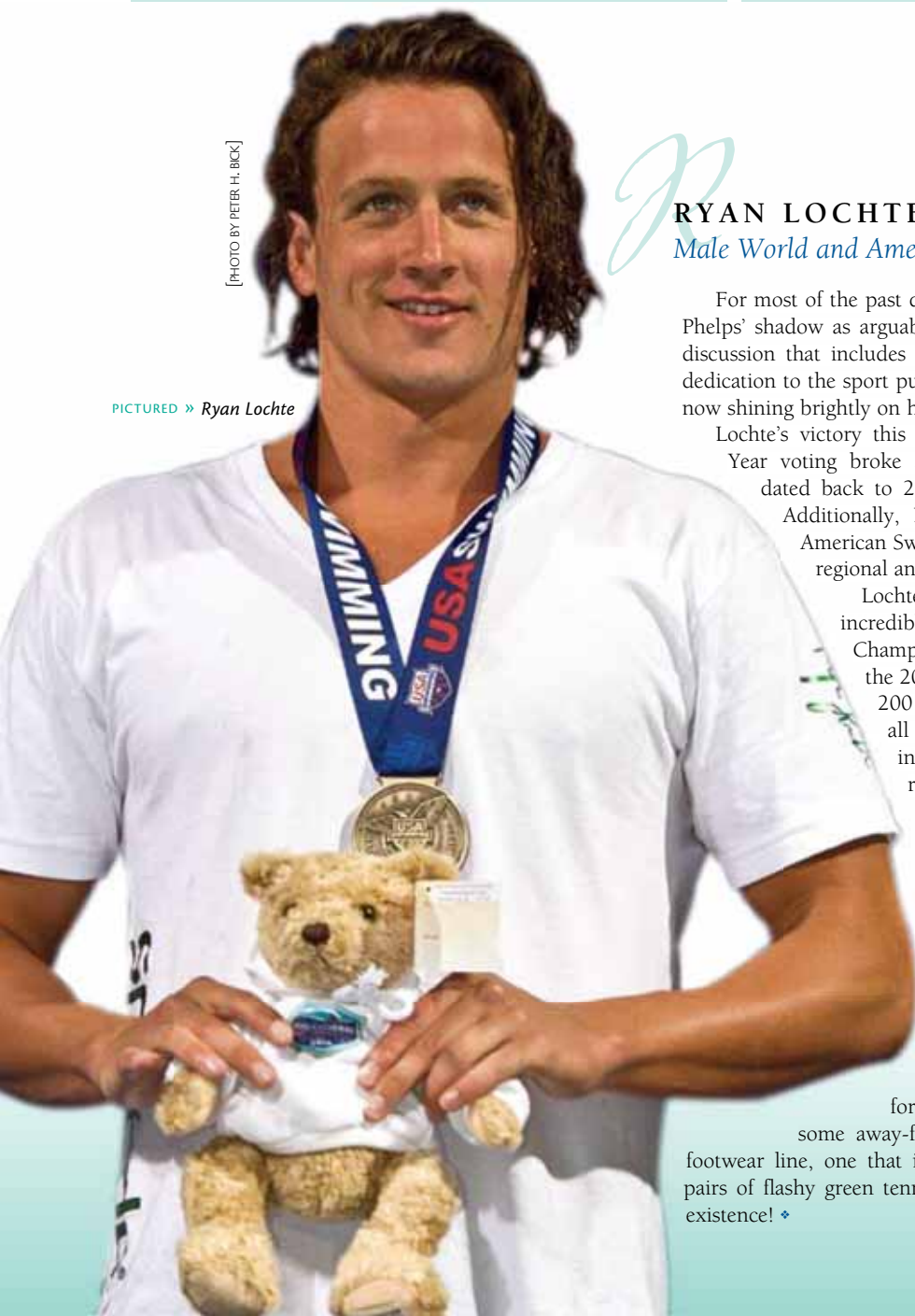
Lochte's victory this year in the Male World Swimmer of the Year voting broke a record four-year streak by Phelps that dated back to 2006, when he won his third overall title.

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 the 200 meter free (1:45.30), 200 back (1:54.12), 200 IM (1:54.43) and 400 IM (4:07.59), with all four times placing him atop the world rankings. Lochte's 200 IM was particularly fast, ranking him third in the all-time 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 Phelps' Olympic record of eight gold medals. 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! ♦





2010 SWIMMERS... EUROPEAN

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 resumé 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. ♦

PICTURED » Federica Pellegrini

[PHOTO BY PETER ANDREWS, REUTERS]



of the YEAR

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. ♦

[PHOTO BY WOLFGANG RATTAY, REUTERS]

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 Sjöström, Sweden

MALE

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

PICTURED » Camille Lacourt



2010 SWIMMERS

PACIFIC RIM

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 (Leisel Jones, 2005-06; Libby Lenton, 2007; Stephanie Rice, 2008; and Jessicah 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. ♦

[PHOTO BY TIM WIMBORNE, REUTERS]

PICTURED » Alicia Coutts

of the YEAR

THE TOP 5: PACIFIC RIM SWIMMERS OF THE YEAR

FEMALE

1. ALICIA COUTTS, Australia
2. Emily Seebohm, Australia
3. Leisel Jones, Australia
4. Jiao Liuyang, China
- 5t. Aya Terakawa, Japan
- 5t. Gao Chang, China

MALE

1. KOSUKE KITAJIMA, Japan
2. Tae Hwan Park, Korea
3. Geoff Huegill, Australia
4. Sun Yang, China
5. Brenton Rickard, Australia



PICTURED » Kosuke Kitajima

[PHOTO BY PETER H. BICK]

*K***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. ♦



2010 SWIMMERS...

AFRICAN

M

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. ♦

PICTURED » *Mandy Loots*

[PHOTO BY MARK BAKER, REUTERS]



of the YEAR

CAMERON VAN DER BURGH *Male African Swimmer of the Year*

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. ♦

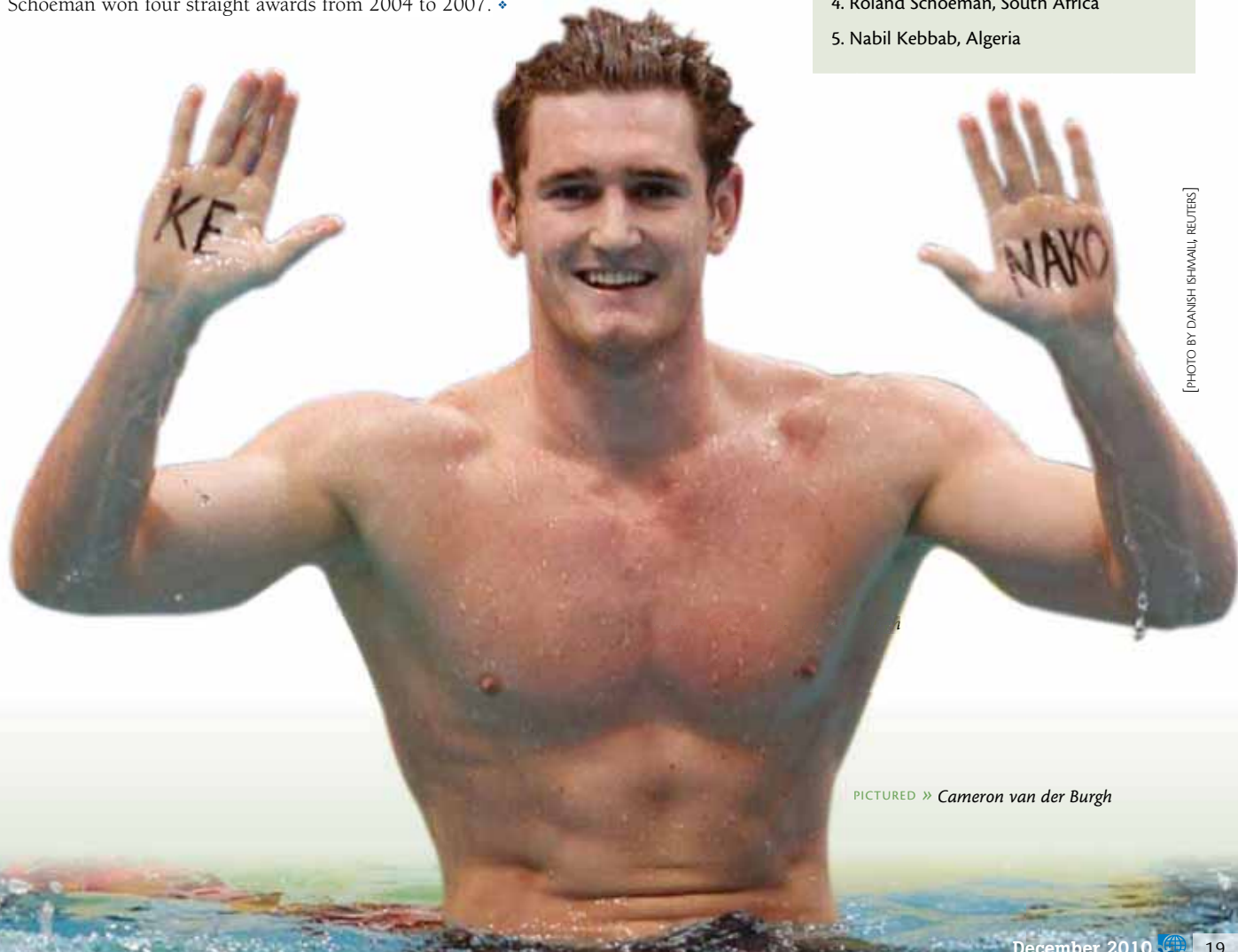
THE TOP 5: AFRICAN SWIMMERS OF THE YEAR

FEMALE

1. **MANDY LOOTS**, South Africa
2. Kathryn Meaklim, South Africa
3. Karin Prinsloo, South Africa
4. Chanelle van Wyk, South Africa
5. Leone Vorster, South Africa

MALE

1. **CAMERON VAN DER BURGH**, South Africa
2. Chad Le Clos, South Africa
3. Jason Dunford, Kenya
4. Roland Schoeman, South Africa
5. Nabil Kebbab, Algeria



[PHOTO BY DANISH ISHWALI, REUTERS]

PICTURED » Cameron van der Burgh

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the POOL'S EDGE

MOTIVATION ■ TECHNIQUE ■ TRAINING IDEAS ■ EQUIPMENT USAGE

IT'S A BREAK, NOT A BREAK-UP

BY KARLYN PIPES-NEILSEN

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. However, after 17 years of non-stop racing, 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 aquatic-edge@hawaii.rr.com. In 2011, Pipes-Neilsen will write the “Pool's Edge” column on a quarterly basis.



[PHOTO BY DOUG HENBEST]

ABOVE » 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.

DRYSIDE TRAINING

WANT TO SWIM FASTER? CROSS TRAIN!

BY J.R. ROSANIA • PHOTOS BY MICHAEL ARON
DEMONSTRATED BY MAUREEN RANKIN

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?

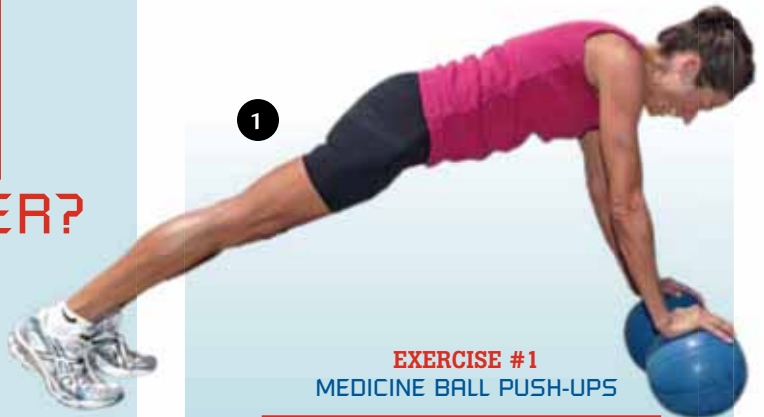
Well, cross training in the form of increased strength and conditioning through resistance exercise and conditioning exercises seems to be beneficial.

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 weekly until you're doing three sets of each exercise. Stop one week before a "B" swim meet and two weeks before the "big" meet. ♦



J.R. Rosania, B.S., Exercise Science, CSCS, is one of the nation's top performance enhancement coaches. He is the co-founder of Ironbody Lifestyle Fitness, LLC, and has finished the Ironman Triathlon 18 times. He also serves as Swimming World Magazine's fitness trainer. Check out Rosania's website at www.jrhealthplex.net.



1

EXERCISE #1 MEDICINE BALL PUSH-UPS

Perform a standard push-up, but place your hands on two med balls to improve shoulder strength and stability. Start with 10 reps.



2

EXERCISE #2 SHADOW BOXING

Stand with your legs separated one in front of the other and have a clock with the second-hand visible. Alternate arms and punch straight out for 30 to 45 seconds. Repeat two to three times.



VENTURA DEEP SIX RELAY TEAM SHATTERS WORLD RECORD

Ventura County Masters swimmers **Jim McConica**, 59, **Kurt Baron**, 46, **John Chung**, 40, **Mike Shaffer**, 45, **Tom Ball**, 50, and **Jim Neitz**, 42—collectively known as "VD6"—completed a 202-mile open water swim down the California coastline, Sept. 20, in 101 hours, 39 minutes, 53 seconds, obliterating the previous mark of 78.2 miles for the longest open water relay. Each member swam for one hour. The swimmers were not allowed to wear wetsuits, in accordance with FINA rules. Their interview from the "Morning Swim Show" on SwimmingWorldTV.com can be seen at <http://tv.swimmingworldmagazine.com/shows/the-morning-swim-show/morning-swim-show-episodes/6640>.



OFFICERS ELECTED, AWARDS ANNOUNCED AT ANNUAL USMS CONVENTION

The top award winners at the 2010 USMS convention, Sept. 15-19, in Dallas included **Bobby Patten**, the Speedo USMS Coach of the Year; **Lynn Hazelwood**, the 2010 Ransom Arthur Award winner; and **Asphalt Green Masters**, the USMS Club of the Year.

Additionally, the following individuals were elected as at-large directors for their respective zones: **Anthony Thompson**, Breadbasket; **Chris McGiffin**, Colonies; **Maria Elias-Williams**, Dixie; **Phil Dodson**, Great Lakes; **Hugh Moore**, Northwest; **Jim Clemmons**, Oceana; **Don Mehl**, South Central; and **Phillip Whitten**, Southwest.

A complete list of award winners—as well as a schedule of major meets in 2012—is available on the USMS convention page: <http://www.usms.org/admin/conv/2010/>.



WORLD RECORD FALLS AT PACIFIC MASTERS CHAMPIONSHIPS

Manatee Aquatic's **Jim Clemmons**, 60, took down the world

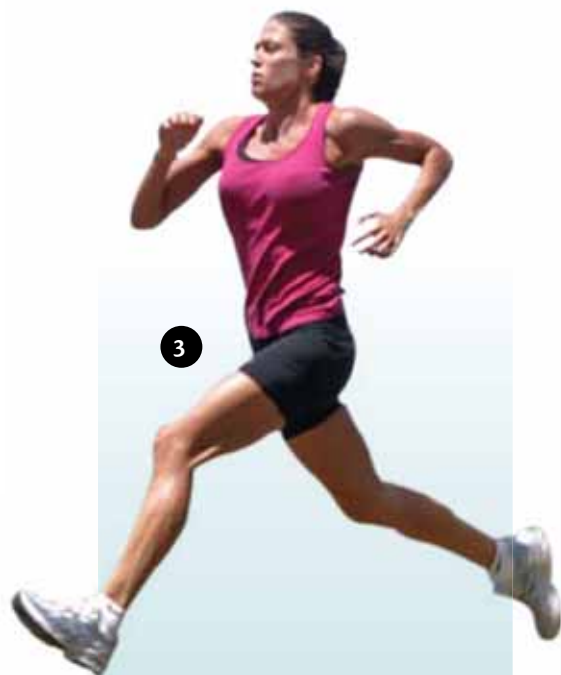
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EXERCISE #3 SPRINTS

Find a football field or park—or you can even use a treadmill. Warm up by walking or jogging easy for 10 minutes. Start with a jog, then increase speed to a hard effort for 10 to 15 seconds. Repeat six to 10 times. If you are not currently running, you should be able to jog for 12 minutes straight before trying this activity.



EXERCISE #4 PULL-UPS

Use a pull-up bar that is NOT taller than you are. Starting with knees bent, grab the bar and fully extend your arms into a hanging position. Pull your body up by using both your arms and pushing with your legs. Do 10 reps.



EXERCISE #5 SQUAT JUMP INTO A STREAMLINE

Start in a squat position, then push into a vertical jump and streamline your arms as you straighten out and leave the ground. Do 10 to 12 reps.

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, 1:04:09.79), **Sarah Thomas** (25-29, 1:10:26.38), **Joy Stover** (30-34, 1:08:03.10), **Kira Dale-Pfisterer** (35-39, 1:08:24.45), **Victoria Rian** (40-44, 1:06:33.40), **Andrea Block** (45-49, 1:07:25.20), **Denise Brown** (50-54, 1:08:27.14), **Shirley Loftus-Charley** (55-59, 1:12:51.10), **Ann Svenson** (60-64, 1:33:37.99), **Jennifer Parks** (65-69, 1:40:33.21) and **Patricia Bond** (70-74, 1:42:57.89).

The fastest men were **Thomas Alne** (18-24, 1:05:11.21), **Josh Kercheval** (25-29, 1:03:09.53), **Evan Morrison** (30-34, 1:05:26.29), **Ryan Cox** (35-39, 1:02:32.19), **Jeffrey Barriger** (40-44, 1:08:46.01), **Jeff Erwin** (45-49, 1:02:33.01), **Frank Wuest** (50-54, 1:08:15.11), **Jim McConica** (55-59, 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). ♦

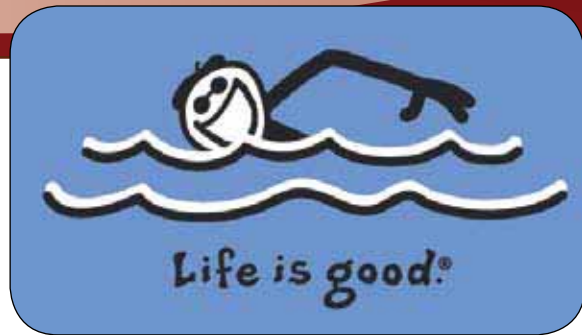
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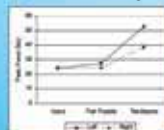


Figure 1. Peak force for three trials – bare hand, flat paddle, and Tek-Master

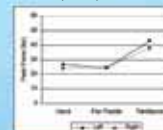


Figure 2. Peak force for three tethered trials – bare hand, flat paddle, and Tek-Master

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University of Wisconsin
Madison, Wisconsin

Eric Hansen, a six-time All-American at Iowa State (B.S. in exercise science, 1988; M.S. in exercise physiology, University of Arizona, 1990) is in his 12th year at Wisconsin. He was named Women's Big Ten Coach of the Year in 2003 and has guided Badger athletes to 262 All-America recognitions. Hansen has been a constant presence on the national and international coaching stages, having served as the men's head coach for the World Short Course Championships in Shanghai (2006) and as a men's assistant coach for the Pan Pacific Championships in Victoria, B.C. (2006). He has also been the U.S. men's coach at the Pan American Games (2003) in Santo Domingo and the FINA Short Course World Championships in Moscow (2002), and he was an assistant coach at the 1994 World Championships in Rome.

ON, 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.

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 at Iowa State helped me make my first U.S. national team. My club coach, Jack Pettinger, helped me redefine what hard work meant during my summers in college. After (my) undergrad (years), Rick DeMont, my brother, Nick, Frank Busch and Mike Doane were very important influences.

What have you learned from your national and international coaching assignments?

That nobody made the team by chance.

Everybody earned it while remaining coachable and willing to learn. I try to pass that down to my Wisconsin athletes—that being the best is something that must be earned through hard work, lifestyle and attitude.

What does it take for the women to break into the NCAA top 10 the way they were in 2007?

We have the right pieces—now we need to put them all together at the same time. Day-to-day training consistency and the ability to come together as a team in March will enable that to happen.

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 opportunity for the NCAA Championships. From there, we strive to put athletes on the national team and position ourselves to be in top form in 2012. Some incredible freshmen should help that process.

— continued on 29

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COACH ERIC HANSEN — *continued from 27*
Will it take more Dan Lesters (NCAA All-American butterfly) 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 compre-

hensive 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.

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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. 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."



ABOVE » Rachel Naurath

[PHOTO PROVIDED BY VIRGINIA ATHLETICS MEDIA RELATIONS]

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."



ABOVE » Felicia Lee

[PHOTO BY ZACH SANDERSON/STANFORD ATHLETICS]



ABOVE » Elizabeth Beisel

[PHOTO BY JIM BURRESS]

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."



ABOVE » Kyle Whitaker

[PHOTO PROVIDED BY MICHIGAN ATHLETIC DEPARTMENT]

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

— continued on 31

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 got along with the team. I want to excel in my swimming, but also help the whole team achieve a national title. Lastly, 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 swim-

ming 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,

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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.”

Whitaker:

“This is a good time to get an honest answer about the school, coaches and what team members really think.”

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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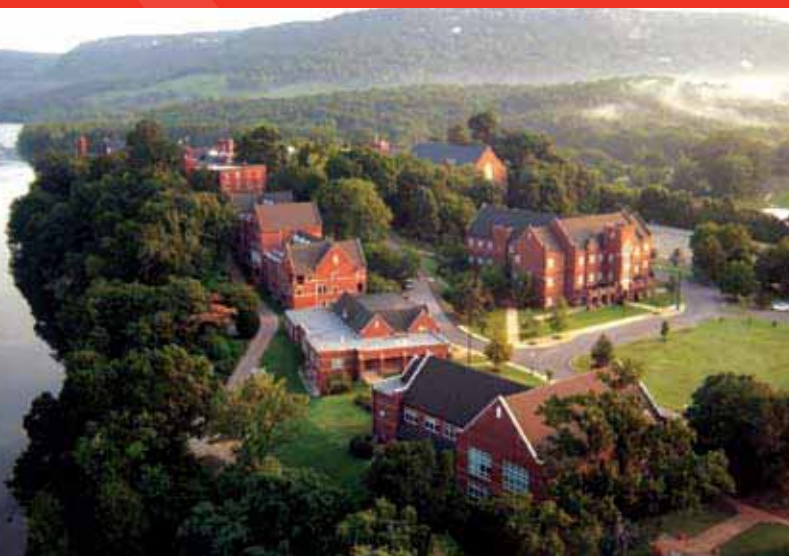
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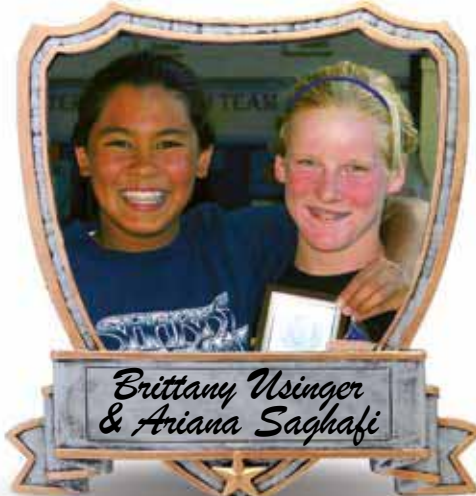
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Junior Swimmer

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*.

NAG Record SETTERS



[PHOTO PROVIDED BY PREMIER AQUATICS CLUB OF KLEIN]

ABOVE » (from left) Jonathan Saucedo, Alejandro Londono, Todd Ber, Todd Coachman

[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

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 ♦

AMERICAN RELAY

BY JUDY JACOB

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



ABOVE » ARKANSAS >> *The Razorback Aquatic Club AquaHawks' 10-and-under girls team of (clockwise from front) Taylor Pike, Martina Thomas, Luciana Thomas and Caroline Stelte combined to break Arkansas state records in both the 200 meter medley relay (2:29.90) and 200 free relay (2:10.88) at the Arkansas Swimming Long Course Championships. Their efforts also helped the AquaHawks to the team's first state championship title.*

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.

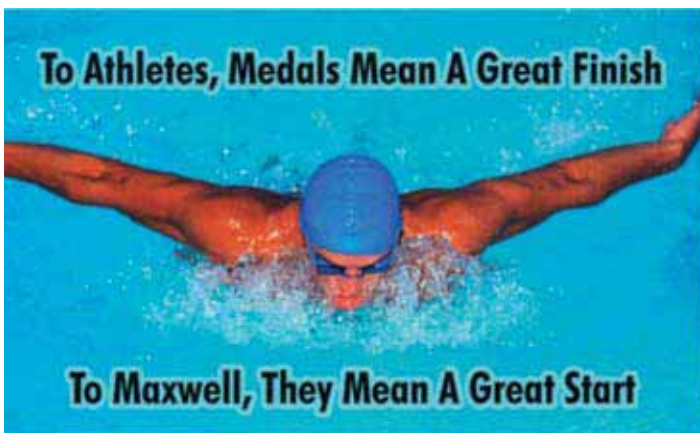
Recipients of the Hale Adams Memorial Scholarship Awards were **Katie McBride** of the Colorado Springs Swim Team and **Tanner Krall** from the Pueblo Swim Club. McBride currently attends the University of the Pacific, and Krall is a student at the University of Denver.

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.

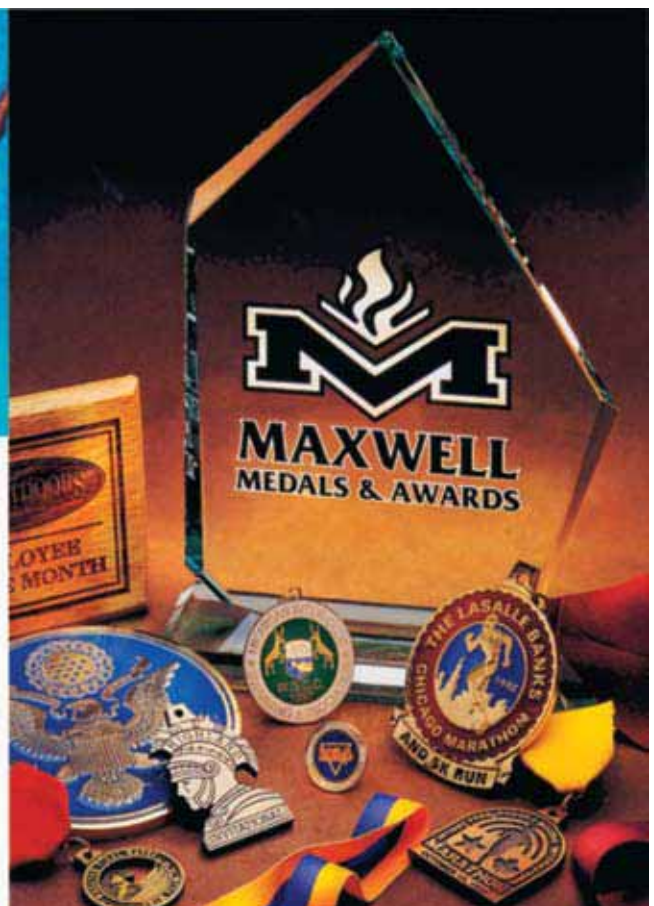


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High-point champions included **Ruby Martin**, unattached, and **Gregg Lichinsky**, Central Iowa (10-and-under); **Kelsey Drake**, Cedar Rapids, and **Jack Scafuri**, Central Iowa (11-12); **Moriah Moore** and **Alek Martin**, both of Central Iowa (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 1:54.68; **Jeff McNeary** replaced Huang in the 400 free relay (4:09.71). And in the 400 medley relay, **Tyler Myers** joined Grant, Towers 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 for a 4:08.35 in the 400 free relay. The boys squad of **Shane McNamara**, **Raoul Rodriguez**, **Louis Behnen** and **Matthew Lantin** cruised to a 1:48.52 in the 200 free relay and 1:58.68 in the 200 medley relay. **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 one single age group:

Curl-Burke: **Ellyn Baumgardner** (women), **Sinead Eksteen** (9-year-old girls), **Janet Hu** (14-year-old girls), **Philip Hu** (tie for 15-year-old boys), **Michael Kelley** (10-year-old boys), **Katie Leddecky**

(12-year-old girls), **Hellen Moffitt** (15-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).

Machine Aquatics: **Charlie Putnam** (17-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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- June 26—July 1
- July 3—July 8

FOR the RECORD

Wherever you see this logo, Online Premium Members can click on the link for more information and results.

WORLD

COMMONWEALTH GAMES

New Delhi, India
Oct. 4-9, 2010 (50 M)

n = National Record

WOMEN

50 FREE Oct. 8
24.86 Yolane Kukla, AUS
24.98 Francesca Halsall, ENG
25:01n Hayley Palmer, NZL

100 FREE Oct. 6
54.09 Alicia Coutts, AUS
54.30 Emily Seebohm, AUS
54.57 Francesca Halsall, ENG

200 FREE Oct. 4
1:57.50 Kylie Palmer, AUS
1:58.29 Jazmin Carlin, WAL
1:58.47 Rebecca Adlington, ENG

400 FREE Oct. 8
4:05.68 Rebecca Adlington, ENG
4:07.85 Kylie Palmer, AUS
4:08.22 Jazmin Carlin, WAL

800 FREE Oct. 7
8:24.69 Rebecca Adlington, ENG
8:26.96 Wendy Trott, RSA
8:32.37 Melissa Gorman, AUS

50 BACK Oct. 8
28.00 Sophie Edington, AUS
28.03 Gemma Spofforth, ENG
28.33t Georgia Davies, WAL
28.33t Emily Seebohm, AUS

100 BACK Oct. 6
59.79 Emily Seebohm, AUS
1:00.02 Gemma Spofforth, ENG
1:00.74 Julia Wilkinson, CAN

200 BACK Oct. 8
2:07.56 Meagen Nay, AUS
2:07.90 E. Simmonds, ENG
2:08.28 Emily Seebohm, AUS

50 BREAST Oct. 5
30.84 Leiston Pickett, AUS
31.10 Leisel Jones, AUS
31.17 Kate Haywood, ENG

100 BREAST Oct. 8
1:05.84 Leisel Jones, AUS
1:07.97 Samantha Marshall, AUS
1:08.29 Kate Haywood, ENG

200 BREAST Oct. 6
2:25.38 Leisel Jones, AUS
2:25.60 Tessa Wallace, AUS
2:25.92 Sarah Katsoulis, AUS

50 FLY Oct. 5
26.24 Francesca Halsall, ENG
26.27 Manieke Guehrer, AUS
26.29 Emily Seebohm, AUS

100 FLY Oct. 7
57.53 Alicia Coutts, AUS
58.06 Ellen Gandy, ENG
58.42 Jemma Lowe, WAL

200 FLY Oct. 9
2:07.04 Jessica Schipper, AUS
2:07.31 Audrey Lacroix, CAN
2:07.75 Ellen Gandy, ENG

200 IM Oct. 4
2:09.70 Alicia Coutts, AUS
2:10.83 Emily Seebohm, AUS
2:12.09 Julia Wilkinson, CAN

400 IM Oct. 9
4:38.83 Hannah Miley, SCO
4:39.45 Samantha Hamill, AUS
4:41.07 Keri-Ann Payne, ENG

400 MR Oct. 9
3:56.99 Australia
4:00.09 England
4:03.96 Canada

400 FR Oct. 8
3:36.36 Australia
3:40.03 England
3:42.12n New Zealand

800 FR Oct. 6
7:53.71 Australia
7:57.46n New Zealand
7:58.61 England

MEN

50 FREE Oct. 9
22.01 Brent Hayden, CAN
22.14 Roland Schoeman, RSA
22.22 Gideon Louw, RSA

100 FREE Oct. 7
47.98 Brent Hayden, CAN
48.54 Simon Burnett, ENG
48.69 Eamon Sullivan, AUS

200 FREE Oct. 5
1:47.88 Robert Renwick, SCO
1:47.90 Kenrick Monk, AUS
1:48.22 T. Fraser-Holmes, AUS

400 FREE Oct. 4
3:48.48 Ryan Cochrane, CAN
3:48.59 Ryan Napoleon, AUS
3:50.06 David Carry, SCO

1500 FREE Oct. 9
15:01.49 Ryan Cochrane, CAN
15:03.70 Heerden Herman, RS
15:13.50 Daniel Fogg, ENG

50 BACK Oct. 5
24.62 Liam Tancock, ENG
25.08 Hayden Stoeckel, AUS
25.21 Ashley Delaney, AUS

100 BACK Oct. 8
53.59 Liam Tancock, ENG
54.43 Daniel Bell, NZL
54.51 Ashley Delaney, AUS

200 BACK Oct. 6
1:55.58 James Goddard, ENG
1:57.37n Gareth Kean, NZL
1:58.18 Ashley Delaney, AUS

50 BREAST Oct. 8
27.18 C. van der Burgh, RSA
27.67t Brenton Rickard, AUS
27.67nt Glenn Snyders, NZL

100 BREAST Oct. 6
1:00.10 C. van der Burgh, RSA
1:00.29 Christian Sprenger, AUS
1:00.46 Brenton Rickard, AUS

200 BREAST Oct. 9
2:10.89 Brenton Rickard, AUS
2:10.97 Michael Jamieson, SCO
2:11.44 Christian Sprenger, AUS

50 FLY Oct. 6
23.35 Jason Dunford, KEN
23.37 Geoffrey Huegill, AUS
23.44 Roland Schoeman, RSA

100 FLY Oct. 8
51.69 Geoffrey Huegill, AUS
52.50t Antony James, ENG
52.50t Ryan Pini, PNG

200 FLY Oct. 4
1:56.48 Chad Le Clos, RSA
1:57.15 Michael Rock, ENG
1:57.26 Stefan Hirniak, CAN
(Prelims: 1:57.01n)

200 IM Oct. 8
1:58.10 James Goddard, ENG
1:59.86 Joseph Roebuck, AUS
2:00.00 Leith Brodie, AUS

400 IM Oct. 7
4:13.25 Chad Le Clos, RSA
4:15.84 Joseph Roebuck, ENG
4:16.86 Riaan Schoeman, RSA

400 MR Oct. 9
3:33.15 Australia
3:36.12 South Africa
3:36.31 England

400 FR Oct. 4
3:13.92 Australia
3:15.05 England
3:15.21 South Africa

800 FR Oct. 6
7:10.29 Australia
7:14.02 Scotland
7:14.18 South Africa

HIGH SCHOOL

IOWA HIGH SCHOOL GIRLS CHAMPIONSHIPS
Marshalltown, Iowa
Nov. 5-6, 2010 (25 YD)

* = State Record

TEAM STANDINGS
293 Ames
213 West Des Moines Valley
209 Bettendorf

50 FREE
24.18t Maddie Bro, AMES
24.18t T. Flummerfelt, AMES
24.39 Emma Sougstad, MCTY

100 FREE
51.46* Juanita Barreto, WDMV
52.72 T. Flummerfelt, AMES
53.59 Alex Flatness, ANKE

200 FREE
1:51.35 Juanita Barreto, WDMV
1:51.79 McKenna Lynch, DOWL
1:53.52 Margaret Barber, BETT

500 FREE
5:00.44 Margaret Barber, BETT
5:01.64 McKenna Lynch, DOWL
5:03.60 Gabbie Stecker, PVAL

100 BACK
55.87* Maddie Bro, AMES
58.16t Allison Orvis, DEC
58.16t Clare Slagel, DBQH

100 BREAST
1:04.63 Ali Stearns, MCTY
1:04.96 Hannah Maher, DEC
1:05.96 Caitlin Campbell, BETT

100 FLY
57.32 Caitlin Campbell, BETT
57.41 Emma Sougstad, MCTY
59.17 Michaela Kinter, DOWL

200 IM
2:05.32 Allison Orvis, DEC
2:06.91 Hannah Maher, DEC
2:10.08 Gabbie Stecker, PVAL

200 MR
1:46.67* Ames
1:48.85 Decorah
1:48.98 Mason City

200 FR
1:38.16 Carroll
1:39.17 Bettendorf
1:39.45 West Des Moines Valley

400 FR
3:33.01 Ames
3:38.06 West Des Moines Valley
3:38.40 Bettendorf

MISSISSIPPI HIGH SCHOOL CHAMPIONSHIPS
Biloxi, Mississippi
Oct. 23, 2010 (25 YD)

* = State Record

GIRLS

TEAM STANDINGS
290.5 Oxford
218 Tupelo
213 Madison Central

50 FREE
24.83 Bailey Scott, THS
25.52 MariMac Collins, STJ
25.58 Courtney Goff, CLINT

100 FREE
53.67 Lacy Russell, THS
55.63 MariMac Collins, STJ
56.22 Dory Chen, OHS

200 FREE
1:54.39 Lacy Russell, THS
2:00.92 Laura Smith, BRAND
2:02.09 Adina Harri, SHS

500 FREE
5:17.27 Laura Smith, BRAND
5:23.61 Alex Good, STAND
5:32.90 Christine Field, BHS

100 BACK
1:01.27 Natalie Tatum, MC
1:02.32 Alyx Wzozlek, MC
1:02.63 Bailey Scott, THS

100 BREAST
1:09.59 Laken Vickers, SHS
1:10.02 Meghan Petersen, OGH5
1:11.20 Chelsie Gray, TCPS

100 FLY
1:00.95 Paige Baisden, BHS
1:01.04 Rachel Dees, RHS
1:01.40 Rachel Dees, RHS

200 IM
2:13.64 Paige Baisden, BHS
2:14.98 Rachel Dees, RHS
2:18.64 Ashleigh Moore, OHS5

200 MR
1:55.54 Tupelo
1:57.67 Madison Central
1:58.14 Oxford

200 FR
1:44.49 Oxford
1:44.59 St. Joseph
1:46.04 Madison Central

400 FR
3:46.29 Tupelo
3:48.90 Biloxi
3:49.49 Oxford

BOYS

TEAM STANDINGS
401 Tupelo
247 Madison Central
192.5 Biloxi

50 FREE
21.58* Clark Garner, MIZE
22.36 Rick Deaton, THS
22.74 Parker King, MC

100 FREE
47.27 Matthew Nichols, OHS
47.36 Clark Garner, MIZE
47.90 Kelly Edwards, SPT

200 FREE
1:41.95* John Servati, THS
1:45.11 Mihailo Nikolic, THS
1:50.11 Jackson Kojima, MC

500 FREE
4:41.27 Mihailo Nikolic, THS
4:43.07 Ben Vaughan, CLINT
4:55.27 Jackson Kojima, MC

100 BACK
51.48* John Servati, THS
55.96 Chris Boucher, BHS
56.20 Corey Persons, COLH5

100 BREAST
58.12* Matthew Nichols, OHS
1:01.79 Rick Daton, THS
1:03.46 Cheng Ye, SHS

100 FLY
51.97 Kelly Edwards, STP
54.29 Andrew Mullen, OHS
54.31 Colton Fremont, THS

200 IM
1:57.88* Ben Vaughan, CLINT
2:00.94 Colton Fremont, THS
2:02.97 Andrew Mullen, OHS

200 MR
1:38.60* Tupelo
1:44.13 Biloxi
1:44.41 Madison Central

200 FR
1:28.89* Tupelo
1:34.94 Madison Central
1:35.25 Clinton

400 FR
3:24.27 Tupelo
3:24.93 Biloxi
3:29.66 Oxford

WYOMING 3A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Gillette, Wyoming
Oct. 29, 2010 (25 YD)

TEAM STANDINGS
318 Jackson
257 Lander
182 Buffalo

50 FREE
24.31 Emily Smith, JAC
24.72 Korrine Sorensen, LYM
25.07 Michelle Fenn, SUB

100 FREE
54.56 Korrine Sorensen, LYM
54.59 Connor Tarver, JAC
56.11 Jamie Forton, LAN

200 FREE
1:59.07 Connor Tarver, JAC
2:02.25 Michelle Reutter, WOR
2:04.13 Jaclyn Knori, JAC

500 FREE
5:22.84 Jessi Anderson, RAW
5:27.74 Jaclyn Knori, JAC
5:39.03 Michelle Reutter, WOR

100 BACK
1:00.91 Emily Smith, JAC
1:03.15 Mara Gans, LAN
1:04.22 Sammy Crawford, LAN

100 BREAST
1:09.51 Jesse Mayers, JAC
1:10.96 G. Howdyshell, LAN
1:11.99 Michelle Fenn, SUB

100 FLY
1:00.43 Mara vonHolst, BUF
1:01.55 Jesse Mayers, JAC
1:02.05 N. Harris-Holden, DOU

200 IM
2:14.50 Maddy Wigg, JAC
2:15.78 Mara vonHolst, BUF
2:16.72 Jamie Forton, LAN

200 MR
1:53.80 Jackson
1:56.23 Buffalo

2:00.71 Lander

200 FR
1:42.25 Lander
1:42.56 Jackson
1:47.90 Lyman

400 FR
3:41.53 Jackson
3:45.40 Lander
3:54.75 Buffalo

WYOMING 4A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Gillette, Wyoming
Oct. 29, 2010 (25 YD)

TEAM STANDINGS
378 Campbell County
217 Laramie
200 East

50 FREE
24.93 Brenda Bishop, CAM
25.05 Jade Ely, CAM
25.65 Haley Hance, CAM

100 FREE
53.70 Brenda Bishop, CAM
53.72 Gabi Summers, CEN
54.57 Jade Ely, CAM

200 FREE
1:52.45 Shaya Schaedler, CAM
1:55.97 Gabi Summers, CEN
2:01.46 Jonna Brown, EAS

400 FR
3:40.40 Campbell County
3:44.64 East
3:48.03 Central

500 FREE
5:17.94 Kelsey Ochsner, CAM
5:18.25 Larisa Jones, KWH
5:23.80 Mariah Miller, CEN

100 BACK
55.96 Shaya Schaedler, CAM
57.87 Sarah Morgan, LAR
59.79 Robyn Meeks, EAS

100 BREAST
1:07.62 Ashley Ochsner, CAM
1:09.42 Jonna Brown, EAS
1:11.41 Julie Schmitt, KWH

100 FLY
56.29 Kelsey Ochsner, CAM
1:00.63 Heidi Hanekamp, LAR
1:01.69 Brooke Lang, CAM

200 IM
2:14.58 Ashley Ochsner, CAM
2:14.80 Brooke Lang, CAM
2:16.01 Mariah Miller, CEN

200 MR
1:45.53 Campbell County
1:52.65 Laramie
1:53.77 East

200 FR
1:41.33 Campbell County
1:42.50 Laramie
1:45.30 Central

400 FR
3:34.40 Campbell County
3:44.64 East
3:48.03 Central

500 FREE
5:17.94 Kelsey Ochsner, CAM
5:18.25 Larisa Jones, KWH
5:23.80 Mariah Miller, CEN

100 BACK
55.96 Shaya Schaedler, CAM
57.87 Sarah Morgan, LAR
59.79 Robyn Meeks, EAS

100 BREAST
1:07.62 Ashley Ochsner, CAM
1:09.42 Jonna Brown, EAS
1:11.41 Julie Schmitt, KWH

100 FLY
56.29 Kelsey Ochsner, CAM
1:00.63 Heidi Hanekamp, LAR
1:01.69 Brooke Lang, CAM

200 IM
2:14.58 Ashley Ochsner, CAM
2:14.80 Brooke Lang, CAM
2:16.01 Mariah Miller, CEN

200 MR
1:45.53 Campbell County
1:52.65 Laramie
1:53.77 East

200 FR
1:41.33 Campbell County
1:42.50 Laramie
1:45.30 Central

400 FR
3:34.40 Campbell County
3:44.64 East
3:48.03 Central

2010 WORLD AND AMERICAN RECORD PROGRESSION

COMPILED BY JASON MARSTELLER

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. Bousquet, 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
- 55.05sf D. Bui Duyet, FRA — Istanbul 12-12-09

200 METER INDIVIDUAL MEDLEY

- 2:06.01 E. Verraszto, HUN — Moscow 11-06-09
- 2:04.64 E. Verraszto, HUN — Istanbul 12-10-09
- 2:04.60 J. Smit, USA — Manchester 12-19-09

400 METER INDIVIDUAL MEDLEY

- 4:22.88 K. Meakim, RSA — Singapore 11-22-09
- 4:21.04 J. Smit, USA — Manchester 12-18-09

400 METER MEDLEY RELAY

- 3:49.95 Canada — Leeds 8-9-09
(Murdoch, Pierse, Lacroix, Poon)
- 3:47.97 United States — Manchester 12-18-09
(Hoelzer, Hardy, Vollmer, Weir)

SHORT COURSE METERS — MEN

100 METER BACKSTROKE

- 49.20 A. Faber, ESP — Madrid . 12-21-08
- 49.17sf A. Vyatchanin, RUS — Istanbul 12-12-09
- 48.97 A. Vyatchanin, RUS — Istanbul 12-13-09
- S. Donets, RUS — Manchester 12-13-09
- 48.94r N. Thoman, USA — Manchester 12-18-09

200 METER BREASTSTROKE

- 2:01.98 C. Sprenger, AUS — Hobart 8-10-09
- 2:00.67 D. Gyurta, HUN — Istanbul 12-13-09

100 METER INDIVIDUAL MEDLEY

- 50.95p S. Fesikov, RUS — Berlin 11-14-09
- 50.76sf P. Mankoc, SLO — Istanbul 12-12-09

400 METER INDIVIDUAL MEDLEY

- 3:59.33 L. Cseh, HUN — Debrecen 12-14-07
- 3:57.27 L. Cseh, HUN — Istanbul 12-11-09

400 METER MEDLEY RELAY

- 3:23.33 Canada — Leeds 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, Bousquet)
- 3:03.30 United States — Manchester 12-19-09
(Adrian, Grevers, Weber-Gale, Phelps)

AMERICAN RECORDS

SHORT COURSE METERS — WOMEN

* = not ratified

100 METER FREESTYLE

- 52.79 Dara 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

200 METER BACKSTROKE

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

100 METER BREASTSTROKE

- 1:04.22 J. Hardy — Manchester . . . 4-11-08
- 1:03.30*J. Hardy — Berlin 11-14-09
- 1:02.70*R. Soni — Manchester . . . 12-19-09

200 METER BREASTSTROKE

- 2:20.70 Tara Kirk — Austin 3-20-04
- 2:14.57*R. Soni — 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 — Mallorca 12-5-93
- 2:06.20*W. Myers — Singapore . . 11-22-09
- 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 — MEN

* = not ratified

50 METER FREESTYLE

- 21.07p S. Muhammad — Berlin . 11-15-09
- 20.71* N. Adrian — Manchester 12-19-09

100 METER FREESTYLE

- 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

800 METER FREESTYLE

- 7:43.06 Jeff Kostoff — Bonn 2-13-83
- 7:33.94*Chad La Tourette — Manchester 12-19-09

50 METER BACKSTROKE

- 22.87 Randall Bal — Berlin 11-15-08
- 22.61* P. Marshall — Singapore . 11-22-09

100 METER BACKSTROKE

- 49.64 Peter Marshall — Berlin . 11-15-08
- 49.29* P. Marshall — Stockholm 11-10-09
- 48.94r* N. Thoman — Manchester 12-18-09

100 METER BREASTSTROKE

- 57.47 Ed Moses — Stockholm . . 1-23-02
- 57.16* M. Alexandrov — Manchester 12-19-09

400 METER INDIVIDUAL MEDLEY

- 4:02.49 Ryan Lochte — Shanghai . . 4-6-06
- 4:02.02*Tyler Clary — Manchester 12-18-09

400 METER MEDLEY RELAY

- 3:24.38 United States — Manchester 6-13-08
(Bal, Gangloff, Lochte, Adrian)
- 3:20.71*United States — Manchester 12-18-09
(Thoman, Gangloff, Phelps, Adrian)

400 METER FREESTYLE RELAY

- 3:08.44 United States — Manchester 4-9-08
(Lochte, Lundquist, Adrian, Van Wie)
- 3:03.30*United States — Manchester 12-19-09
(Adrian, Grevers, Weber-Gale, Phelps)

* = USA Swimming decided that American records set in techsuits after Oct. 1, 2009—when USAS implemented the techsuit ban domestically—would not be ratified. This is the case even for times swum legally in international events where the ban was not yet in effect.

SHORT COURSE YARDS — WOMEN

200 YARD INDIVIDUAL MEDLEY

- 1:52.79 J. Smit — College Station . 3-19-09
- 1:52.31 Julia Smit — Long Beach . . 2-25-10

400 YARD INDIVIDUAL MEDLEY

- 4:00.56 J. Smit — College Station . 3-20-09
- 3:58.23 Julia Smit — Long Beach . . 2-26-10

SHORT COURSE YARDS — MEN

200 YARD BUTTERFLY

- 1:39.70 Michael Phelps — Austin . . 3-3-06
- 1:39.65 Michael Phelps — Annapolis 3-7-10 ♦



ABOVE » Julia Smit, USA

[PHOTO BY GARY HERSHORN, REUTERS]



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January

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY 2011

- 7-8 **Trafalgar, IN**
ICAC Middle of the Cornfield Invitational
bsmith@nlj.k12.in.us
- 7-9 **Prescott, AZ**
Prescott Plunge
mindyacke@msn.com
- 7-9 **Fort Collins, CO**
FAST Winter Open
970-690-7946
- 7-9 **Athens, GA**
ABSC Senior Circuit Meet
jfroggin@uga.edu
- 7-9 **Crawfordsville, IN**
Penguin Paradise Plunge
sdowd@cville.k12.in.us
- 7-9 **Crown Point, IN**
Winter Timed Final Invite
coachjohn@sbcglobal.net
- 7-9 **Huntington, IN**
PRO Mid-Winter Ice Breaker
holly5m@verizon.net
- 7-9 **Jasper, IN**
JAWS New Year's Medalfest Classic
smoorenola@aol.com
- 7-9 **Notre Dame, IN**
IA Winter Invitational
cynthiadiamond@prodigy.net
- 7-9 **Yorktown, IN**
Robbin Lindsey Memorial
tigerswimcoach.brad@gmail.com
- 8-9 **Aurora, CO**
MACS Winter Invitational
tbrandon@ultrapetroleum.com
- 14-16 **Loveland, CO**
Loveland Heart of Winter
lscboltz@msn.com
- 14-16 **Davie, FL**
Senior Circuit, Ic
coachtomas@aol.com
- 14-16 **Fort Myers, FL**
SWIM AG/SR/TF Open
239-289-5925
- 14-16 **Jacksonville, FL**
EAJ AG/SR/TF Open
904-396-5751
- 14-16 **Miami, FL**
Senior Circuit, Ic
maccoach27@aol.com
- 14-16 **Atlanta, GA**
CAD MLK Jr. Invitational
jack9687@bellsouth.net
- 14-16 **Cobb County, GA**
Stangrays Coaches Invite
iangoss@bellsouth.net
- 14-16 **Savannah, GA**
SST Winter Classic
swimsst@gmail.com
- 14-16 **Fishers, IN**
FAST MLK Classic
lmentmkl@sbcglobal.net
- 14-16 **Hobart, IN**
HTS Tropical Paradise Invitational, SYOA
deb@hobartigersharks.com
- 14-16 **Indianapolis, IN**
CSC Winter Invitational
carnelmswimclub@aol.com
- 14-16 **Addison, TX**
COPS Greater Southwest Invitational Swim Meet
jim@planoswimming.org
- 14-17 **Austin, TX**
USAS Grand Prix
719-866-4578
- 15-16 **St. Petersburg, FL**
SPA AG/SR/TF Invite
727-821-2918
- 15-17 **Paradise Valley, AZ**
AZM Dual Meet Champs.
azmarlins@cox.net
- 15-17 **Clearwater, FL**
CAT AG/SR/PF Open
727-791-9542
- 16 **Estes Park, CO**
Estes Park High Altitude Classic
otters.biz@q.com
- 16 **Muncie, IN**
BSU Sprint Invitational
lseibold@bsu.edu
- 21-23 **Orlando, FL**
YCF AG/SR/TF Oepn
407-363-1911
- 21-23 **Columbus, IN**
Donner Winter Invitational
entrychair@donnerswimclub.org
- 21-23 **Fort Wayne, IN**
FWA Winter Classic
kschroeder@holycrossfw.org
- 21-23 **Indianapolis, IN**
WTSC Groundhog Invite
ajfhrs@comcast.net
- 21-23 **Valparaiso, IN**
UTSC IMX Snowflake Classic
akirnjr@comcast.net
- 22 **Tucson, AZ**
FORD's January AG Invite
520-621-4203
- 22 **Goshen, IN**
GSI "B-C" Invitational
tonia_immel@yahoo.com
- 22 **North Vernon, IN**
JCS Icebreaker Invitational
theboskie@hotmail.com
- 22-23 **Fort Myers, FL**
GCST AT/SR/TF Open
239-949-6671
- 22-23 **Jonesboro, GA**
TARA Invitational
denisbyrd@hotmail.com
- 22-23 **Huntingburg, IN**
SARG Ice Breaker
jsmiles@psci.net

23 **Broomfield, CO**
CUDA Single Age Classic
audrey.thompson@hp.com

28-30 **Lake Havasu, AZ**
Lake Havasu Meet, scm
caden@citlink.net

28-30 **Scottsdale, AZ**
SAC Winter Invitational
480-951-5368

28-30 **Boca Raton, FL**
FGC Invitational
sidcassidy@saintandrews.net

28-30 **Fort Lauderdale, FL**
FGC Invitational
canderson@swim4comets.com

28-30 **Miami, FL**
FGC Invitational
coachjohn@swimneptunes.com

28-30 **Port Orange, FL**
DBS AG/SR/TF Open
386-576-3320

28-30 **Stuart, FL**
FGC Invitational
mccombj@martin.k12.fl.us

28-30 **Tallahassee, FL**
ATAC AG/SR/PF Open
850-545-6745

28-30 **Augusta, GA**
ASL Winter Invitational
tatroutman@rdbrowncontractors.com

28-30 **Greenwood, IN**
CGAC Prelim/Final
toddj@centergrove.k12.in.us

28-30 **Indianapolis, IN**
Circle City Classic
vanbirrer@att.net

28-30 **Newburgh, IN**
NSC Chill Out Classic
akolleck@wowway.com

29 **Napanea, IN**
WWST Arctic Blast
syoder33@verizon.net

29-30 **St. Petersburg, FL**
SPA AG/SR/TF Open
727-821-2918

29-30 **Winter Park, FL**
TPA SR, 13&Under Open
850-545-6745

29-30 **Jonesboro, GA**
SCAT Last Chance Meet
iangoss@bellsouth.net

MASTERS JANUARY 2011

1-2 **St. Petersburg, FL**
Tampa Bay Frogman Swim
frogmanswim@gmail.com

8 **Rotterdam, NY**
New Year Meet
mvachon@mohonasen.org

9 **Lake Orion, MI**
Lake Orion SCY
pbrent01@comcast.net

16 **Annapolis, MD**
Carol Chidester Memorial Swim Series #4
icenrock@verizon.net

23 **Harper Creek, MI**
Harper Creek SCY
poppsc@harpercreek.net

23 **East Meadow, NY**
Winter Blitz SCY Meet
aquafitinc@aol.com

23 **Kingston, NY**
SnowBall Meet
mjordan4@hvc.rr.com

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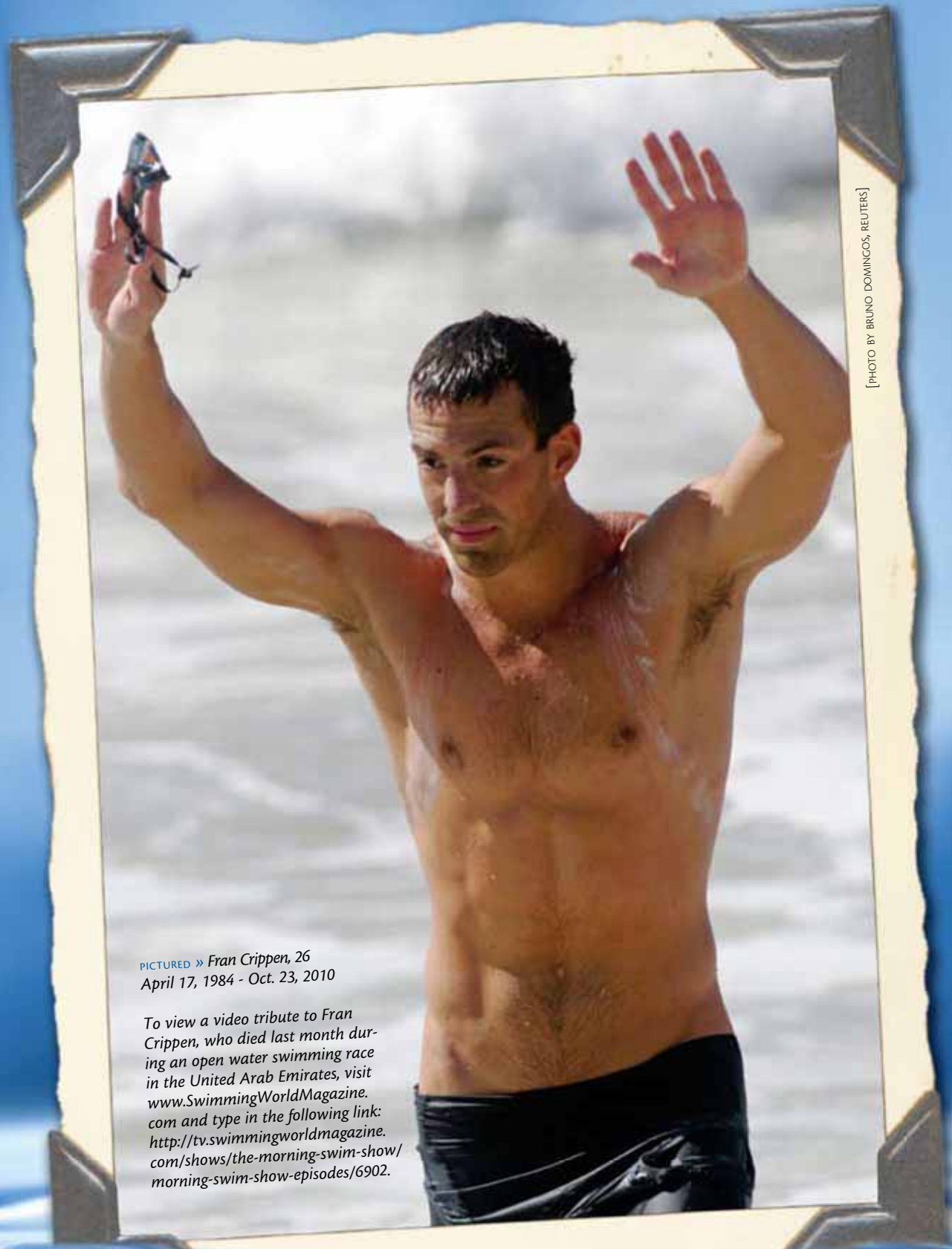
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[PHOTO BY BRUNO DOMINGOS, REUTERS]

PICTURED » Fran Crippen, 26
April 17, 1984 - Oct. 23, 2010

To view a video tribute to Fran Crippen, who died last month during an open water swimming race in the United Arab Emirates, visit www.SwimmingWorldMagazine.com and type in the following link: <http://tv.swimmingworldmagazine.com/shows/the-morning-swim-show/morning-swim-show-episodes/6902>.

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