

SwimmingWORLD

DECEMBER 2011 — VOLUME 52 NO. 12

USA SWEEPS AND REPEATS

pages 12-13



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Lane 9

MISSY FRANKLIN SETS FIRST CAREER WORLD RECORD
NCAA DIVISION I INCREASES ACADEMIC REQUIREMENTS FOR POSTSEASON, ADDS
POTENTIAL \$2,000 TO FULL-RIDE SCHOLARSHIPS

Defining Moments: Pan American Games

Gutter Talk

WORLD RECORDS FALL, OLYMPIANS MAKE DEBUT AT ROWDY GAINES CLASSIC
VAL REWRITES 60-64 RECORD BOOK AT PACIFIC MASTERS CHAMPS
OFFICERS ELECTED, AWARDS PRESENTED AT CONVENTION

How They Train: Josh Schneider

For the Record

PAN AMERICAN GAMES Guadalajara, Mexico Oct. 15-21, 2011
CHINESE NATIONAL CITY GAMES Nanchang, China Oct. 17-24, 2011

Fitter/Faster: Q&A with Kara Lynn Joyce

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INSIDE THE DECEMBER ISSUE of

SwimmingWORLD magazine

FEATURES

- 8 10 Best Performances of 2011** *by John Lohn*
- 12 World and Regional Swimmers of the Year**
by Jason Marsteller and Jeff Commings
World & American: Rebecca Soni and Ryan Lochte
European: Federica Pellegrini and Alexander Dale Oen
Pacific Rim: Ye Shiwen and Sun Yang
African: Kirsty Coventry and Cameron van der Burgh
- 20 Diving, Water Polo, Synchronized Swimming Award Winners**
Diving: Chen Ruolin and Qiu Bo
Water Polo: Krystina Alogbo and Stefano Tempesti
Synchronized Swimming: Natalia Ischenko
- 22 Defining Moments** *by Judy Jacob*
The Pan-Am Games appear to be Brazil's Thiago Pereira's own personal playground, as he matched his records for most gold medals and overall medals that he had set four years ago.
- 28 Workout Card: Las Vegas Masters** *by Vic Hecker*
- 30 Q&A with Coach Monty Hopkins**
by Michael J. Stott
- 32 How They Train: Josh Schneider**
by Michael J. Stott
- 33 Science of Performance: Off-season Training** *by G. John Mullen*
The off-season is a good time to stay productive and help make yourself a better swimmer.
- 36 American Relay** *by Judy Jacob*
- 37 TYR Age Group Swimmer of the Month**
- 42 World & American Record Progressions**
by Jason Marsteller

DEPARTMENTS

- 6 A Voice for the Sport** **41 For the Record**
- 24 Holiday Gift Guide** **46 Parting Shot**
- 39 Calendar**



ON THE COVER: Rebecca Soni, 24, is the first woman from the United States to claim back-to-back World Swimmer of the Year honors since Janet Evans (1989-90). Soni reigned as the world's premier breaststroker, winning the 100 and 200 meter breast at this summer's World Championships. Her semifinal time of 1:04.91 in the 100 was the fastest ever in a textile suit and threatened Jessica Hardy's world record of 1:04.45. (See story, page 12.) [COVER PHOTO BY CHRISTINNE MUSCHI, REUTERS]

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A VOICE for the SPORT

Swimming World

Recognizes

Best Swimmers of

2011

BY JASON MARSTELLER

It is that time again when we celebrate another illustrious year in aquatic sports. The December issue of *Swimming World Magazine* is the edition in which we name the World and Regional Swimmers of the Year, as selected by our disparate, expert panelists.

This year, we name our 46th and 48th Female and Male World Swimmers of the Year, respectively. It all started in 1964 when we named USA's Don Schollander as the world's best male swimmer. Two years later, *Swimming World* selected the top female, with Claudia Kolb of the United States recognized as the first honoree.

In this year's voting, we had a rare occurrence that has happened just twice before in the more than four decades that we have been awarding both a male and female World Swimmer of the Year. Both of last year's champions defended their titles, with Ryan Lochte and Rebecca Soni of the United States winning for the second year in a row. Previously, the only ones to accomplish that feat were Australia's Shane Gould and USA's Mark Spitz (1971-72) and USA's Janet Evans and Mike Barrowman (1989-90).

In his second consecutive landslide victory, Lochte just missed being a unanimous selection. Only one vote—given to China's Sun Yang—prevented him from sweeping all 19 first-place votes. Next year, Lochte will be looking to become the second man to win the award three straight years. USA's Michael Phelps is the only person to win more than two consecutive titles, capturing four in a row from 2006-09.

The female World Swimmer of the Year voting turned out to be an extremely close battle among three strong candidates. Soni emerged victorious, earning eight of the 19 first-place votes. Runner-up Federica Pellegrini of Italy was selected No. 1 on four ballots, while third-place Missy Franklin of the United States was picked first seven times.

Voters were asked to rank their top five choices in each category—world, American, European, Pacific Rim and African—with five points being awarded for a No. 1 selection down to one point for a No. 5 vote.

Swimming World Magazine thanks the members of its volunteer panel for being so generous with their time and experience to select these awards: **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 and *Swimming World* chief Australian correspondent. **Central Europe:** Camillo Cametti, editor of *Nuoto*. **Eastern Europe:** Norbert Agh, *Swimming World* European correspondent from Hungary; Ivan Tsanov, 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:** Rokur Jakupsstovu, editor of *Svimjing.com* and *SwimmersDaily.com* in Faroe Islands; 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, world champion swimmer, director of Made in Manchester Productions. **United States:** Phil Whitten, former *Swimming World* editor-in-chief. **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

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magazine

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10 BEST PERFOR

BY JOHN LOHN

Which do we choose? A or B? This year, unlike past efforts at compiling the 10 best swims of the year, there were only two performances that warranted serious consideration for the No. 1 spot. So, we had to figure out whether to go with China's rising star, Sun Yang, or with Ryan Lochte, the American who is currently the premier swimmer in the world.

Ultimately, we went with Sun, primarily because of the historical world record he broke at the World Championships in Shanghai, thus delighting his home-nation crowd. Without further ado, we present Swimming World's list of the 10 best swims of 2011.



[PHOTO BY DAVID GARY, REUTERS]

1. SUN YANG, CHINA

1500 Meter Freestyle, 14:34.14 (WR)

If you take down one of the most revered records in the sport, you have to get the nod for No. 1. When the supersuit era came to a close, the only textile standard to survive was the 14:34.56 by Grant Hackett at the 2001 World Championships. To some, it seemed like a record that would last an eternity.

In the months leading up to last summer's World Champs, there was much talk about Sun's potential to erase Hackett's vaunted mark. Well, it came down in dramatic fashion. Hanging close enough to Hackett's record for the majority of his metric mile, Sun blazed through his final laps—including an almost unbelievable clocking of 25.94 for the last 50 meters—to win by more than 10 seconds. At the finish—and at the realization he had set a world record—the Chinese crowd went into a frenzy of appreciation.



[PHOTO BY OSPORTS VIS US PRESSWIRE]

2. RYAN LOCHTE, USA

200 Meter Individual Medley, 1:54.00 (WR)

An argument can easily be made for Lochte's performance in the 200 IM to be ranked No. 1, especially since he became the first individual to lower a supersuit world record in the long-course format. En route to four individual gold medals at the World Championships, Lochte needed a special effort just to win the 200 IM, and that's what he delivered.

With rival Michael Phelps pushing him, Lochte held on to touch the wall a tenth of a second faster than his previous world mark. Phelps wasn't far behind in 1:54.16, a career best.



[PHOTO BY CHRISTINE WUSCHI, REUTERS]

3. MISSY FRANKLIN, USA

200 Meter Backstroke (SC), 2:00.03 (WR)

Initially, Franklin was going to land on this list for what she did at the World Champs: a 1:55.06 in the 200 free (relay leadoff) or a textile-best showing of 2:05.10 in the 200 back. But just before the deadline for this story, Franklin was even more impressive when she registered the first world record of her fledgling career.

At the Berlin stop on the FINA World Cup circuit, she set a global standard in the short-course version of the 200 back with a time of 2:00.03. The fact that Franklin nearly cracked the two-minute barrier speaks volumes about her talent, which ranges over various distances and strokes.

MANNCES OF 2011



[PHOTO BY BOBBY YIP, REUTERS]

4. JAMES MAGNUSSEN, AUSTRALIA

100 Meter Freestyle, 47.49

Hampered by a case of pneumonia leading up to the World Championships, expectations surrounding the Australian youngster were tempered. Then Magnussen stepped onto the blocks to lead off the Australian 400 freestyle relay in 47.49 that helped carry the Aussies to a surprise gold medal. A few days later, he claimed gold in the 100 free.

By producing the fastest textile-suit time ever in the 100, Magnussen instantly set himself as the favorite to capture the Olympic gold medal in what is largely considered the sport's glamour event.



[PHOTO BY CHRISTIANE MUSCHI, REUTERS]

5. ALEXANDER DALE OEN, NORWAY

100 Meter Breaststroke, 58.71

Amid a major shooting tragedy that rocked his home country of Norway and left scores dead, Dale Oen nearly broke the world record in the two-lap breaststroke, falling just shy of the 58.58 by Aussie Brenton Rickard. Dale Oen crushed a superb field at the World Champs and became the first man to break 59 seconds in a textile suit.

The silver medalist in the 100 breast at the 2008 Olympics, Dale Oen had twice won the event at the European Championships. But his first triumph at the global level was especially impressive, considering he beat Kosuke Kitajima, the two-time Olympic champ.



[PHOTO BY CARLOS BARBIA, REUTERS]

6. YE SHIWEN, CHINA

200 Meter Individual Medley, 2:08.90

At the midpoint of the championship final of the 200 individual medley at the World Champs, Chinese teenager Ye Shiwen was in sixth place. At the 150-meter mark, she had moved up only one position.

But thanks to a sizzling final lap, Ye sped ahead of her competitors and touched the wall in 2:08.90, the swiftest textile time ever.

Her freestyle split of 29.42 for the final 50 meters was nearly a second faster than anyone else's in the field and gave her the cushion to defeat Australian Alicia Coutts (2:09.00).



[PHOTO BY KYLE TERADA, US PRESSWIRE]

7. REBECCA SONI, USA

100 Meter Breaststroke, 1:04.91

There might not be a more dominant athlete in her events than Soni, who has made the breaststrokes her personal playground. When she steps on the blocks, it's not a matter of whether she'll win her events, but by how big a margin. At the World Champs, she was typical self, running away from her foes in both the 100 and 200.

In the 100 breast at Shanghai, Soni popped a time under 1:05, stopping the clock in 1:04.91 during the semifinal. Although she couldn't match that time in the final, she still won the race by more than a second.

— continued on 10

10 BEST PERFORMANCES OF 2011

— continued from 9

[PHOTO BY KIRBY LEE, US PRESSWIRE]



8. DANA VOLLMER, USA

100 Meter Butterfly, 56.47

Despite her lengthy reign as one of the United States' top performers, Vollmer still can be considered underappreciated. Fortunately, she got her due at the World Champs when she raced to a textile-best time of 56.47 in the semifinals of the 100 fly. From the start of the preliminary round, Vollmer made it clear it was her event to win.

Not only did she nail down a world title in the 100 fly, but her textile-best effort also knocked Inge de Bruijn—the legendary Dutch performer—from the top spot.

[PHOTO BY DAVID GARY, REUTERS]



9. MICHAEL PHELPS, USA

200 Meter Individual Medley, 1:54.16

Through the years, Phelps (left) has frequently appeared on this list. This time, he earns a place despite not prevailing in the event. While Ryan Lochte (right) dazzled in the 200 IM at the World Champs, setting a world record of 1:54.00, Phelps wasn't far behind, establishing a personal best. At next year's Olympics, expect Phelps and Lochte to tangle in another spectacular duel.



[PHOTO BY CHRISTINNE MUSCHI, REUTERS]

10. ELIZABETH BEISEL, USA

400 Meter Individual Medley, 4:31.78

As the World Championships unfolded, Beisel had to bide her time. While she contested the 200 back and placed fifth, Beisel saved her best performance for the 400 IM on the final night of action. She was simply dominant, winning by more than two seconds and posting an all-time best mark for a textile suit. ♦

Lane 9

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MISSY FRANKLIN SETS FIRST CAREER WORLD RECORD

In what might become a more common occurrence, **Missy Franklin** set her first career world record at the FINA World Cup meet in Berlin. She broke the short course mark in the women's 200 meter back in 2:00.03. That swim bettered the 2:00.18 set by **Shiho Sakai**, also in Berlin, at an earlier World Cup meet in 2009. The effort also far surpassed Franklin's previous American record of 2:02.01, set in Dubai in December 2010.

Comparative Splits:

Franklin: 28.64, 58.86 (30.22), 1:29.61 (30.75), 2:00.03 (30.42)

Sakai: 27.91, 58.66 (30.75), 1:29.49 (30.83), 2:00.18 (30.69)

Franklin later posted a statement on Facebook showing her appreciation: "Thank you so much for all the congrat-

ulations everyone. I still can't even think straight, and feel like I am in a dream. Did that really just happen?? Don't think I'll be getting any sleep tonight :) Thank you to all my teammates, coaches and family and friends who have helped me accomplish everything that I have. I wouldn't be anything without you."



NCAA DIVISION I INCREASES ACADEMIC REQUIREMENTS FOR POSTSEASON, ADDS POTENTIAL \$2,000 TO FULL-RIDE SCHOLARSHIPS

In a move that could impact aquatic sports in a variety of ways, the NCAA increased the Academic Progress Rate from 900 to 930 for teams to remain eligible for postseason participation.

Also, NCAA Division I increased the allowable compensation to full-ride student-athletes by \$2,000 or the full cost of attendance, whichever is less. ♦

THANK YOU REB!

[PHOTO PROVIDED BY LA PRESSE - DANIELE BADOGLATO]

REBECCA SONI

*Olympic and World Champion 200 m breaststroke
World Champion 100m breaststroke
Female World Swimmer of the Year 2011*



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2011 SWIMMERS

REBECCA SONI

Female World and American Swimmer of the Year

After becoming the first female from the United States in eight years to win World Swimmer of the Year honors last year, Rebecca Soni is now the first Team USA female to claim back-to-back honors since Janet Evans (1989-90).

Soni edged Italy's Federica Pellegrini and USA's Missy Franklin, with all three women receiving first-place votes from the 19-member panel (8, 4 and 7, respectively). Franklin also pushed Soni for American Swimmer of the Year recognition, garnering eight first-place votes to Soni's 11.

Soni reigned as the world's premier breaststroker with an outstanding performance at the World Championships in Shanghai, winning both the 100 and 200 meter breast (1:05.05 and 2:21.47) and taking bronze in the 50 (30.58). Additionally, her semifinal time of 1:04.91 in the 100 was the fastest ever in a textile suit and threatened Jessica Hardy's world record of 1:04.45. ♦

[PHOTO BY OSPO RTS VIA US PRESSWIRE]

WORLD

OF THE YEAR

WOMEN'S STORIES BY JASON MARSTELLER
MEN'S STORIES BY JEFF COMMINGS

[PHOTO BY OSPO RTS VIA US PRESSWIRE]

RYAN LOCHTE

Male World and American Swimmer of the Year



THE TOP 5: WORLD SWIMMERS OF THE YEAR

(First-place votes in parentheses)

FEMALE

1. **REBECCA SONI, USA (8)**
2. Federica Pellegrini, Italy (4)
3. Missy Franklin, USA (7)
4. Rebecca Adlington, Great Britain
5. Ye Shiwen, China

MALE

1. **RYAN LOCHTE, USA (18)**
2. Sun Yang, China (1)
3. Michael Phelps, USA
4. James Magnussen, Australia
5. Alexander Dale Oen, Norway

Ryan Lochte repeated as *Swimming World's* male World and American Swimmer of the Year and just missed being a unanimous pick by one vote that went to China's Sun Yang. However, in the selection for America's top athlete, Lochte captured all 19 first-place tallies.

He won four individual gold medals at the World Championships in Shanghai and set a world record in the 200 meter IM (1:54.00). In 2011, he did what many thought would take many years to happen: he broke the first long course world record since techsuits were banned in 2009.

He also took on the world for the first time in the 200 free, getting his hand on the wall first (1:44.44) ahead of the reigning Olympic champion (Michael Phelps) and the world record holder (Paul Biedermann).

His victories in the 200 back (1:52.96) and 400 IM (4:07.13) completed his individual gold medal haul in Shanghai, and he added a come-from-behind victory in the final leg of the 800 free relay (7:02.67) for a fifth first-place performance. A third-place finish in the 400 free relay earned Lochte six total medals. ♦

THE TOP 5: AMERICAN SWIMMERS OF THE YEAR

(First-place votes in parentheses)

FEMALE

1. **REBECCA SONI, USA (11)**
2. Missy Franklin, USA (8)
3. Elizabeth Beisel, USA
4. Dana Vollmer, USA
5. Jessica Hardy, USA

MALE

1. **RYAN LOCHTE, USA (19)**
2. Michael Phelps, USA
3. Cesar Cielo, Brazil
4. Ryan Cochrane, Canada
5. Tyler Clary, USA



WIMMERS

FEDERICA PELLEGRINI

Female European Swimmer of the Year

Although she was unable to unseat Rebecca Soni as the female World Swimmer of the Year, Italy's Federica Pellegrini—the world's best female swimmer in 2009—captured her third straight European title in convincing fashion.

She was a nearly unanimous selection, garnering 18 of the 19 first-place votes and finishing ahead of Great Britain's Rebecca Adlington—the 2008 European winner—who received the other No. 1 vote.

Kristina Egerszegi (1990-92) and Inge De Bruijn (1999-2001) are the only other females in the region to have won three straight, with Egerszegi adding a region record fourth title in 1995.

Pellegrini won two events at the World Championships in Shanghai, taking the 200 and 400 meter free (1:55.58 and 4:01.97). Her effort in the 400 was the fastest ever in a textitle suit, but well off her world record time of 3:59.15 set during the techsuit era at the 2009 World Championships in Rome.

After Shanghai, Pellegrini changed coaches, and is now working with Federico Bonifacenti heading into the Olympic year. ♦

EURO

OF THE YEAR

PHOTOS BY CHRISTINNE MUSCHI, REUTERS

THE TOP 5: EUROPEAN SWIMMERS OF THE YEAR

(First-place votes in parentheses)

FEMALE

1. **FEDERICA PELLEGRINI, Italy (18)**
2. Rebecca Adlington, Great Britain (1)
3. Therese Alshammar, Sweden
4. Lotte Friis, Denmark
5. Aliaksandra Herasimenia, Belarus

MALE

1. **ALEXANDER DALE OEN, Norway (14)**
2. Camille Lacourt, France (4)
3. Daniel Gyurta, Hungary (1)
4. Jeremy Stravius, France
- 5t. Paul Biedermann, Germany
- 5t. Liam Tancock, Great Britain

ALEXANDER DALE OEN

Male European Swimmer of the Year

All swimmers say they are racing for their country when they dive into the pool, and this year, Alexander Dale Oen embodied that sentiment. With his native Norway in mourning due to a bizarre series of shootings that left more than 80 dead a week before the start of this summer's World Championships, Dale Oen swam the 100 breaststroke with the weight of a grieving country on his shoulders.

Under normal circumstances, Dale Oen's winning time of 58.71 would have been mind-blowing. It was less than 2-tenths off Brenton Rickard's world record from the techsuit era. But by pointing to the flag on his cap—and the obvious holding back of emotions on the medal stand—Dale Oen showed that even under the most extreme circumstances, he could deliver.

This swim alone earned him the male European Swimmer of the Year honor, the first time a swimmer from Norway—male or female—has earned the regional award. Perhaps the emotions of the moment affected Dale Oen, but he was unable to follow his win in the 100 breast with another world title in the 50, finishing fifth in 27.43. Interestingly, his split in the 100 breast of 27.20 would have put him a tick away from a spot on the podium. ♦

EUROPEAN

2011 SWIMMERS

YE SHIWEN

Female Pacific Rim Swimmer of the Year

Ye Shiwen became only the second Chinese swimmer to claim the female Pacific Rim Swimmer of the Year award, next to Le Jingyi (1996).

At this year's World Championships, the 15-year-old captured the 200 meter IM in 2:08.90—the fastest time swum by a female in a textile suit, but well off the world record of 2:06.15 set by Ariana Kukors in 2009 during the techsuit era.

Ye also had a strong 400 IM, clocking 4:33.66 at the Chinese National City Games in October. That performance pushed her to No. 2 in this year's world rankings, behind only Elizabeth Beisel (4:31.78). Ye now ranks No. 10 all time in the event, bettering her personal best of 4:33.79 from last year's Asian Games.

China placed four women among the top five Pacific Rim swimmers—Ye, Jiao Liuyang, Zhao Jing and Liu Zige. Ye was selected first on 14 of the 19 ballots, with Jiao (3) and Liu (2) also receiving first-place votes.

Australia, whose swimmers have won the award the last 14 straight years and 15 of 17 overall, only had one swimmer in 2011 among the top five—Alicia Coutts, last year's award winner, who placed fourth. ♦

PACIFIC RIM

OF THE YEAR

PHOTOS BY DAVID GARY, REUTERS

SUN YANG

Male Pacific Rim Swimmer of the Year

Breaking one of the most hallowed world records in history cemented Sun Yang's place as the unanimous male Pacific Rim Swimmer of the Year, giving China its second-ever honor in the region, next to Zhang Lin (2009).

Sun's record-breaking swim of 14:34.14 in the 1500 freestyle was as shocking as it was awe-inspiring. With 100 meters left to swim, the 19-year-old was more than two seconds off Grant Hackett's record pace, and the uninitiated would have assumed the record would remain untouched.

But many swimming fans remembered the first time Sun chased the record at the 2010 Asian Games. Both times, he stayed two to three seconds off the record pace, then popped the clutch and turned on the afterburners to produce a split in the final 100 meters that many 400 freestylers would covet.

Sun's final split at Worlds was 54.22, but the major difference between the two swims was that he picked up his pace with 400 meters to go in 2011.

Sun also added a gold medal in the 800 in Shanghai, along with a silver in the 400 and a bronze in the 800 free relay. Then in September at China's nationals, he threatened Paul Biedermann's world record (3:40.07) in the 400 with a 3:40.29 and posted a 14:45.78 in the mile. ♦

THE TOP 5: PACIFIC RIM SWIMMERS OF THE YEAR

(First-place votes in parentheses)

FEMALE

1. **YE SHIWEN, China (14)**
2. Jiao Liuyang, China (3)
3. Zhao Jing, China
4. Alicia Coutts, Australia
5. Liu Zige, China (2)

MALE

1. **SUN YANG, China (19)**
2. James Magnussen, Australia
3. Tae Hwan Park, Korea
4. Ryosuke Irie, Japan
- 5t. Kosuke Kitajima, Japan
- 5t. Naoya Tomita, Japan



2011 SWIMMERS

KIRSTY COVENTRY

*Female African
Swimmer of the Year*

Last year, Zimbabwe's Kirsty Coventry took a deserved break from swimming. Consequently, it marked only the second time that she was not named *Swimming World's* female African Swimmer of the Year since winning the inaugural award in 2004.

Well, she's back...capturing her sixth regional title.

South African Wendy Trott put up a good fight, finishing runner-up to Coventry with seven first-place votes. But Coventry's two rankings among the world's top 10—200 meter back (2:08.41) and 400 IM (4:37.21)—provided the necessary credentials for 11 panelists to put her at the top of their ballots.

Coventry announced this year that she would change training locations to Monaco until the 2012 Olympics. Princess Charlene of Monaco—formerly Charlene Wittstock—was an Olympic 200 meter backstroker for South Africa and has always supported the sport of swimming. She extended her patronage of the sport by providing a “no-distractions” location for Coventry to train heading into London. ♦

[PHOTO BY ADREES LATIF, REUTERS]

A F R I

OF THE YEAR

CAMERON VAN DER BURGH

Male African Swimmer of the Year

Although he was the only male regional award winner not to capture a world title in Shanghai, South Africa's Cameron van der Burgh was the undisputed top African male swimmer of 2011, garnering 18 of 19 first-place votes.

He was the only African swimmer to win more than one medal at the World Championships, and he managed to leave Shanghai with two bronze medals in the 50 and 100 breast (27.19 and 59.49).

This is van der Burgh's third consecutive regional honor. He shared the award in 2009 with Tunisia's Ous Mellouli, who could be aiming to regain the recognition next year as he attempts to defend his 1500 freestyle Olympic title. Mellouli managed to win one first-place vote from *Swimming World's* panel after placing fourth in the 800 free and seventh in the 400 free.

While South Africa has had a history of success in the sprint freestyle relay, van der Burgh—the world record holder in the 50 breast—could be the cog that helps the Springboks leap onto the London medal podium in the medley relay...along with Gerhard Zandberg, who won bronze at Shanghai in the 50 back, marking his fourth medal at Worlds in the event dating back to 2003. ♦

THE TOP 5: AFRICAN SWIMMERS OF THE YEAR

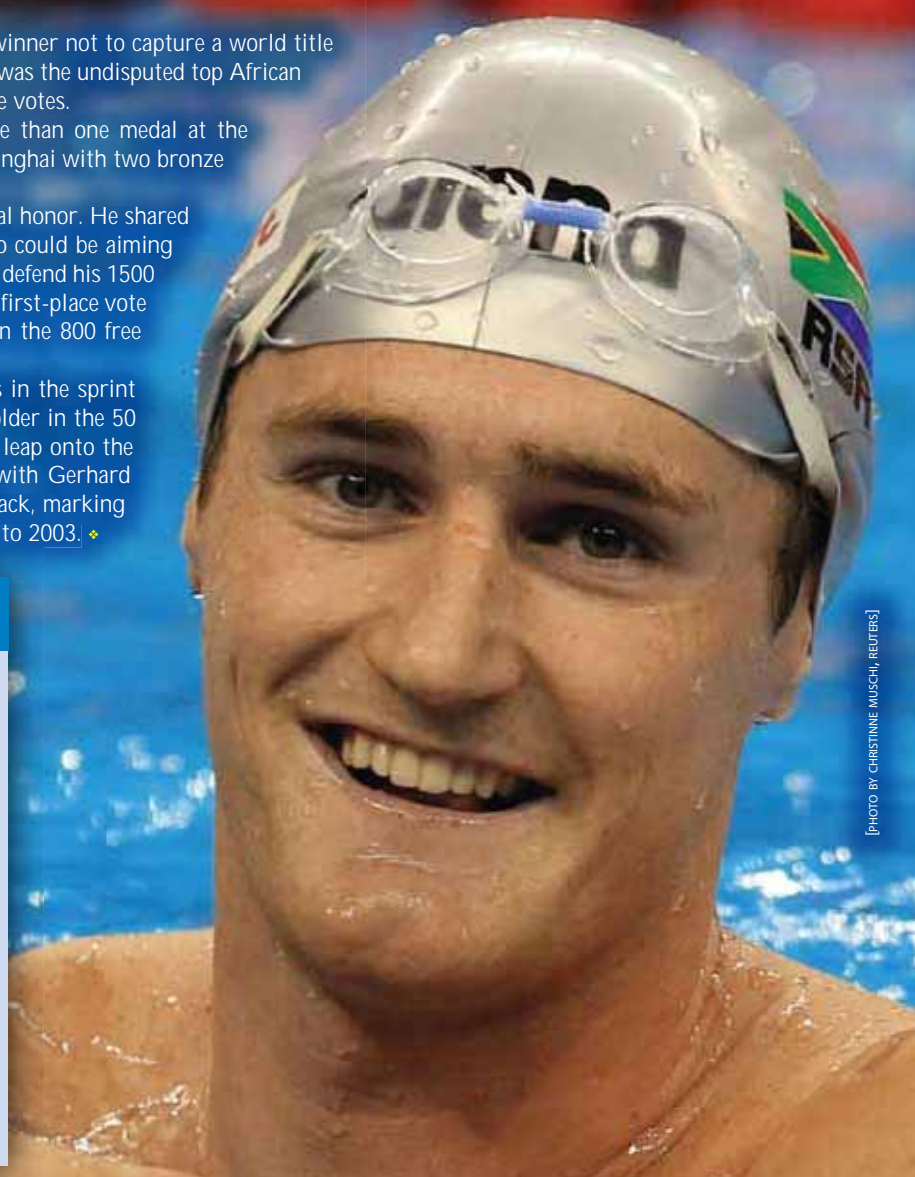
(First-place votes in parentheses)

FEMALE

1. **KIRSTY COVENTRY, Zimbabwe (11)**
2. Wendy Trott, South Africa (7)
3. Sara El Bekri, MAR
4. Farida Hisham Osman, Egypt
5. Vanessa Mohr, South Africa

MALE

1. **CAMERON VAN DER BURGH, South Africa (18)**
2. Ous Mellouli, Tunisia (1)
3. Gerhard Zandberg, South Africa
4. Jason Dunford, Kenya
5. Chad Le Clos, South Africa



[PHOTO BY CHRISTIANE MUSCH, REUTERS]

CAN

2011 AQUATICS AWARD WINNERS

[PHOTO BY CSPA VIA US PRESSWIRE]



CHEN RUOLIN, CHINA
Female Diver of the Year

Won first individual world title on women's 10-meter platform after runner-up finishes in 2007 and 2009; won six gold medals during FINA World Series



**NATALIA
ISCHENKO, RUSSIA**
*Synchronized Swimmer
of the Year*

Won six gold medals at the 2011 World Championships, pushing her career world title tally to a record 17



[PHOTO BY LASZLO BALOGH, REUTERS]

**KRYSTINA ALOGBO,
CANADA**

*Female Water Polo Player
of the Year*

Named Tournament MVP for 2011
World Championships



[PHOTO BY DAVID GRAY, REUTERS]

QIU BO, CHINA
Male Diver of the Year

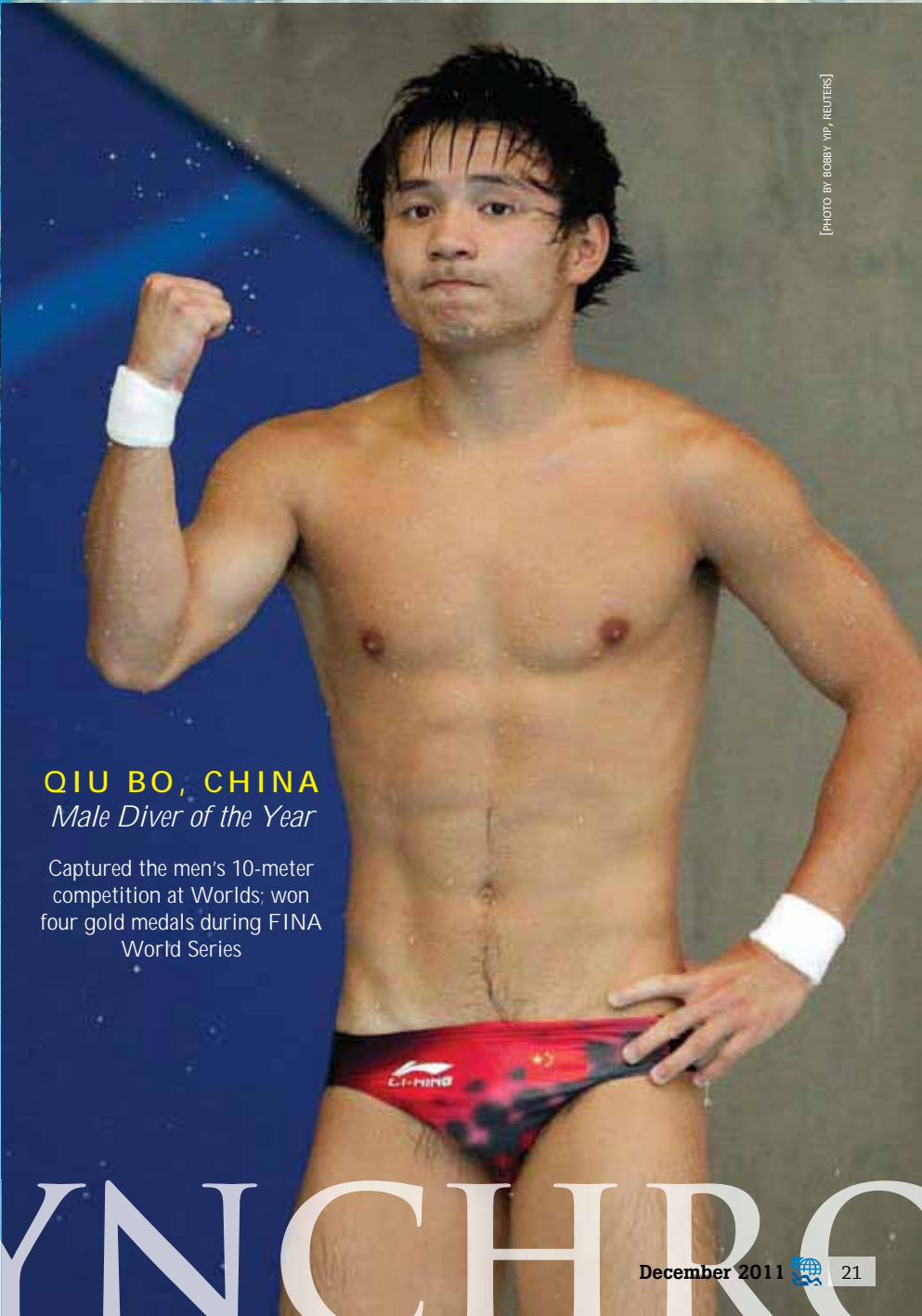
Captured the men's 10-meter
competition at Worlds; won
four gold medals during FINA
World Series



[PHOTO BY OSPOITS VIA US PRESSWIRE]

STEFANO TEMPESTI, ITALY
Male Water Polo Player of the Year

Named Best Goalkeeper by FINA at the 2011 Worlds



[PHOTO BY BOBBY YIP, REUTERS]

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

The Pan-Am Games appear to be Brazil's Thiago Pereira's own personal playground, as he matched his records for most gold medals and overall medals that he had set four years ago.

PAN AMERICAN GAMES

Guadalajara, Mexico
Oct. 15-21

Thiago Pereira picked up right where he left off four years ago. In 2007 at Rio de Janeiro, the Brazilian tied Frank Heckl's 36-year-old record of winning six gold medals at the Pan American Games. This time around—in Guadalajara, Mexico, Oct. 15-21—he matched that record and also tied his overall medal haul record of eight.

Pereira won four individual events—100 and 200 meter back (54.56 and a Pan Am Games record 1:57.19) and both IMs (1:58.07 and 4:16.68)—and two relays via his prelim swims in the 400 medley and 400 free, which Brazil later won in 3:44.58 (Guilherme Guido, Felipe Franca, Gabriel Mangabeira and Cesar Cielo) and 3:14.65 (Bruno Fratus, Nicholas Santos, Cielo and Oliveira), respectively. He also picked up a silver medal as the anchor of Brazil's 800 free relay (7:21.96) and a bronze in the 200 breast (2:13.58).

Brazil dominated the men's competition with 10 gold medals, as Cielo added Pan Am Games records in the 50 and 100 free (21.58 and 47.84), as did Franca (100 breast, 1:00.34) and Leonardo de Deus (200 fly, 1:57.92).

The closest any country could come to the Brazilian men was the United States with four

gold medals—Charles Houchin (400 free, 3:50.95), Arthur Frayler (1500 free, 15:19.59), Sean Mahoney (200 breast, Pan Am Games record 2:11.62) and its 800 free relay (Conor Dwyer, Doug Robison, Houchin and Matthew Patton, 7:15.07).

Brett Fraser of the Cayman Islands set a Pan Am Games record in the 200 free, ahead of his older brother, Shaune (1:47.18 to 1:48.29). And Venezuela's Albert Subirats swam to victory in the 100 fly (52.57).

Among the women, only Canadian Ashley McGregor (200 breast, 2:28.04) and Chile's Kristel Kobrich (800 free, 8:34.71) prevented an American sweep of the gold medals.

All three American relays lowered Pan Am Games records. The 400 medley relay team of Rachel Bootsma, Annie Chandler, Claire Donahue and Amanda Kendall combined for a 4:01.00; Madison Kennedy, Elizabeth Pelton, Kendall and Erika Erndl recorded a 3:40.66 in the 400 free relay; Catherine Breed and Chelsea Nauta joined Pelton and Kendall for their record-setting 8:01.18 in the 800 free relay.

Lara Jackson set an individual Pan Am Games mark in the 50 free (25.09), as did Bootsma in the 100 back (1:00.37). Pelton, who set a record in the 200 back (2:08.99), also bettered the 100 back mark in prelims with her 1:01.57. Donahue lowered the Pan Am Games 100 fly record in prelims (58.59), and came back in finals to win with her 58.73.

Julia Smit was the only multiple-event winner among the women with her sweep of the IM events (2:13.73 and 4:46.15). Also turning in gold-medal swims were Kendall (100 free, 54.75), Breed (200 free, 2:00.08), Gillian Ryan (400 free, 4:11.58), Chandler (100 breast, 1:07.90) and Kim Vandenberg (200 fly, 2:10.54). ♦

LEFT » Thiago Pereira celebrates after his 200 backstroke triumph at the Pan-Am Games—one of a record six gold medals claimed by the Brazilian.



[PHOTO BY JORGE SILVA, REUTERS]

DEFINING MOMENTS

Pereira Ties Own Pan-Am Games Record

BY JUDY JACOB

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ABOVE » Vic Hecker is the head coach of Las Vegas Masters in Las Vegas, Nev.

THE WORKOUT CARD

Training with Las Vegas Masters

BY VIC HECKER

Swimming World Magazine suggests that you have a medical exam before starting any exercise program, then at least once a year thereafter. Also, warm up for at least 10 minutes and warm down at least 10 minutes in each workout.

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

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

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

PRACTICE #1

WARM-UP

- 500 swim
- 500 pull
- 500 kick

MAIN SET

- 10 x 50 @ :45
- 15 x 200
- 5 specialty (best

stroke) @ 3:00
 5 IM @ 3:00
 5 free @ 2:40

WARM-DOWN

- 200 easy

TOTAL = 5,200 Yards

PRACTICE #2

WARM-UP

- 500 swim
- 500 pull
- 500 kick

MAIN SET

- 10 x 50 @ 1:00
- #1-5 focus on kicks off the wall (6-8 dolphin kicks off start, 4-6 kicks off turn)
- #6-10 focus on rotation and body position (place kickboard between legs while swimming freestyle)

- 10 x 75 kick @ 2:15
- 1st 25 easy, then 50 sprint
- 10 x 100
- #1-5 @ 1:40
- #6-10 @ 2:00 (200 pace)
- 8 x 25 @ :40
- 2x through the following:
- #1 12.5 yards easy/12.5 yards fast
- #2 12.5 fast/12.5 easy
- #3 easy
- #4 fast

TOTAL = 3,950 Yards



WORLD RECORDS FALL, OLYMPIANS MAKE MASTERS DEBUT AT ROWDY GAINES CLASSIC

The annual Rowdy Gaines Classic in Orlando, Fla., Oct. 14-16, featured several FINA Masters short course world records. **Steve Wood** led the way with two individual marks in the men's 50-54 50 and 100 meter back (27.78 and 59.92). He became the first swimmer in his age group to break a minute in the 100 back, breaking the previous mark of 1:00.38 by **Jamie Fowler**. **Tom Barton** also set a Masters WR in the 100 back, clocking a 1:03.29 in the men's 55-59 age group.

Rowdy Gaines himself got in on the record-breaking action as well, swimming a relay leadoff split for the 200 free in 1:54.61 in the men's 50-54 age group. Additionally, 10 relay world records were set—eight by Gaines' Blu Frog team and two by Gold Coast Masters.

Also, several U.S. Olympic swimmers made their Masters debut at the meet, including **Natalie Coughlin** (exhibition), **Brooke Bennett**, **Anthony Ervin** and **Tracey McFarlane** and Spanish Olympian **Martin Zubero**. Ervin nearly set a men's 30-34 Masters WR in the 50 free (22.39), while Bennett, McFarlane and Zubero all contributed legs on record-breaking relays.



VAL REWRITES 60-64 RECORD BOOK AT PACIFIC MASTERS CHAMPS

After torching the 50-54 and 55-59 age group records over the past 10 years, **Laura Val** didn't waste any time adjusting to her new age group. She set five Masters short course world records in the women's 60-64 competition at the Pacific Masters Championships, Oct. 14-16—400 meter free (4:55.54), 100 back (1:15.51), 100 fly (1:12.67), 100 IM (1:16.66) and 200 IM (2:44.01).

GUTTERTalk



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PRACTICE #3

WARM-UP

- 500 swim
- 400 pull
- 300 kick

MAIN SET

- 10 x 50 @ 1:00
 - 2x {4 x 200
- Round 1 @ 3:00 (working on distance per stroke)
- Round 2 @ 3:00

- (descend)
- 500 pull (breathing every 3, 5, 7, 9 strokes)
- 3 x 100 swim (descend)
- 1 x 200 swim (broken)

WARM-DOWN

- 200 easy

TOTAL = 4,500 Yards

PRACTICE #4

WARM-UP

- 500 swim
- 500 pull
- 500 kick

MAIN SET

- 10 x 50 free (descend 1-5, 6-10)
- 2 x 200 free (1st and last 25 non-free)
- 2 x 50 non-free (race pace)
- 2 x 200 IM
- 2 x 200 non-free

WARM-DOWN

- 200 easy

TOTAL = 5,000 Yards

SAMPLE DAILY DIET

BY SCOTT TOWNSEND

Scott Townsend swims for Las Vegas Masters

DIET SUMMARY

- "I work on eating a balanced menu of food, but the critical point of my eating is based on my metabolism. If you do not eat based on your metabolism, you will quickly find the holes in your diet. I had to find out if I was a carbohydrate person or a pro-

tein person or a combination of both.

"I found out that I am a combination of both—if I eat too many carbs, I feel sluggish and tired, but if I eat too much protein, I feel the same. If I eat a balance of both at all meals, I maintain more energy and reduce the tired-and-sluggish feeling." ♦

Stanford Masters' **Tim Broderick** added a record in the men's 60-64 200 IM with a 2:28.47, clearing **John Calvert's** time of 2:30.38. **Walnut Creek** also set two world records in the 120-159 mixed 800 free relay and the women's 200-239 400 free relay.



OFFICERS ELECTED, AWARDS PRESENTED AT CONVENTION

At the annual USAS Convention in September, several members earned seats to the USMS Board of Directors. Following are the new and returning board members for 2012:

President: **Nadine Day** (new)

Vice President of Administration: **Michael Heather**

Vice President of Community Services: **Jody Smith** (new)

Vice President of Local Operations: **Ed Tsuzuki**

Vice President of Programs: **Dave Diehl**

Treasurer: **Ralph Davis**

Secretary: **CJ Rushman**

Past President: **Jeff Moxie**

Executive Committee: **Chris McGiffin, Maria Elias-Williams, Phil**

Dodson, Hugh Moore, Jim Clemmons, Phil Whitten, Don Mehl, Anthony Thompson

USMS also presented numerous awards at the convention:

Captain Ransom Arthur M.D. Award: **Rob Copeland**

Coach of the Year: **Chad Durieux**, Rose Bowl Aquatic Masters

Dorothy Donnelly Service Award: **John Bauman, Joanne Berven, Charles Cockrell, Herb Cook, Malcolm Cooper, Daniel Cox, Leianne Crittenden, Richard "Hap" Gentry, Jan Goff, Heather Hagadorn, John King, Pam Ogden, Mark Oliphant, Robin Tracy and Bob Upshaw**

June Krauser Communications Award: **Dr. Jane Katz**

Club of the Year Award: **Davis Aquatic Masters, Michigan Masters**
Kerry O'Brien Coaches Award: **Diane Bartlet, Jody Smith, Dennie Swan-Scott, Marty Hendrick, Elmer Egelkraut, Ken DeMont, Don Schwartz, Eric Petersen, Rich Axtell, Tom Mester, Brian Stack, Hermine Terhorst**

Fitness Award: **Dr. Jane Katz**

Ted Haartz U.S. Masters Swimming Staff Appreciation Award: **Ralph Davis** ♦

Q & A WITH COACH MONTY HOPKINS

COACH MONTY HOPKINS

BY MICHAEL J. STOTT

Entering his 23rd year as head men's and women's coach at the University of Cincinnati, Monty Hopkins has produced outstanding swimmers, including 2010 NCAA champion Josh Schneider.

Q *Swimming World:*
• Were stops at Mission Viejo, the Westerville Aquatic Club, associated high school and volunteer time at Ohio State and Lakeside Aquatic Club instrumental in the formation of your swimming philosophy?

A *Coach Monty Hopkins:*
• The coaches at those clubs were. Among others, Mike Arata, Jim Peterfish, Jim and Bev Montrella and Mark Schubert helped me acquire my current skill set.

Exposure to those great coaches and human beings have allowed me, along with my current assistants, Michael Hewitt and Mandy DiSalle, and diving coach Paul Glassman, to get the best we can out of our current athletes.

What is that philosophy?

I am third. God is most important, my family is second and my career and I are third. I love coaching swimming, the sport and those involved in it. My philosophy includes having team members embrace the pursuit of goals, learning the value of dedication and perseverance, and raising the quality of their lives. If they fall short, they can learn the powerful lesson of being persistent, resistant and consistent. If they reach their goals, then they get the excellent opportunity to set new goals.

Your athletes consistently excel in the classroom....

Education is the responsibility of the student. One's career and future is on the line. The sooner students learn what is at stake, the

better. At Cincinnati, we have an excellent academic support system. Our student-athletes are expected to have their priorities in order: proper balance is essential.

Education is like money—if you earn it, you own it; if you borrow it, then it owns you. How does one 'borrow' an education? That happens when a student goes to class, but fails to learn the lessons.

UC has a terrific diving legacy....

That is primarily the work of Coach Charlie Casuto. Pat Evans won an NCAA championship in 1988, and Becky Ruehl (fourth at the 1996 Olympic Games in platform diving) won in 1996. Ten-time NCAA All-American Angie Trostel made finals on both springboard and platform at the 1996 U.S. Olympic Trials. We have had at least 11 divers earn NCAA All-American status. Former assistant Paul Glassman now has the challenge of duplicating Charlie's legacy.

The Bearcats seem to have recovered from four years of no on-campus pool....

In the late 1990s, we were consistently qualifying and scoring swimmers at the NCAA championship meet, and we had a nice run of six straight NIC/C-USA titles. In 2000, our old six-lane-by-25-yard pool was demolished to make way for a new eight-lane-by-50-meter facility. It was rough at times. We would ride a bus 20 minutes each way to Keating Natatorium on the campus of St. Xavier High School for one practice in the middle of the day. Yet, we still had highlights. Ann Degenstein set Big East records and made consolation finals at the NCAA championship meet.

Operating without a pool had a greater negative impact on the women's team than it did the men's. Since the reopening, we've seen a resurgence in quality of our meet



PHOTO PROVIDED BY UC PHOTO SERVICES

Head Men's and Women's Coach University of Cincinnati Cincinnati, Ohio

While at the University of Cincinnati (B.S., business, '78), Monty Hopkins was a four-year letterman, two-time conference champion and NCAA qualifier (1650 yard freestyle) and recipient of UC's prestigious Nippert Award for most outstanding senior student-athlete. Following graduation, he hit the club coaching trail. His stops included Westerville (Ohio) Aquatic Club (and volunteer assistant at Ohio State), Mission Viejo, TCAT in Fort Worth, LSU and Lakeside Swim Team. Since returning to UC in 1989, Hopkins' teams have won 12 conference championships. The UC program has produced two NCAA champions (Becky Ruehl, Josh Schneider), 17 NCAA All-Americans, 14 Academic All-Americans and three Olympians.

swims. Our women had their highest Big East finish ever in 2011.

In your team meetings, you talk about "Why Not Me?"...

This has to do with innovation and breakthrough, not only in swimming, but also in life. Every Olympic team has a surprise on it, every NCAA has an underdog champion—you can carry on that line of thinking to a conference meet, a dual meet or even a practice session. Some people may think their ability to achieve a breakthrough is pre-determined. If you first ask, "Why not me?" and follow up with the will to prepare, you radically increase the odds of realizing great accomplishments on a regular basis.

Your roster seems to be Ohio-centered....

As college gets more expensive, the in-state choice becomes more viable for many. The University of Cincinnati is a much better academic institution than most people are aware. We offer more than 100 baccalaureate, 85 master's and 67 doctoral degrees. Our campus was recently rated one of the 10 most beautiful in the world. We have 20 specific programs ranked in the top 10 and more than 50 in the top 50 nationally. Overall, the University of Cincinnati is ranked as a "top-tier" university.

There is also a decided European flavor. The three de Jong sisters (Marein, Gerdien and Elinore from The Netherlands) were award-winning students and multiple school-record holders. Marein made it to NAAs, and Elinore just missed. I believe that they all chose to come to Cincinnati, because, in succession, each sister had a great experience, so the next younger one chose to come, too. All three have either received a Ph.D. or are working on one. I wish there were at least three more de Jongs coming our way.

Every Swedish swimmer I have coached was an excellent swimmer and an outstanding student. The connection actually started in 1978 when Terry Carlisle and then Frank Busch were coaching, long before I was coach at UC. Per Kersmark came to Cincinnati followed by Olympic silver medalist Pelle Wikstrom and several others. In recent years we've had NCAA finalists Sofia Svensson, Nelly Jorgensen and Maria Oberg. Currently on the team are school record holders Liz Hansson (also Big East champ in the 50 free in 2011) and Josefin Wede (NCAA "B" cuts in both breaststrokes).

Other international swimmers of note include 2000 Olympians Honza Vitazka (Czech Republic), Jeppe Nielson (Denmark) and Carlo Piccio (Philippines).

How do you turn bad training days into good ones?

My answer might differ from that of my swimmers. Every day is a great training day. College swimming is a fantastic opportunity to pursue personal excellence and live the life of a Division I college athlete. There really is no downside. Sure, you get sore, tired, frustrated or even hurt—but hurt can be the result of taking risks and putting oneself to the test. When you are at the pool, (you should) embrace it all every day and make the decision to make something special out of yourself. College swimming careers are short, but the rewards and friendships formed are life-long fringe benefits.

What's the role of kicking in your program?

We are doing more kicking now than in past years, but I am still trying to discover the most effective training combination, and that is probably an individual thing. It's hard to give up time to train kicking properly. Some very good swimmers would rather swim than kick.

Of dryland?

Our dryland training, designed and conducted by our swim staff, is an important supplement and is designed to coordinate with our swim training. Some people may try to substitute weight or dryland training for swimming. That is fine for body image and athletic fitness, but as Doc Councilman said, "If you want to be a concert pianist, don't spend time practicing the tuba." If you want to be a great swimmer, you have to swim. I think that is the right approach.

You were recently inducted into the James P. Kelly UC Athletics Hall of Fame....

Yes—it includes Olympians, NCAA champions and individual stars, among them Oscar Robertson, Greg Cook, Kevin Youkilis, Sandy Koufax, Olympic gold medalist swimmer Jenny Kemp and track star Mary Wineberg.

Being selected was an incredible, humbling and unexpected honor. While others have been selected as a result of their achievements, I was honored thanks to the achievements of others. As a coach, I represent the accomplishments of a great many athletes and intend to conduct myself in a way that brings honor to the efforts and accomplishments of past and future UC swimmers and divers. ♦

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

Q&A with KARA LYNN JOYCE

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[PHOTO BY PETER H. BICK]

At what age did you start swimming?

Hi *Swimming World Magazine*! I started swimming when I was 5 years old because my two older brothers were into it. I really wanted to do gymnastics, too, but I ended up loving the water. Thank goodness—I have yet to see a 6-foot Olympic gymnast!

You recently made an unexpected move to Denver, Colo., to swim with Coach Todd Schmitz and Missy Franklin. How is it training with a new team?

Unfortunately, my coach at FAST (in Southern California) left the sport of swimming, which put me in a tough position. I'm obviously dedicated to being the best swimmer I can be, and I wanted to make sure I was in the best possible position to achieve that. I looked around at a few different options and talked to my former coaches, Jon Urbancheck and Jack Bauerle. Both Jon and Jack were very supportive of my idea to swim with Todd Schmitz at Colorado Stars. I'm so happy with my decision. I love the young energy on this team, and swimming for Todd has been really fun. Missy has become (like) a sister to me; she's a phenomenal training partner, and I love being a part of this journey with her and Todd.

What advice would you give to swimmers who go to practice every day, but find it hard staying competitive with the very best swimmers on their team?

I would say just be patient, keep trying your best, and make sure you're having fun! I've found I swim my very best when I'm happiest in and out of the pool. ♦

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JOSH SCHNEIDER

BY MICHAEL J. STOTT

Josh Schneider, who currently trains at SwimMAC Carolina, is the American record holder in the short course meters 50 free (20.80) and was the 2010 NCAA champion in the 50 yard free (18.93). His climb to sprinting excellence is directly attributable to Cincinnati coach Monty Hopkins, whose patience and skill also helped develop another under-the-radar NCAA 50 free champion at Texas (1988-91)—Olympian Leigh Anne Fetter.

Schneider was an outstanding high school football player who swam only during the high school season and ran track in the spring.

"I didn't really know much about him, but, fortunately, neither did anyone else," says Hopkins. "He came to us as a young man of tremendous physical ability and no club swimming background—one who had a lot to learn about how to swim.

"He was not an accident. Careful planning and systematic development was the foundation. It worked well because Josh accepted the input and was given the latitude to contribute. We had to work him hard, but not repress his entertaining personality and penchant for off-the-wall things," adds Hopkins.

Schneider's athletic ability (he can bench three reps of 325 pounds and possibly more) made his swift upward aquatic ascension possible.

"When Josh first came to UC, he didn't even know how to push off a wall in a streamline. At his first practice, he thought he was done after a 1,200-yard warm-

up. An intelligent pupil, he was a quick learner, but rather than try to teach him everything all at once, we deliberately sequenced skills in a logical progression."

The making of the 6-4 champion was a collaborative effort. Many teammates and especially friend Lange Gilby helped direct Schneider's energy to mold him into a focused, talented team member.

The challenges were many, notes Hopkins. Schneider developed endurance but never at the expense of compromising his natural speed.

"He had to learn racing tactics, understand swimming technique, channel his competitiveness and ultimately forego the dream of playing college football," says Hopkins.

It helped that Schneider had big goals.

"He liked knowing that people believed in him and his goals. When we had to make adjustments in planned activities, Josh just moved forward," says Hopkins. "He is very astute regarding his physical and mental state. After it became apparent he could be more than just a very good conference-level swimmer, I put together a long-term plan that included winning NCAAs and the Olympics, a progression that has required patience and flexibility."

A breakthrough sophomore year that included making NCAA consolation finals in the 50 free paved the way for his junior year that saw him dominate his dual meet competition and win the first of two Big East Athlete of the Year awards.

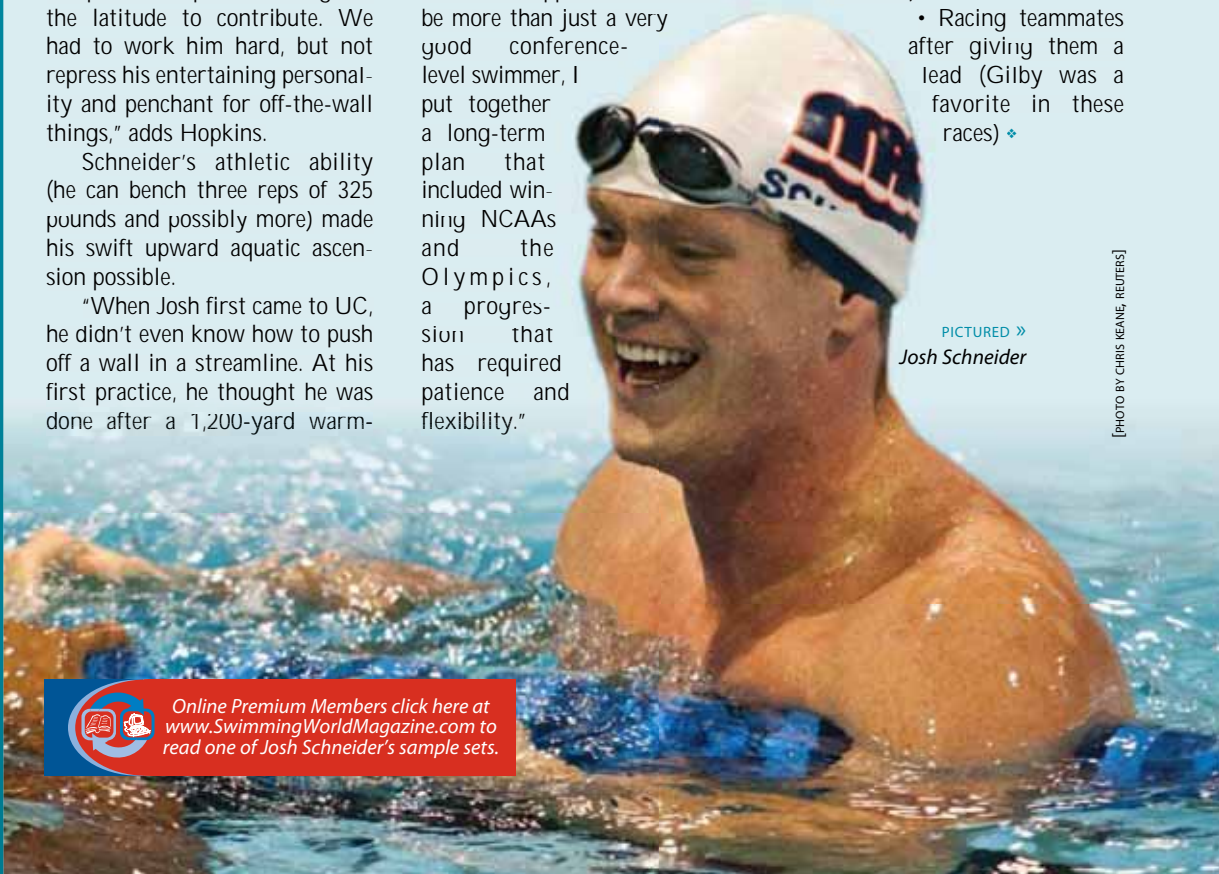
"That year, he improved significantly in his new ability to train at consistently high levels. He also developed a new focus on details," says Hopkins. "He also put in extra time to watching video to improve technique." At the end of the summer, he spent three weeks in Charlotte working with David Marsh.

By his senior year, Schneider was working harder than ever and had more input into his training. He was also doing sets such as the following that contributed to his success:

- Speed assist on tubing
- Fin and paddle sprint 50 for goal time (as fast as 17-18 seconds)
- Power Tower sprint 25 for 50 goal time—increasing the load (he was swimming 25 yards with a full bucket of water in under 19 seconds)
- Racing teammates after giving them a lead (Gilby was a favorite in these races) ♦

PICTURED »
Josh Schneider

[PHOTO BY CHRIS KEANE, REUTERS]



Online Premium Members click here at www.SwimmingWorldMagazine.com to read one of Josh Schneider's sample sets.

Off-season Training

BY G. JOHN MULLEN

The off-season is a good time to stay productive and help make yourself a better swimmer.

The off-season is short and sweet for many swimmers. The typical two to three weeks provided between seasons is common for many age group swimmers. Due to high stress during the season, the complete opposite philosophy is utilized during the off-season.

Sloth, complete discontinuation of exercise and gluttony are in full force. The body does demand rest after a season of more than two million strokes, but this time can also be used to improve power, gain/lose fat mass, improve mobility, prevent injuries, recover psychologically and have fun!

Every athlete has aspects of their training that need improvement, but many lack the willpower or direction to tackle the off-season with that kind of mindset. This article will provide suggestions and instill the will to continue working during the off-season—especially if you feel dissatisfied and wish to improve!

First off,

The Science of Performance

don't fall down at the finish line—the sooner you forget the last season, the sooner you can start becoming a better swimmer. Nothing is accomplished in dwelling—or reveling—over things that have already happened!

As stated, athletes commonly have numerous areas for improvement, but finding the correct method can be difficult. Following are some commonly discussed topics at the water cooler or on social media websites! Some of the suggestions may seem silly—or outright insane—but you know the old saying: “Don't knock it 'til you've tried it!”

Every swimmer is different and needs to improve different areas, but all swimmers are similar in some regards. Swimmers...

- Swim a lot, putting high stress on their shoulders
- Need strong hips and core to create optimal rotational torque
- Perform a lot of endurance training throughout the season
- Need mobility (specifically at the hips and ankles) to maximize torque

These four areas need to be addressed in off-season training and should encompass:

- Strengthening of the shoulder blade muscles to stabilize the hypermobile shoulders
- Strengthening of the posterior hips and abdominals to help swimmers utilize their entire body (in both short and long axes strokes)
- Power, speed and power training to optimize fast muscle fibers that lie dormant in numerous pool workouts
- Dynamic and passive mobility of the hips to prevent extra stress on the low back and enhance torque.

ACTIVITIES TO INCREASE STRENGTH AND POWER OF THE SHOULDERS AND HIPS

Following is a short list of some of the activities that can be utilized in the off-season:

Rock climbing: Rock climbing enforces proper shoulder blade strength and position, and requires mobility of the hips to climb up a cliff like Mission Impossible. Moreover, as rock climbing becomes more comfortable, power and speed can be utilized. This off-season training should also be challenging and different for most swimmers keeping the “off” in off-season appropriate.

I remember the first time I went rock climbing, my shoulders and gluteal muscles were sore for days! Who would have thought that 10 minutes of climbing down a bank would make a swimmer's shoulders sore?

Boxing: Boxing is another activity that requires proper shoulder blade strength and control, which will translate into swimming. Boxers develop impressive serratus anterior muscles (muscle under the arm, known as the “finger muscle”), an essential muscle in shoulder motion at the end range of motions.

Boxing also utilizes rotational speed and strength, generating force from the hips, connecting the core and arms, improving coordination for long axis sprints. Gary Hall Jr. was a large advocate for boxing (sometimes against his shadow), and not surprisingly, he had superior rotational power.

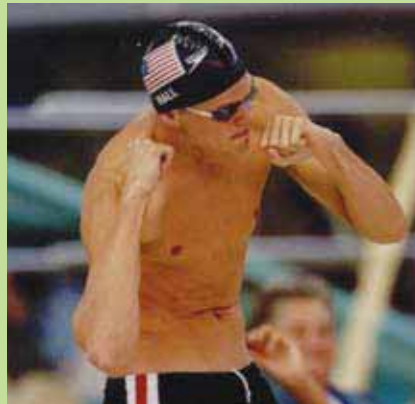
Resistance Training: I'm a big advocate of resistance training and feel the off-season is the most important time to focus on this area. Unfortunately, the off-season is only a few weeks long, making physiological strength gains hard/impossible to achieve (most literature suggests that strength takes six to eight weeks to achieve). However, during this time, swimmers have the ability to focus on initiating power and strength training, learning proper form and improving force generation with the whole body.

Resistance training can also stress fast twitch muscle fibers. No matter how much of a sprinter you claim to be, swimming is trained as an endurance sport. This focus limits your body's ability to produce force secondary to fatigue and type I muscle

— continued on 34

OFF-SEASON TRAINING — *continued from 33*
fiber preference. In the weight room, do exercises that focus on explosiveness and strength of the shoulder blade and gluteal muscles.

[PHOTO BY TIM MOSE]



ABOVE » Gary Hall Jr. was a large advocate for boxing (sometimes against his shadow, as shown here before one of his races at the 1996 Olympics in Atlanta), and not surprisingly, he had superior rotational power.

FOOD INTAKE MODIFICATIONS TO GAIN OR LOSE WEIGHT

Modified Paleolithic (Paleo) Diet: A lot of buzz surrounds the Paleo diet, but plain and simple, it works. Many people—especially athletes—consume large quantities of carbohydrates, which are necessary and provide energy to the body. Luckily, carbohydrates can be obtained by eating vegetables, but the common person consumes carbohydrates through simple sugars that cause a peak in insulin, moving fat receptors from muscles to fat cells.

This transition increases the volume of fat engulfed by the fat cells, making us gain fat mass. A specific amount of fat mass is necessary for survival and can benefit swimmers' buoyancy, but too much can impede velocity. If you feel that losing weight is beneficial, talk to your coach first before attempting to alter your body composition. If you and your coach decide that losing weight can benefit your swimming/health, try the Paleo diet in the off-season. If improvements are noticed during the off-season, consider continuing it during

the season with increasing carbohydrates (a post-exercise drink or bar) following workout.

Weight Gain: Simply put, gaining weight can be harder than losing weight, so dedication and mental fortitude are required. The inability to gain mass limits the ability to gain strength and optimize force production. Gaining lean mass alone is a tough task—therefore, fat muscle oftentimes must also be gained first with the goal of transferring fat mass to lean mass (muscle) through exercise.

To gain weight, one must simply eat a lot of food, specifically carbohydrates (cookies, breads, etc.), soft drinks and dairy products. Some experts suggest consuming a gallon of milk a day for weight gain! This may seem extreme, but as I said, sometimes it is harder to gain mass than lose mass.

SUMMARY

These are not the sole methods to make the most of your off-season, but these methods can help if used properly. Luckily, there are professionals—sport nutritionists, strength and conditioning specialists, boxing instructors, etc.—in all these areas to help a swimmer without direction, so use your local resources.

Don't let the off-season consist of only eating Ding Dongs and drinking milk (unless you are gaining mass). Make it productive and make yourself better because every day should be your masterpiece. ♦

Dr. G. John Mullen is a doctor of physical therapy and a certified strength and conditioning specialist. He currently coaches and practices at Santa Clara Swim Club. Dr. Mullen is the creator of <http://www.swimmingscience.net> and a columnist for <http://www.myhousecallmd.com/>.

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HAWAII

Kamehameha Swim Club won the combined team title at the 12th annual Bill Smith Invitational, Oct. 22-23, in Waipahu, Oahu, scoring 1,537 points. Punahou Aquatics took second (764), followed by Hawaii Swimming Club (676.5).

High-point winners included **Emily Nakata**, Punahou, and **Dong Hyeon Hwang**, Manoa (10-and-under); **Aimee Iwamoto**, Pearl City, and **Jack Lee**, Hawaii (11-12); **Yasmine Ware**, Swim Kauai, and **Kevin Frifeldt**, Kamehameha (13-14); **Jasmine Mau** and **Jacob Urbano**, Kamehameha (15-16); and **Paris James** and **Nicholas Wright**, Hawaii Swim Club (senior).

ILLINOIS

Olivia Smoliga of Glenview Titan Aquatic Club and **Kevin Cordes** of Fox Valley Swim Team were named Swimmers of the Year at the Illinois Swimming banquet, Oct. 9, in Downers Grove. The Academy Bullets' **Mimi Schneider** and New Trier Swim Club's **Reed Malone** were honored as Breakthrough Swimmers of the Year.

Fox Valley's **Dave Krotiak** was chosen as Senior Coach of the Year, while the Academy Bullets' **Todd Capen** and **Mike Laurich** shared the Age Group Coach of the Year award.

NEBRASKA

Midwestern Swimming honored its hall of fame inductees **Matt Barager** and **Rory Berigan** at its annual banquet, Oct. 9, in Omaha.

Greater Omaha Aquatics' coach **Tom Beck** was named Coach of the Year, and **Louis Balogh** from Lincoln Select Swimming was selected Age Group Coach of the Year. Also receiving recognition were coaches **John Ebito** (2011 Zone Coach) and **Balogh** (2011 All-Star Coach).

The Swimmers of the Year for the 2010-11 short course season were **Shelby Mullendore**, Heartland, and **Michael Ayars**, Lincoln Select (10-and-under); **Dannie Dilsaver**, Greater Nebraska, and **Michael Simmons**, Greater Omaha (11-12); **Alexis Altmaier**, Heartland, and **Brennan Balogh**, Lincoln Select (13-14); **Blake Balogh**, Lincoln Select, and **Robert Glover**, Millard (15-16); and **Mollie McNeel**, Lincoln Select, and **Will Raynor**, Greater Omaha (17-18).

The Swimmers of the Year for the 2011 long course season were **Berkeley Livingston**, Greater Nebraska, and **Alex Petty**, Lincoln Select (10-and-under); **Dilsaver** and **Ben Morris**, Lincoln Select (11-12); **Jessica Storer**, Lincoln Select, and **Brennan Balogh** (13-14); **Aimee Fischer**, Greater Nebraska, and **Jacob Molacek**, Greater Omaha (15-16); and **Blake Balogh** and **Raynor** (17-18).

OHIO

Five members of Ohio Swimming set eight LSC records during the championship season this past August.

At the ConocoPhillips USA Swimming Long Course Nationals, Aug. 2-6, in Palo Alto, Calif., **Max Williamson** of the Northern Kentucky Clippers posted a 4:23.05 in the consol finals of the 400 meter IM. His time bettered both the 15-16 LSC mark of 4:28.40 set by **Kevin Nead** in 2002 and the overall

LSC time of 4:23.36 set by **Jerry Frentsos** in 1984.

Cincinnati Aquatic Club's **Cooper Hodge** bettered two records in the 13-14 age group during the Central Zone Championships, Aug. 5-7, in Indianapolis. His 1:09.20 in the 100 meter breast erased the 1:09.27 of **Garth Fealey** from 1995, and his 2:13.59 in the 200 IM tied the existing standard of 2:13.59, set by **Patrick Mulcare** in 2010.

Also at Central Zones, **Greg Kalin** from the Mercy HealthPlex Sea Wolves lowered his 10-and-under boys standards in the 50 meter free to 29.03 and the 100 free to 1:04.23. He had previously set records in those events three weeks earlier at the Ohio Long Course Junior Olympics.

Two swimmers bettered three 15-16 boys LSC records at the Speedo USA Swimming Junior Olympics, Aug. 8-12, in Palo Alto, Calif. The Dayton Raiders' **Patrick Mulcare** went 2:05.25 in the 200 meter IM and 4:26.30 in the 400 IM, erasing the previous times of 2:05.67 by **Max Williamson** from July 2011 and 4:28.40 by **Nead** in 2002. **Mulcare's** teammate, **Cliff Goertemiller**, lowered the 1500 free time from 15:51.12 to 15:44.69. The previous record holder was **David Mosko**, who posted the time in 2005.

TENNESSEE

Joyce Kim traveled with her SwimAtlanta teammates to compete at the Nashville October Open, Oct. 22-23, and proceeded to break eight meet records in the 10-and-under girls age group. She blasted through the 50 and 100 yard free (27.97 and 1:00.92), the 50 and 100 back (31.29 and 1:08.17), the 50 and 100 fly (30.33 and 1:09.15) plus the 100 and 200 IM (1:08.35 and 2:28.14). If that weren't enough, she also was first in the 50 and 100 breast (35.70 and 1:18.83)!

Kim's teammate, **Haley McInerney**, added a meet record of 4:34.66 in the 13-14 girls 400 IM, as did **Stingrays' Rebecca Postoll**, who lowered the standard in the 13-14 girls 200 free to 1:54.40.

Three members of the host Nashville Aquatic Club bettered meet marks as well: **Morgan Flynn** in the 15-and-over girls 1000 free (10:11.70), **Dakota Hodgson** in the 15-and-over boys 200 fly (1:53.14) and **Taylor Charles** in the 15-and-over boys 400 IM (4:00.15). **Alex Robinson**, swimming unattached, lowered meet records in both the 11-12 boys 100 back to 1:00.01 and the 12-and-under boys 1000 free time to 10:21.23.

VIRGINIA

Virginia Swimming's banquet took place Oct. 2 in Richmond. **Tim Mousetis** of South Eastern Virginia Aquatics was honored as Age Group Coach of the Year, and **Jack Bierie**, who coaches the Coast Guard Blue Dolphins, received Senior Coach of the Year recognition.

The 2010-11 Swimmers of the Year were **Emma Muzzy**, Carter Center Aquatics, and **Cason Wilburn**, Tidewater Aquatic Club (10-and-under); **Georgia DaCruz**, Tide Swim Team, and **Chad Stickle**, South Eastern Virginia Aquatics (11-12); **Remedy Rule**, Shenandoah Marlins, and **Henry Campbell**, Quantico Devil Dolphins (13-14); and **Alison Haulsee** and **Thomas Stephens**, Nova of Virginia Aquatics (15-18). ♦



AGE GROUP SWIMMER *of the* MONTH

Dillon Hillis learned to swim at the age of 7 at the Imagine Schools in New York. He progressed rapidly and joined the Manhattan Makos, where he was named the team's Most Improved Swimmer as a 9-year-old.

In 2011, he started to excel in butterfly. Last March at the Metropolitan Junior Olympics in East Meadow, he placed first in the 50 yard fly (29.57) and second in the 100 fly (1:07.25) to go along with his second-place finish in the 50 breast (35.47), fourth in the 100 breast (1:19.80) and sixth in the 100 free (1:04.13). He then competed at Eastern Zones, March 31-April 2, in Webster, N.Y., where he improved his time in the 50 fly to 29.45 (third place) and finished eighth in the 100 breast (1:17.14).

Dillon continued his impressive swimming during the long course season by setting Metropolitan LSC marks in both the 50 meter breast (38.82) and 50 fly (32.50) at the Metro JOs, July 27-31, in the Bronx. He also was victorious in the 50 free (31.02), 50 back (36.15), 100 breast (1:28.15) and 100 fly (1:14.51), placed second in the 200 IM (2:47.14), third in the 100 free (1:09.30) and seventh in the 200 free (2:32.65).

Dillon's times earned him a trip to State College, Pa., to the long course Eastern Zone Championships, Aug. 10-13. He set an Eastern Zone record in the 50 meter fly (30.85), just 3-tenths off the national age group record. Dillon also was first in the 50 and 100 breast (38.28 and 1:25.32), third in the 50 free (30.54) and 100 fly (1:14.21) and seventh in the 200 IM (2:49.03). ♦



■■■■ DILLON HILLIS, AGE 10 ■■■■

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- 8 St. Petersburg, FL**
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- 21 Bryan, TX**
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judybwagner@hotmail.com
- 26-29 Castellan de la Plana, Spain**
Spanish Open Masters Championships, scm
rfen@rfen.es
- 29 Long Island, NY**
Annual Winter Blitz, scy
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- 29 Lakewood, OH**
Pieter Cath Memorial Inter-Squad Meet
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Jakob Clark
Age 10

Carson Tigersharks
Carson City, Nevada
Molly Lahlum Memorial



Carla Gildersleeve
Age 10

Club Martinsville Swimming
Martinsville, Indiana
Central Zone Long Course Champs



Kathleen Golding
Age 10

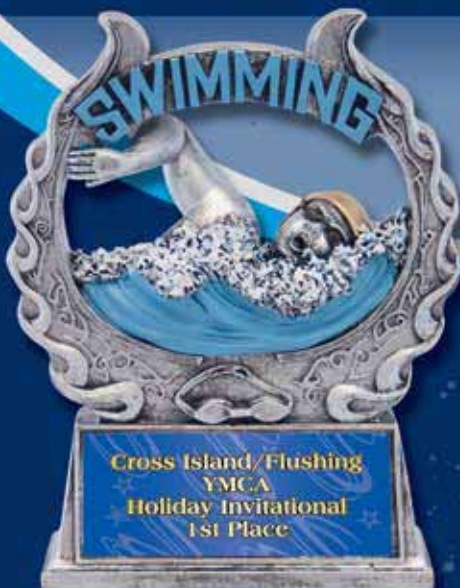
Manchester Swim Team
Manchester, New Hampshire
Eastern Zone Long Course Champs



Mason Machicek
Age 10

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FOR *the* RECORD



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WORLD

PAN AMERICAN GAMES

Guadalajara, Mexico
Oct. 15-21, 2011 (50 M)



WOMEN

50 FREE Oct. 21
25.09 Lara Jackson, USA
25.23 Graciele Herrmann, BRA
25.24 Madison Kennedy, USA

100 FREE Oct. 19
54.75 Amanda Kendall, USA
55.04 Erika Erndl, USA
55.43 Arlene Semeco, VEN

200 FREE Oct. 16
2:00.08 Catherine Breed, USA
2:00.62 Chelsea Nauta, USA
2:00.79 Andreina Pinto, VEN

400 FREE Oct. 17
4:11.58 Gillian Ryan, USA
4:11.81 Andreina Pinto, VEN
4:13.31 Kristel Kobrich, CHI

800 FREE Oct. 19
8:34.71 Kristel Kobrich, CHI
8:38.38 Ahshley Twichell, USA
8:44.55 Andreina Pinto, VEN

100 BACK Oct. 16
1:00.37 Rachel Bootsma, USA
1:01.12 Elizabeth Pelton, USA
1:02.00 Maria Gonzalez, MEX

200 BACK Oct. 20
2:08.99 Elizabeth Pelton, USA
2:12.57 Bonnie Brandon, USA
2:13.56 F. Gonzalez, MEX

100 BREAST Oct. 17
1:07.90 Ann Chandler, USA
1:08.55 Ashley Wanland, USA
1:08.96 Ashley McGregor, CAN

200 BREAST Oct. 20
2:28.04 Ashley McGregor, CAN
2:29.30 Haley Spencer, USA
2:30.51 M. McKeenan, USA

100 FLY Oct. 15
58.73 Claire Donahue, USA
59.30 Daynara de Paula, BRA
59.81 Elaine Breedren, USA

200 FLY Oct. 19
2:10.54 Kim Vandenberg, USA
2:12.34 Lyndsay De Paul, USA
2:12.43 Rita Medrano, MEX

200 IM Oct. 18
2:13.73 Julia Smit, USA
2:14.75 Alia Atkinson, JAM
2:15.08 Joanna Maranhao, BRA

400 IM Oct. 15
4:46.15 Julia Smit, USA
4:46.33 Joana Maranhao, BRA
4:48.05 Allysa Vavra, USA

400 MR Oct. 21
4:01.00 United States
4:07.04 Canada
4:07.12 Brazil

400 FR Oct. 15
3:40.66 United States
3:44.62 Brazil
3:48.37 Canada

800 FR Oct. 18
8:01.18 United States
8:09.89 Brazil
8:12.19 Mexico

MEN

50 FREE Oct. 20
21.58 Cesar Cielo, BRA
22.05 Bruno Fratus, BRA
22.15 Hanser Garcia, CUB

100 FREE Oct. 16
47.84 Cesar Cielo, BRA
48.34 Hanser Garcia, CUB
48.63 Shaune Fraser, CAY

200 FREE Oct. 18
1:47.18 Brett Fraser, CAY
1:48.29 Shaune Fraser, CAY
1:48.48 Benjamin Hocking, PAR

400 FREE Oct. 15
3:50.95 Charles Houchin, USA

3:51.25 Matthew Patton, USA
3:52.51 Cristian Quintero, VEN

1500 FREE Oct. 18
15:19.59 Arthur Frayler, USA
15:22.19 Ryan Feeley, USA
15:26.20 Juan Pereyra, ARG

100 BACK Oct. 17
54.56 Thiago Pereira, BRA
54.61 Eugene Godsoe, USA
54.81 Guilherme Guido, BRA

200 BACK Oct. 21
1:57.19 Thiago Pereira, BRA
1:58.31 Omar Pinzon, COL
1:58.50 Ryan Murphy, USA

100 BREAST Oct. 16
1:00.34 Felipe Franca, BRA
1:00.99 Felipe Lima, BRA
1:01.12 Marcus Titus, USA

200 BREAST Oct. 18
2:11.62 Sean Mahoney, USA
2:12.60 Chris Burckle, USA
2:13.58 Thiago Pereira, BRA

100 FLY Oct. 20
52.37 Albert Subirats, VEN
52.67 Eugene Godsoe, USA
52.95 Christopher Brady, USA

200 FLY Oct. 17
1:57.92 Leonardo de Deus, BRA
1:58.52 Daniel Madwed, USA
1:58.78 Kaio Almeida, BRA

200 IM Oct. 19
1:58.07 Thiago Pereira, BRA
1:58.64 Conor Dwyer, USA
2:03.41 H. Rodrigues, BRA

400 IM Oct. 15
4:16.68 Thiago Pereira, BRA
4:18.22 Conor Dwyer, USA
4:24.88 Robert Margalis, USA

400 MR Oct. 21
3:34.58 Brazil
3:37.17 United States
3:44.51 Argentina

400 FR Oct. 16
3:14.65 United States
3:15.62 United States
3:19.92 Venezuela

800 FR Oct. 19
7:15.07 United States
7:21.96 Brazil
7:23.41 Venezuela

CHINESE NATIONAL CITY GAMES
Nanchang, China
Oct. 17-24, 2011 (50 M)



WOMEN

50 FREE Oct. 24
25.17 Li Zhesi
25.69 Yiebei Yao
25.75 Ye Shiwen

100 FREE Oct. 22
55.32 Wang Haibing
55.34 Zheng Yanan
55.44 Ye Shiwen

200 FREE Oct. 20
1:58.51 Shao Yiwen
1:59.33 Liu Yiru
2:00.33 Zhou Lili

400 FREE Oct. 18
4:04.86 Shao Yiwen
4:07.73 Li Xuanxu
4:08.18 Chen Shiyun

800 FREE Oct. 23
8:25.21 Shao Yiwen
8:28.82 Jinan Xinxin
8:31.52 Li Xuanxu

100 BACK Oct. 19
1:00.27 Fu Yuanhui
1:01.06 Chen Jie
1:01.09 Cheng Haihua

200 BACK Oct. 23
2:10.29 Chen Jie
2:10.32 Yu Yaping
2:10.65 Yao Yi

100 BREAST Oct. 19
1:09.00 Fan Rong

1:09.24 He Yuzhe
1:09.59 Li Qing

200 BREAST Oct. 22
2:27.62 Li Xiang
2:28.61 Fan Rong
2:29.08 Li Qing

100 FLY Oct. 18
59.72 Sun Mengyue
1:00.03 Yu Yue
1:00.20 Li Tingting

200 FLY Oct. 21
2:09.79 Li Tingting
2:11.00 Li Shuang
2:12.26 Sun Lulu

200 IM Oct. 20
2:10.01 Ye Shiwen
2:13.92 Xue Jiao
2:14.56 Zhou Min

400 IM Oct. 17
4:33.66 Ye Shiwen
4:34.33 Li Xuanxu
4:45.51 Zhou Min

MEN

50 FREE Oct. 23
22.69 He Jianbin
22.90 Zeng Xianliang
23.18 Wang Qian

100 FREE Oct. 21
49.69 He Jianbin
49.94 Zeng Xianliang
50.15 Liu Zhaochen

200 FREE Oct. 19
1:46.14 Wang Shun
1:47.30 Li Yunqi
1:49.58 Zhong Qiu

400 FREE Oct. 17
3:47.53 Li Junqi
3:55.11 Wang Changsha
3:57.08 Cheng Shaoqing

1500 FREE Oct. 24
14:56.92 Wang Shun
15:08.98 Li Yunqi
15:20.14 Ke Wang

100 BACK Oct. 19
54.32 He Jianbin
54.67 Zhang Fenglin
55.48 Xu Jiayu

200 BACK Oct. 22
1:57.03 Zhang Fenglin
1:59.73 Lin Xingqin
2:00.69 Xu Jiayu

100 BREAST Oct. 18
1:01.83 Li Tianhao
1:03.50 Mao Feilian
1:03.52 Wang Chao

200 BREAST Oct. 21
2:12.34 Li Xiang
2:12.46 Huang Chao
2:16.33 Sun Chenwei

100 FLY Oct. 23
52.69 Zhang Qibin
54.23 Yu Deyang
54.60 Jiang Huan

200 FLY Oct. 20
1:58.90 Zhang Qibin
1:59.44 Wang Pudong
2:01.95 Liu Zhengzhou

200 IM Oct. 22
1:58.56 Wang Shun
2:01.24 Mao Feilian
2:02.96 Ye Zhengchao

400 IM Oct. 17
4:14.09 Wang Shun
4:15.43 Huang Chao
4:21.38 Li Xiang

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2011 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 the first of the year for long course and Dec. 1, 2010 for short course yards and short course meters. The list was last updated Oct. 31, 2011. The initial time listed per event is the previous record.

WORLD RECORDS

LONG COURSE — MEN

1500 METER FREESTYLE

14:34.56 G. Hackett, AUS — Fukuoka.7-19-01
14:34.14 S. Yang, CHN — Shanghai. .7-31-11

200 METER INDIVIDUAL MEDLEY

1:54.10 R. Lochte, USA — Rome. . . .7-30-09
1:54.00 R. Lochte, USA — Shanghai. .7-28-11

SHORT COURSE METERS — WOMEN

200 METER BACKSTROKE

2:00.18 Shiho Sakai, JPN — Berlin 11-14-09
2:00.03 M. Franklin, USA — Berlin 10-22-11

800 METER FREESTYLE RELAY

7:38.90 Netherlands — Manchester. 4-9-08
(Dekker, Heemskerk, Veldhuis, Kromowidjojo)
7:35.94 China — Dubai 12-15-10
(Chen Qian, Tang Yi, Liu Jing, Zhu Qianwei)

SHORT COURSE METERS — MEN

100 METER INDIVIDUAL MEDLEY

50.76sf P. Mankoc, SLO — Istanbul 12-12-09
50.81sf R. Lochte, USA — Dubai. . 12-18-10

200 METER INDIVIDUAL MEDLEY

1:51.55 D.Townsend, RSA — Berlin. . 11-15-09
1:50.08 R. Lochte, USA — Dubai. . 12-17-10

400 METER INDIVIDUAL MEDLEY

3:57.27 L. Cseh, HUN — Istanbul . 12-11-09
3:55.50 R. Lochte, USA — Dubai. . 12-16-10

800 METER FREESTYLE RELAY

6:51.05 Canada — Leeds. 8-7-09
(Russell, Hirniak, Hayden, Greenshields)
6:49.04 Russia — Dubai. 12-16-10
(Lobintsev, Izotov, Lagunov, Sukhorukov)

AMERICAN RECORDS

LONG COURSE — WOMEN

200 METER BACKSTROKE

2:06.09 Margaret Hoelzer — Omaha 7-5-08
2:05.90sf M. Franklin — Shanghai. . . .7-29-11
2:05.10 M. Franklin — Shanghai. . . .7-30-11

100 METER BUTTERFLY

56.94 Dana Vollmer — Rome.7-27-09
56.47sf Dana Vollmer — Shanghai .7-24-11

400 METER MEDLEY RELAY

3:53.30 United States — Beijing. . . .8-17-08
(Coughlin, Soni, Magnuson, Torres)
3:52.36 United States — Shanghai .7-30-11
(Coughlin, Soni, Vollmer, Franklin)

LONG COURSE — MEN

200 METER INDIVIDUAL MEDLEY

1:54.10 Ryan Lochte — Rome.7-30-09
1:54.00 Ryan Lochte — Shanghai .7-28-11

SHORT COURSE METERS—WOMEN

* = not ratified

100 METER FREESTYLE

52.50 Dana Vollmer — Berlin. . . 10-31-10
52.16* Dana Vollmer — Manchester 12-18-09
52.27p Natalie Coughlin — Dubai 12-16-10
52.25 Natalie Coughlin — Dubai . . . 12-17-10
51.88r Natalie Coughlin — Dubai 12-18-10

200 METER FREESTYLE

1:53.67 Dana Vollmer — Berlin. . . 10-30-10
1:51.67* A. Schmitt — Manchester. . 12-19-09
1:53.37r Katie Hoff — Dubai 12-15-10
1:52.91 Katie Hoff — Dubai 12-19-10
1:52.08 Allison Schmitt — Berlin . 10-22-11

400 METER FREESTYLE

3:59.53 Lindsay Benko — Berlin. . . .1-26-03
3:55.89* A. Schmitt — Manchester. . 12-18-09
3:57.07 Katie Hoff — Dubai 12-17-10

100 METER BACKSTROKE

56.71 N. Coughlin — New York . 11-23-02
56.08 Natalie Coughlin — Dubai 12-16-10

200 METER BACKSTROKE

2:03.62 N. Coughlin — East Meadow. 11-21-01
2:02.72* M. Hoelzer — Manchester. . 12-18-09
2:03.26p Missy Franklin — Dubai. . 12-17-10
2:02.01 Missy Franklin — Dubai. . 12-17-10
2:00.03 Missy Franklin — Berlin . 10-22-11

100 METER BREASTSTROKE

1:04.22 J. Hardy — Manchester4-11-08
1:02.70* Rebecca Soni — Manchester. 12-19-09
1:04.17sf Rebecca Soni — Dubai. . . 12-17-10
1:03.98 Rebecca Soni — Dubai. . . 12-18-10

200 METER BREASTSTROKE

2:20.70 T. Kirk — College Station. . .3-20-04
2:14.57* Rebecca Soni — Manchester. 12-18-09
2:18.66p Rebecca Soni — Dubai. . . 12-19-10
2:16.39 Rebecca Soni — Dubai. . . 12-19-10

50 METER BUTTERFLY

25.70 R. Komisarz — Manchester. .4-11-08
25.17* Lara Jackson — Berlin 11-15-09
25.65sf C. Magnuson — Dubai. . . . 12-16-10

200 METER BUTTERFLY

2:04.27 Mary DeScenza — Manchester 4-9-08
2:04.26 Elaine Breedon — Stockholm 11-7-10

100 METER INDIVIDUAL MEDLEY

58.80 N. Coughlin — East Meadow. 11-23-02
58.75* Whitney Myers — Singapore 11-22-09
58.65sf Ariana Kukors — Dubai . . 12-16-10

200 METER INDIVIDUAL MEDLEY

2:07.64 Julia Smit — Berlin. 10-30-10
2:04.60* Julia Smit — Manchester . . 12-19-09
2:06.09 Ariana Kukors — Dubai . . 12-18-10

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)
3:48.36 United States — Dubai. . . 12-17-10
(Coughlin, Soni, Vollmer, Hardy)

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)
3:31.90p United States — Dubai. . . 12-18-10
(Joyce, Hoff, Weir, Hardy)
3:29.34 United States — Dubai. . . 12-18-10
(Coughlin, Hoff, Hardy, Vollmer)

800 METER FREESTYLE RELAY

7:45.58 United States — Manchester 4-9-08
(DeScenza, Hoelzer, Reilly, Komisarz)
7:38.42 United States — Dubai. . . 12-15-10
(Hoff, Knutson, Franklin, Vollmer)

SHORT COURSE METERS—MEN

* = not ratified

50 METER FREESTYLE

21.18 Nick Brunelli — Tempe. . . 12-11-05
20.71* N. Adrian — Manchester. . . 12-19-09
21.11p Nathan Adrian — Dubai . 12-16-10
20.88 Josh Schneider — Dubai. . 12-17-10

200 METER FREESTYLE

1:42.78 M. Phelps — East Meadow . .2-4-06
1:42.17* P. Vanderkaay — Manchester. 12-19-09
1:42.38p Ryan Lochte — Dubai. . . . 12-15-10
1:41.08 Ryan Lochte — Dubai. . . . 12-15-10

200 METER BACKSTROKE

1:47.91 R. Lochte — Manchester . . .4-13-08
1:46.68 Ryan Lochte — Dubai. . . . 12-19-10

100 METER BREASTSTROKE

57.47 Ed Moses — Stockholm. . . .1-23-02
57.16* M. Alexandrov — Manchester. 12-19-09
57.18sf M. Alexandrov — Dubai. . 12-15-10

200 METER INDIVIDUAL MEDLEY

1:51.56 R. Lochte — Manchester . . .4-11-08
1:50.08 Ryan Lochte — Dubai. . . . 12-17-10

400 METER INDIVIDUAL MEDLEY

4:02.49 Ryan Lochte — Shanghai . . .4-6-06
4:02.02* Tyler Clary — Manchester. . 12-18-09
4:01.76p Ryan Lochte — Dubai. . . . 12-16-10
3:55.50 Ryan Lochte — Dubai. . . . 12-16-10

400 METER MEDLEY RELAY

3:24.38 United States — Manchester 4-13-08
(Bal, Gangloff, Lochte, Adrian)
3:20.71* United States — Manchester 12-18-09
(Thoman, Gangloff, Phelps, Adrian)
3:20.99 United States — Dubai. . . . 12-19-10
(Thoman, Alexandrov, Lochte, Weber-Gale)

800 METER FREESTYLE RELAY

7:00.19 United States — Manchester 4-10-08
(Lochte, Margalis, Jensen, Van Wie)
6:56.53p United States — Dubai. . . 12-16-10
(Walters, Weber-Gale, Houchin, Berens)
6:49.58 United States — Dubai. . . 12-16-10
(Vanderkaay, Lochte, W.-Gale, Berens)

* = 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 BACKSTROKE

1:49.52	Natalie Coughlin — Austin	3-23-02
1:49.16	E. Pelton — Annapolis	3-6-11

200 YARD MEDLEY RELAY

1:35.29	Arizona — Columbus (Degolia, Chandler, Jackson, Turner)	3-21-08
1:35.03	California — Austin (Tran, Leverenz, Fotsch, Jensen)	3-18-11

400 YARD FREESTYLE RELAY

3:11.14	Stanford — College Station (Dwellely, Woodward, Breedon, Smit)	3-21-09
3:11.03	Georgia — Austin (Scroggy, Romano, Margalis, Schmitt)	3-19-11

800 YARD FREESTYLE RELAY

6:54.02	Auburn — Auburn (Ohlgren, Geary, Marik, Bird)	2-18-09
6:53.58	Georgia — Gainesville (Scroggy, Nauta, Margalis, Schmitt)	2-16-11

SHORT COURSE YARDS—MEN

50 YARD FREESTYLE

18.71	Nathan Adrian, Cal — College Station	3-26-09
18.66	Nathan Adrian, Cal — Minneapolis	3-24-11

100 YARD BREASTSTROKE

51.56	Mike Alexandrov — Minneapolis	3-16-07
51.35	Mike Alexandrov — Columbus	12-3-10

200 YARD BREASTSTROKE

1:51.74	Brendan Hansen — Austin	3-3-06
1:51.73	Mike Alexandrov — Columbus	12-4-10

200 YARD FREESTYLE RELAY

1:15.90	Texas — College Station (Walters, Feigen, Jostes, Van Roekel)	3-26-09
1:15.84p	Stanford — Minneapolis (Coville, Wayne, Allen, Staab)	3-24-11
1:15.26	Stanford — Minneapolis (Coville, Wayne, Allen, Staab) ♦	3-24-11

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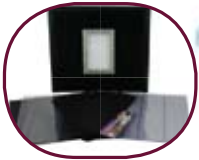
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Improve your power, race-pace tempo and stroke technique with this innovative swim bench!



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Twenty-seven in-depth interviews featuring Olympic swimmers, coaches and others who have impacted aquatic sports are available on DVD!



Swim Coach Book, \$19.95

This book contains 300 cards featuring excellent drills and sets to keep your swimmers motivated and your coaches happy! Also available as a CD.



Safe Swimmer Float, \$29.95

The Swim Shop's most popular item of 2011 is recommended for all open water swimmers. The Float can be seen by those on the shore, keeping you safe while you swim!



FINIS Tempo Trainer Pro, \$44.99

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Ultrak 495 Stopwatch, \$40.95

This reliable stopwatch features a three-row display, 100 split memory and the ability to recall splits during the race!



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Be inspired with this 13x18-inch poster, featuring Michael Phelps with his eight gold medals from the 2008 Olympics!



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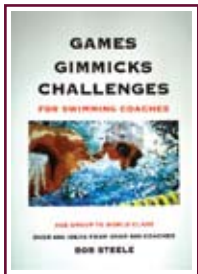
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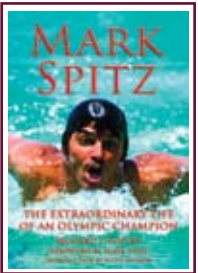
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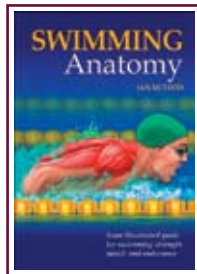
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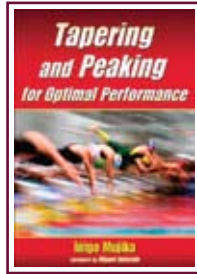
Mark Spitz: The Extraordinary Life of an Olympic Champion, \$16.47
This is the first authorized biography of Olympic legend Mark Spitz, who won seven gold medals in the 1972 Games.



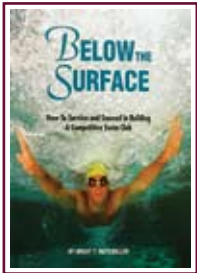
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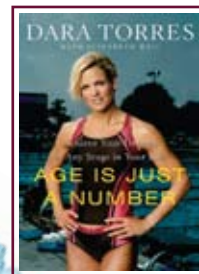
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Brent Rutemiller shows you the administrative side of coaching, the unseen side where 75% of a head coach's time is spent.



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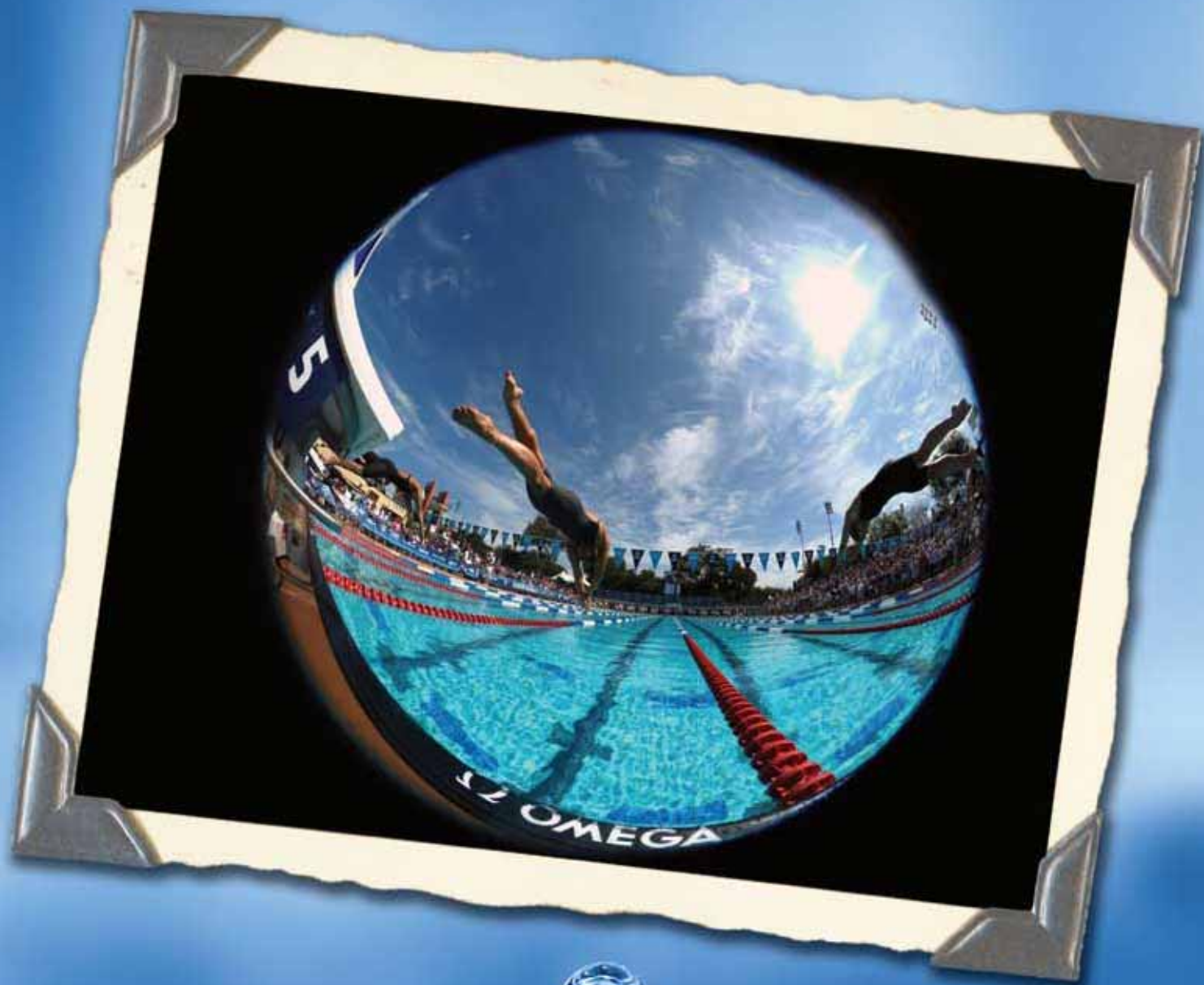


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PARTING SHOT



THE START OF A WOMEN'S 50 METER FREESTYLE HEAT AT LAST SUMMER'S JUNIOR NATIONALS AT STANFORD AS SEEN THROUGH A FISHEYE LENS [PHOTO BY KIRBY LEE, US PRESSWIRE]



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