

SwimmingWORLD

MARCH 2012 — VOLUME 53 NO. 3

TEXAS LONGHORNS SET TO CAPTURE MEN'S NCAAs

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CAL WOMEN FOCUS ON REPEAT

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39th Annual Camp Directory

For the Record

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CAL WOMEN FOCUS ON REPEAT

page 8

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ON THE COVER: The University of California will be looking for its second straight women's NCAA Division I title at this year's championships, March 15-17, in Auburn, Ala. Leading the way for Coach Teri McKeever's squad is senior Liv Jensen, the Golden Bears' top point scorer last year with 74.5 points, including a runner-up finish in the 50 free. (See story, page 8). [COVER PHOTO BY GOLDENBEARSPTS.COM]

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A VOICE for the SPORT

Where Is the Record Buzz in 2012?

BY BRENT RUTEMILLER, PUBLISHER & CEO

Four years ago this month, **SwimmingWorldMagazine.com's** headlines told the story of a swimming community beginning a two-year, unprecedented assault on the record books. Fifteen days earlier, on Feb. 13, Speedo introduced the LZR Racer. It was woven with elastane-nylon and polyurethane. Five world records were set on three continents within days of the launch and the "techsuit" era was officially born. With the birth came unparalleled media attention to the sport.

Enjoy a walk down headline lane with me as we revisit the top story lines of March 2008 (*note: Swimming World cannot confirm that all records broken were with techsuits during this period*).

The first week of March came in like a lion:

- *Missy Franklin Rewrites U.S. National Age Group Records*
- *Katie Hoff Demolishes American Record in 1650 Freestyle*
- *Florida's Ryan Murphy Takes Down U.S. 11-12 National Age Group Records*
- *All-American Long Course Championships: Flash! Hayley McGregory Breaks 50 Back World Record*

...with more records falling the second week:

- *Encore Swim: Texas Pros Put on Show With SCM Invite; Tara Kirk Sets American Records*
- *Swedish Grand Prix, Uppsala: Petra Granlund Sets Swedish Records in 200 Fly*
- *Three More South American Records Tumble*
- *NCAA Division III Women's Championships: Record Book Torched on Second Night*
- *North Baltimore Sets U.S. 13-14 National Age Group Relay Record*

...and even more records smashed around the world:

- *European Championships: Flash! The*

Netherlands Blast Women's 400 Free Relay World Record

- *NCAA DI Women's Champs: Florida's Caroline Burckle Downs Evans' NCAA Record in 500 Free*
 - *European Championships: Flash! Alain Bernard Downs Hoogie's 100 Free World Record*
 - *Australian Trials: Flash! Stephanie Rice, Emily Seebom Set WRs*
 - *Australian Trials: Flash! Sophie Edington Crushes 50 Back WR*
 - *European Championships: Flash! Alain Bernard Becomes Fastest Swimmer on the Planet, Breaks 50 Free World Record*
 - *European Championships: Marleen Veldhuis, Federica Pellegrini Set World Records; Laszlo Cseh, Great Britain Set European Records*
- ...until the final week of March, when it did not go out like a lamb!

- *Australian Trials: Flash! Libby Trickett Finally Scores 100 Free World Record; Eamon Sullivan Snatches 50 Free World Record*
- *Australian Trials: Flash! Eamon Sullivan Demolishes 50 Free Record Again; Commonwealth Records Tumble*
- *Australian Trials: Flash! Libby Trickett Becomes Fastest Woman on Planet With 50 Free World Record*

The next 21 months brought close to 200 world records. The techsuit era died on Jan. 1, 2010, when the suits were banned and companies had to revert to textile suits. However, the records set during this era remain.

So, how will the media view our sport during an Olympic year without the mention of "Record Broken" in the headline? We at *Swimming World* continue to provide a list of "textile best" times to put swims—both during and after the techsuit era—in the proper perspective. In the end, any strong performance—be it a world record or a textile best—deserves to be met with thunderous applause. ♦

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WOMEN'S NO

BY JASON MARSTELLER • PHOTOS BY PETER H. BICK

California is primed to make another title run at this year's women's NCAA Division I Swimming and Diving Championships.

Ready

California won its second title in three years in 2011 with a balanced attack to beat Georgia, which *Swimming World* had picked to win heading into the women's NCAA Division I Championships in Austin, Texas.

This year, the venue switches to Auburn, Ala., March 15-17, and look for Cal to defend its title and give Teri McKeever the third NCAA team championship in her career. If that happens, she would tie Mark Schubert for fourth place for most wins by a coach at women's Division I NAAs, behind Richard Quick (12), David Marsh (5) and Jack Bauerle (4).

McKeever's squad returns 284 points from 2011—more than any other school. They also had an impressive recruiting year to bolster their chances for a repeat. Georgia, Stanford and Arizona will give the Golden Bears a battle, but Cal appears to have the talent to withstand any challenge.



1. CALIFORNIA GOLDEN BEARS

Several point scorers from Cal's championship team graduated last year, including Erica Dagg (33.5 points), Katie Kastes (5), 100 yard fly champ Amanda Sims (44) and relay standout Hannah Wilson, who also scored in three individual events (57.5).

Still, the Golden Bears have the talent to win again in 2012. Senior Liv Jensen will lead the way, having scored 74.5 points a year ago with a runner-up finish in the 50 free, an eighth-place effort in the 100 as well as numerous relay contributions. Cindy Tran is the defending 100 back champion, while Caitlin Leverenz is a breaststroke/IM

title threat. Stephanie Au (back), Colleen Fotsch (back/fly/relays), Sara Isakovic (free/fly/relays) and Deborah Roth (back) also return.

Add to the mix a plethora of *Swimming World* five-star recruits who are capable of scoring points as freshmen—including Catherine Breed, Eva Greene, Melanie Klaren, Casey Mims, Taylor Nanfria and Caroline Piehl—and it's easy to understand why Cal was given the nod as the pre-meet favorite.



2. GEORGIA BULLDOGS

How's this for consistency? In the last 13 years, Georgia has finished first or second 10 times (first place four times and runner-up six times)! It's a safe bet that it'll be 11 after this year's championships.

Despite losing more points (186.5) from last year's team than any other school—including 144 points from Morgan Scroggy (77), who graduated, and five-time NCAA individual champion Allison Schmitt (67), who is taking a redshirt year to prepare for the U.S. Olympic Trials—Coach Jack Bauerle still has plenty of talent returning from its second-place squad of a year ago.

Ten point scorers who accounted for 208 points in 2011 return to Georgia for the 2012 championships, led by Megan Romano (69), Wendy Trott (34), Melanie Margalis (32) and Shannon

Vreeland (28). Lauren English (relays), Kelsey Gaid (back), Jessica Graber (relays), Jana Mangimelli (IM), Michelle McKeenan (breast) and Kristen Shickora (back/relays) also added to Georgia's tally last year.

The Bulldogs also have some high-impact freshmen, including *Swimming World* six-star standout, Amber McDermott, along with Lauren Harrington, Madeline Locus and Nicole Vernon, each of whom rated five-stars as high school recruits.



3. STANFORD CARDINAL

Stanford lost 117.5 of its 272 points to graduation, including Kate Dwelley (62.5), Meg Hostage (32) and Elizabeth Smith (23). However, its depth in the all-important sprint freestyles, along with an ever-improving young corps of talent, should keep the Cardinal near the top of the team standings.

Maya DiRado (58.5 points in 2011) and Betsy Webb (42.5) lead Coach Lea Maurer's squad in returning points, while Felicia Lee (relays), Andie Murez (relays), Stephanie Phipps (diving), Andie Taylor (IM/relays) and Sam Woodward (free/relays) all contributed to Stanford's fourth-place finish a year ago.

The Cardinal also added *Swimming World* five-star recruits Maddy Schaefer, Haley Sims and Annemarie Thayer to this year's freshman class.

—continued on 10

CAA PREVIEW

to Repeat

PICTURED » Cal, led by senior Liv Jensen who scored 74.5 points a year ago—including a runner-up finish in the 50 free—will be trying to win its second straight women's NCAA championship.

Swimming World Magazine's TOP 10

	SCHOOL	LAST YEAR'S FINISH	LAST YEAR'S POINTS	POINTS RETURNING	POINTS LOST	SCORERS RETURNING
1.	California	1	424.0	284.0	140.0	7
2.	Georgia	2	394.5	208.0	186.5	10
3.	Stanford	4	272.0	154.5	117.5	7
4.	Arizona	5	266.0	251.0	15.0	9
5.	Texas	6	232.0	224.5	7.5	11
6.	USC	3	351.0	236.5	114.5	10
7.	Texas A&M	10	182.0	166.0	16.0	10
8.	Florida	7	226.0	173.0	53.0	10
9.	Auburn	8	202.0	182.5	19.5	8
10.	Tennessee	12	148.0	130.0	18.0	5

WOMEN'S NCAA — continued from 8



4. ARIZONA WILDCATS

Swimming World's biggest *faux pas* in last year's women's college forecast had to be leaving Arizona out of the top 10. The Wildcats responded by piling up 266 points to finish fifth in the team standings.

We're not making the same mistake this year!

Arizona returns 251 points, while losing only 15.

Margo Geer, a threat to win a national title in the sprint freestyle events, tallied 64 points a year ago, including a pair of third-place finishes in the 50 and 100. Alyssa Anderson (free/fly/relays), Ellyn

Baumgardner (breast/relays), Sarah Denninghoff (back/relays), Monica Drake (relays), Grace Finnegan (relays), Kate Flederbach (relays), Aubrey Peacock (back/relays) and Chelsey Salli (breast) all return as well for first-year coach Eric Hansen, who replaced Frank Busch after Busch was named USA Swimming's national team coach.

Arizona, already stacked with sophomore talent, only added a pair of freshmen this season: four-star swimmer Shannyn Hultin and diver Izzy Diamond.



5. TEXAS LONGHORNS

Coach Kim Brackin, who has consistently put together strong recruiting classes, should see her team return to the top 5 after a two-year absence. Nearly all of last year's team returns from a sixth-place finish.

Texas, which scored 232 points a year ago, only loses 7.5 points—fewer than

any of the other top 10 schools.

Karlee Bispo leads the group of 11 returning point scorers. Last year, she scored 71.5 points by placing in a trio of "A" finals in freestyle and IM, while also helping UT's relays. Bethany Adams (free/relays), Kelsey Amundsen (relays), Leah Gingrich (fly), Ellen Lobb (relays), Lily Moldenhauer (relays), Katie Riefenstahl (back/relays), Laura Sogar (breast/relays) and Samantha Tucker (relays) also return.

In addition, the Longhorns also have a strong group of divers returning, led by Shelby Cullinan (15 points) and Maren Taylor (14). Taylor would have scored even more points if not for an unfortunate injury that forced her out of the "A" final in the platform event.

This year's recruiting class includes *Swimming World* six-star speedster Gretchen Jaques and five-star swimmers Kelsey LeNeave, Kaitlin Pawlowicz and Skylar Smith.



6. SOUTHERN CALIFORNIA TROJANS

USC, which jumped from ninth to seventh to third in the team standings over the last three women's NCAAAs, will likely drop a bit in 2012 after losing 114.5 points to graduation—Presley Bard (53) and Lyndsay DePaul (61.5).

Still, Dave Salo's squad returns 10 point scorers who tallied 236.5 points, highlighted by NCAA Swimmer of the Year Katinka Hosszu, who won the 200 fly as well as the 200 and 400 IM.

Joining her are Haley Anderson (free/IM/relays), Kasey Carlson (free/breast/relays), Stina Gardell (IM/relays), Victoria Ishimatsu (diving), Tanya Krisman (fly), Jessica Schmitt (breast), Christel Simms (relays), Amanda Smith (relays) and Yumi So (fly).

PICTURED » Megan Romano, who finished sixth in the 100 free and seventh in the 200 free and 100 back in 2011, is the leading returning point scorer for Georgia.



7. TEXAS A&M AGGIES

Last year, the Aggies had to deal with losing first-time NCAA titlists Alia Atkinson and Julia Wilkinson, and still managed to hang on to a top 10 spot (10th) with 182 points, only losing 16.

Ten returning point scorers should help Coach Steve Bultman's Aggies to a placing comparable to their 2010 showing when they finished sixth. Cammile Adams (32 points last year) and Breeja

Larson (45.5) could become A&M's third and fourth NCAA titlists ever, as Adams is a threat in both the butterfly and IM events, while Larson was one of the breakthrough swimmers of 2011 with a runner-up finish in both breaststrokes.

Erica Dittmer (relays), Sarah Henry (free/relays), Lilliana Ibanez (relays), Maureen McLaine (relays), Rita Medrano (fly), Paige Miller (back/relays), Janie Potvin (diving) and Tess Simpson (relays) also return for the Aggies.



8. FLORIDA GATORS

Losing Shara Stafford, who transferred to Missouri in the offseason, should — continued on 12

PICTURED » Karlee Bispo leads a group of 11 returning point scorers for Texas. Last year, she placed in a trio of "A" finals in freestyle and IM, while also helping UT's relays.



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ABOVE » Texas A&M produced its first two women's NCAA titlists in 2010. Two years later, Cammile Adams (pictured), along with Breeja Larson, could very well be the Aggies' next NCAA champs.

WOMEN'S NCAA — continued from 11

hurt the Gators' chances of bettering their seventh-place finish in 2011. She accounted for 34 points in freestyle and relays. Also, the team's best diver from last year, Monica Dodson (19), graduated.

Coach Gregg Troy welcomes back 10 point scorers who accounted for 173 of its 226 points. Elizabeth Beisel (52.5) and Teresa Crippen (47) each scored in "A" finals in three events last year and can be counted on to duplicate that effort. Joining them are Sarah Bateman (free/relays), Jamie Bohunicky

(free/relays), Hilda Luthersdottir (breast/relays), Alicia Mathieu (free), Alaina Pazevic (relays), Corinne Showalter (free), Kirsten Smith (IM/relays) and Ellese Zalewski (relays). The Gators also add super frosh Rebecca Rainer from Richmond, Va., one of only five six-star recruits in the *Swimming World College Recruit Rankings*.

9. AUBURN TIGERS

Auburn, which finished last year in eighth place, will be led by senior

Arianna Vanderpool-Wallace, who accounted for 66 of Auburn's 202 points with wins in the 50 and 100 free.



Along with Vanderpool-Wallace, the Tigers, coached by Brett Hawke, return eight point scorers who were responsible for producing 182.5 points: Emily Bos (back/relays), Vennie Dantin (diving), Katie Gardocki (free), Lauren Norberg (relays), Lindsey Norberg (relays), Hannah Riordan (relays) and Olivia Scott (fly/relays).

Auburn also added some top-flight recruits in Abby

Duncan and Sarah Peterson, both of whom rated five stars, as well as Megan Fonteno, a four-star performer.

10. TENNESSEE LADY VOLUNTEERS

Tennessee finished in 12th place a year ago, but expect it to crack the top 10 this year.

Coach Matt Kredich's Lady Vols only lost 18 points and return five point scorers who accounted for 130 points. UT should also score points this year from its talented diving corps.

Jenny Connolly (back/fly/relays), Kelsey Floyd (fly/relays), Alex Frasier (relays), Lindsay Gendron (free/relays) and Mary Kate McNeilis (relays) are the returnees this season—one in which they already made history by beating Florida in a dual meet for the first time ever.

UT also finally welcomes Molly Hannis to the team. The five-star prospect was originally recruited a year ago, but was unable to enroll at Tennessee for the 2010-11 season. She'll replace Martina Moravcikova (who scored 15 points at last year's NCAAs) as a go-to breaststroker. Additionally, former NISCA Diver of the Year Tori Lamp has shaken off two lost seasons due to injury, and is having a strong year.



Others to watch: Missouri is on the rise after hiring Greg Rhodenbaugh as head coach two years ago. This year, the Tigers (tie for 23rd a year ago) should be better with the addition of Florida transfer Shara Stafford. The ACC's Virginia (13th) and North Carolina (tie for 23rd) or the Big Ten's Indiana (15th) could crack the top 10. ♦

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PICTURED » USC senior Katinka Hosszu, last year's NCAA Swimmer of the Year, won three events: the 200 fly and both IMs.



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MEN'S NCAA

No. 11 has a N

BY JOHN LOHN

Armed with a roster stacked with top-end talent, depth and impressive youth, Texas appears to have the makeup to capture its second championship in three years—and 11th for Coach Eddie Reese.

A decision might be looming for one of the legendary coaches in the sport. It has nothing to do with developing training models. It isn't linked to sorting out lineups. Rather, it has to do with fashion, specifically a jewelry choice.

Some people collect high-end watches. Others are obsessed with diamonds. Down in Texas, Eddie Reese has a thing for championship rings. He's collected 10 of them since taking over the Longhorn program in 1979, which means one piece of hardware for every finger. If he guides his program to another national title this spring, he'll have to decide where No. 11 goes.

After crunching the numbers, scouring rosters and analyzing the big picture for this year's men's NCAA Division I Championships, *Swimming World's* conclusion is clear: Texas will claim another NCAA crown, forcing Reese to find a place for his latest ring.

It won't be easy, of course, not with Arizona and Stanford lurking, but Texas certainly is positioned to get the job done when the competition is held March 22-24 at the King County Aquatics Center in Federal Way, Wash.

1. TEXAS LONGHORNS

Just because a program returns more points than any other doesn't always translate to a championship. But Texas simply has more returning firepower than anyone else, and *Swimming World* believes the Longhorns will find a way to hoist the championship trophy in 2012.

The legendary Reese has put together a squad that features all the necessary ingredients for a title. With 381.5 points returning, the Longhorns boast big names such as Jimmy Feigen and Dax Hill, along with Austin Surhoff and Eric Friedland. While Friedland is the reigning champ in the 200 breast, Feigen will contend for both sprint freestyle crowns, with Hill vying for titles in the 100 and 200 free.

Furthering the Longhorns' cause, Michael McBroom, the defending champ in the 1650, and Jackson Wilcox supply power in the distance events. Cole Cragin is a returning finalist in both backstrokes, and Nick D'Innocenzo is an elite breaststroker and individual medley performer. Surhoff won the 200 IM in 2010 and scored in three individual events a year ago.

One of the areas in which Texas benefits over other schools is diving, where the Horns boast Drew Livingston, a triple-event scorer, and Will Chandler, who placed 16th on the 3-meter springboard in 2011. Matt Cooper is another NCAA scorer (sixth in platform as a freshman in 2008).

Back in the pool, look for Neil Caskey, always a reliable relay contributor, to score highly in the butterfly disciplines and for Patrick Murphy to notch points in the 200 back.

Texas also has a strong group of freshmen: Clay Youngquist has finalist potential in various events, including the 200 free, and will bolster relays, while Kip Darmody will strengthen the backstroke and freestyle events.



2. ARIZONA WILDCATS

The Wildcats, fourth last year, took one of the weakest hits in terms of points lost, as first-year coach Eric Hansen inherited a team that has 266 of its 302 points back in the fold. With flyer Woody Joye, a mid-season transfer from Texas, that points returning total increases to 286.5.

The go-to guy for Arizona is Cory Chitwood. In addition to being the defending NCAA champ in the 200 back, he is coming off a second-place showing in the 200 IM and a sixth-place outing in the 100 back.

The breaststroke contingent was strong last year, but is even more impressive this time around. Kevin Munsch, Austen Thompson, Carl Mickelson and Kelley Wyman all scored in 2011, and this year that group is bolstered by freshman Kevin Cordes, a contender to win the 100 breast. Thompson, meanwhile, advanced to the finals in both medley events last year, while Wyman also brings sprint prowess to the lineup.

A.J. Tipton is a returning scorer in the butterfly, while Mitchell Friedemann and Michael Sheppard should supply points in the backstroke. Adam Small, who placed fourth in the 50 free last season, is U of A's hammer in the sprint freestyles.



3. STANFORD CARDINAL

Stanford features perhaps the best freshman class in the nation—so impressive that

—continued on 16

A PREVIEW

ice "Ring" to It



[PHOTO BY PETER H. BICK]

PICTURED » No. 1 Texas is loaded with talent, returning nearly 100 points more than its nearest competition. Longhorn Eric Friedland is the reigning champ in the 200 breast.



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MEN'S NCAA — continued from 14

these youngsters will help position their team for a championship push. The Cardinal also has a solid nucleus of veterans: of the 403 points scored by the Cardinal in last year's fourth-place finish, 216 return.

Chad La Tourette, second in the 1650 and sixth in the 500 free last year, is one of the headliners for Stanford, which will also rely on the skills of Bobby Bollier, the 2011 runner-up in the 200 fly and 500 free and sixth-place finisher in the 100 fly. Meanwhile, Curtis Lovelace is coming off a pair of finals showings in the breaststroke events.

Coach Skip Kenney will also ask for support from Morgan Priestley, Matthew Swanston and Matt Thompson, all individual scorers last year. Aaron Wayne was a key sprinter for the Cardinal in relay duty and will be expected to contribute on an individual basis this time around.

David Nolan, the No. 1 recruit in the country, leads Stanford's freshmen. He's a multi-event whiz and actually posted a high school time last year that would have won the NCAA title in the 200 IM. Nolan, who undoubtedly will strengthen four relays, is joined by powerhouse classmates Jon Edwards (back/IM) and Drew Cosgarea (free/IM).

Cal **4. CALIFORNIA GOLDEN BEARS**

En route to its first championship in 31 years last spring, California unloaded its big guns at every turn. Unfortunately for Coach Dave Durden, the likes of Nathan Adrian and Damir Dugonjic are gone. But that doesn't mean the Golden Bears can't compete with the elite. After all, any team with Tom Shields is always in good shape.

Shields is the defending champ in the 100 back and added a silver medal in the 100 fly and third-place outing in the 200 fly. He's joined as a significant scorer by breaststroker Nolan Koon, second in the 100 breast in

Swimming World Magazine's TOP 10

	SCHOOL	LAST YEAR'S FINISH	LAST YEAR'S POINTS	POINTS RETURNING	POINTS LOST	SCORERS RETURNING
1.	Texas	2	470.5	381.5	89.0	12
2.	Arizona	4	302.0	286.5*	36.0	12*
3.	Stanford	3	403.0	216.0	187.0	8
4.	California	1	493.0	191.5	301.5	9
5.	Michigan	9	181.0	155.5	25.5	6
6.	Auburn	6	269.5	149.5	120.0	8
7.	USC	7	206.0	112.5	93.5	7
8.	Florida	5	291.0	113.5	177.5	7
9.	Ohio State	11	115.0	57.5	57.5	8
10.	Georgia	10	125.5	35.5	90.0	4

* = includes midseason transfer Woody Joye from Texas, who scored 20.5 points last year

2011, and medley specialist Martin Liivamagi. Additionally, Mathias Gydesen is a returning scorer in three individual events.

A quality freshman class will be on display, and returnees such as Ben Hinshaw (400 IM), Trevor Hoyt (breast) and Sam Metz (500 free) will be asked to score again.

5. MICHIGAN WOLVERINES



One of the biggest bumps in the standings this

year could come from Michigan, coming off a ninth-place NCAA finish.

The Wolverines lost just 25.5 of the 181 points they scored in 2011.

Among the top returning scorers is Dan Madwed, the veteran flyer who was third in the 100 and sixth in the 200 last year.

Although Coach Mike Bottom is known for churning out world-class sprinters, one of his team's strengths is in distance freestyle. Sean Ryan and Ryan Feeley are double-event scorers who should at least match their previous output.



[PHOTO BY PETER H. BICK]

ABOVE » Stanford has a good mix of veterans and freshmen in 2012. Senior Chad La Tourette finished second in the 1650 and sixth in the 500 free last year.

Complementing Madwed in the fly will be Sean Fletcher, who just missed making the 100 final last season.

Miguel Ortiz is looking at a breakout showing in the backstroke, and Kyle Whitaker, who placed second in the 400 IM and seventh in the 200 IM last year, will again be a force in the medley.



6. AUBURN TIGERS

The sprint factory known as Auburn finished sixth last year and returns 149.5 of its 269.5 points scored, which will keep it

in the same vicinity in the standings. Backstroker Kyle Owens was fourth in the 100 and ninth in the 200 last year, and is joined as a fellow dorsal scorer by Max Murphy.

Coach Brett Hawke, one of the premier sprint coaches in the world, will lean on a solid corps to battle for a top-five slot. Marco Chierighini tallied in both sprints last year, while Karl Krug, Chris Manning and Drew Modrov scored in the 50 free. In the distance freestyle events, Zane Grothe was a top-eight performer in the 500 and 1650.

It's critical for the Tigers to find
— continued on 18



[PHOTO BY BILL COLLINS]

PICTURED » The go-to guy for Arizona is Cory Chitwood, the defending NCAA champ in the 200 back. He also was runner-up in the 200 IM and placed sixth in the 100 back.

[PHOTO BY PETER H. BICK]



ABOVE » Not only will sophomore Vlad Morozov headline some relays for USC, but he is also a contender for gold in the 50 and 100 freestyles.

MEN'S NCAA — continued from 17

scoring beyond freestyle, but with those events being so important, scoring in the stroke events won't have to be overwhelming.



7. SOUTHERN CALIFORNIA TROJANS

The Trojans and Coach Dave Salo were dealt a blow when Frenchman Clement Lefert opted to bypass this season in order to focus on trying to obtain an Olympic berth. Nonetheless, USC returns 112.5 of last year's 206 points and has the ability to improve on its seventh-place finish. One of the biggest reasons for the optimism is Vlad Morozov, the sophomore sprinter with a huge upside.

Not only will Morozov headline some relays, but he is also a contender for gold in the 50 and 100 freestyles. Dimitri Colupaev is another big name and can be expected to score highly in the 200 free and 200 IM. Alex Lendrum, meanwhile, is a returning scorer in the 200 back and a key contributor on relays.



8. FLORIDA GATORS

The fifth-place finisher last year, Florida was hit hard by graduation, particularly with the loss of Conor Dwyer. With only 114 of 291 points returning, a top-five showing will be tough to find. Marcin Cieslak returns after scoring in both butterfly events and the 200 IM, and Sebastien Rousseau also scored in three events, netting points in the 200 free, 200 fly and 200 IM. Connor Signorin is back after scoring in the 400 IM and 1650.

In addition to Cameron Martin, who was 11th in the 200 fly, the Gators will need major support from freshmen Nicholas Caldwell and

Matt Elliott. Caldwell adds a punch in the distance events, while Caldwell is a top breastroker.

9. OHIO STATE BUCKEYES



Just outside the top 10 last season in 11th, the Buckeyes will try to get back into that august realm behind several returning scorers. Although it doesn't help that Tim Phillips is redshirting, 57.5 of 115 points are back, and the relays are relatively intact. Markus Sievers is a returning scorer in the 200 back, and Lincoln Fahrback and

Jason Schnur are multiple relay contributors.



10. GEORGIA BULLDOGS

The Bulldogs were 10th last year and should remain in that position due to a strong distance nucleus, one that includes Martin Grodzki, who tied for the runner-up spot in the 1650 last year, and Will Freeman, who finished 11th in the event. Georgia also welcomes back redshirt junior, Andrew Gemmell (12th, 1650, and 15th, 400 IM, in 2010). The key, however, for Georgia will be finding those all-important relay points.

Others to Watch: In eighth place last year, Virginia lost two big guns in Matt McLean and Scot Robison, making a return to the top 10 difficult. Expect Tennessee, North Carolina and Texas A&M to be on the radar as well. ♦

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PICTURED » Although not as strong as last year's championship team, Cal's prospects remain bright with versatile Tom Shields leading the way—he won the 100 fly in 2010 and the 100 back in 2011.



[PHOTO BY PETER H. BICK]

the **OFFICIAL WORD**

Handling the Recalled Heat

BY DAN McALLEN

The no-recall false start rule is now the standard for athletes competing under the rules of USA Swimming, the NCAA and the National Federation of High Schools. Thus, recalled false starts are rare. Regardless of the reason, when a recall does occur, the question always arises as to the best manner to ensure that the athletes affected by the recall get the appropriate rest before they reswim.

In most cases, the deck referee will swim other heats of the event before reswimming the recalled heat. That, of course, works well when there are, in fact, additional heats to be swum. But, what if it is the final heat of the event in a championship meet? How long does one wait before continuing the competition?

Generally, the deck referee goes down the line after some time has elapsed and asks the swimmers if they are ready to proceed. Almost always, the deck referee gets a positive response, and the heat is reswum. But, is that really the best way to determine whether the competitors are ready to perform once again at their best?

Swimmers see the deck referee as an authority figure. When he or she asks the athletes if they are ready to proceed, the swimmers know the response the deck referee seeks, and are very likely to give that response whether ready or not. After all, who wants to be the one who holds up the competition when others in the heat have probably already consented to a restart?

Perhaps there is a better way.

Suppose the deck referee segregates the heat of recalled swimmers into their own group. Then, in a casual and friendly way, informs the athletes that the meet will proceed only when the swimmers arrive at a group decision that they are ready to proceed, and advises the deck referee of that fact. Meanwhile, the deck referee should stay completely away from the group, take care of other meet tasks and carefully avoid the impression of impatience or concern over the time delay. Will this procedure result in a longer delay than the "are-you-ready" approach? Should that matter? After all, isn't the athlete the primary concern, not the clock?

The next time you are a deck referee and have a recalled heat, try this procedure. The athletes will appreciate the fact that you have placed the time for a restart in their control. Moreover, as deck referee, you will know that you have made an athlete-centered decision by not rushing a restart when an athlete may not have been ready.

Incidentally, the suggested procedure works just as well for any recalled heat, regardless of the number of heats remaining to be swum in the event when the recall occurs. ♦

Dan McAllen is the chairman of the rules and regulations committee of USA Swimming, and will serve as the meet referee at the U.S. Olympic Swimming Trials in Omaha, Neb., this summer.



*M*elissa Hellervik-Bing serves as the official's committee chair for Florida Swimming, where she supervises the training and certification of more than 350 officials. She also serves as a member of the national officials committee. Hellervik-Bing officiates at all levels and for several organizations, including the NCAA, NFHS and USMS. She is a designated FINA starter, but she's just as likely

[PHOTO BY PETER H. BICK]



Melissa Hellervik-Bing

to work at a week-end developmental meet. At the national level, she served as the head starter at the 2010 ConocoPhillips National Championships and World Championship Team Trials. She also served as a starter at the Pan Pacific Championships. In 2011, she became the first woman ever to serve as a starter at the NCAA Men's Division I Championships. At the high school level, she has served for several years as the meet referee for the Florida State High School Athletics Association State Championships.



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College Previews TOP SCHOOLS RETURN LOADS OF TALENT

BY JASON MARSTELLER

Teams from NCAA Division II, NCAA Division III, NAIA and NJCAA gear up for exciting championship competition in March.

NCAA DIVISION II

March 14-17

Mansfield ISD Natatorium

Mansfield, Texas

Drury University captured its seventh straight men's NCAA Division II title last year with 600.5 points, ahead of UC San Diego (345). Its women made it three in a row, tallying 483.5 points to runner-up Wayne State's 388.

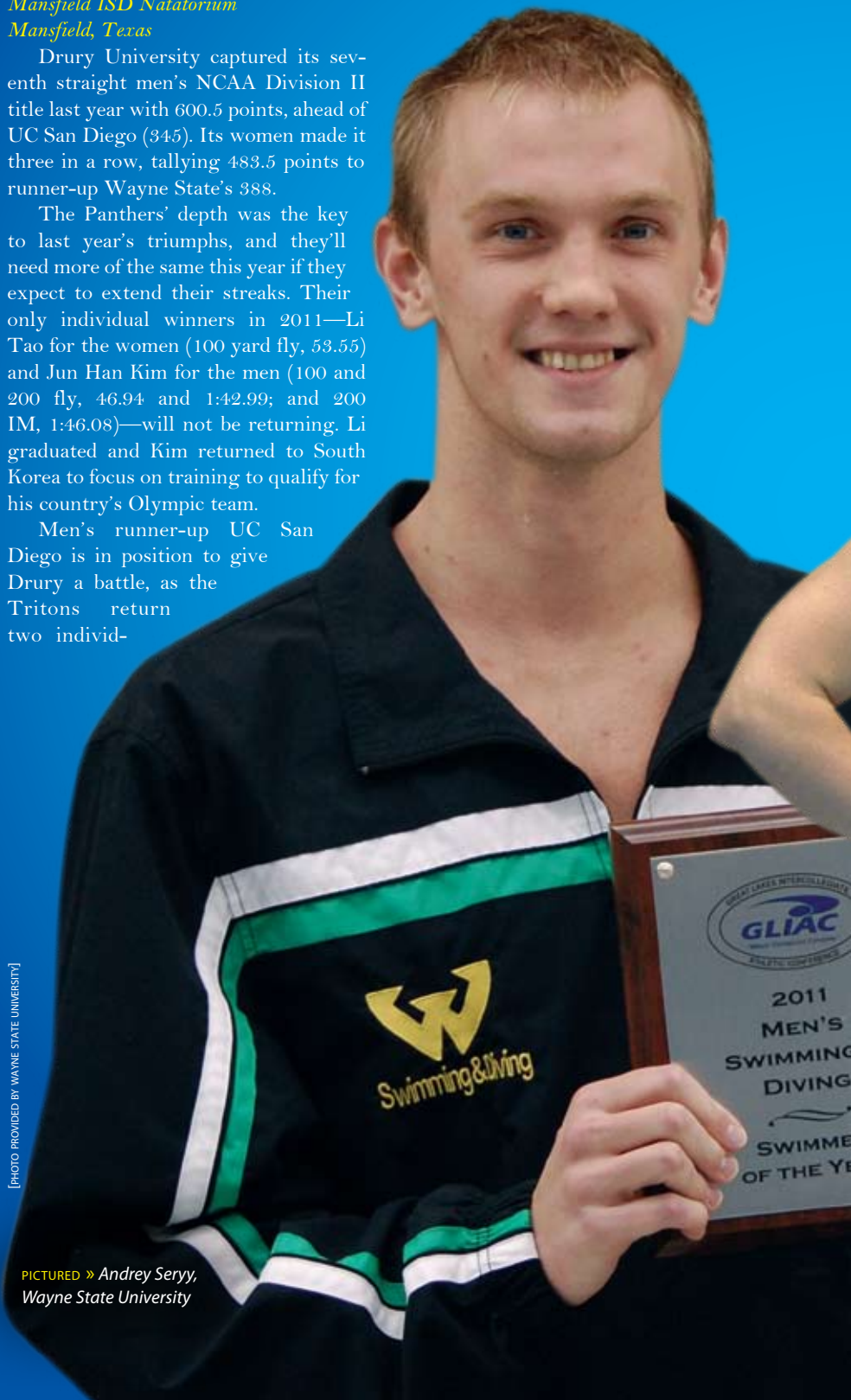
The Panthers' depth was the key to last year's triumphs, and they'll need more of the same this year if they expect to extend their streaks. Their only individual winners in 2011—Li Tao for the women (100 yard fly, 53.55) and Jun Han Kim for the men (100 and 200 fly, 46.94 and 1:42.99; and 200 IM, 1:46.08)—will not be returning. Li graduated and Kim returned to South Korea to focus on training to qualify for his country's Olympic team.

Men's runner-up UC San Diego is in position to give Drury a battle, as the Tritons return two individ-

ual champions: Matt Herman (1000 and 1650 free, 9:02.67 and 15:12.78) and Nicholas Korth (200 breast, 1:57.19). UCSD's women, who placed third a year ago, return Alexandra Henley, who claimed the 200 fly (2:00.08).

This year's competition will see several returning champions, highlighted by Wayne State's Andrey Seryy, who won the men's 50, 100 and 200 free (19.53, 42.91 and 1:36.03). Wingate

[PHOTO PROVIDED BY WAYNE STATE UNIVERSITY]



PICTURED > Andrey Seryy, Wayne State University

boasts two men who will be looking to defend their titles: Marko Blazevski (400 IM, 3:51.29) and Iaroslav Denysenko (500 free, 4:23.14).

Other returning men's champs include Bridgeport's team captain, Oscar Pereiro, who won the 100 back in 47.59 as a freshman; Jeb Halfacre, Florida Southern (200 back, 1:45.02); and Justin McDonald, Incarnate Word (1-meter diving, 503.04 points).

For the women, California of Pennsylvania's Melissa Gates, last year's 50 free champ (22.72), will compete in Mansfield, Texas, as will Incarnate Word's Tamiris Nascimento (100 free, 49.37)

and Southern Connecticut's Amanda Thomas (200 IM, 2:00.88).

This year's NCAA Division II Championships may end up as one of the most competitive DII men's meets in more than a decade, with Grand Canyon University (which beat UC San Diego in a dual meet earlier in the season) ranked No. 1 in the final NCAA

Division II poll, followed closely by Incarnate Word and UC San Diego. The women's final poll showed UC San Diego at the top, ahead of Drury and Grand Canyon.

NCAA DIVISION III

March 21-24

IU Natatorium

Indianapolis, Ind.

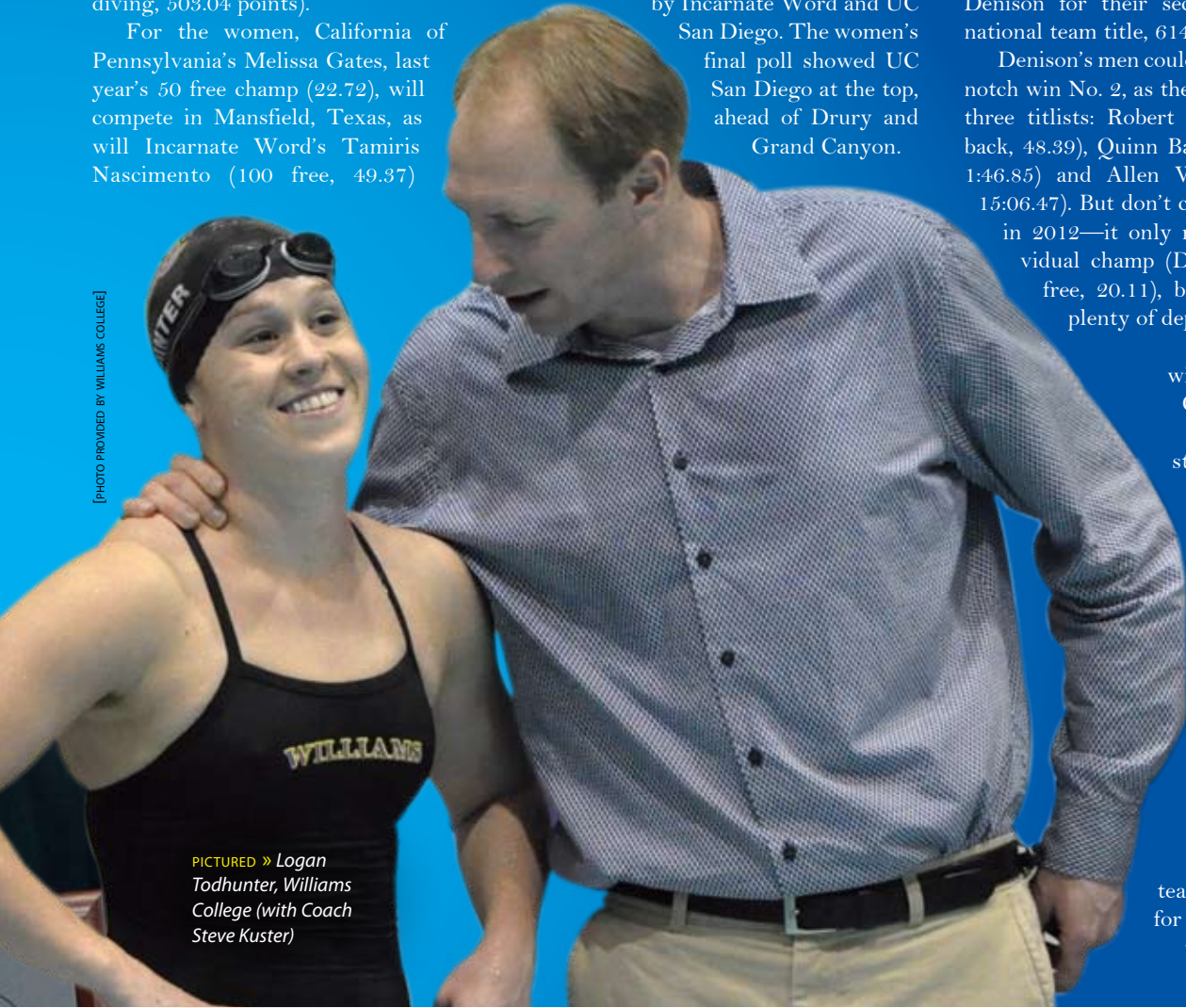
After 31 straight Division III national titles, Kenyon's NCAA record streak finally came to an end at the hands of Denison University, which edged the Lords by a single point, 500.5 to 499.5. Meanwhile, Emory's women downed Denison for their second consecutive national team title, 614 to 428.

Denison's men could be in position to notch win No. 2, as the Big Red returns three titlists: Robert Barry (100 yard back, 48.39), Quinn Bartlett (200 back, 1:46.85) and Allen Weik (1650 free, 15:06.47). But don't count out Kenyon in 2012—it only returns one individual champ (David Somers, 50 free, 20.11), but it always has plenty of depth.

Emory's women will count on Anne Culpepper to lead them to a third straight team title. She won the 200 back last season in 1:58.62. The school's men also return a national titlist: Patrick Augustyn (200 fly, 1:46.87). Williams College returns three swimmers from last year's team that accounted for seven of its eight wins between the

— continued on 22

[PHOTO PROVIDED BY WILLIAMS COLLEGE]



PICTURED » Logan Todhunter, Williams College (with Coach Steve Kuster)

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COLLEGE PREVIEW — *continued from 21*

two meets. Its women's team (third in 2011) has both defending champions back for 2012: Logan Todhunter (100 and 200 fly, 53.57 and 1:57.61, and 200 IM, 2:01.71) and Caroline Wilson (1650 free, 16:31.46, and 400 IM, 4:13.90). Its men's team (tied for fourth) returns double champ Paul Dyrkacz (200 and 400 IM, 1:49.10 and 3:52.97).

Other swimmers and divers who are expected to compete in Indianapolis and try to defend their titles include Whitworth's Rory Buck (100 and 200 breast, 54.30 and 1:57.79) and Amherst's Ryan Lichtenfels (500 free, 4:23.91) among the men, along with The College of New Jersey's Danica Roskos (1-meter and 3-meter diving, 515.90 and 502.45 points) and Hamilton's Maggie Rosenbaum (100 back, 55.21) among the women.

NAIA

Feb. 29-March 3

*Aquatic Center at Oklahoma City CC
Oklahoma City, Okla.*

The top two teams at last year's NAIA Championships were Fresno Pacific and California Baptist. Fresno Pacific won the men's title (698.5 points) and finished second among the women (459), while Cal Baptist was the top women's team (616) and No. 2 among the men (582).

Of the two schools, only one—Fresno Pacific—will be in Oklahoma City this year. Cal Baptist will no longer compete at the NAIA Swimming and Diving Championships. The school announced it would make the transition from NAIA to NCAA Division II competition, which means CBU will not be eligible to compete at *any* national collegiate championships in 2012.

Fresno Pacific's men's team returns sprinter Marko Tanasovski, who won the 50 yard free last year in 20.07, but will miss Carl Weigley, who graduated and is now one of the team's assistant coaches. Weigley took the 100 back (49.37) and 100 fly (47.76) in 2011. The Sunbird women will have some work to do, as the only returning champion is Lauren Malthaner (200 breast, 2:17.16).

The 2012 championships also may provide an opportunity for the host school, Oklahoma Baptist University, to make some waves. In its first season of competitive swimming, OBU hired Dr. Sam Freas as its coach.

Freas, the former president and CEO of the International Swimming Hall of Fame (1989-2004), is a former Olympic (South Africa) and NCAA Division I (Arkansas, Hawaii and LSU) coach, as well as head coach at SUNY-Potsdam and Allegheny College. He also was named coach of the year for the Southwest Conference four times, Southeastern Conference three times and Western Athletic Conference twice in swimming and once in diving.

With Coach Freas at the helm, Oklahoma Baptist has already emerged as a top contender heading into the NAIA Championships: its men were ranked No. 2 in the final NAIA poll, and its women were No. 3!

NJCAA

March 7-10

*Indian River State
College
Fort Pierce, Fla.*

A year ago, Indian River State College continued its dominance of NJCAA swimming and diving, capturing its 37th and 30th straight men's and women's team titles, respectively. The women tallied 833 points, while the men posted an astonishing 1,000 points for its victory. Indian River's men's streak is the longest unbroken U.S. championship streak in any sport at the college level.

IRSC has more than enough talent to remain in the driver's seat for both the men's and women's compe-

titions. However, only three 2011 titlists return between both teams: Jared Pike from South Africa (100 and 200 yard breast, 54.36 and 2:00.43), Tryshia Centeno from Puerto Rico (100 and 200 breast, 1:02.96 and 2:18.23) and Sarah D'Antoni from New Jersey (200 fly, 2:05.74).

Among the rest of the NJCAA elite, distance freestyler Maggie Rea of Lincoln tops the list. She won the 500 and 1650 last year with times of 5:03.41 and 17:25.12. ♦



[PHOTO PROVIDED BY INDIAN RIVER STATE COLLEGE]

PICTURED » Tryshia Centeno, Indian River State College (receiving Pioneer Pride Award from Coach Ryan Mallam)

1948

London, England

Top swimming nations:

- USA, 15 medals (8G, 6S, 1B)
- Denmark, 4 medals (2G, 2S)
- Australia, 4 medals (2S, 2B)
- Hungary, 4 medals (1S, 3B)

Number of swimming events: 11

War-ravaged

London was awarded the 1948 Games after having been named the original host of the 1944 Olympics, which had been canceled due to the ongoing conflicts of World

War II. The swimming events were held in the Empire Pool, which is now the site of the popular Wembley Arena.

The American men were absolutely dominant, winning all of the men's events (six)—something that had never been done before or since by any country. Japan, the star country of the last Olympics in 1936, and Germany were not allowed to participate after losing the war.

Jimmy McLane paced the American team with two gold medals in the 1500 meter free and 800 free relay, and a silver in the 400 free. Ann Curtis, who had become the first woman and first swimmer to win the coveted Sullivan Award in 1944, was the darling in London. She won the 400 free and helped the USA win the 400 free relay. She also took home a silver medal in the 100 free.



ABOVE » Ann Curtis

1952

Helsinki, Finland

Top swimming nations:

- USA, 9 medals (4G, 2S, 3B)
- Hungary, 7 medals (4G, 2S, 1B)

Number of swimming events: 11

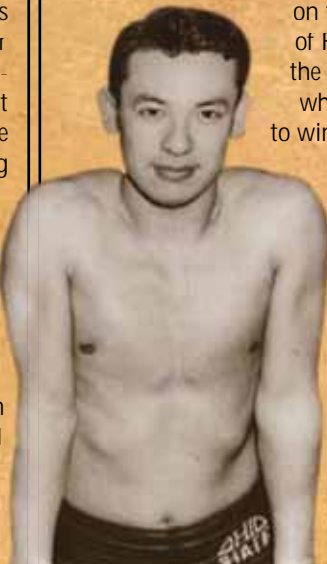
Russian athletes made their first appearance at the Olympics under the Soviet Union flag, though they would fail to win any swimming medals in their debut. And Germany had now split into two countries. With East Germany and West Germany refusing to participate under one flag, the East Germans decided to stay home.

Hungary was the surprise team in the pool, winning four of the five women's events. Katalin Szoke was the top Hungarian, winning the 100 free and 400 free relay. The American women could only watch in amazement, collecting just two bronze medals—in the relay and the 400 free (Evelyn Kawamoto).

France won its first-ever swimming gold medal, thanks to Jean Boiteux in the 400 free. Boiteux barely got his hand

on the wall ahead of Ford Konno of the United States, who was looking to win another gold after his success in the 1500. Konno would go on to win the most gold medals of any swimmer in Helsinki, with two golds plus a silver.

LEFT » Ford Konno



1956

Melbourne, Australia

Top swimming nations:

- Australia, 14 medals (8G, 4S, 2B)
- USA, 11 medals (2G, 4S, 5B)
- Japan, 5 medals (1G, 4S)

Number of swimming events: 13

Much history was made at the 1956 Games. Australia was the first country in the Southern Hemisphere to host the Olympics, and it responded with a

strong showing in all sports. Also, the butterfly stroke made its debut in the Olympic program since it first became a separate stroke in 1953.

Americans Bill Yorzyk and Shelly Mann won



ABOVE » Murray Rose

the inaugural Olympic events (200 meters for men and 100 for women).

Dawn Fraser began her march toward becoming the first person to win three consecutive gold medals in the same individual event with a win in the 100 freestyle in world record time. Lorraine Crapp, who finished second to Fraser in the 100, got her revenge in the 400 free, beating Fraser by eight seconds.

Murray Rose took his first stroke on the way to legendary status by winning the 400 and 1500 freestyles, making him the first person since Johnny Weismuller in 1924 to win two individual events at one Olympics. ♦

Olympic Flashback

BY JEFF COMMINGS • SPECIAL CONTRIBUTION BY STEVE JOHNSON • PHOTOS PROVIDED BY INTERNATIONAL SWIMMING HALL OF FAME

Each month beginning in January and running through July, Swimming World is chronicling the history of swimming at the Olympic Games from Athens in 1896 through Beijing in 2008.

COUNTRY TIDBITS

Editor's Note: Unless otherwise indicated, the performances for each of the following swimmers were swum at last year's World Championships in Shanghai, China (July 24-31, 2011).

Argentina (ARG)

Juan Martin Pereyra placed in the top 20 in a trio of events in Shanghai, taking 16th in the men's 800 free (7:59.05), 17th in the 1500 free (15:21.92) and 20th in the 400 free (3:51.03).



While Brazil's Cesar Cielo is a virtual lock to medal in the 50 free at the 2012 London Olympics, his compatriot, Thiago Pereira, will be looking to cash in on the monster potential he has shown in regional long course action and in international short course competition.

BY JASON MARSTELLER

Brazil's Thiago Pereira, 26, has been around the block a few times as an international swimmer from Brazil. Prior to Cesar Cielo jumping onto the scene more recently, Pereira was the man most likely to replace Gustavo Borges as Brazil's best swimmer (Borges won four Olympic medals at four Olympiads from 1992 to 2004).

In 2004, he took fifth in the men's 200 IM at the Athens Olympics, and moved up to fourth in the same event at the 2008 Beijing Olympics. In 2007, he broke a Mark Spitz record for most gold medals (five) at the Pan American Games with six.

This year, Pereira will be looking for his first Olympic medal. He has shown the ability to reach the podium in major international competition, winning a gold medal in the 200 IM at the 2004 World Short Course Championships. However, in an event in which Ryan Lochte and Michael Phelps will likely be 1-2 in either order in London, Pereira will probably have to settle for bronze.

Hungary's Laszlo Cseh could be the person most likely to complete the podium in London, winning silver medals at Beijing in the 200 fly, 200 IM and 400 IM. However, Pereira finished 2011 as the third-ranked swimmer in the 200 IM with a 1:57.35 from the Brazilian Long Course Nationals in May. Of course, Lochte and Phelps were in another stratosphere last year at Worlds, clocking 1:54.00 and 1:54.16, respectively.

Pereira might also have a shot for a medal in the 400 IM. He finished last year ranked eighth in the event (4:12.52), but his time is only a little more than a second slower than the second fastest time of 2011 (Tyler Clary's 4:11.17). Lochte turned in the No. 1 ranking with a 4:07.13. ♦



ABOVE » Brazil's Thiago Pereira, who has had plenty of international success over the years, will be looking for his first Olympic medal later this year in London.

PHOTO BY PETER H. BICK

DARKHORSE MEDAL CONTENDERS



As of March 1, 2012, there are 149 days until the opening ceremonies of the XXXth Olympic Games. Beginning in its January issue, Swimming World Magazine is providing monthly regional Olympic previews through June. This month: South America.

LANE LINES TO LONDON
2012 Olympic Preview: South America

Bolivia (BOL)

Karen Torrez topped her nation's efforts in Shanghai with a pair of sprint free finishes. She clocked a 27.08 to take 39th in the 50, while also taking 45th in the 100 (58.05).



Brazil (BRA)

Brazil is the top swimming nation in South America, and its top swimmer is Cesar Cielo, who will be looking to defend his Olympic title in the 50 free. In May 2011, he tested positive for furosemide (a masking agent) along with three other Brazilian swimmers, but Brazil only issued a warning based on questionable evidence that the positive test came from cross contamination. Cielo later fought off an appeal by FINA to overturn the warning and impose an actual punishment.



Chile (CHI)

Kristel Kobrich nearly ascended the podium with a fourth-place time of 16:03.50 in the women's 1500 free. She also placed ninth in the 800 free (8:28.76). Her efforts helped Chile to a 36th-place ranking in the overall team standings.



Colombia (COL)

Omar Pinzon helped lead Colombia to a 45th-place team ranking at last year's Worlds, finishing 13th in the men's 200 back (1:58.95). He also took 24th in the 100 back (54.88), 30th in the 200 fly (2:00.79) and 32nd in the 200 IM (2:04.38).



Ecuador (ECU)

Samantha Arevalo kept busy in Shanghai last summer, topping out with a 28th-place 9:00.96 in the 800 free. She also finished 29th in the 400 free (4:21.84), 31st in the 400 IM (4:58.87) and 33rd in the 200 IM (2:22.39).



Guyana (GUY)

Jessica Stephenson finished 36th in the women's 200 breast (2:46.28), while also taking 40th in the 100 breast (1:16.54).



Paraguay (PAR)

British Olympic swimmer Ben Hockin drew the ire of FINA in 2010 as the dual British/Paraguayan citizen swam for Paraguay at the 2010 South American Games, winning three silver medals and a bronze. Unfortunately for Hockin, he did not follow the proper steps back then to switch his sport nationality. With his suspension now completed, Hocking made semifinals of the men's 50 fly in Shanghai, finishing 16th with a 23.95. He also took 27th in the 100 fly (53.23), 33rd in the 200 free (1:49.85) and 36th in the 100 free (50.03).



1992 BARCELONA			
WOMEN - NONE			
MEN	100 FREE	GUSTAVO BORGES, BRA ANTHONY NESTY, SUR	● SILVER (49.43)
	100 FLY		● BRONZE (53.41)
1996 ATLANTA			
WOMEN - NONE			
MEN	50 FREE	FERNANDO SCHERER, BRA GUSTAVO BORGES, BRA GUSTAVO BORGES, BRA	● BRONZE (22.29)
	100 FREE		● BRONZE (49.02)
	200 FREE		● SILVER (1:48.08)
2000 SYDNEY			
WOMEN - NONE			
MEN	400 FR	BRAZIL	● BRONZE (3:17.40)
2004 ATHENS			
WOMEN	400 IM	GEORGINA BARDACH, ARG	● BRONZE (4:37.51)
MEN - NONE			
2008 BEIJING			
WOMEN - NONE			
MEN	50 FREE	CESAR CIELO, BRA CESAR CIELO, BRA	● GOLD (21.30)
	100 FREE		● BRONZE (47.67 TIE)

Peru (PER)

Freestyler Daniela Kaori Miyahara placed 30th in the women's 800 (9:02.28) and 31st in the 400 (4:23.33).



Suriname (SUR)

Marcelino Richaards placed 33rd in the men's 50 fly (25.36) and 48th in the 100 fly (56.51).



Uruguay (URU)

Ines Remersaro Coronel led her country last summer with a 35th-place finish (2:21.07) in the women's 200 back and a 47th in the 100 back (1:05.73).



Venezuela (VEN)

Andreina Pinto (along with Chile's Kristel Kobrich) is another female distance freestyler moving up the ranks in South America. Pinto took 12th in the 400 (4:08.80), 14th in the 1500 (16:23.96) and 15th in the 800 (8:33.62).



Q&A WITH COACH LEA MAURER

COACH LEA MAURER

BY MICHAEL J. STOTT

Stanford's Lea Maurer has leveraged aquatic knowledge and team dynamic taught by coaches John Collins, Randy Reese and Richard Quick to produce young women who excel in all phases of life.



PHOTO PROVIDED BY STANFORD UNIVERSITY

Head Women's Coach Stanford University Palo Alto, Calif.

Stanford grad Lea Loveless Maurer (B.A., American studies; M.A., education '94), won four NCAA backstroke titles (three in the 100 and one in the 200) and was on six Cardinal championship relays. The American record holder in the 100 back from 1992 until 2001, she spent 11 years on the U.S. national team, winning Olympic gold (4 x 100 medley relay) and bronze (100 back) medals in 1992 and a gold medal at the 1998 World Championships. In seven years, her Stanford women have compiled a 61-5 dual meet mark, have won two Pac-10 Championships and have never finished lower than fifth at NAAs. Her swimmers have earned 127 All-America honors and have swum on U.S. World, Pan Pac, Pan Am, World University and Olympic teams. In 2007, she was a Team USA coach for the Pan American Games.

Q *Swimming World:*
• You are a New Yorker.
• How does your direct conversational style translate into successful coaching?

A: **Coach Lea Maurer:**
Communicating with athletes is critical to success. I want to understand them, things that excite them and what they fear as it relates to their goals. As a long-time swimmer and now a coach, I know how important it is to know where you stand. My team knows that I care about them as people and as athletes, so we have honest conversations based on trust.

You are also a "Think Big" person. Is that part of the John Collins/Badger Swim Club influence?

John had all of us thinking about the requirements to be the best in the world. Very few small clubs have done what he has done at Badger. I believe that big dreams can come true if you work at them daily. I expect our Stanford athletes to operate that way, and that comes from John Collins. He is a national treasure for USA Swimming.

You switched from Randy Reese at Florida to Stanford. Why?

Randy was instrumental

in taking the foundation established by John and fine-tuning my mental approach to swimming. I never would have made the Olympic team without Randy's influence. When Randy left Florida after my freshman year, I had the opportunity to go to Stanford and swim for Richard Quick. That move was life changing, as I met my husband and am now coaching at a place I love. Randy and Richard did much for me. Randy is extremely creative and continues to be a tremendous mentor.

What was it like swimming for Richard?

He had tremendous enthusiasm and set a very high standard. Training every day with Jenny Thompson, Summer Sanders, Janet Evans, Janel Jorgenson and all of my teammates compelled me to bring my very best every day. My best friends were on those teams, and Richard created that environment. We talk a lot about a tradition of sisterhood at Stanford, and we want the ladies to understand that the challenges we face every day will (lead them to) bond for life.

Going from assistant coach at Northwestern to a 10-year run at Lake Forest High School (Ill.), where you won eight IHSA coach of the year awards, three state titles and two national championships—how sweet was that?

The sweetest part was seeing the program evolve. When we arrived,

LFHS had finished fourth once. Over time, we consistently won our conference and finished near the top of the state meet. Our team kept growing, and the expectations kept rising each year. By the time we had kids such as Lindsey Kelly, Sam Kintz and Matt Grevers, they expected to be part of championship teams. They knew they were going to swim fast, and it encouraged everyone else.

How did being an English teacher advance your swimming career?

Superintendent Dr. Bob Kessler at LFHS was an awesome mentor with tremendous character. He was looking for an English teacher and a swimming coach. That fit my skill set. LFHS supported me in getting my teaching certificate and then my effort to qualify for the 2000 Olympic team.

You ask your athletes to do their best each day....

We work hard to value the present. You only have one opportunity to do your best today—in the pool, in the classroom and in life.

How does goal-setting work at Stanford?

I ask the athletes to break their goals into manageable pieces—for example, “How is it specifically that you want to go 46.5 in the 100 free?” Leading up to the 1976 Olympics, John Naber had a daily goal for time drops to win a gold medal and set a world record. Little things add up to “Big Things.”

What's the importance of senior leadership?

Tradition and culture come from within the program. I didn't fully appreciate it until I graduated our 10-member senior class in 2010, including Julia Smit and Elaine Breeden. They were our first recruiting class, and they fully bought in to Stanford swimming. It freed our staff to focus on coaching. The swimmers focused on culture. Leadership is critical, and a team can never have enough of it.

What's the benefit to your team's inner focus?

Maximizing potential. We are competing to bring out the very best in ourselves. We are not going to let what is going on with other teams distract us from our goals. The benefit is we have more control over our emotions, races and success.

Divers aside, the average team height is 5-9. Do you only recruit tall girls?

The athleticism and depth in women's swimming has come so far in the past 20 years. We recruit hard-working, intelligent young women with big goals for the pool, classroom and beyond. There's no height requirement—if there were, I never would have gotten in.

How important is length in swimming?

It has served swimmers such as Julia Smit, Elaine Breeden and others very well. The biomechanics can be a real plus. In swimming, heart, courage, work ethic and tenacity play important roles and allow one to work to greatness. Length and talent are a good start—but they are only a start.

Alexandra Gabor—how did you find a sprinter in Whitehorse, Yukon Territory?

College swimming has gone global. We look for great young women looking to pursue excellence in everything that they do. We watched Alex swim at the Worlds in Rome in 2009 and were really impressed. The more we learned about her coming from a town inside the Arctic Circle, we were absolutely blown away. Alex just had surgery for an old injury and is working her way back into the pool. We can't wait to see what she can do.

What's the difference in coaching an elite male such as Matt Grevers and exceptional women such as Elaine Breeden, Julia Smit and Maya DiRado?

Gender is not the issue. My goal is to connect with the people in our program. When I started with Matt, he was 13, and we coached him until he was 21. He has a great family who supported both Matt and me. At Stanford, we are working with women to transition from teenhood to womanhood. They are on their own for the first time, balancing busy, incredible lives. We love the opportunity to work with them as they grow through the process. That maturity translates into better swimming and a better team. ♦

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



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MAYA DiRADO

BY MICHAEL J. STOTT

“We have found our voice,” says Stanford coach Lea Maurer of her 2011-12 women’s squad. For Maurer, a trademark of a good team is one that is animated, talkative and loud—much like the coach herself.

“We are young and working through some injuries, but this sophomore class is hungry.

[PHOTO PROVIDED BY STANFORD UNIVERSITY]



ABOVE » Maya DiRado

PROGRESSION OF TIMES			
SCY	2009	2010	2011
200 Back	1:55.11	1:52.04	1:52.45
200 IM	1:57.08	1:56.17	1:54.66
400 IM	4:06.48	4:03.73	4:01.02

They want to be the best of the best.” That class includes the likes of Felicia Lee, Andi Taylor and Maya DiRado.

DiRado earned a gold medal last summer at the World University Games in China in the 400 meter IM (4:40.79) after a stellar summer nationals, where she garnered silver in that event (4:37.88), a bronze medal in the 200 IM (2:11.92), two top-four finishes in relays and evening swims in the 200 free and 200 back.

A 10-time high school All-American at Maria Carrillo High in Santa Rosa, Calif., the 5-9 DiRado is primarily an IM and backstroke specialist who also records some of Stanford’s fastest relay splits.

“Maya is versatile, a racer and good across the board, both in dryland and in the water,” notes her coach. “She is also coachable—Maya is

able to make and retain stroke changes, even on short notice in championship environments where her resiliency is phenomenal.

“Her gift is her sense of humor. She has confidence and faith in the program, is a team leader and believes in her teammates so much that it helps them believe in themselves.”

As an example, DiRado was disqualified in the 200 IM at the World University Games. U.S. coaches launched a protest, but the swimmer’s first response was an apology. The second was a promise to do better in the 400 IM, which she won. Her Games coaches asked Maurer, “Can we bottle her up and get five more like her?”

“Maya loves the sport,” says Maurer. “She’s a fighter and really well grounded.” ♦

TYPICAL WORKOUTS

1) 2500 for time
2) 200 free, breast, back (150 of each, 100 of each, 50 of each)

3 x 200 kick straight then take :05 at the 50 then take :10 at the 50 all on 3:00

2 x 25 fly on the :24, :22, :20, :18, :16
2 x 25 back on the :24, :22, :20, :18, :16

2 x 25 breast on the :26, :24, :22, :20, :18
2 x 25 free on the :20, :18, :16, :14, :12

1:00 rest
2 x 25 on the :28, :26, :24, :22, :20
rest 1:00
repeat 2 x 25 on the :28, :26, :24, :22, :20

30 x 50 descend 1-3
100 drill on 1:30 (throughout set).
Drill is 25 of your stroke for the 30 x 50 set; last 75 is free.

3 x 50 on the :32
100 drill
3 x 50 on the :34
100 drill
3 x 50 on the :36
100 drill
3 x 50 on the :38
100 drill
3 x 50 on the :40
100 drill
3 x 50 on the :42
100 drill
3 x 50 on the :44
100 drill
3 x 50 on the :46
100 drill
3 x 50 on the :48
100 drill

3 x 50 on the :50
100 drill

Circuit Day

8 x 25 on the :17
1 x 100 on the 1:08
rest :17 - 4 rounds

In a 12.5-yard pool:
2 x 50 on the 1:00
4 x 25 kick on the :30
8 x 12.5 on the :15
2 x 100 on the 1:20
8 x 25 on the :30

Cords

10 x 75 on the 2:00

Part II of a two-part series on volume explores a “less-is-more” approach as championed by coaches such as USC’s Dave Salo.

Editor’s Note: This is the second of a two-part series. Last month, Swimming World examined the premise that mega-yardage is a requisite for distance swimming excellence.

Denis Cottrell coached Australian great Grant Hackett for 16 years. Besides his four World Championship and two Olympic (2000, 2004) gold medals in the 1500 meter free, Hackett went undefeated in the event from 1996 until the 2007 World Championships.

“Grant never did the ultra-high mileage that the American coaches did back in the ‘70s,” Cottrell says. “He would swim 70 to 75,000 (meters/week) tops. What made him great was he did the volume and the intensity with the required specificity for his particular events. And a lot was done at race pace.”

Cottrell continues the same approach today with three world-ranked Chinese swimmers, two of whom are current world record holders. Zhang Lin took down Hackett’s 800 meter free mark in 2009 with his 7:32.12, and last July, Sun Yang clipped Hackett’s 10-year-old mile standard with his 14:34.14.

Jon Urbanchek’s success with Tom Dolan, Chris Thompson and Eric Namesnik earned him a reputation as a distance coach, an appellation he rejects.

“I’m a middle distance coach,” he says. “I never got caught up in that high mileage ‘70s training.” At Long Beach, Michigan and now the Fullerton Aquatics Sports Team, he tries to get workouts

completed in two hours. “That’s the length of my attention span. If I can’t get it done in two hours, my athletes can’t either,” he says.

LESS IS MORE

These days, Dave Salo, who swam under Urbanchek, epitomizes the growing “less-is-more” training mindset that emphasizes race pace training and quality over quantity. A swimming scientist (Ph.D., exercise physiology, USC, ‘91) as well as an ASCA Hall of Fame coach, Salo’s training philosophy has been formed by study, practice and personal experience.

His road to “less is more” began in the ‘70s.

“I was a swimmer and trained in the traditional methods of the time—volume-based, overdistance, aerobic base—even though my events were 200 and down. When I studied exercise physiology at Long Beach State and the University of Southern California, I was exposed to thoughts on training that were quite contrary to the methods used throughout my years of training and even in my first four to five years of coaching,” he says. “As I researched the physiology of training and better understood the effects of training methods on physiologic systems that affect performance, I changed my ideas about training and moved toward a race-pace, quality-versus-quantity mindset.

“In addition to changing the training methods I used with my swim—

— continued on 30

BY MICHAEL J. STOTT

The Case for Less Volume



PICTURED » Dave Salo epitomizes the growing “less-is-more” training mindset that emphasizes race pace training and quality over quantity. A swimming scientist as well as an ASCA Hall of Fame coach, Salo’s training philosophy has been formed by study, practice and personal experience.

[PHOTO PROVIDED BY UNIVERSITY OF SOUTHERN CALIFORNIA]

mers, I also explored this philosophy in training myself for triathlon competitions as well as marathon running and post-graduate swimming competition. The results of my personal experiences made as much of an impact on my coaching philosophy as did published research that I studied," he says.

Saló's approach to training has varied little in the last 25 years. Simply stated, he strives to make it interesting, innovative, engaging and fun. He employs methods that are conducted at race pace and faster intensities with a more focused attention on stroke technique. He has found that concentrating more on technique and race pace tends to reduce the emphasis on volume and overdistance training.

"Effectively, my training sessions probably constitute more than 75 percent faster than race-pace intensities with repeat distances more often than not at lengths much less than race distances (i.e., 25-50-75, etc). Because workloads are conducted over shorter distances at higher intensities, the average intensity of most training sessions is significantly higher," he says.

One clear benefit is that Saló is able to give enhanced feedback to athletes. Sets such as 20 x 25 on 15 seconds rest allows for 10 seconds of feedback for every 12 seconds of effort versus 1 x 500 with feedback restricted to once after a sustained work effort of upwards of five minutes.

"Because volume does not play a significant role in the design of my training sessions, I can focus more on the content of the training session and strive to make them relevant to an athlete's particular event—be it a 50 or a 1500 swim. These generally last no more than two hours each.

"The overriding factor in my training sessions is that

a race is not a solely cardiovascular event, but equally—and maybe more importantly—a neuromuscular event. I am often criticized that my workouts won't engage the CV system, but I don't find that to be true at all. What I see is that cardiovascular conditioning is engaged at a very high level. At the same time, the neuromuscular system and biochemical systems (lactate metabolism, buffering capacity, etc.) are engaged as well," he notes.

DEVELOPING THE METHODOLOGY

Saló's first intimation that the methodology worked came from his unpublished master's thesis and some unconventional research studies. He confirmed it in the early '80s while training for a marathon. He did it training 30 to 45 minutes per day, three to four days per week, running at paces faster than his intended race pace.

"I ran my first—and last ever—marathon in 3 hours and 29 minutes. I considered that pretty significant," he says. "Of course, I did not anticipate how sore I would be for weeks later."

In his first coaching job at the Downey Dolphin Swim Team in Southern California, Saló experienced considerable success with 12-year-old Rod Snyder, who swam sub-5:00 for the 500 yard freestyle and became a junior national qualifier in the 1000 and 1650. The bulk of Snyder's training was split between 25-yard and 20-yard pools doing many 25s and 50s.

Subsequently, as head coach of Irvine Novaquatics, Saló has vaulted athletes such as Amanda Beard, Jason Lezak, Aaron Peirsol and Milorad Cavic, among others, to unparalleled international success.

"Obviously, Ous Mellouli is my most significant 'distance' swimmer— (although) I prefer the

term 'long sprinter.' In the five years that I have coached Ous—including the run-up to the Beijing Olympic Games—he has not swum more than 800 meters straight in a training session, and he has not done a series of repeats of anything like 3-to-5 by 800. In fact, the last six to eight weeks for 2008 was significantly impacted by two bulging discs that compromised his training dramatically," says Saló.

When coaching athletes for the 1500 free and those assigned to his "long sprint" group, work often includes longer swims in series, generally broken up with race-pace or faster shorter swims.

One example is: 800 + (6 x 50) + 600 + (6 x 50) + 400 + (6 x 50) + 200 + (6 x 50) + (3 x 200).

"Here, intervals for the longer swims are set to allow the athlete ample recovery (30-45 seconds) so as not to drive performance." Specific details may be as follows, Saló says:

Longer swims: "Negative-split by no less than five seconds with the last 50 to 75 meters faster than the athlete's intention for the race. With Mellouli, I tell him it needs to be no slower than the time his competition is coming back in."

Sets of 50s: "These sets are on an interval that may range from five to 20 seconds rest, depending on the purpose of the set. I expect these to be generally swum at a 200 race pace or faster—sometimes with foot touch and sometimes equal to the planned last 50 pace of a 200 with hand touch."

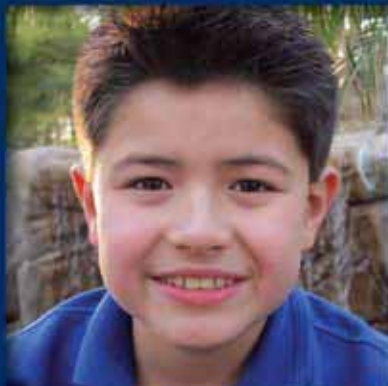
Last 3 x 200s: "These may be descending 1 to 3 with an interval that allows for a minimum of 20 seconds rest. These are conducted under a pre-stress load from the previous series of swims. (This enables) the athlete (to be) challenged to swim fast under strenuous biological and psychological conditions—such as those encountered in a race." ♦

[PHOTO PROVIDED BY LE PRESSE AND SHANDREW PR]

PICTURED » "Obviously, Ous Mellouli is my most significant 'distance' swimmer," says Saló. "In the five years that I have coached Ous—including the run-up to the Beijing Olympic Games—he has not swum more than 800 meters straight in a training session, and he has not done a series of repeats of anything like 3-to-5 by 800."



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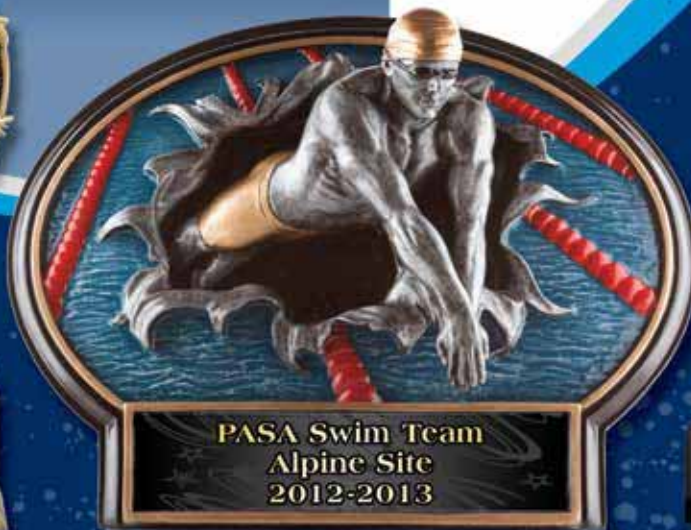
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American relay

BY JUDY JACOB

INDIANA

Team Indiana took charge of the Mid-States 14-and-Under All-Star Championships, Jan. 7-8, in Indianapolis, combining for 4,043 points. Team Kentucky edged the Ohio Quad Team for second, 3,512.5 to 3,442.5.

Leading the way for Team Indiana were meet record setters **Claire Adams** (13-14 girls 100 yard back, 57.83), **Lauren Edelman** (11-12 girls 100 fly, 59.74), **Maggie Janns** (13-14 girls 1650 free, 17:41.84) and the 10-and-under boys 200 medley relay quartet of **Zach Wilson, Patrick Cavanaugh, Drew Stage** and **Alec DeLong** (2:05.38).

Ohio's **Lauren Heller** set an individual meet record in the 13-14 girls 200 free (1:53.37) and combined with **Amber Kovach, Claire Doerr** and **Maddison Eckley** to set a meet standard in the 400 free relay (3:33.69). **Madison Whitman** joined Doerr, Kovach and Heller for another meet record in the 400 medley relay (3:59.87).

Michigan's **Jack Warden, Casey Dolan, Derek Maas** and **Sam Smith** lowered the 10-and-under boys 200 free relay mark to 1:49.69, while Kentucky's 13-14 quartet of **Mathew Rogers, Cameron Younger, Evan Doyle** and **Thomas Deaton** combined for a 3:25.70 record in the 400 free relay.

KANSAS

Jordan Portela of Missouri Valley lowered four meet records at the Midwest All-Star Championships, Jan. 14-15, at Lawrence in the 11-12 boys 100 and 200 yard free (51.65 and 1:53.20), 50 back (26.40r) and 50 fly (25.72).

Also claiming records were Midwestern's **Olivia Calegan** in the 11-12 girls 50 breast (31.08) and 100 IM (1:01.16) and Iowa's **Leo Xiao** in the 11-12 boys 50 and 100 breast (29.76 and 1:03.76), along with **Courtney Caldwell**, Missouri Valley (13-14 girls 100 free, 52.06);

Kelsey Drake, Iowa (13-14 girls 100 fly, 57.58); **Haley Hynes**, Missouri Valley (13-14 girls 100 back, 57.17); **Annie Ochitwa**, Colorado (13-14 girls 100 free, 52.06); and **Alex Petry**, Midwest (10-and-under boys 100 breast, 1:13.22). The lone relay standard fell to the Colorado 13-14 girls team of **Ella Moynihan, Kaylee Gassen**, Drozda and Ochitwa in the 400 free relay (3:32.93).

Colorado Swimming's All-Stars combined for 1,887.5 points to claim the team title, ahead of Midwestern, 1,134 to 1,122.

High-point winners included **Berkeley Livingston**, Midwestern, and **Philip Manoff**, Colorado (10-and-under); **Katherine Harston**, Colorado, and **Portela** (11-12); Drozda and **Jonah Saya**, both of Colorado (13-14).

NEW JERSEY

Germantown Academy's **Arthur Frayler** rewrote the record book in three events at the CeraVe Invitational, sponsored by Berkeley Aquatic Club, Jan. 13-15, at Rutgers University in Piscataway.

Frayler set meet marks in the 400, 800 and 1500 meter free (3:56.39, 8:02.01 and 15:12.47). Teammate **Rachel Zilinskas** lowered the women's 1500 free record to 16:37.32. **Lia Neal**, Asphalt Green, bettered meet records in the women's 50 and 100 free (25.56 and 55.88), as did Morris County's **Roo Fenton** (10-and-under boys 50 free, 30.12) and **Vincent Marciano** (10-and-under boys 50 back, 34.28); and Long Island Aquatic Club's **Cara Treible** (13-14 girls 100 free, 59.70) and **Zachary Towers** (13-14 boys 200 fly, 2:13.25). ♦

Online Premium Members click here at www.SwimmingWorldMagazine.com to watch the races at the CeraVe Invitational (New Jersey), as produced by SwimmingWorld.TV.

[PHOTO BY BARRY FRANK PHOTOGRAPHY]



ABOVE » COLORADO >> Colorado Swimming's All-Stars won the team title at the Midwest All-Star Championships, Jan. 14-15, in Lawrence, Kan.



AGE GROUP SWIMMER *of the MONTH*

Trevor Layden—Jordan Portela’s coach at Lawrence Aquahawks in Kansas—says his young swimmer’s “hard work in the pool at practice and attention to detail is paying off in dividends right now.”

The results of that hard work were evident at the Midwest All-Star Meet, Jan. 14-15, in Lawrence, where Portela competed as a member of the Missouri Valley team.

Jordan earned the 11-12 boys high-point trophy and set meet records in the 50 yard back (26.40r, good for No. 3 in the NAG Top 10 list as of late January), 100 free (51.65, No. 5), 200 free (1:53.20, No. 10) and 50 fly (25.72, No. 10). He also claimed the No. 10 spot with his 50 free leadoff split (23.85) in the 200 free relay and took first in both the 500 free (5:07.65) and 100 fly (57.52).

At last summer’s Central Zone Championships, Aug. 5-7, in Topeka, Kan., Portela came in second in both the 50 yard back (31.19) and 100 fly (1:07.22), third in the 200 free (2:15.68), fourth in the 50 free (27.88) and fifth in the 100 free (1:00.67p).

One day, he would like to attend the University of Minnesota and follow in the footsteps of his brother, Anthony, a 2009 graduate and All-American, and sister, Chloe, a current freshman and member of the Puerto Rican national team.

He also would like to compete in the Olympics—just like his father, Antonio, who competed in 1984 at Los Angeles in the 100 meter free, swimming for Puerto Rico. ♦



◆◆◆◆ **JORDAN PORTELA** ◆◆◆◆
AGE 12
Lawrence Aquahawks
Lawrence, Kansas

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We guarantee you will swim faster, or your swim camps are FREE! Five-day, co-ed camps, ages 7-up, daily frame-by-frame underwater videotape analysis, 2 2-hour pool sessions and 1.5 hours dryland/day, strength training, stretching, co-ordination drills, 2 sessions Microfiber Reduction, POWERBELT, 2500 yard drill set, Internet stroke analysis available. Grads have won 43 Gold Medals, set 11 World Records. Age group swimmers have cut times 3-18%, top 16, national champions! We teach parents how to teach drills & take underwater videos. \$3,500 plus hotel. Camps in Tampa and San Francisco. Call for \$20 registration package. Camps limited to just 10 swimmers each for individual attention.

April 9-11: Free or Back
June 25-29: Free or Back
July 2-6, 9-13: Free or Back
July 16-20: Fly
July 23-27: Breast
December 24-28: Free or Back

Camp Ak-O-Mak for Girls

Dianne Young, Executive Director
14-441 Stonehenge Drive
Ancaster, ON, Canada L9K 0B1
416-427-3171; 905-304-2982
dianne@campakomak.com
www.campakomak.com

World's First Swim & Sports Camp for Girls
(Ages 7 – 16)

Camp Ak-O-Mak, founded in 1928 on beautiful Ahmic Lake, Ontario, Canada, is North America's first competitive swim camp for girls ages 7 – 16. Trade the chlorine and fluorescent lights for pure, fresh water and healthy sunshine as you train in our 50 meter and 25 yard pools, built right into the lake! Ak-O-Mak provides swimmers with the perfect combination of excellence in swimming

development (at all levels) and a traditional summer camp experience. We specialize in competitive and open water swimming, triathlon and canoe/kayak sprint racing, all overseen by visiting Olympic and National coaches. Try tennis, ropes course, kayaking, canoeing, sailing, mountain-biking and more and you will be challenged and refreshed as you enjoy participating in over 25 sports and activities that renew your spirit and enhance your swimming. Campers from the USA, Canada and the world over enjoy cabin living, canoeing, campfires, home-cooked meals, and forging life-long friendships. Ahmic Lake, Ontario – where a swim camp out to be!

June 27 – Aug. 15 (7 week)
June 27 – July 24 (4 week)
June 27 – July 11 (2 week)
July 25 – Aug. 15 (3 week)
July 25 – Aug. 8 (2 week)
Aug. 18 – Sept. 1 (2 week)

The Arete Swim Camp

Coach Chuck Warner,
Camp Director
1050 Dellwood Rd.
Martinsville, NJ 08836
areteswimcamp@gmail.com
www.areteswim.com

The ARETE SWIM CAMP is a technique and self-image based camp that's received critical acclaim and sold out sessions for eleven consecutive years. The mission of the camp is to promote the internal strength of each camper through a series of mental training games and the refining of stroke technique from body balance to advanced skills. This summer, we will be in five locations in New Jersey: North (Ramapo College); Central (Camp Cromwell and Fairleigh Dickinson University); Jersey Shore (The Atlantic Club) and South (Rowan University). Coach Chuck Warner is the camp creator and director. He is a three-time USA National Team coach, four-time Big East Conference coach of the year while at Rutgers University, author of the book "Four Champions, One Gold Medal" and former President of the American Swimming Coaching Association. Coach Warner works with all the campers every day. For campers aged 8 – 18. Cost: \$525 Commuter; \$725 Resident

June 17-21, 20-24, 24-28, July 1-5
Mini Camps: Aug 6-9, 28-30

Auburn Swim Camps

Brett Hawke, Frank Bradley and Rowdy Gaines, Coaches
P.O. Box 351
Auburn, AL 36831-0351
334-844-9746;
Fax: 334-844-0703
auswimcamps@gmail.com
www.auburnswimcamps.com

"HOME OF CHAMPIONS"

Head Coach of Auburn University's Swimming and Diving Teams, Two-time Olympian, Coach of former Auburn swimmer and 2008 Beijing Olympic Gold-Medalist, Cesar Cielo, 2009 World Championships Asst.Coach (Brazil) and 2008 Olympic Coach (Brazil) and 2009 SEC and NCAA Co-Head Coach of the Year, Brett Hawke, will be joined by a staff of highly qualified, accomplished, and enthusiastic coaches, counselors and collegiate swimmers to present the 2012 Auburn Swim Camps. Brett Hawke's coaching staff will combine the best of the Auburn Camp Tradition while incorporating the techniques used to create champions across the globe. This camp will feature technique instruction which will provide swimmers with the tools for success that can be applied to their training and development throughout their careers. Auburn men and women have won a combined 13 NCAA Championship titles and a combined 22 SEC Championships! Spend a week at the "Home of Champions" and learn how to be the best that you can be at the 2011 Auburn Swim Camps. All swimmers ages 9 – 18 are welcome. Enrollment is limited and sessions do sell out, so don't delay. Register TODAY!

DAVE DENNISTON & FRIENDS ULTIMATE BREASTSTROKE DAY CAMP

May 5-6 (Limited to 60 participants)

5-DAY AUBURN SWIM CAMPS

Session I – May 27 – 31

Session II – June 3 - 7

Session III – June 10-14

**Check Out Complete
Camp Listings on
SwimmingWorld.com**

Bolles School Swim Camps

Sergio Lopez, Coach
7400 San Jose Blvd.
Jacksonville, FL 32217
904-256-5216
Fax: 904-733-0176
lopezs@bolles.org
www.Bolles.org

Under the direction of Sergio Lopez, head coach of The Bolles School swimming program, The Bolles School Swim Camps are developmental camps designed to provide quality instruction and training to swimmers of all abilities. All training and instruction will take place on The Bolles School's San Jose Campus, located on the St. Johns River. Campers will reside in The Bolles School's air conditioned dormitory rooms with 24-hour supervision and meals provided three times a day. One week camps are intended for swimmers ages nine and older, representing all ability levels. The typical daily schedule will include 50-meter and 25-yard training, stroke technique and classroom lecture sessions, video taping and analysis starts and turns, and a fun daytime activity. One week camps will be limited to 25 swimmers per week. The elite camp is designed for experienced swimmers ages 13 years or older. Elite campers will train and compete with members of the Bolles Sharks swimming program including national high school champions, Florida high school state champions, high school All-Americans and Olympians. See display ad on page 7.

One Week Camp: June 10-15

Elite Camps: June 10-July 28 (Up to 7 Weeks)

Mini Camp: June 8-10

Camp Chikopi for Boys

The World's First Swim Camp (1920)

Bob and Colette Duenkel,
Camp Directors
373 Chikopi Road
Magnetawan, ON Canada POA
1P0

Off Season – 954-566-8235

In Season – 705-387-3811

Fax: Off Season – 954-566-3951

In Season – 705-387-4747

campchikopi@aol.com

www.campchikopi.com

Sports and Wilderness Too

Established in 1920, we are the world's first competitive swimming camp. Our program emphasizes proper stroke mechanics, improving speed, and building self-confidence. Through individualized instruction,

we do this with a staff of experienced coaches and a group of visiting coaches from Olympic, national, university and high school levels. Our 50m and 25m in-the-lake pool offers swimmers a refreshing change. We take the boys out of the chlorinated pool and into a clean-water lake. Our open-water training smoothes out strokes and provides for excellent endurance training. When not in the water, our blend of sports and camp experiences provides the setting for everyone to improve overall fitness and build self-confidence. We supplement our swimming workouts with cross-training of over 25 varied land and water sports. We give each camper the leadership, guidance and coaching to do his best. One of our many highlights is our canoe trip. We are in the canoe tripping region of Ontario, and the scenery is spectacular. Our canoe trips are fun, challenging and a resourceful part of camp. Paddling muscles and swimming muscles are one in the same. We are a fun, safe camp. With a 3-to-1 camper-to-staff ratio, constant supervision and individualized attention are guaranteed. Choosing the right summer camp for your son is a careful and planned decision. We look forward to having your son join us in the exciting Camp Chikopi experience this summer.

June 27-Aug. 15: 7 week

June 27-July 25: 4 week

July 18-Aug 15: 4 week

June 27-July 11: 2 week

July 18-Aug 1: 2 week

Aug. 19-Sept 1: 2 week

Camp FLA at Fort Lauderdale Aquatics

Vicente Andrade, Camp Director
Fort Lauderdale Aquatic
Complex at The International
Swimming Hall of Fame
501 Seabreeze Blvd.
Fort Lauderdale, FL 33316
888-FLA-SWIM (352-7946)
954-468-5590
Fax: 954-468-5595
Camp@FLAswim.com
www.FLAswim.com/camp

"Dream, Believe, Achieve"

Camp FLA is for EVERYONE! From the beginning competitive swimmer who wants to learn from the best, to the Champion who wants to achieve at the highest level this season; and everyone in between. **Elite Camp** for swimmers 14 and older with 4 Florida summer sectional qualifying standards, **Resident Camp** for ages 9-18, **Day Camp** for ages 7-18; and our new **Fun Swimming Summer Camp** for novice

swimmers aged 5-13. Six practice groups available to help every ability at every age. Everyone gets better at CAMP FLA. Olympic coach and 2-time National Champion, Duffy Dillon, as well as USA National Team Coach Dave Gibson bring decades of International and National experience for swimmers of all ages and abilities and lead a staff of one of the USA's most prominent Club and Camp programs. Daily stroke sessions, long and short course training, a dry-land session, daily underwater and overwater video analysis and classroom talks covering motivation, race strategies and nutrition. Social activity each evening for resident and elite campers and one special day trip each week for all campers. Specialized individual and team training camps are available throughout the rest of the year.. A 2-week minimum is recommended to experience the full camp program.

June 3 – August 11, 2011

1 to 10 week sessions

Day and Resident Campers

DUKE Swim Camp

Dawn Kane (Asst. Coach),
Camp Director
P.O. Box 90555
Durham, NC 27708
919-668-2172
Fax: 919-681-7866
dkane@duaa.duke.edu
www.dukeswimcamp.com

Duke Swim Camp is located in Durham, North Carolina on the beautiful campus of Duke University. This camp is open to boys and girls above the age of 10 and is specifically designed for the swimmer wanting to learn elite level techniques and training skills. Enrollment is limited to 30 to ensure the most effective staff ratio and pool space. Register now to secure your space for summer 2012. The staff will conduct two daily sessions, which will include video feedback. Cost: \$675 overnight; \$550 day camper. Sibling, team and Duke employee discounts offered. Visit website for more details.

June 10-14, June 16-20 Team Camp, July 8-12



Hartwick College Competitive Swimming and Diving Camps

Celebrating Its 33rd Year

Dale Rothenberger, Director
Hartwick College
Oneonta, NY 13820
607-431-4714

Fax: 607-431-4018

rothenberged@hartwick.edu

www.hartwick.edu/sportscamps.xml

An extensive program for ages 8-18 (coeducational...resident and commuter campers) emphasizing improvement in the fundamental skills of competitive swimmers and divers. Morning, afternoon and evening sessions will balance time spending with water and dryland training. Above and under-water filming and analysis. Lectures on nutrition, mental preparation, strength training, etc. Sprint/distance camp emphasizes conditioning and proper training of the major energy systems. Diving camp concentrates on technical improvement on 1 and 3-meter springboard diving. Stroke camp enables competitive swimmers to develop skills and techniques in starts, turns, IM and competitive strokes. Special two and three-week sessions are available. Director, Dale Rothenberger, Hartwick swimming and diving coach, will be joined by a staff of highly experienced coaches, counselors and guest clinicians (1:6 staff/camper ratio). Enrollment limit guarantees individual attention and frequent feedback. E-mail or call for a brochure/application. Residential Camp: \$555 per week; Commuter Camp: \$450 per week. (Multiple-week discounts available)

June 24-29: Springboard Diving Camp

July 8-14: Stroke Technique

July 15-21: Stroke Technique/Sprint/Distance Camps

July 22-28: Stroke Technique

Husker Swim Camp

Pablo Morales, Camp Director
107F Bob Devaney Sports Center
Lincoln, NE 68588-0653
402-472-3186

huskerswimcamps@hotmail.com
www.huskers.com

For that great all-inclusive swim camp experience, nothing beats Husker Swim Camps. Gold-medal Olympian and Nebraska head coach Pablo Morales leads an outstanding staff that provides the best in swim camp essentials, including: skill develop-

ment—drill progressions and individual stroke feedback (both verbal and written) on each stroke, starts and turns, and underwater efficiency; training sessions that incorporate all areas of conditioning and which are structured and modified toward the capability and experience of the individual camper; and exposure to a wide range of both on-deck and classroom presentations on subjects important to the full development of the competitive swimmer. Overall our objective is to help you learn to swim faster, increase your enjoyment and appreciation for competitive swimming, and make sure you take with you memories of fun and friendship that will last a lifetime. Tuition is \$540 for residents, \$440 for commuters. Price includes free snorkel and t-shirt. Register online today. See display ad on page 40.

Session 1: June 3-8

Session 2: June 10-15

Session 3: June 17-22

Longhorns Swim Camp

Jon Alter, Director
Intercollegiate Athletics
The University of Texas
P.O. Box 7399

Austin, TX 78713-7399

512-475-8652

Fax: 512-232-1273

longhornswimcamp@athletics.utexas.edu

www.longhornswimcamp.com

Headed by 2008 Olympic and Texas head coaches Eddie Reese, Kim Brackin and assistant coaches Kris Kubik (2009 World Championships coach) and Jim Henry, the 35th annual Longhorns Swim Camp is one of the most exciting camps in the country! Guest coaches and speakers include Olympians Aaron Peirsol, Brendan Hansen, Ian Crocker, Kathleen Hersey, Colleen Lanne-Cox, Garrett Weber-Gale and Josh Davis. Open to male and female competitive swimmers ages 8 to 18. Camp held at the Jamail Texas Swimming Center on the University of Texas at Austin campus. The Texas Swim Center is home to 19 NCAA team champions, includes a 50-meter by 25-yard pool, and 25-yard by 25-meter pool. Four training groups based on age and ability, with a 1:7 coach/swimmer ratio in stroke technique sessions. Daily training includes challenging long-course sessions Monday-Friday mornings; technique sessions Monday-Thursday afternoons and evenings, with start/turn work included. Classroom sessions on technique and race strategies. Underwater video of each camper analyzed by a coach. Daily social activities and field trips offered. Multiple-week stays include planned weekend activities with supervision.

Experienced, mature, adult staff provide 24-hour supervision. Cost: Overnight Camp \$895; Day Camp \$795. Sessions are limited and will fill! Complete camp information and registration available online. Per NCAA rules, sport camps and clinics conducted by The University of Texas are open to all entrants. Enrollment is limited only by age, grade level, gender and capacity restrictions as specified by each camp.

Session 1: May 27 – June 1

Session 2: June 3 – 8

Session 3: June 10 – 15

Session 4: June 17 – 22

Navy Swimming Camps

Bill Roberts, Camp Director
566 Brownson Road
Annapolis, MD 21402

410-293-5834 / 410-293-3012

Fax: 410-293-3811

navyswimmingcamp@usna.edu

www.navyswimmingcamp.com

www.navysports.com

Facebook search: Navy Swimming Camp

Expect immediate results by being part of the 2012 Navy Swimming Camp this summer! Our principal goal is to provide you the very best in individual instruction, evaluation, camper experience, and safety/supervision. The purpose of our camp is to provide you with a unique environment to learn and develop your competitive strokes including all related starts, turns and finishes. Navy Swimming Camp is a stroke-intensive camp. You will receive individual attention. Additional pool sessions are offered to all needing to maintain conditioning while at camp. Video analysis, dry land activities designed to improve individual fitness levels, performance, training, goal-setting and leadership presentations, and the Navy time trials meet are all part of a full schedule for 2012. Campers will learn, train and reside in an amazing environment on the grounds of the United States Naval Academy. The Navy camp is led by an experienced camp staff while providing the very best in 24-hour supervision. See www.navyswimmingcamp.com for greater detail including brochure, application, daily schedule and frequently asked questions. Cost for each camp: \$540 / commuter campers (ages 8 – 18); \$590 / extended day campers (ages 8 – 18) and \$640 / resident campers (ages 9 – 18). All campers receive a NAVY swimming shirt. Go Navy! . See display ad on page 40.

Session I: June 12 – 16, Session II: June 18 – 22

Nike Swim Camps

USSPORTSCAMPS.COM
1-800-NIKE-CAMP (645-3226)
swim@ussportscamps.com

Designed for competitive youth and high school swimmers, the Nike Swim Camps are stroke technique camps directed by some of the most respected coaches in the country.

2012 CAMP LOCATIONS:

AZ – University of Arizona
CA – San Diego State University; Stanford University; University of California, Santa Cruz
CO – University of Northern Colorado
CT – Fairfield University
GA – Berry College
IL – Southern Illinois University, Carbondale
IN – Butler University
MD – University of Maryland, College Park
MA – Williston Northampton School
MI – Hillsdale College
NH – University of New Hampshire
NJ – The College of New Jersey
NV – Incline Village, Lake Tahoe
OH – Bill Wadley Swim Clinics; Xavier University
OK – University of Oklahoma
OR – Lewis and Clark College
PA – University of Pittsburgh
TX – University of North Texas
UT – University of Utah / Park City
VT – University of Vermont
WA – Seattle University; Whitman College
WI – University of Wisconsin, Oshkosh
Visit our website or call our customer service team for more details.

North Baltimore Swim Camp

John Cadigan, Coach
5700 Cottonworth Ave.
Baltimore, MD 21209
410-433-8300; Fax: 410-433-0953
jcadigan@nbac.net
www.nbac.net

North Baltimore Aquatic Club, America's finest age group program, is offering an exciting teaching and training opportunity for competitive swimmers ages 9-13 featuring twin 50 meter pools and ample dry-land training space at Meadowbrook. NBAC team members, NBAC's entire coaching staff, and experts will instruct in dryland, nutrition, injury prevention and management. Pool sessions will include stroke development and refinement, drill work, turns, stroke work & underwater analysis. Registration

forms online at www.nbac.net. Cost: \$800 per week per swimmer for day camp, \$1,025 for overnight. Day and Overnight Available Two Weeks Only.

June 18-22

July 16-20

Northwestern University Wildcat Swim Camp

2311 Campus Drive
Evanston, IL 60208
847-491-4829 or 467-2396
E-mail: n-ellis@northwestern.edu
www.nuswimcamps.com
www.nusports.com

ELITE TRAINING*TECHNIQUE*BEACH*VIDEO ANALYSIS

You don't want to miss this wonderful camp experience at NU! We provide a unique mix of swimming (training and technique) in a Top Tier Aquatic Center along our beachfront facility. Each practice is conducted by the entire NU coaching staff and several of our elite swimmers. We plan daily drills to work on strokes, starts, and turns. Along with the hard work, we plan daily activities away from the pool that make this a truly enjoyable experience. Our goal is to provide each swimmer with new insights into our fabulous sport of swimming that help them to improve and enjoy their swimming experience. Contact us now! Don't delay because camps fill up annually.

Commuter Camps: June 10-14, June 17-21

Elite Training Resident Camp: June 22-24

Penn State Competitive Swimming Camp

John Hargis, Coach
204 Multi-Sport Facility
University Park, PA 16802
814-865-0561
Fax: 814-865-8887
Email: sportcampinfo@athletics.psu.edu
www.gopsusports.com/camps/swim-camp.html

Penn State Competitive Swimming Camp is structured around a philosophy of teaching skill acquisition and development in all four competitive strokes. Three water sessions daily. Workouts are structured to improve stroke technique with a combination of drills, skills, and training. Individual stroke analysis, dryland instruction, and lecture sessions give

campers a comprehensive and up-to-date training camp experience. *Penn State Competitive Start & Turn Camp* focuses strictly on starts and turns. Emphasis is placed on transforming these often overlooked skills into a true competitive advantage. Swimmers receive intensive instruction on the forward and backstroke starts, with safety as first priority. Fast, legal turns for all four competitive strokes and the IM transition turns are covered. Each athlete will receive individual attention. John Hargis begins his fourth year as camp director. Hargis has helped Penn State establish itself as one of the premier swimming programs in the nation. Since taking over in 2008, he has helped both teams earn a place in the national rankings while rewriting the program's record books. See display ad on page 41.

Swim I: June 15-17 Start & Turn

Swim II: June 17-21 Competitive

Swim III: July 6-8 Start and Turn

Swim IV: July 8-12 Competitive

Pine Crest Swim Camp

Jay Fitzgerald, Camp Director
1501 N.E. 62nd Street
Fort Lauderdale, FL 33334-5116
954-492-4173
swimming@pinecrest.edu
www.pinecrestswimming.com;
www.pinecrestswimcamp.com

Pine Crest Swim Camp will give the swimmer the knowledge, training, background, technique, peer support and attitude that is needed to get to the next level. The swimmers will be instructed by Olympic Coaches and Olympic Athletes. At Pine Crest, we go a step beyond other camps and welcome overnight campers for full week-long (Sunday through Saturday) and day campers for Monday through Friday stays. The cost for our overnight campers is \$775 per week, which includes two workouts a day, three meals per day, daily activities, classroom sessions and 24-hour supervision. The cost for our daily campers is \$550 per week. The Camp Registration forms are available on the website and registration online is also available. Last year we had swimmers from over 30 countries attend.. Come to Pine Crest Swim Camp and join our International Atmosphere, athletes and coaches. Pine Crest Swim Camp: "The Camp that makes a difference."

OVERNIGHT CAMP:

June: 10-16, 17-23, 24-30

July: 1-7, 8-14, 15-21, 22-28, 29-August 3

COMPETITIVE DAY CAMP:

June: 11-15, 18-22, 25-29

July: 2-6, 9-13, 16-20, 23-27, 30-August 3

Spire Institute Swim Camps

Jim Bocci, Head Coach
1822 South Broadway
Geneva, OH 44041
440-466-1002 ext. 127
Fax: 440-415-1087
swimming@spireinstitute.org
www.spireinstitute.org

SPIRE Swimming, under the direction of Head Coach Jim Bocci, a highly respected developer of talent, is on a mission to set a new standard in the world of swim training and competition. SPIRE Institute offers Academy programs for Post Grad and High School, and a select number of Elite and Specialty Swimming Camps for various ages and abilities. All SPIRE Camps parallel the Academy program, and focus on technical, tactical, physical and mental aspects of swimming for the optimal performance edge. We'll help you transform into the athlete you never thought possible, in brand new, state-of-the-art facilities. SPIRE is an Olympic Village type of setting with U.S. and international athletes in multiple sports attending. **Elite Distance/Sprint Camps** offer a unique, cutting edge environment for select swimmers wanting a competitive edge. Focus includes distance events, sprints and technical aspects of racing. Michael Johnson Performance training and video analysis included. **Stroke Skills Camp** is designed to specifically develop the four competitive strokes plus starts, turns and finishes. Stroke technique, efficiency and speed will all improve. MJP training and video analysis included. **Summer Day Camps** (non-boarding but includes lunch) feature a core swim training program that includes instruction plus group physical conditioning and mental conditioning with performance specialists and video analysis. Boys and girls ages 10-19. Cost: \$595 boarding week, \$175 nonboarding (8:00 A.M. – 4:00 P.M.) See display ad on page 33.

Elite Distance/Sprint Camps:

June 17-22, June 24-29

Stroke Skills Camp: Aug 5-10

Summer Day Camps (non-boarding includes lunch):

June 11-13, July 9-11, 23-25

Swim Camp Davidson

John Young, Coach
P.O. Box 524
Davidson, NC 28036
704-894-2810
Fax: 704-894-2556
amkrakauer@davidson.edu
www.swimcampdavidson.com

Swim Camp Davidson is a focused experience for competitive swimmers looking to improve their technique. Coach Young and his staff will expose campers to the same ideas that have helped Davidson College's varsity athletes break 35 of the college's 38 swimming records. Classroom sessions explain how the fastest swimmers move through the water, and why. Practice sessions review valuable drills and offer individualized feedback for improvement. Review of multi-angle video with embedded velocity information fosters increased awareness on the part of the athlete. Every five-day athlete receives multi-angle, above and below water video footage with embedded velocity data. All sessions take place on the beautiful and safe campus of Davidson College, one of the country's most prestigious liberal arts colleges. Charlotte Douglas International Airport is just 25 minutes away...ask about our airport shuttle!

Total Performance Swim Camps

Jim Steen, Coach
620 W. Waveland Ave. #3E
Chicago, IL 60613
773-904-7976
sholcomb@tpscamps.com
www.tpscamps.com

As the head coach at Kenyon College for over 30 years, Jim Steen has guided his swimmers to 54 National Championships, coached several Olympians, dozens of NCAA Champions, and hundreds of NCAA All-Americans! In 1980, Coach Steen founded Total Performance Swim Camps to incorporate his training and performance philosophies into a unique and unparalleled camp experience. With Total Performance, campers learn to think and train like champions. Located on three beautiful college campuses, TPSC's talented coaching staff includes Jim Steen and Jessen Book (Kenyon College), Dan Gelderloos (Calvin College) and Fernando Canales (former Olympian and Colgate University Head Coach) as well as numerous other headlining coaches such as Mike Bottom (Michigan) and Roque Santos (former Olympian). Come and experience the TPSC difference! For more information: please visit us online at www.tpscamps.com, via email at sholcomb@tpscamps.com or by phone.

KENYON COLLEGE (OH)

June 10-14, 17-21: Comprehensive Stroke Camps

June 10-14: Elite Sprint Camp

June 17-21: Elite IM; Science for Swimmers Camp

June 24-28: Breaststroke

COLGATE UNIVERSITY (NY)

June 18-22: Elite Sprint

Calvin College (MI)

June 17-21: Competitive Stroke

June 15-19: Elite Sprint

UC San Diego Triton Swim Camp

Corrie Falcon & Matt Macedo,
Coaches

9500 Gilman Dr. #0044

La Jolla, CA 92093-0044

858-534-8463

Fax: 858-534-8172

jtmartin@ucsd.edu

www.

UCSanDiegoSwimmingCamps.com

The UC San Diego Triton Swim Camp is designed to give athletes the opportunity to swim faster, train smarter and have fun. Spending the week on the beautiful campus of UC San Diego, campers receive drill instruction, long course training, start and turn development, and lectures on swimming related topics. Each camper will have all four strokes videotaped underwater. Campers are supervised at all times, dine in on-campus facilities, train in one of the premier aquatic complexes in the country and experience life in the unique campus housing. The mild San Diego climate creates perfect outdoor swimming conditions during the summer months. Campers will get an opportunity to try ocean swimming when we have our beach training session. Fast swimming, proper technique and fun are the cornerstones of the UCSD Triton Swim Camp. The Canyonview Aquatics Complex on the campus of UC San Diego consists of two outdoor 50 meter x 25 yard pools, with the camp pool an all-deep competition pool. A 30 person hot tub, on-site weight room and team locker rooms are also part of the facility, with immediate access to a multi-use grass field. For more info on camps, including discounts, visit our website www.UCSanDiegoSwimmingCamps.com. Cost: Day Camp Only - \$350. Day / Resident: \$450 / \$675. Please note, - after May 15 prices increase by \$50. Register early and save! See you in San Diego!

Spring Clinics:

April 14-15 Stroke Clinic

May 12 - Starts, Turns, and Speed Clinic

Summer Camps:

June 18-21 Day Camp Only

July 8-12 Day and Resident

July 15-19 Day and Resident

UCI Irvine Competitive Swim Camp

Charlie Schober, Camp Director
UC Irvine Crawford Hall
Irvine, CA 92697-4500
949-824-7946
ctschober@uci.edu
ucirvinesports.com

Aquatics Director, Charlie Schober, has been running camps and clinics for 30 years at the UC Irvine campus. The goal of the camps and clinics is to work on the often neglected areas of starts, turns, and stroke technique in a fun and informative atmosphere with small teaching groups of approximately 10. Each camper is recorded on their personal DVD from underwater with verbal critique. Camp features include four hours of in-water instruction plus a one hour discussion each day. The resident camp includes planned evening recreational activities; 24 hour adult supervision; convenient dorms, cafeteria and recreation facilities. Resident campers Sunday after 4:00 to Friday at 4:00 pm. Day camp 8:30- 4:00 M-F (lunch included). Half day 8:30 -11:30 am or 1:00 - 4:00 pm. Early Sign up, Group, Multi session, sibling or Alumni discounts available.

SATURDAY AND SUNDAY CLINICS:

May 5, June 23: Freestyle

May 6, June 24: Breaststroke

May 13, June 30: Backstroke

May 14, July 1: Butterfly

HALF DAY \$65; FULL DAY \$115

Full Day 8:30 to 4:00 (lunch included)

Half Day 8:30-11:30 A.M. or 1:00-4:00P.M. (no lunch)

SUMMER RESIDENT & DAY CAMPS

Half day, Full day, Resident

June 25-29, July 30-Aug 3, Aug 6-10

HALF DAY, FULL DAY NO RESIDENT

July 9-13, July 16-20, July 23 - 27, Aug 13-17

Half \$160, day \$315, Res. \$725

West Point Summer Camps

Mickey Wender, Coach
Kelly Spaulding, Camp Director
639 Howard Road
West Point, NY 10996
845-938-7671 (Kelly)
Fax: 845-938-8146 (Mrs. Scott)
kelly.spaulding@usma.edu
www.goarmysports.com

West Point Swim Camps will focus on the latest skills & drills that are designed to help campers become

enthusiastic and dedicated swimmers. Campers will have fun, get fit and make new friends as they develop good habits and muscle memory during each (3 daily) swim training session. In addition to swimming instruction the campers will learn about nutrition, motivation, goal setting and dry land training while taking their swimming to the next level. A wide variety of extracurricular activities includes a lake swim, scavenger hunt and much more. Come take part in this one-of-a-kind experience. Our Swim Camps are directed by Coach Mickey Wender who is head of our Men's and Women's swimming teams. He has coached every level from summer league to international level athletes and has coached swimmers to the NCAA Division I Championships in every event. Our camp sessions are conducted in West Point's world-class 50 meter pool. Costs: \$450 Commuter camper, \$550 Overnight camper.

July 8 - 12, July 15 - 19, July 22 - 26

Wolverine Swim Camp

Jim Richardson, Coach
8160 Valley View Drive
Ypsilanti, MI 48197
734-746-0500 / 734-484-4125
Fax: 734-763-6543
wsc@wolverineswimcamp.com
www.wolverineswimcamp.com
or www.mgoblue.com

Three sessions limited to 185 campers per session in Canham Natatorium at the University of Michigan. A staff of 50 and three instructional sessions per day ensure the individual attention necessary for significant improvement. Coaches Mike Bottom, Jim Richardson, Dr. Josh White, Stefanie Kerska, Kurt Kirmer, and Brad Shively are directly involved in coaching and teaching campers. All campers HD filmed daily and receive a written stroke analysis. Optional custom 4-view (2 underwater) DVD available for a fee. Intensive training tract or technique development tract for swimmers in need of skill acquisition. World-class staff provides leadership and mentoring that encourage each swimmer to strive for excellence in life. Cost: \$710/week includes instruction, swim cap, T-shirt, color photo, instructional printed materials, "goody bag" and room and board; \$580/week day camper fee includes all of the above (less room and board) and between-session supervision. See display ad on page 41.

June 3 - 8, June 10 - 15, June 17 - 22

Tom Johnson's Wyoming Swim Camp

O Thomas Johnson,
Head Coach and Director
Dept. 3414
100 E. University Ave.
Laramie, WY 82071-3414
tomj@uwyo.edu
www.wyomingathletics.com

Wyoming Head Coach Tom Johnson is hosting his 13th Wyoming Swim Camp this summer. Wyoming Swim is a premier summer swimming experience and is proud to offer its winning tradition to competitive swimmers. Coach Johnson, Coach Matt Leach and Coach Manny Noguchi and their staff stress the importance of outstanding stroke technique and training in a positive environment. The swim camps are held at the beautiful campus of the University of Wyoming located 135 miles north of Denver, CO and is convenient to Denver International Airport and both the Cheyenne and Laramie, Wyoming Airports. The University of Wyoming offers an outstanding summer experience at 7220 feet, offering the opportunity of altitude training at the highest Division I school in the United States. Wyoming Swim Camp is open to all, age nine years and older. Staff ratios generally range 1:8 coach to swimmer ratio. It is also one of the few camps that offer video analysis at NO additional charge. It is recommended participants are competitive swimmers. Coaches who are interested in accompanying their team should contact Tom Johnson directly (307) 766-6265 or email at tomj@uwyo.edu. To provide the very best camp experiences, each camp is limited to the first 55 swimmers for each week. Online registration at University of Wyoming Swimming and Diving Team page.

June 1-3: Start and Turn 1

June 3-8: Intensive Camp

June 10-15: Intensive Camp

June 15-17: Start and Turn 2

July 13-15: Start and Turn 3



Learn to Swim Even Faster at the 2012 Husker Swim Camp with Pablo Morales

N

June 3-8

June 10-15

June 17-22

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for more information



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June 18-22**

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\$590: Extended Day
\$540: Commuter**

**Camp open to boys
and girls ages 8-18.**

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and brochure call
410-293-5834 or 3012**

**Bill Roberts, Director
Navy Swimming Camp
568 Brownson Road
Annapolis, MD 21402**

www.NavySwimmingCamp.com

navyswimmingcamp@usna.edu

www.NavySports.com

SWIMMING



Swim Camp 1: Start & Turn
June 15 - 17

Swim Camp 2: Competitive
June 17 - 21

Swim Camp 3: Start & Turn
July 6 - 8

Swim Camp 4: Competitive
July 8 - 12

For more information or to register, contact

Penn State Sport Camps
204 Multi-Sport Facility
University Park, PA 16802
Phone: 814-865-0561
E-mail: SportCampInfo@athletics.psu.edu

GoPSUsports.com/camps



MIKE BOTTOM

Michigan Men's Coach
US Olympian and Olympic Coach

DR. JOSH WHITE

Michigan Assistant Men's Coach
NCAA All American and National Champion



JIM RICHARDSON

Michigan Women's Coach
Big Ten / NCAA Coach of the Year

STEFANIE KERSKA

Michigan Assistant Women's Coach
NCAA All-American & Big Ten Champion

2012 WOLVERINE SWIM CAMP

REGISTER EARLY!

RESIDENT: \$700/WK

DAY CAMPER: \$600/WK

Camps are open to any and all entrants, limited only by specified number of participants.



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Sam Jalet
Former UM Assistant Coach
Kurt Kirner
Hillsdale College Head Coach

Wolverine Swim Camp
8160 Valley View Drive · Ypsilanti, MI 48197
PH: 734-845-8596

FAX: 734-763-6543 / 734-484-1222

To register online go to: www.wolverineswimcamp.com

E-mail: wsc@wolverineswimcamp.com

2012 Camp Dates

- June 3-8
- June 10-15
- June 17-22



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FOR the RECORD



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NATIONAL

USA SWIMMING GRAND PRIX
Austin, Texas
Jan. 13-15, 2012 (50 M)



WOMEN

50 FREE Jan. 14
25.23 Amanda Weir, SA
25.43 M. Kennedy, UNAT
25.52 Jane Trepp, UNAT

100 FREE Jan. 13
54.14 Amanda Weir, SA
54.46 Missy Franklin, STARS
54.55 Allison Schmitt, NBAC

200 FREE Jan. 14
1:55.83 Allison Schmitt, NBAC
1:57.86 Missy Franklin, STARS
1:59.34 Katie Hoff, NBAC

400 FREE Jan. 13
4:05.90 Allison Schmitt, NBAC
4:07.89 Jazmin Carlson, BSS
4:10.66 Chloe Sutton, MVN

800 FREE Jan. 15
8:31.94 Allison Schmitt, NBAC
8:36.93 Chloe Sutton, MVN
8:37.29 Ashley Twichell, MVN

1000 FREE Jan. 15
59.92 Missy Franklin, STARS
1:00.03 Rachel Bootsma, JETS
1:00.67 Georgia Davies, BSS

200 BACK Jan. 13
2:08.18 Missy Franklin, STARS
2:11.10 Georgia Davies, BSS
2:11.60 Kendyl Stewart, NCA

100 BREAST Jan. 15
1:06.88 Rebecca Soni, TROJ
1:08.29 Breeja Larson, A&M
1:08.33 Jillian Tyler, CAN

200 BREAST Jan. 13
2:22.73 Rebecca Soni, TROJ
2:27.66 Micah Lawrence, MAC
2:27.94 Kaitlin Freeman, SBAC

100 FLY Jan. 13
58.02 Dana Vollmer, CAL
58.16 Jemma Lowe, BSS
59.22 Natalie Coughlin, CAL

200 FLY Jan. 15
2:06.76 Cammile Adams, A&M
2:07.39 Jemma Lowe, BSS
2:10.04 M. Downing, CAN

200 IM Jan. 15
2:12.44 Natalie Coughlin, CAL
2:12.95 Katie Hoff, FAST
2:13.84 Kate Dwelley, STAN

400 IM Jan. 14
4:38.80 Cammile Adams, A&M
4:39.74 Katie Hoff, FAST
4:46.06 A. Komarnycky, CAN

400 MR Jan. 15
4:06.27 Canada
4:09.02 Texas A&M
4:15.36 Texas A&M B

400 FR Jan. 13
3:47.07 Swim Ontario
3:47.12 Canada
3:47.53 Texas A&M

800 FR Jan. 14
8:08.79 Swim Ontario
8:08.85 Canada
8:19.02 Texas A&M

MEN
50 FREE Jan. 14
21.94 Nathan Adrian, CAL
22.05 Fred Bousquet, AUB
22.27 Anthony Ervin, UNAT

100 FREE Jan. 13
48.97 Nathan Adrian, CAL
49.13 Ricky Berens, TROJ
49.19 Gideon Louw, AUB

200 FREE Jan. 14
1:47.92 Ricky Berens, TROJ
1:48.02 Matt McLean, FAST
1:49.79 Michael Klueh, FAST

400 FREE Jan. 13
3:50.66 Ryan Cochrane, CAN
3:51.23 Michael Klueh, FAST

3:51.77 Charles Houchin, IX3

1500 FREE Jan. 15
15:25.33 Michael Klueh, FAST
15:39.43 Peter Vanderkaay, OLY
15:42.33 Thomas Allen, BSS

100 BACK Jan. 15
53.55 Matt Grevers, FORD
54.02 David Plummer, MTKA
54.09 Michael Phelps, NBAC

200 BACK Jan. 14
1:57.76 Matt Grevers, FORD
1:58.96 Ryan Murphy, BSS
1:59.53 Ryan Lochte, DBS

100 BREAST Jan. 15
1:01.08 Mark Gangloff, AUB
1:01.25 Valerii Dymo, RST
1:01.54 Eric Shanteau, TROJ

200 BREAST Jan. 13
2:10.72 Eric Shanteau, TROJ
2:12.53 Valerii Dymo, RST
2:13.51 Richard Webb, BSS

100 FLY Jan. 13
52.41 Michael Phelps, NBAC
52.96 Tyler McGill, AUB
53.30 David Tarwater, MAC

200 FLY Jan. 15
2:00.83 S. Rousseau, UNAT
2:00.98 David Russell, CAL
2:01.09 Stefan Hirniak, CAN

200 IM Jan. 15
1:58.52 Michael Phelps, NBAC
2:00.30 Ryan Lochte, DBS
2:01.59 Conor Dwyer, FLOR

400 IM Jan. 14
4:16.95 Michael Phelps, NBAC
4:21.16 Conor Dwyer, FLOR
4:21.91 Andrew Ford, ON

400 MR Jan. 15
3:44.68 SwimMAC Carolina
3:48.01 Swim Ontario
3:50.35 SwimMAC Carolina B

400 FR Jan. 13
3:23.89 Canada
3:24.81 SwimMAC B
3:26.09 SwimMAC

800 FR Jan. 14
7:27.82 Canada
7:36.96 Swim Ontario
7:44.15 Santa Clara

HIGH SCHOOL

ALASKA HIGH SCHOOL CHAMPIONSHIPS
Bartlett, Alaska
Nov. 4-5, 2011 (25 YD)



GIRLS TEAM STANDINGS

179 Dimond
153 Kodiak
100 Ketchikan

50 FREE
23.88 Ila Hughes, KOHS
24.14 Mary Uselmann, SHS
24.40 Ciera Kelly, JHS

100 FREE
51.67 Ila Hughes, KOHS
52.65 Mary Uselmann, SHS
53.09 Sammy Burke, CHS

200 FREE
1:50.88 Sam Wicks, EAST
1:56.21 Jori Lindquist, KOHS
1:56.96 Jennifer Wilcox, DHS

500 FREE
5:10.40 Tanna Lindquist, KOHS
5:11.12 C. Beck-Goodell, KOHS
5:20.77 Katy Dalton, WEST

100 BACK
54.78 Sam Wicks, EAST
56.21 Janelle Stacy, KHS
58.15 Victoria Adams, SHS

100 BREAST
1:07.24 Kari Wray, DHS
1:08.77 K. O'Donoghue, WVHS
1:08.92 Kassandra Klose, KHS

100 FLY
56.56 Janelle Stacy, KHS
58.56 Jennifer Wilcox, DHS
58.71 Ciera Kelly, JHS

200 IM
2:10.30 Tahna Lindquist, KOHS
2:12.24 C. Beck-Goodell, KOHS
2:12.47 Arianna Rohde, DHS

200 MR
1:49.88 Ketchikan
1:49.91 Juneau
1:51.43 Dimond

200 FR
1:38.49 East
1:38.81 Kodiak
1:41.24 Juneau

400 FR
3:33.88 Kodiak
3:39.72 Ketchikan
3:44.58 Dimond

BOYS TEAM STANDINGS

197 Dimond
159 Kodiak
102 Ketchikan

50 FREE
21.82 Richard Ginter, HHS
22.44 Austin Hummel, DHS
22.58 Brent O'Connor, CRAIG

100 FREE
48.19 Austin Hummel, DHS
48.92 Jacob Reid, SITKA
49.48 C. Carrico, SOLHS

200 FREE
1:45.38 Jackson Ursin, DHS
1:47.57 Michael Smith, KOHS
1:47.71 Brandon Rankin, WVHS

500 FREE
4:49.44 Jackson Ursin, DHS
4:51.18 Case Kuikhoven, KHS
4:52.94 Michael Smith, KOHS

100 BACK
53.18 Nathan Messing, JHS
53.38 Louis Belley, SITKA
54.71 Zach Rockwell, SOUTH

100 BREAST
59.22 Preston Marsh, PHS
1:01.05 Jacob Reid, SITKA
1:01.22 Joseph Sandstrom, DHS

100 FLY
52.88 Nathan Messing, JHS
53.01 Richard Ginter, HHS
53.81 Cory Chan, DHS

200 IM
1:55.27 Preston Marsh, PHS
1:58.68 Louis Belley, SITKA
1:58.70 Erik Wilcox, DHS

200 MR
1:38.49 Dimond
1:40.45 Petersburg
1:41.08 Sitka

200 FR
1:30.11 Homer
1:30.56 Dimond
1:31.95 South

400 FR
3:14.97 Dimond
3:18.12 Petersburg
3:21.69 South

ARIZONA I HIGH SCHOOL CHAMPIONSHIPS
Mesa, Arizona
Nov. 4-5, 2011 (25 YD)

GIRLS TEAM STANDINGS

429 Xavier Prep
194 Pinnacle
172 Mountain View Mesa

50 FREE
23.09 Maggie McCord, CDO
23.70 S. Gutmacher, RMHS
24.40 Mary Gevaras, DVHS

100 FREE
51.02 Kat Simonovic, MVMHS
51.17 Maggie McCord, CDO
51.84 Victoria Toris, PHS

200 FREE
1:48.99 Kat Simonovic, MVMHS
1:51.24 Brianna Leverenz, RHS
1:52.27 Clara Jenck, MPHS

500 FREE
4:54.73 Lexy Aichison, CHS
4:57.73 Megan Cox, CHS
4:58.52 Brianna Leverenz, RHS

100 BACK
56.51 Clara Jenck, MPHS
57.56 Talie Anchustegui, XPRP
57.68 Victoria Toris, PHS

100 BREAST
1:04.03 Sara Borendame, IRHS
1:05.65 Madeline Wells, XPRP
1:06.92 C. Valenzuela, XPRP

100 FLY
55.17 S. Gutmacher, RMHS
56.11 Talie Anchustegui, XPRP
57.36 Kendra Griffin, PHS

200 IM
2:05.15 Megan Cox, CHS
2:07.27 Hannah Holman, SMHS
2:08.70 Madeline Wells, XPRP

200 MR
1:46.03 Xavier Prep
1:49.49 Pinnacle
1:51.38 Catalina Foothills

200 FR
1:37.74 Xavier Prep
1:38.32 Red Mountain
1:39.29 Desert Vista

400 FR
3:31.47 Xavier Prep
3:32.64 Pinnacle
3:35.14 Chaparral

BOYS TEAM STANDINGS

412 Brophy Prep
244 Mountain View Mesa
200 Highland

50 FREE
20.42 P. Sorenson, MVMHS
20.88 Gabriel Espinosa, BPRP
21.03 Derek Buckley, MVMHS

100 FREE
46.10 P. Sorenson, MVMHS
46.27 Gabriel Espinosa, BPRP
46.57 Seth Maddy, MHS

200 FREE
1:39.60 Chris Webb, BPRP
1:42.59 Lukas Williams, BPRP
1:42.86 Ben Fitch, MPHS

500 FREE
4:28.40 Chris Webb, BPRP
4:42.57 Lukas Williams, BPRP
4:43.48 Ben Fitch, MPHS

100 BACK
50.95 Alex Schultz, GHS
52.99 Hunter Thompson, PHS
52.63 Timmy Frakes, BPRP

100 BREAST
57.13 Michael Nelson, BPRP
59.96 Derek Marske, MVMHS
1:00.03 Spencer Tippett, HHS

100 FLY
50.52 Reed Patterson, RHS
50.68 Jason Alentado, CFHS
51.10 Grant Temple, PRHS

200 IM
1:53.84 Jason Alentado, CFHS
1:53.84 Brandon Hughes, DMHS
1:55.37 Kyle Ewoldt, HHS

200 MR
1:33.75 Mountain View Mesa
1:35.46 Brophy Prep
1:36.31 Highland

200 FR
1:23.71 Mountain View Mesa
1:25.11 Brophy Prep
1:29.32 Mesquite

400 FR
3:10.03 Brophy Prep
3:13.42 Desert Mountain
3:13.61 Highland

ARIZONA II HIGH SCHOOL CHAMPIONSHIPS
Mesa, Arizona
Nov. 4-5, 2011 (25 YD)

GIRLS TEAM STANDINGS

289 Arcadia

262 Salpointe Catholic
261 Verrado

50 FREE
23.67 Amy Bilquist, VHS
23.87 A. Van Hofwegen, PCHS
24.41 Carly Wilson, TVHS

100 FREE
45.73 Carly Wilson, TVHS
52.54 Samantha Getzen, NDHS
54.61 Payton Stauch, SCHS
55.16

200 FREE
1:51.42 Danielle Lee, PCD
1:53.22 Carley Stevens, AHS
1:57.11 K. Bender, VHS

500 FREE
5:06.67 Carley Stevens, AHS
5:07.53 Megan Birch, SHS
5:12.79 K. Bender, VHS

100 BACK
55.24 Danielle Lee, PCD
56.36 Amy Bilquist, VHS
1:00.34 Alexis Daswick, NDHS

100 BREAST
1:04.98 Briana Jurries, VCHS
1:08.79 Jaimie Bryan, PCD
1:09.77 Sydelle Harrison, AHS

100 FLY
56.23 Briana James, VCHS
56.32 Samantha Getzen, NDHS
57.74 A. Van Hofwegen, PCHS

200 IM
2:15.03 Jaimie Bryan, PCD
2:17.02 Cecelia Cryman, SCHS
2:19.81 Lizzie Mangone, AHS

200 MR
1:53.78 Arcadia
1:55.02 Salpointe Catholic
1:56.01 Phoenix Country Day

200 FR
1:40.26 Verrado
1:41.72 Notre Dame
1:43.20 Salpointe Catholic

400 FR
3:37.95 Verrado
3:42.14 Salpointe Catholic
3:43.58 Notre Dame

BOYS TEAM STANDINGS
400 Salpointe Catholic
314 Arcadia
157 Queen Creek

50 FREE
21.70 Jack Poupore, NDHS
22.34 Andy Trouard, SCHS
22.42 Mike Botelho, SCHS

100 FREE
47.74 Jojo Simonson, SCHS
47.92 Galen Fink, SHS
47.92 Jake Lambros, BCHS

200 FREE
1:43.24 Tyler Mattingly, SCHS
1:50.17 Ben Gustafson, AHS
1:51.00 J. Starkweather, NDHS

500 FREE
4:41.16 Tyler Mattingly, SCHS
4:49.21 Ben Gustafson, AHS
4:56.70 David Olson, CGHS

100 BACK
54.48 Max Montour, CHS
54.65 Galen Fink, SHS
54.69 Jake Lambros, BCHS

100 BREAST
58.13 Brandon Young, DHS
1:00.41 Jojo Simonson, SCHS
1:00.95 Joe Gard, AHS

100 FLY
52.01 Nathan Anderson, AHS
52.63 Steven Koppel, CGHS
54.69 Joe Gard, AHS

200 IM
1:59.51 Brandon Young, DHS
2:00.10 Nathan Anderson, AHS
2:02.65 J.T. Oliver, SHS

200 MR
1:40.12 Salpointe Catholic
1:41.83 Arcadia
1:43.86 Casa Grande

200 FR
1:29.99 Salpointe Catholic
1:33.58 Sunrise Mountain
1:34.36 Notre Dame

400 FR
3:15.04 Salpointe Catholic

3:20.27 Arcadia
3:30.91 Desert Christian

IDAHO HIGH SCHOOL CHAMPIONSHIPS
Boise, Idaho
Nov. 4-5, 2011 (25 YD)

* = State Record

GIRLS TEAM STANDINGS

305 Boise
262 Wood River
213 Eagle

50 FREE
24.89 Hailey Johnson, GHS
24.90 Anastasia deTar, PFHS
25.22 Erin Fuis, COHS

100 FREE
53.76 Lena Friesen, WRHS
54.29 Hailey Johnson, GHS
54.85 Anastasia deTar, PFHS

200 FREE
1:55.73* Nicole Bruneel, EHS
1:59.61 Emily Bruneel, EHS
2:00.18 Mai Goodwin, BOI

500 FREE
5:11.11 Nicole Bruneel, EHS
5:25.23 Emily Bruneel, EHS
5:29.33 Mariah Southwick, CAP

100 BACK
59.22 Annie Taylor, BOI
1:00.17 Kelsie Baggs, BONN
1:00.78 Olivia Roland, PFHS

100 BREAST
1:06.17 Maddie Eyoifson, BOI
1:07.66 Allie Kilroy, BK
1:13.77 Ashlyn Krupa, HILL

100 FLY
58.79 Annie Taylor, BOI
59.27 Phoebe Turner, BOI
1:01.50 Sydney Tracen, SKYL

200 IM
2:07.44* Lena Friesen, WRHS
2:08.98 Maddie Eyoifson, BOI
2:18.25 Kaedi Fry, WRHS

200 MR
1:51.46 Boise
1:55.29 Wood River
1:55.76 Eagle

200 FR
1:41.48* Boise
1:46.30 Post Falls
1:47.66 Bonneville

400 FR
3:41.05* Boise
3:41.97 Eagle
3:48.19 Wood River

BOYS TEAM STANDINGS

243.5 Lake City
233 Moscow
230 Coeur D'Alene

50 FREE
22.00 Tanner Anderson, MHS
22.16 Tanner Schelling, CENT
22.41 Kristian Almbreg, EHS
22.41 Brandon Penney, LCHS

100 FREE
48.26 Kirby Johnson, MHS
48.59 Kristian Almbreg, EHS
48.61 Tanner Schelling, CENT

200 FREE
1:43.53 Kirby Johnson, MHS
1:45.44 Alex Trompke, RMT
1:48.58 Trevor Case, DHS

500 FREE
4:40.42 Bowen Anderson, MHS
4:41.30 B. Kananowicz, LCHS
4:56.60 Trevor Case, DHS

100 BACK
50.56 Joe Loftus, LCHS
53.16 Alex Trompke, RMT
55.08 Gosh Kuch, CDAHS

100 BREAST
56.94* Tanner Anderson, MHS
59.21 Parker Twiss, TFHS
59.30 Travis Griffard, CDAHS

100 FLY
51.10 Joe Loftus, LCHS
52.35 Bowen Anderson, MHS
53.83 Ethan Cordes, CDAHS

— continued on 44

FOR THE RECORD — continued from 34

200 IM 1:54.21* B. Kananowicz, LCHS 2:02.24 James Nguyen, CENT 2:03.37 Kevin Fanter, BOI	136.5 Rosary	50 FREE 22.55* Olivia Smoliga, GSHS 23.29 Evan Swenson, LHS 23.97 Marisa Barton, CLCHS
200 MR 1:37.97* Moscow 1:38.48 Lake City 1:43.25 Coeur D'Alene	100 FREE 48.92* Olivia Smoliga, GSHS 49.94 Samantha James, NTHS 51.52 Maddie Monroe, AHS	
200 FR 1:33.40 Coeur D'Alene 1:34.53 Lake City 1:35.08 Mountain View	200 FREE 1:49.16 Rachel Stoehr, LFHS 1:49.59 S. Marchuk, NTHS 1:50.97 Elly Vitek, LYONS	
400 FR 3:15.26* Moscow 3:23.23 Lake City 3:24.31 Century	500 FREE 4:50.14 Rachel Stoehr, LFHS 4:52.42 S. Marchuk, NTHS 4:56.74 Emma Smith, SCEHS	

ILLINOIS HIGH SCHOOL GIRLS CHAMPIONSHIPS
Winnetka, Illinois
Nov. 18-19, 2011 (25 YD)



* = State Record

TEAM STANDINGS
177 New Trier
162 Fenwick

100 FLY 53.57 Mimi Schneider, FHS 54.66 Connie Hsu, GWHS 55.71 Gia Dalesandro, NVHS	200 IM 2:02.82 Emma Smith, SCEHS 2:03.88 Sarah Sykstus, RHS 2:04.58 Michelle Garland, LHS	200 MR 1:43.39* Fenwick 1:43.88 New Trier 1:43.94 Glenbrook South
200 FR 1:34.04 Fenwick 1:34.80 Glenbrook South 1:34.92 New Trier	400 FR 3:25.22* Fenwick 3:26.11 New Trier 3:28.39 Loyola	

MINNESOTA "A" HIGH SCHOOL GIRLS CHAMPIONSHIPS
Minneapolis, Minnesota
Nov. 18-19, 2011 (25 YD)



* = State Record
** = Division Record

TEAM STANDINGS 238 Sartell-St. Stephen 173 Northfield 170 Hutchinson	50 FREE 22.93 Danielle Nack, MWHS 23.23 Whitney Weisz, LFHS 23.80 Solveig Viren, GRHS	100 FREE 50.57 Whitney Weisz, LFHS 52.03 Solveig Viren, GRHS 52.62 Steph Frey, BHS
200 FREE 1:48.86** Marisa Wood, SSS 1:53.69 A. Drazkowski, MONHS 1:56.01 Sanchez-Aizcorbe, MHS	500 FREE 4:49.68* Marisa Wood, SSS 5:07.36 Abby Erdmann, BRECK 5:07.61 A. Drazkowski, MONHS	

100 BACK 55.88 Ellen Bloom, SSS 56.41 Caley Oquist, MONHS 57.24 Kaylee Kucera, HHS	100 BREAST 1:04.65 Kathryn Ostrom, SLPHS 1:05.06 Lindsey Horejsi, ALHS 1:07.45 Jordan Ford, HHS	
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100 FLY 53.97** Danielle Nack, MWHS 56.35 Kaylee Kucera, HHS 56.48 Marissa Warren, LHS	200 IM 2:03.86 Ellen Bloom, SSS 2:04.21 Caley Oquist, MONHS 2:08.26 Steph Frey, BHS	200 MR 1:49.07 Hutchinson 1:49.28 Sartell-St. Stephen 1:49.98 Visitation
200 FR 1:36.62 Sartell-St. Stephen 1:37.63 Northfield 1:38.38 Mankato West	400 FR 3:32.12 Sartell-St. Stephen 3:36.00 Visitation 3:36.28 Northfield	

MINNESOTA "AA" HIGH SCHOOL GIRLS CHAMPIONSHIPS
Minneapolis, Minnesota
Nov. 18-19, 2011 (25 YD)



* = State Record

TEAM STANDINGS
316 Edina
188 Minnetonka
171 Stillwater

50 FREE 23.15 Kaia Grobe, CHS 23.53 Emma Paulson, WHS 23.68 A. Schumacher, JMHS	100 FREE 50.18 Kaia Grobe, CHS 51.16 Isabel Wyr, MHS 52.15 Claire Rutscher, SHS
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200 FREE 1:49.20 Nikki Larson, EHS 1:49.73 Isabel Wyr, MHS 1:49.92 C. Evensen, RAHS	500 FREE 4:52.45 Kira Zubar, EPHS 4:55.27 Kallyn Barkey, MAYO 4:59.78 C. Evensen, RAHS
---	--

100 BACK 55.14 Emma Paulson, WHS 56.97 Taylor Bass, JMHS 57.18 Kaitlyn O'Rielly, FHS	100 BREAST 1:02.89 Olivia Anderson, EHS 1:03.58 M. Campbell, EHS 1:03.89 Heather Laedtke, EHS
--	---

100 FLY 55.09 Nikki Larson, EHS 55.98 A. Schumacher, JMHS 56.72 Bre Thorne, EPHS	200 IM 2:05.19 Taylor Bass, JMHS 2:05.59 Madeleine Eden, EHS 2:05.76 Kasey Roberts, SMA
--	---

200 MR 1:45.65 Edina 1:46.11 Wayzata 1:47.57 Prior Lake	200 FR 1:34.40* Edina 1:35.52 Minnetonka 1:35.84 Mayo
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400 FR 3:28.60 Edina 3:30.01 Minnetonka 3:31.07 Wayzata	
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MISSOURI HIGH SCHOOL BOYS CHAMPIONSHIPS
St. Peters, Missouri
Nov. 11-12, 2011 (25 YD)



* = State Record

TEAM STANDINGS
269.5 Rockhurst
233.5 Lafayette
201.5 Parkway Central

50 FREE 20.69 Andrew Sanoucie, THS 21.03 Jack Snow, GHS 21.12 Diogo Ferreira, RBHS	100 FREE 46.06 Luke Snow, GHS 46.71 Nicholas Nutting, HHS
--	--

47.40 Jordan Gramling, CHS	200 FREE 1:40.70 Luke Snow, GHS 1:41.64 Patrick Vega, STLHS 1:42.10 Jon Glaser, STLHS
500 FREE 4:34.23 Ryan Baker, FHHS 4:36.78 Nick Foster, RHS 4:36.95 Jon Glaser, STLHS	100 BACK 51.59 Jack Snow, GHS 52.79 Justin Marler, THS 53.06 B. Weissman, PCHS
100 BREAST 57.01 Tyler Nichols, MHS 58.37 Drew Larkins, PCHS 59.88 Lucas Bruder, STLHS	100 FLY 48.14* Andrew Sanoucie, THS 49.20 Nick Orf, PCHS 50.77 Luke Schlueter, PWHS

200 IM 1:51.06 Nick Orf, PCHS 1:51.08 Tyler Nichols, MHS 1:54.93 Kevin Poskin, MARHS	200 MR 1:36.09 Parkway Central 1:37.36 Glendale 1:38.09 Lafayette
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200 FR 1:27.29 St. Louis University 1:27.79 Park Hill South 1:28.86 Rock Bridge	400 FR 3:11.17 Lafayette 3:13.02 Park Hill South 3:13.64 Glendale
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NORTH DAKOTA HIGH SCHOOL GIRLS CHAMPIONSHIPS
Grand Forks, North Dakota
Nov. 11-12, 2011 (25 YD)



* = State Record

TEAM STANDINGS
352 Century
338 Fargo North
227 Minot

50 FREE 23.36* Courtney Funk, MHS 24.05 Cassie Walth, CHS 24.20 Jarren Fallgatt, CHS	100 FREE 51.74 Courtney Funk, MHS 52.41 Cassie Walth, CHS 53.90 Jarren Fallgatt, CHS
--	--

200 FREE 1:50.28 Ali Church, GFCHS 1:56.72 Madeline Smith, FSHS 1:56.78 Hallie Peterson, WFHS	500 FREE 5:01.30 Ali Church, GFCHS 5:12.40 Addy DiCristina, RRHS 5:14.86 R. Svendsen, GFCHS
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100 BACK 57.82 Erin Hart, JHS 58.27 Dani Bergeson, CHS 59.92 Emily Smallbeck, CHS	100 BREAST 1:05.59 Elizabeth Roche, FNHS 1:06.37 Veronica Herrmann, CHS 1:08.72 McKenzie Jeske, CHS
---	---

100 FLY 57.01 Danica Dutt, WFHS 59.58 Emily Roche, FNHS 59.65 Madeline Smith, FSHS	200 IM 2:07.35 Dani Bergeson, CHS 2:08.84 Elizabeth Roche, FNHS 2:13.01 Veronica Herrmann, CHS
--	--

200 MR 1:47.97* Century 1:49.03 Fargo North 1:51.99 Minot	200 FR 1:40.95 Century 1:42.90 Williston 1:43.27 Minot
---	--

400 FR 3:36.47* Century 3:37.71 Fargo North 3:37.77 West Fargo	
--	--

CLASSIFIED

**ASSISTANT COACHES/
CAMP COUNSELORS NEEDED**

The Longhorns Swim Camp at The University of Texas at Austin is seeking mature, motivated and team-oriented individuals to be part of its 35th year!

Exciting opportunity to work with our internationally known staff: head coaches Eddie Reese (2008 head men's Olympic coach), Kim Brackin (2008 Olympic coach) and assistant coaches Kris Kubik (2009 World Championships coach) and Jim Henry. Guest coaches/speakers include Olympians Ian Crocker, Aaron Peirsol, Brendan Hansen, Kathleen Hersey, Colleen Lanne-Cox and Josh Davis.

Four one-week sessions (May 27-June 22). Room, board, parking, rec sports pass, plus \$500/session salary, up to \$300 travel expense help and NIKE camp apparel package included. Applicants must agree to work in an alcohol/drug-free environment, have completed at least 65 hours of college coursework and/or have competitive swimming, coaching and/or camp counseling experience. References, First Aid, CPR and/or Lifeguarding/Safety Training for Swim Coaches required.

For more information and an application, call (512) 475-8652, e-mail longhornswimcamp@athletics.utexas.edu or check our employment section at www.LonghornswimCamp.com. Completed applications must be received no later than March 9, 2012.

The University of Texas at Austin is an Equal Opportunity/Affirmative Action Employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability, age, citizenship status, Vietnam era or special disabled veteran's status or sexual orientation.

CAMP COUNSELORS

The Wolverine Swim Camp at the University of Michigan is looking for individuals seeking an opportunity to work with internationally known coaches Mike Bottom and Jim Richardson.

Three one-week sessions (June 3-8, 10-15, 17-22). Room, board, local telephone plus \$500/week salary and \$100 travel expense help. Applicants must be 21 years or older, have attended at least two years of college and have experience as a competitive swimmer and/or coach or teacher. References, CPR and First Aid certification are required.

For more information and an application, call 734-647-0500, fax 734-763-6543, e-mail skerska@umich.edu or write to Stefanie Kerska, Wolverine Swim Camp, 1000 S. State St., Ann Arbor, MI 48109.

Candidates must be willing to work in an alcohol/drug-free environment.

WATERFRONT/AQUATICS DIRECTOR

CAMP WAYNE FOR GIRLS: Children's sleep-away camp in northeast Pennsylvania, June 16-Aug. 13. Waterfront/Aquatics Director needed to supervise summer camp waterfront: swimming, sailing, waterskiing and canoeing on private spring-fed lake and beautiful freshwater pool. Experience a must. Families welcome.

Call 215-944-3069 or apply online at: www.campwaynegirls.com.

WASHINGTON 2A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Federal Way, Washington
Nov. 11-12, 2011 (25 YD)

* = Division Record

TEAM STANDINGS

- 223 Sehome
- 212 Squalicum
- 192 Sumner

50 FREE

- 23.72 Julia Sanders, HHS
- 24.44 S. Sullenberger, RRHS
- 24.57 Sami Hendricks, SHS

100 FREE

- 51.00 Natilee Ruiz, OHS
- 52.63 Katie Kaestner, AHS
- 52.98 Taylor Wilson, EHS

200 FREE

- 1:57.03 Madison Munger, SHS
- 1:59.10 Brigid Mackey, HIS
- 1:59.19 Samantha Anders, NTHS

500 FREE

- 5:15.42 Kelsey Crane, KHS
- 5:17.95 Hailey Rankin, PHS
- 5:21.67 Rylie Martin, SQHS

100 BACK

- 57.61 Carlee Bock, SQHS
- 1:01.50 Taylor Shewchuk, SEHS
- 1:02.86 B. Christensen, HHS

100 BREAST

- 1:04.28* Katie Kaestner, AHS
- 1:04.63 K. Sullenberger, RRHS
- 1:05.35 S. Sullenberger, RRHS

100 FLY

- 56.29* Julia Sanders, HHS
- 1:00.26 Hailey Rankin, PHS
- 1:00.90 Madison Munger, SHS

200 IM

- 2:04.02* Natilee Ruiz, OHS
- 2:10.79 Carlee Bock, SQHS
- 2:12.31 Kelsey Crane, KHS

200 MR

- 1:51.89* Squalicum
- 1:53.74 Sumner
- 1:56.39 River Ridge

200 FR

- 1:42.66 Sumner
- 1:44.56 Sehome
- 1:45.06 River Ridge

400 FR

- 3:44.29 Squalicum
- 3:45.76 Sehome
- 3:46.78 Interlake

WASHINGTON 3A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Federal Way, Washington
Nov. 11-12, 2011 (25 YD)

TEAM STANDINGS

- 340 Mercer Island
- 318 Bainbridge
- 195 Hanford

50 FREE

- 23.50 Anna Keane, MHS
- 24.43 Stephanie Tixier, HHS
- 24.81 Sydney Bushoff, HNHS

100 FREE

- 50.62 Anna Keane, MHS
- 51.16 M. Bottelberghe, CRHS
- 52.84 Melissa Merrill, HHS

200 FREE

- 1:50.55 M. Bottelberghe, CRHS
- 1:54.85 Addie Chambers, LHS
- 1:55.29 R. Schneider, BEHS

500 FREE

- 5:04.25 Sarah Grundman, BAHs
- 5:04.61 Addie Chambgers, LHS
- 5:05.56 R. Schneider, BEHS

100 BACK

- 58.62 Mackenna Briggs, LHs
- 59.05 Shayla Archer, BAHs
- 59.92 A. Panebianco, CHS

100 BREAST

- 1:03.97 Kim Williams, BEHS
- 1:06.31 Tess Harper, BAHs
- 1:07.79 D. Delparine, MIHS

100 FLY

- 55.08 Grace Wold, MIHS
- 56.39 Tess Harper, BAHs
- 57.80 Stephanie Tixier, HHS

200 IM

- 2:02.50 Grace Wold, MIHS
- 2:04.72 Kim Williams, BEHS
- 2:08.72 Mackenna Briggs, LHs

200 MR

- 1:49.16 Bainbridge
- 1:52.09 Mercer Island
- 1:53.26 Holy Names

200 FR

- 1:38.46 Hanford
- 1:38.92 Bainbridge
- 1:40.32 Mercer Island

400 FR

- 3:34.48 Hanford
- 3:35.10 Mercer Island
- 3:40.03 Bainbridge

WASHINGTON 4A HIGH SCHOOL GIRLS CHAMPIONSHIPS
Federal Way, Washington
Nov. 11-12, 2011 (25 YD)

TEAM STANDINGS

- 202 Skyline
- 147 Stadium
- 123t Kentlake
- 123t Mt. Rainier

50 FREE

- 23.62 Kenna Ramey, FWHS
- 24.00 Emily Mohr, KHS
- 24.05 Hannah Bruggman, WHS

100 FREE

- 51.68 Felicity Cann, SHS
- 52.08 Hannah Bruggman, WHS
- 52.87 Alana Pries, ERHS

200 FREE

- 1:50.01 A. Cratsenberg, TJHS
- 1:50.94 Felicity Cann, SHS
- 1:51.06 Joanna Wu, KMHS

500 FREE

- 4:57.55 A. Cratsenberg, TJHS
- 5:00.77 Joanna Wu, KMHS
- 5:04.53 Casey Penrose, SHS

100 BACK

- 54.60 Katie Kinnear, SKYHS
- 55.65 M. Kawaguchi, MRHS
- 57.94 E.Timm-Ballard, WWHs

100 BREAST

- 1:04.31 Sage Speak, INGHS
- 1:06.15 Kayla Flaten, ISHS
- 1:07.81 Kayla Roberson, INGHS

100 FLY

- 53.46 Katie Kinnear, SKYHS
- 56.81 Kalena Laurent, CHS
- 57.27 Kaitlin Taylor, JHS

200 IM

- 2:03.70 Lisa Bratton, RHS
- 2:05.77 M. Kawaguchi, MRHS
- 2:06.72 Casey Penrose, SHS

200 MR

- 1:47.22 Skyline
- 1:49.44 Mt. Rainier
- 1:51.19 Issaquah

200 FR

- 1:38.78 Stadium
- 1:39.36 Issaquah
- 1:39.86 Newport

400 FR

- 3:32.87 Skyline
- 3:36.40 Snohomish
- 3:37.22 Kentlake

WISCONSIN I HIGH SCHOOL GIRLS CHAMPIONSHIPS
Madison, Wisconsin
Nov. 11-12, 2011 (25 YD)

* = Division Record

TEAM STANDINGS

- 293 Waukesha South
- 291 Arrowhead
- 175 Madison Memorial

50 FREE

- 23.37 Mary Warren, AHS
- 23.79 Anna Brooks, BCHS
- 23.83 K. Skenandore, WSHS

100 FREE

- 51.15 Haley Pietila, AHS
- 51.36 Anna Brooks, BCHS
- 51.70 Abby Jagdfeld, WSHS

200 FREE

- 1:48.41 Sami Pochowski, MHS
- 1:49.89 Abby Jagdfeld, WSHS
- 1:51.29 Molly Manchon, WSHS

500 FREE

- 4:57.74 Natalie Johnson, CHS
- 4:57.86 Sara Brzozowski, BEHS
- 4:58.63 Kaersten Meitz, WSHS

100 BACK

- 55.25* Mackenzie Buss, SHS
- 55.99 E. Szczupakiewicz, MHS
- 56.56 Lizzy Baertlein, WSHS

100 BREAST

- 1:01.72* Sami Pochowski, MHS
- 1:02.88 Leah Pronschinske, ECM
- 1:04.18 Jenson Engen, MIDD

100 FLY

- 55.14 K. Skenandore, WSHS
- 56.32 Corrin VanLanen, PHS
- 56.88 E. Szczupakiewicz, MHS

200 IM

- 2:04.21 Haley Pietila, AHS
- 2:05.45 Stephanie Hein, AHS
- 2:06.57 Hannah Lucas, MMHS

200 MR

- 1:44.35 Arrowhead
- 1:45.42 Muskego
- 1:46.74 Waukesha South

200 FR

- 1:35.89 Arrowhead
- 1:36.19 Waukesha South
- 1:38.07 Badger Co-op

400 FR

- 3:28.61 Waukesha South
- 3:29.67 Muskego
- 3:30.27 Arrowhead

WISCONSIN II HIGH SCHOOL GIRLS CHAMPIONSHIPS
Madison, Wisconsin
Nov. 11-12, 2011 (25 YD)

* = Division Record

TEAM STANDINGS

- 236 Milton
- 193 Shorewood
- 159 DeForest

50 FREE

- 23.43 Alli Bellford, NBEHS
- 23.50 Kristin Malone, SHS
- 23.92 S. Townsend, SBHS

100 FREE

- 51.33 Kristin Malone, SHS
- 52.37 Alli Bellford, NBEHS
- 52.65 Sierra Sachtjen, LHS

200 FREE

- 1:52.42 Madison Tew, NBWHS
- 1:53.47 Rachel Johnson, EAHS
- 1:54.65 Chelsea Statz, DFHS

500 FREE

- 5:02.95 Madison Tew, NBWHS
- 5:04.60 Ellen Stello, SHS
- 5:09.08 Genevieve Hayes, SHS

100 BACK

- 56.08 Katelyn Holmquist, MHS
- 56.39 B. Alexander, MHS
- 58.38 Chelsea Calhoun, MHS

100 BREAST

- 1:03.06* Anna Meinholz, CMHS
- 1:03.07 S. Senczysyn, GHS
- 1:03.10 Emma Bare, FAHS

100 FLY

- 56.90 Leah Winckler, DFHS
- 57.00 S. Townsend, SBHS
- 57.62 Annelise Sprau, WBHS

200 IM

- 2:05.30 B. Alexander, MHS
- 2:06.33 Anna Meinholz, CMHS
- 2:07.31 Allison Teske, AHS

200 MR

- 1:47.74 Shorewood
- 1:49.28 Plymouth
- 1:49.77 Fort Atkinson

200 FR

- 1:37.93 Milton
- 1:38.99 Plymouth
- 1:39.86 Eisenhower

400 FR

- 3:33.17 Milton
- 3:35.13 Shorewood
- 3:38.04 Elkhorn Area

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Parting shot



LEFT » Libby Weaver (wearing a signed Katie Hoff cap) films her teammate with an iPad at the 2012 CeraVe Invitational, streamed live by SwimmingWorld.TV.

[PHOTO BY ALLY BARTH]



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