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APRIL 2012 — VOLUME 53 NO. 4

CHINA'S SWIMMING ICON?

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A MASTERS' TOUCH

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Lane 9/Gutter Talk

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LANCE ARMSTRONG COMPETES IN MASTERS MEET
JAPAN'S RYOSUKE IRIE IMPRESSIVE IN AUSTRALIA
KARLYN PIPES-NEILSEN RETURNS TO MASTERS SWIMMING
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PASSAGES: JESSICA JOY REES
PASSAGES: KELLEY LEMON
PASSAGES: JOHN MACIONIS

CHINA'S SWIMMING ICON?

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For the Record

USA SWIMMING GRAND PRIX Columbia, Missouri
ALABAMA HIGH SCHOOL CHAMPIONSHIPS Auburn, Alabama
COLORADO 4A HIGH SCHOOL GIRLS CHAMPIONSHIPS Thornton, Colorado
COLORADO 5A HIGH SCHOOL GIRLS CHAMPIONSHIPS Fort Collins, Colorado
CONNECTICUT HIGH SCHOOL GIRLS CHAMPIONSHIPS New Haven, Conn.
EASTERN INTERSCHOLASTIC HIGH SCHOOL CHAMPIONSHIPS Philadelphia, Pennsylvania
GEORGIA 1A-4A HIGH SCHOOL CHAMPIONSHIPS Atlanta, Georgia
GEORGIA 5A HIGH SCHOOL CHAMPIONSHIPS Atlanta, Georgia
ILLINOIS HIGH SCHOOL BOYS CHAMPIONSHIPS Evanston, Illinois
IOWA HIGH SCHOOL BOYS CHAMPIONSHIPS Marshalltown, Iowa
LOUISIANA DIVISION I HIGH SCHOOL CHAMPIONSHIPS Sulphur, Louisiana
LOUISIANA DIVISION II HIGH SCHOOL CHAMPIONSHIPS Sulphur, Louisiana
LOUISIANA DIVISION III HIGH SCHOOL CHAMPIONSHIPS Sulphur, Louisiana
LOUISIANA DIVISION IV HIGH SCHOOL CHAMPIONSHIPS Sulphur, Louisiana
MASSACHUSETTS DIVISION I HIGH SCHOOL GIRLS CHAMPIONSHIPS Cambridge, Massachusetts
MASSACHUSETTS DIVISION II HIGH SCHOOL GIRLS CHAMPIONSHIPS Cambridge, Massachusetts
MICHIGAN DIVISION I HIGH SCHOOL GIRLS CHAMPIONSHIPS Ypsilanti, Michigan
MICHIGAN DIVISION II HIGH SCHOOL GIRLS CHAMPIONSHIPS Holland, Michigan
MICHIGAN DIVISION III HIGH SCHOOL GIRLS CHAMPIONSHIPS Rochester, Michigan
NEW YORK HIGH SCHOOL GIRLS CHAMPIONSHIPS Buffalo, New York
WASHINGTON, D.C. METROPOLITAN HIGH SCHOOL CHAMPIONSHIPS Boyds, Maryland



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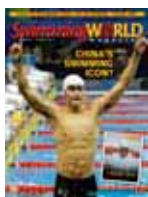
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ON THE COVER: When China's Sun Yang releases his fury this summer in London, the sport could very well see freestyle production never before unleashed. Given his lethal combination of speed and endurance, Sun has the ability to medal in the 200, 400 and 1500 freestyles—a feat that has only happened twice in Olympic history! (See story, page 16.) [COVER PHOTO BY CHRISTINNE MUSCHI, REUTERS; INSET PHOTO BY SODRÉ/PROVIDED BY MARCUS MATTIOLI]

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A VOICE for the SPORT

1976 U.S.

Women's 400 FR

Should Be Inducted

into USOC Hall of Fame

BY BRENT RUTEMILLER

The U.S. Olympic Committee will be inducting athletes into its hall of fame later this year. Six Olympians, one Paralympian and one team will be introduced at an induction ceremony in Chicago, Ill., on July 12. Gary Hall Jr., Jenny Thompson and the 1976 Olympic women's 400 freestyle relay are all nominees representing the sport of swimming.

Honoring Kim Peyton, Wendy Boglioli, Jill Sterkel and Shirley Babashoff as members of the 1976 Olympic 400 free relay is long overdue. They overcame every obstacle, including lying, cheating, public discourse and media bashing to emerge victorious over the steroid-built bodies of the East German women.

With the entire world watching, Babashoff anchored the relay. Peyton, Boglioli and Sterkel split huge lifetime bests, with Peyton setting an American record on the lead. Babashoff's relay leg embodied the frustration and hopes of the entire team of 24 athletes and coaches as she hit the water to bring home the toughest gold medal ever earned and the only one for the U.S. women in those Games.

What is even more astonishing—in what can only be called as a mind over body feat—Babashoff and her teammates broke the East German world record by *four* seconds. The crowd's noise still echoes in time. The women of '76 had their one ounce of revenge—a huge statement with a Hollywood ending that is still not put to film!

It was a bittersweet finish to an event that still needs to be rectified in the Olympic record books since the results of those steroid-tainted Games remain valid today.

Since then, reports from the East German Stasi files, first reported in *Swimming World Magazine*, indicated that more than 10,000 athletes were

party to the abuse—most unknowingly and without parent permission. Many of the women have experienced psychological problems or have delivered children with birth defects from the after effects of doping.

Babashoff was branded as a poor sportsperson for her comments, implying that the East German women were on growth hormones. Headlines called her "Surlly Shirley." Favored to win multiple gold medals, she came away with four silver medals and only one gold. The media portrayed the U.S. women as "Ugly Americans." Even we reported in the September 1976 issue, "The American women found themselves in the position of 'Ugly Americans,' thanks to some comments from a few of the girls. The American blasts even went so far as criticizing the low voices of some of the DDR girls. But as one DDR official said, 'We came here to swim, not to sing.'"

On that note, we should all be singing the praises told by so many who know the truth. Vote for the 1976 women's freestyle relay to be inducted into the USOC Hall of Fame under the "Team" category as a small token of our country's appreciation to these women.

Gary Hall Jr. and Jenny Thompson are the only swimmers nominated as athletes. Hall Jr. won back-to-back gold medals in the 50 free in 2000 and 2004, and was a three-time member of the gold medal-winning men's 400 free relay team. Thompson won 12 medals, including eight gold, which is the most for any female Olympic swimmer in history.

The public can vote by visiting TeamUSA.org/halloffame. Voters will be allowed to vote once per day, per category, through April 9, 2012. ♦

BRENT RUTEMILLER, *Publisher, CEO*

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magazine

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COUNTRY TIDBITS

Editor's Note: Other than splitting the Americas into north and south regions, Swimming World follows the FINA region and national federation structure as part of its regional previews. 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).



As of April 1, 2012, there are 118 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: Europe.

LANE LINES TO LONDON
2012 Olympic Preview: Europe
BY JASON MARSTELLER

Albania (ALB)

Noel Borshi topped Albania's efforts with a 33rd-place time of 2:29.16 in the women's 200 fly and a 43rd-place finish in the 100 fly (1:05.71).



Andorra (AND)

Hocine Haciane took 35th in the men's 200 fly (2:04.14) and 36th in the 200 IM (2:07.14).



Austria (AUT)

Austria finished 29th in the team standings, largely based on the top-8 finishes from Dinko Jukic and Markus Rogan. Jukic took seventh in the 200 fly (1:55.48), while Rogan placed fifth in the 200 IM (1:58.14).



Belarus (BLR)

One woman's performance was responsible for Belarus placing 21st among all countries competing in Shanghai. Aliaksandra Herasimenia tied Jeanette Ottesen for the women's 100 free title in 53.45. Herasimenia also took fifth in the 50 free (24.65) and tied for sixth in the 50 back (28.09).



Belgium (BEL)

Belgium finished in a 36th-place tie with Chile at last summer's Worlds. Fanny Lecluyse and Francois Heersbrandt each made the semifinals, with Lecluyse finishing 14th in the women's 200 IM (2:13.86) and 10th in the 200 breast (2:25.92). Heersbrandt was 13th in the men's 50 fly (23.68).



Bulgaria (BUL)

Ekaterina Avramova led Bulgaria to a 41st-place tie with Estonia in the team standings with a pair of semifinal performances: 15th in the women's 100 back (1:01.10) and 12th in the 50 back (28.64).



Bosnia and Herzegovina (BIH)

Ivana Ninkovic competed in two events, taking 23rd in the women's 50 breast (32.86) and 37th in the 100 breast (1:14.32).



Croatia (CRO)

Mario Todorovic paced the Croatians with a 20th-place finish in the men's 50 fly (24.05). He also took 33rd in the 100 fly (53.56) and 38th in the 100 free (50.16).



Czech Republic (CZE)

The Czech Republic, which finished in a tie for 29th place with Austria and the Republic of Serbia, was paced by one final and four semifinal performances. Barbora Zavadova led the way by finishing seventh in the women's 400 IM (4:38.04) and 15th in the 200 IM (2:14.03). Petra Chocova finished 12th in the women's 50 breast (31.75) and 13th in the 100 breast (1:08.40), while Petr Bartunek took 15th in the men's 50 breast (27.87).



— continued on 8

1992 BARCELONA

WOMEN

100 FREE	FRANZISKA VAN ALMSICK, GER	● BRONZE (54.94)
200 FREE	FRANZISKA VAN ALMSICK, GER	● SILVER (1:58.00)
200 FREE	KERSTIN KIELGASS, GER	● BRONZE (1:59.67)
400 FREE	DAGMAR HASE, GER	● GOLD (4:07.18)
800 FREE	JANA HENKE, GER	● BRONZE (8:30.99)
100 BACK	KRISTINA EGRERSZEGI, HUN	● GOLD (1:00.68)
100 BACK	TUNDE SZABO, HUN	● SILVER (1:01.14)
200 BACK	KRISTINA EGRERSZEGI, HUN	● GOLD (2:07.06)
200 BACK	DAGMAR HASE, GER	● SILVER (2:09.46)
100 BREAST	ELENA RUDKOVSKAYA, EUN	● GOLD (1:08.00)
100 FLY	CATHERINE PLEWINSKI, FRA	● BRONZE (59.01)
200 IM	DANIELA HUNGER, GER	● BRONZE (2:13.92)
400 IM	KRISTINA EGRERSZEGI, HUN	● GOLD (4:36.54)
400 MR	GERMANY	● SILVER (4:05.19)
400 MR	UNIFIED TEAM	● BRONZE (4:06.44)
400 FR	GERMANY	● BRONZE (3:41.60)

MEN

50 FREE	ALEXANDER POPOV, EUN	● GOLD (21.91)
100 FREE	ALEXANDER POPOV, EUN	● GOLD (49.02)
100 FREE	STEPHAN CARON, FRA	● BRONZE (49.50)
200 FREE	EVGENI SADOVYI, EUN	● GOLD (1:46.70)
200 FREE	ANDERS HOLMERTZ, SWE	● SILVER (1:46.86)
200 FREE	ANTTI KASVIO, FIN	● BRONZE (1:47.63)
400 FREE	EVGENI SADOVYI, EUN	● GOLD (3:45.00)
400 FREE	ANDERS HOLMERTZ, SWE	● BRONZE (3:46.77)
1500 FREE	JORG HOFFMANN, GER	● BRONZE (15:02.29)
200 BACK	MARTIN LOPEZ-ZUBERO, ESP	● GOLD (1:58.47)
200 BACK	VLADIMIR SELKOV, EUN	● SILVER (1:58.87)
200 BACK	STEFANO BATTISTELLI, ITA	● BRONZE (1:59.40)
100 BREAST	NORBERT ROZSA, HUN	● SILVER (1:01.68)
200 BREAST	NORBERT ROZSA, HUN	● SILVER (2:11.23)
200 BREAST	NICK GILLINGHAM, GBR	● BRONZE (2:11.29)
100 FLY	RAFAL SZUKALA, POL	● SILVER (53.35)
200 FLY	FRANCK ESPOSITO, FRA	● BRONZE (1:58.51)
200 IM	TAMAS DARNYI, HUN	● GOLD (2:00.76)
200 IM	ATTILA CZENE, HUN	● BRONZE (2:01.00)
400 IM	TAMAS DARNYI, HUN	● GOLD (4:14.23)
400 IM	LUCA SACCHI, ITA	● BRONZE (4:16.34)
400 MR	UNIFIED TEAM	● SILVER (3:38.56)
400 FR	UNIFIED TEAM	● SILVER (3:17.56)
400 FR	GERMANY	● BRONZE (3:17.90)
800 FR	UNIFIED TEAM	● GOLD (7:11.95)
800 FR	SWEDEN	● SILVER (7:15.51)

1996 ATLANTA

WOMEN

50 FREE	SANDRA VOLKER, GER	● BRONZE (25.14)
100 FREE	SANDRA VOLKER, GER	● SILVER (54.88)
200 FREE	FRANZISKA VAN ALMSICK, GER	● SILVER (1:58.57)
200 FREE	DAGMAR HASE, GER	● BRONZE (1:59.56)

Denmark (DEN)



Lotte Friis placed seventh, while Jeanette Ottesen finished 18th in the individual FINA Trophy race, while Denmark earned 15th overall as a team. Ottesen tied with Aliaksandra Herasimenia for the women's 100 free title (53.45), while Friis won the 1500 free (15:49.59) and took second in the 800 (8:18.20).

Estonia (EST)



Triin Aljand and Jane Trepp picked up semifinal points to help Estonia to a 41st-place tie with Bulgaria. Aljand took 12th in the women's 50 fly (26.48) and 16th in the 50 free (25.57), while Trepp placed 16th in the women's 50 breast (32.33).

Faroe Islands (FAR)



Pal Joensen led the Faroe Islands—a country with only 50,000 people—by placing fifth in the men's 800 free (7:46.51) and fourth in the 1500 (14:46.33) behind Sun Yang's world record swim of 14:34.14. On Joensen's efforts alone, the Faroe Islands ranked 26th in the world.

France (FRA)



France will be seeking revenge in 2012 after the USA's Jason Lezak overhauled its favored men's 400 free-style relay squad on the final leg for Olympic gold in 2008. Last year, France finished with four swimmers—William Meynard, Fabien Gilot, Alain Bernard, Yannick Agnel—in the top 20 in the men's 100 free rankings, the most of any country, and could potentially be favored again in the sprint relay heading into London.

Finland (FIN)



Hanna-Maria Seppala had Finland's best swim in Shanghai with a 20th-place 55.06 in the women's 100 free.

Germany (GER)



Germany finished ninth in the team standings at Shanghai, capturing seven medals—all bronze. With the likes of Britta Steffen, Paul Biedermann and Helge Meeuw still competing, Germany should make an impact in

London as well.

Great Britain (GBR)



The 2012 Olympic host country hopes to crack into swimming super-power conversation after finishing fourth in Shanghai. Leading the way will be women's 800 free champ and 400 free runner-up Rebecca Adlington (8:17.51 and 4:04.01) and IMer Hannah Miley (200, seventh, 2:11.36; 400, second, 4:34.22). Backstroker Liam Tancock, who won the 50 (24.50) and was sixth in the 100 (53.25), is another gold medal threat, while Francesca Hansall excels in sprint freestyle (fourth in both the 50 and 100, 24.60 and 53.72t).

Greece (GRE)



Greece placed 22nd overall at last summer's Worlds, with Ioannis Drymonakos leading the way in the men's 400 IM in 4:14.62, good for fifth place.

Hungary (HUN)



Hungary, which missed the top 10 at Worlds by one point, will be looking to improve at this year's Olympics. Laszlo Cseh, who has been one of the world's top swimmers during the past decade, has always swum in the shadow of the USA's Michael Phelps and Ryan Lochte. Will he make a breakthrough in London?

Iceland (ISL)



Erla Haraldsdottir paced Iceland's efforts with a 17th-place effort in the women's 50 breast (32.10).

Ireland (IRL)



Grainne Murphy and Sycerika McMahon helped Ireland to a 45th-place finish in the team rankings. Murphy placed 10th in the women's 1500 free (16:14.81), while McMahon took 13th in the women's 50 breast (31.83).

— continued on 10

400 FREE	MICHELLE SMITH, IRL	● GOLD (4:07.25)
400 FREE	DAGMAR HASE, GER	● SILVER (4:08.30)
400 FREE	KIRSTEN VliegHUIS, NED	● BRONZE (4:08.70)
800 FREE	DAGMAR HASE, GER	● SILVER (8:29.91)
800 FREE	KIRSTEN VIEGHUIS, NED	● BRONZE (8:30.84)
200 BACK	KRISTINA Egerszegi, HUN	● GOLD (2:07.83)
200 BACK	CATHLEEN RUND, GER	● BRONZE (2:12.06)
200 BREAST	AGNES KOVACS, HUN	● BRONZE (2:26.57)
200 FLY	MICHELLE SMITH, IRL	● BRONZE (2:09.91)
200 IM	MICHELLE SMITH, IRL	● GOLD (2:13.93)
400 IM	MICHELLE SMITH, IRL	● GOLD (4:39.18)
400 IM	KRISTINA Egerszegi, HUN	● BRONZE (4:42.53)
400 FR	GERMANY	● BRONZE (3:41.48)
800 FR	GERMANY	● SILVER (8:01.55)

MEN

50 FREE	ALEXANDER POPOV, RUS	● GOLD (22.13)
100 FREE	ALEXANDER POPOV, RUS	● GOLD (48.74)
400 FREE	PAUL PALMER, GBR	● SILVER (3:49.00)
1500 FREE	GRAEME SMITH, GBR	● BRONZE (15:02.48)
200 BACK	EMANUELE MERISI, ITA	● BRONZE (1:59.18)
100 BREAST	FREDERIK DEBURGHGRAEVE, BEL	● GOLD (1:00.65)
100 BREAST	MARK WARNECKE, GER	● BRONZE (1:01.33)
200 BREAST	NORBERT ROZSA, HUN	● GOLD (2:12.57)
200 BREAST	KAROLY GUTTNER, HUN	● SILVER (2:13.03)
200 BREAST	ANDREI KORNEEV, RUS	● BRONZE (2:13.17)
100 FLY	DENIS PANKRATOV, RUS	● GOLD (52.27)
100 FLY	VLADISLAV KULIKOV, RUS	● BRONZE (53.13)
200 FLY	DENIS PANKRATOV, RUS	● GOLD (1:56.51)
200 IM	ATTILA CZENE, HUN	● GOLD (1:59.91)
200 IM	JANI SIEVINEN, FIN	● SILVER (2:00.13)
400 MR	RUSSIA	● SILVER (3:37.55)
400 FR	RUSSIA	● SILVER (3:17.06)
400 FR	GERMANY	● BRONZE (3:17.20)
800 FR	SWEDEN	● SILVER (7:17.56)
800 FR	GERMANY	● BRONZE (7:17.71)

2000 SYDNEY

WOMEN

50 FREE	INGE DE BRUIJN, NED	● GOLD (24.32)
50 FREE	THERESE ALSHAMMAR, SWE	● SILVER (24.51)
100 FREE	INGE DE BRUIJN, NED	● GOLD (53.83)
100 FREE	THERESE ALSHAMMAR, SWE	● SILVER (54.33)
200 FREE	MARTINA MORAVCOVA, SVK	● SILVER (1:58.32)
800 FREE	YANA KLOCHKOVA, UKR	● SILVER (8:22.66)
100 BACK	DIANA MOCANU, ROM	● GOLD (1:00.21)
100 BACK	NINA ZHIVANEVSKAYA, ESP	● BRONZE (1:00.89)



Israel (ISR)



Israel is expected to send a core group of three to five swimmers to London. Gal Nevo and Nimrod Shapira Bar-Or, who both competed at the Beijing Olympics, will return in 2012 for their second Olympic appearance. Newcomer Yakov-Yan Toumarkin, who set a national record in the men's 200 back with an 11th-place finish at Worlds (1:58.21) also qualified to represent Israel at the 2012 Olympics. Backstroker Guy Barnea, a 2008 Olympian, and butterflyer Amit Ivri are also looking at potential spots in London.

Italy (ITA)



Federica Pellegrini is without peer within the Italian swimming ranks. She finished sixth for the individual FINA Trophy in Shanghai, and will be looking to return to the top of the women's world rankings after losing to Rebecca Soni the last two years for World Swimmer of the Year honors.

Latvia (LAT)



Gabriela Nikitina led Latvia with a pair of 33rd-place finishes in the women's 50 free (26.20) and 50 fly (27.92).

Liechtenstein (LIE)



Julia Hassler was her country's only representative in Shanghai, taking 18th in the women's 1500 free (16:34.74), 24th in the 800 (8:46.00) and 25th in the 400 (4:17.61).

Lithuania (LTU)



Lithuania, led by Giedrius Titenis, tied with Norway and Ukraine for 23rd at last summer's World Championships. Titenis placed sixth in both the men's 100 and 200 breast (1:00.25 and 2:11.07).

Luxembourg (LUX)



Laurent Carnol helped Luxembourg to 49th in the team rankings with a 15th-place 2:12.23 in the men's 200 breast.

Macedonia (MKD)



Simona Marinova provided her country's top

200 BACK	DIANA MOCANU, ROM	● GOLD (2:08.16)
200 BACK	ROXANA MARACINEANU, FRA	● SILVER (2:10.25)
200 BREAST	AGNES KOVACS, HUN	● GOLD (2:24.35)
100 FLY	INGE DE BRUIJN, NED	● GOLD (56.61)
100 FLY	MARTINA MORAVCOVA, SVK	● SILVER (57.97)
200 IM	YANA KLOCHKOVA, UKR	● GOLD (2:10.68)
200 IM	BEATRICE CASLARU, ROM	● SILVER (2:12.57)
400 IM	YANA KLOCHKOVA, UKR	● GOLD (4:33.59)
400 IM	BEATRICE CASLARU, ROM	● BRONZE (4:37.18)
400 FR	HOLLAND	● SILVER (3:39.83)
400 FR	SWEDEN	● BRONZE (3:40.30)
800 FR	GERMANY	● BRONZE (7:58.64)

MEN

50 FREE	PIETER VAN DEN HOOGENBAND, NED	● BRONZE (22.03)
100 FREE	PIETER VAN DEN HOOGENBAND, NED	● GOLD (48.30)
100 FREE	ALEXANDER POPOV, RUS	● SILVER (48.69)
200 FREE	PIETER VAN DEN HOOGENBAND, NED	● GOLD (1:45.35)
200 FREE	MASSI ROSOLINO, ITA	● BRONZE (1:46.65)
400 FREE	MASSI ROSOLINO, ITA	● SILVER (3:43.40)
100 BACK	STEV THELOKE, GER	● BRONZE (54.82)
100 BREAST	DOMENICO FIORAVANTI, ITA	● GOLD (1:00.46)
100 BREAST	ROMAN SLOUDNOV, RUS	● BRONZE (1:00.91)
200 BREAST	DOMENICO FIORAVANTI, ITA	● GOLD (2:10.87)
200 BREAST	DAVIDE RUMMOLO, ITA	● BRONZE (2:12.73)
100 FLY	LARS FROLANDER, SWE	● GOLD (52.00)
200 FLY	DENIS SILANTIEV, UKR	● SILVER (1:55.76)
200 IM	MASSI ROSOLINO, ITA	● GOLD (1:58.98)
400 MR	GERMANY	● BRONZE (3:35.88)
800 FR	NETHERLANDS	● BRONZE (7:12.70)

2004 ATHENS

WOMEN

50 FREE	INGE DE BRUIJN, NED	● GOLD (24.58)
50 FREE	MALIA METELLA, FRA	● SILVER (24.89)
100 FREE	INGE DE BRUIJN, NED	● SILVER (54.16)
200 FREE	CAMELIA POTEK, ROM	● GOLD (1:58.03)
200 FREE	FEDERICA PELLEGRINI, ITA	● SILVER (1:58.22)
200 FREE	SOLENE FIGUES, FRA	● BRONZE (1:58.45)
400 FREE	LAURE MANAUDOU, FRA	● GOLD (4:05.34)
400 FREE	OTYLIA JEDRZEJCZAK, POL	● SILVER (4:05.84)
800 FREE	LAURE MANAUDOU, FRA	● SILVER (8:24.96)
100 BACK	LAURE MANAUDOU, FRA	● BRONZE (1:00.88)
200 BACK	STANISLAVA KOMAROVA, RUS	● SILVER (2:09.72)
200 BREAST	ANNE POLESKA, GER	● BRONZE (2:25.82)
100 FLY	OTYLIA JEDRZEJCZAK, POL	● SILVER (57.84)
100 FLY	INGE DE BRUIJN, NED	● BRONZE (57.99)
200 FLY	OTYLIA JEDRZEJCZAK, POL	● GOLD (2:06.05)
200 IM	YANA KLOCHKOVA, UKR	● GOLD (2:11.14)
400 IM	YANA KLOCHKOVA, UKR	● GOLD (4:34.83)
400 MR	GERMANY	● BRONZE (4:00.72)
400 FR	NETHERLANDS	● BRONZE (3:37.59)
800 FR	GERMANY	● BRONZE (7:57.35)

swim in Shanghai with a 26th-place 17:44.99 in the women's 1500 free.

Malta (MLT)

Andrew Chetcuti's 37th-place 25.54 in the men's 50 fly proved to be the best outing for Malta at Worlds.



Moldova (MDA)

Evghenia Tanasienco led the way with a 28th-place 2:34.00 in the women's 200 breast.



Monaco (MON)

Angelique Trinquier clocked 33.19 in the women's 50 back for 52nd place.



Netherlands (NED)

The Netherlands, which finished seventh in the team rankings, boasts one of the top women's sprint countries in the world. Inge Dekker, Ranomi Kromowidjojo, Marleen Veldhuis, Sharon van Rouwendaal and Femke Heemskerk are elite-level threats heading into London.



Norway (NOR)

Alexander Dale Oen provided one of the most dramatic storylines in Shanghai, winning the men's 100 breaststroke just days after a domestic terrorist event in his home country. The question remains if he can foil Kosuke Kitajima's attempt at a third straight Olympic victory in the 100.



Poland (POL)

Konrad Czerniak led Poland to 18th in the team rankings with his silver-medal performance in the men's 100 fly (51.15). Additionally, Poland's medley relays that include Czerniak and Pawel Korzeniowski could be a potential medal threat.



Portugal (POR)

Portugal finished 44th in the country rankings in Shanghai, with Diogo Carvalho placing 12th in the men's 200 IM (1:59.80).



Romania (ROU)

Romania finished in a three-way tie for 41st at the World Championships.



— continued on 12

MEN		
50 FREE	DUJE DRAGANJA, CRO	SILVER (21.94)
100 FREE	PIETER VAN DEN HOOGENBAND, NED	GOLD (48.17)
200 FREE	PIETER VAN DEN HOOGENBAND, NED	SILVER (1:45.23)
1500 FREE	DAVID DAVIES, GBR	BRONZE (14:45.95)
100 BACK	MARKUS ROGAN, AUT	SILVER (54.35)
200 BACK	MARKUS ROGAN, AUT	SILVER (1:57.35)
200 BACK	RAZVAN FLOREA, ROM	BRONZE (1:57.56)
100 BREAST	HUGUES DUBOSCQ, FRA	BRONZE (1:00.88)
200 BREAST	DANIEL GYURTA, HUN	SILVER (2:10.80)
100 FLY	ANDRIY SERDINOV, UKR	BRONZE (51.36)
200 FLY	STEPHEN PARRY, GBR	BRONZE (1:55.52)
400 IM	LASZLO CSEH, HUN	BRONZE (4:12.15)
400 MR	GERMANY	SILVER (3:33.62)
400 FR	NETHERLANDS	SILVER (3:14.36)
800 FR	ITALY	BRONZE (7:11.83)
2008 BEIJING		
WOMEN		
50 FREE	BRITTA STEFFEN, GER	GOLD (24.06)
100 FREE	BRITTA STEFFEN, GER	GOLD (53.12)
200 FREE	FEDERICA PELLEGRINI, ITA	GOLD (1:54.82)
200 FREE	SARA ISAKOVIC, SLO	SILVER (1:54.97)
400 FREE	REBECCA ADLINGTON, GBR	GOLD (4:03.22)
400 FREE	JOANNE JACKSON, GBR	BRONZE (4:03.52)
800 FREE	REBECCA ADLINGTON, GBR	GOLD (8:14.10)
800 FREE	ALESSIA FILIPPI, ITA	SILVER (8:20.23)
800 FREE	LOTTE FRIIS, DEN	BRONZE (8:23.03)
100 BREAST	MIRNA JUKIC, AUT	BRONZE (1:07.34)
200 BREAST	SARA NORDENSTAM, NOR	BRONZE (2:23.02)
400 FR	NETHERLANDS	GOLD (3:33.76)
10K	LARISA ILCHENKO, RUS	GOLD (1:59:27.7)
10K	KERI-ANNE PAYNE, GBR	SILVER (1:59:29.2)
10K	CASSANDRA PATTEN, GBR	BRONZE (1:59:31.0)
MEN		
50 FREE	AMAURY LEVEAUX, FRA	SILVER (21.45)
50 FREE	ALAIN BERNARD, FRA	BRONZE (21.49)
100 FREE	ALAIN BERNARD, FRA	GOLD (47.21)
100 BACK	ARKADY VYATCHANIN, RUS	BRONZE (53.18)
200 BACK	ARKADY VYATCHANIN, RUS	BRONZE (1:54.93)
100 BREAST	ALEXANDER DALE OEN, NOR	SILVER (59.20)
100 BREAST	HUGUES DUBOSCQ, FRA	BRONZE (59.37)
200 BREAST	HUGUES DUBOSCQ, FRA	BRONZE (2:08.94)
100 FLY	MILORAD CAVIC, SRB	SILVER (50.59)
200 FLY	LASZLO CSEH, HUN	SILVER (1:52.70)
200 IM	LASZLO CSEH, HUN	SILVER (1:56.52)
400 IM	LASZLO CSEH, HUN	SILVER (4:06.16)
400 FR	FRANCE	SILVER (3:08.32)
800 FR	RUSSIA	SILVER (7:03.70)
10K	MARTEN VAN DER WEIJDEN, NED	GOLD (1:51:51.6)
10K	DAVID DAVIES, GBR	SILVER (1:51:53.1)
10K	THOMAS LURZ, GER	BRONZE (1:51:53.6)

In addition to having numerous medal favorites, Europe also has several swimmers who are looking for a breakthrough in London. Ukraine's Daryna Zevina is one such swimmer who has a chance to make the podium at the 2012 Olympic Games.

Seventeen-year-old Daryna Zevina of Ukraine has been a star on the international junior scene ever since 2009, when she won the women's 100 and 200 meter backstrokes at the European Junior Championships in Prague.

She followed that the next year in Helsinki with another gold medal in the 100 back plus silver medals in the 50 and 200. And in 2011, she swept the backstroke gold medals at the World Junior Championships in Lima.

But Zevina's performance at last summer's World Championships in Shanghai put her among the world's elite, earning her recognition as a potential medalist at the biggest meet of all—the London Olympics. She placed fourth in the women's 200 back in 2:07.82—just 4-hundredths shy of winning a bronze medal!

While the USA's Missy Franklin, last year's world champion in 2:05.10, should be favored for gold at this summer's Olympics, with Australia's Belinda Hocking (2:06.06 at Worlds) a popular choice for silver, the Olympic bronze medal in the women's 200 back appears to be there for the taking. Seven women posted 2:07s last year, including Zevina, whose time ranked her as the world's seventh best performer in the event in 2011.

And don't count her out in the 100 back! Her 1:00.05 at Worlds ranked 15th globally. ♦



ABOVE » Ukraine's Daryna Zevina's fourth-place time of 2:07.82 in the 200 meter back at last summer's World Championships ranked her as the seventh best performer in the event in 2011.

PHOTO BY VIVEK PRAKASH, REUTERS

OLYMPIC PREVIEW - EUROPE — *continued from 11*

Dragos Agache led the way with his 10th-place tie in the men's 50 breast (27.71).

Russia (RUS)

Russia rounded out the top 10 at last year's Worlds, with Anastasia Zueva and Yuliya Efimova both ranking among the top 15 swimmers of the meet. Zueva topped the 50 back (27.79), while Efimova took silver in both the 50 and 200 breast (30.49 and 2:22.22).



San Marino (SMR)

Simona Muccioli paced her country in Shanghai with a 31st-place 2:22.03 in the women's 200 fly.



Serbia (SRB)

Serbia tied for 29th overall in the team standings with Austria and the Czech Republic. Nadja Higl finished sixth in the women's 200 breast (2:25.93) after becoming Serbia's first world champion in swimming at the 2009 Worlds (200 breast, 2:21.62). Ivan Lendjer (11th, 23.54) and Milorad Cavic (12th, 23.59) both made semifinals in the men's 50 fly.



Slovakia (SVK)

Katarina Filova led Slovakia with a 4:21.14 in the women's 400 free, good for 28th place.



Slovenia (SLO)

Slovenia earned 34th in the FINA Championships Trophy rankings. Damir Dugonjic led the way with the sole championship final appearance for Slovenia, taking eighth in the men's 50 breast (28.00).



Spain (ESP)

Spain finished 17th in the team standings, with Aschwin Wildeboer Faber and Mireia Belmonte Garcia leading the way. Both swimmers just missed making the podium



with their fourth-place finishes: Wildeboer Faber missed winning a bronze medal by 16-hundredths in the men's 50 back (24.82), and Belmonte Garcia came up 71-hundredths short in the women's 400 IM (4:34.94).

Sweden (SWE)

Sweden is loaded with talent, as evidenced by its 14th-place team ranking last summer. World record holder Sarah Sjöström (100 fly, 56.06) and Therese Alshammar are legitimate medal threats come London—even, perhaps, for gold. Alshammar posted a particularly strong outing at Worlds, tying for seventh overall among all female swimmers.



Switzerland (SUI)

Dominik Meichtry and Flori Lang led Switzerland to 33rd in the team race, with Meichtry taking seventh in the men's 200 free (1:47.02) and Lang placing eighth in the men's 50 back (25.15).



Turkey (TUR)

Turkey didn't score any points at last summer's World Championships, but it had six swimmers compete in eight events. Its best placing was 25th by Yesim Giresunlu in the women's 1500 (17:23.60), closely followed by Burcu Dolunay's 27th-place showing in the women's 50 free (26.01).



Ukraine (UKR)

Daryna Zevina (see "Darkhorse Medal Contenders" at left) had a tremendous outing at last summer's Worlds, as did Andriy Govorov. Zevina took fourth in the women's 200 back (2:07.82) and 10th in the 100 back (1:00.05), while Govorov earned eighth in the men's 50 fly (23.64).



Did Not Compete

Gibraltar and Montenegro did not compete at last year's World Championships.

Four years ago, Chinese divers captured seven out of a possible eight gold medals at the Beijing Olympics. The story could be much the same in London.

China has clearly been the world's most dominant country in diving in recent years.

At the 2011 World Championships in Shanghai last summer, it became the first country in history to sweep the gold medals in all 10 diving events at Worlds, winning 14 medals overall. China boasted 11 gold medalists, with double champs Wu Minxia and Chen Ruolin leading the way for the women and Qiu Bo topping the men.

At the 2009 World Championships in Rome, China won seven gold medals out of 10, and 14 overall.

Come the Olympics in London, expect China to continue winning the lion's share of medals. The remaining medals will be up for grabs.

Russia, traditionally a diving powerhouse, won three silver and two bronze medals in Beijing. Veterans Yulia Pakhalina and Dmitri Sautin led the way in 2008, but with their best years behind them, Russia will need its younger divers to step up in London.

Other countries that are capable of crashing China's party include Australia, Canada and a rapidly improving team from Mexico. In Beijing, Matthew Mitcham spoiled China's bid of sweeping all eight gold medals when he captured the 10-meter platform to become Australia's first diver to win Olympic gold since 1924. He'll be back in London to earn more hardware.

The Canadians have traditionally had strong divers on both the men's and women's side, and they'll be looking to veteran three-time Olympic medalist and former world champion Emilie Heymans to help lead their young team. Alexandre Despatie, an Olympic silver medalist in 2004 and 2008, also has a chance to make an impact, especially in the 3-meter springboard.

Mexico looked impressive at the 2011 Pan American Games in Guadalajara, sweeping all eight gold medals and collecting 12 medals overall. Paola Espinoza led the charge with four medals—including three gold—while teammate Yahel Castillo won two gold. A two-time Olympian and a flag bearer for Mexico in Beijing, Espinoza will be in the hunt for her second Olympic medal.

For the United States, it will be an uphill battle to reach the podium in London. In 2008, the USA did not earn a single medal, but its divers have looked better of late.

At the 2009 Worlds, American divers brought home four medals—three of them in synchronized events. Troy Dumais (silver, 3-meter and 3-meter synchro), Kristian Ipsen (silver, 3-meter synchro), Mary Beth Dunnichay and Haley Ishimatsu (silver, 10-meter synchro) and David Boudia and Thomas Finchum (silver, 10-meter synchro) will likely be counted on to get the U.S. back on the award stand in London.

After picking up a silver medal in the platform at the 2011 World Championships, Boudia may be the best bet for an individual medal. His 10-meter score in Shanghai was higher than the gold medal-winning scores at both the 2009 Worlds and 2008 Olympics. ♦

RIGHT » Russia, traditionally a diving powerhouse, won three silver and two bronze medals at last summer's World Championships. (Pictured: Svetlana Philippova and Anastasia Pozdniakova, 3-meter synchro)

[PHOTO BY ISSBI KATO, REUTERS]

BY EMILY SAMPL

Diving

2012 OLYMPIC PREVIEW

1960

Rome, Italy

Top swimming nations:

USA, 15 medals (9G, 3S, 3B)

Australia, 13 medals (5G, 5S, 3B)

Japan, 5 medals (3S, 2B)

Number of swimming events: 15

Australia's coming-out party in 1956 continued in Rome, as superstars Murray Rose and Dawn Fraser collected more gold medals. The freestyle prowess of the Aussies was certainly made clear to the rest of the world, with their men winning all three individual freestyle events (John Devitt, 100; Rose, 400; John Konrads, 1500) and their women taking one of two (Fraser, 100).

The Americans, however, prevented another Australia drubbing with wins in the 200 breast (Bill Mulliken), 200 fly (Mike Troy) and both relays on the men's side and a near-sweep on the women's (five of seven events)—400 free (Chris von Saltza), 100 back (Lynn Burke), 100 fly (Carolyn Schuler) and both relays.

In perhaps the most controversial event ever to take place in the pool at the Olympics, John Devitt was awarded the gold medal in the 100 free over Lance Larson despite much evidence that Larson actually won the race. The three official timers for Larson (timing by hand) had faster times (55.0, 55.1 and 55.1) than the three timers for Devitt (all 55.2). Also, the back-up electronic timing device, which was being tested for the first time in Rome, showed Larson touching the wall slightly ahead of Devitt, 55.10 to 55.16. But the first-place and second-place judges were split, 3-3, as to the order in which they thought the swimmers had finished.

Consequently, the head judge—who did not have power to determine the winner—decided to ignore the rules and award the gold medal to the Australian, declaring that both swimmers officially finished in 55.2.

This reinforced the growing clamor for electronic timing that would eliminate the need for manual stopwatches and visual place judging at future Olympics.

Jeff Farrell was pegged for success in Rome, but had emergency appendectomy surgery just a few days before the U.S. Trials. He still qualified for the American team and went on to win two Olympic gold medals in the 800 free relay and the newly added 400 medley relay.



ABOVE » John Devitt (towel over shoulder) and Lance Larson

1964

Tokyo, Japan

Top swimming nations:

USA, 29 medals (13G, 8S, 8B)

Australia, 9 medals (4G, 1S, 4B)

Germany, 6 medals (4S, 2B)

Number of swimming events: 18

No swimmer had ever won four gold medals in a single Olympics. With an expanded program in 1964, Don Schollander of the United States broke through that barrier with wins in the 100 and 400 freestyles, as well as the 800 freestyle relay and the newly added 400 free relay. Many believe that Schollander would have won five if the 200 free—his strongest event—had been on the schedule.

Dawn Fraser made the 1964 Games even more historic with an unprecedented third straight win in the 100 free, becoming the only person to win an individual Olympic event in swimming three consecutive times—an achievement unmatched for 32 years! Shortly after the Games, the Australian Olympic Committee imposed a 10-year ban from swimming on Fraser for stealing a Japanese flag from the Emperor's compound. Although the ban was lifted just before the 1968 Games, it was too late for Fraser to begin training for a run at a possible fourth 100 free gold.

The 400 individual medley was added to the program, and Richard Roth and Donia de Varona won the inaugural races for the United States, which won all but five events. Australia captured four and the Soviet Union won one, thanks to Galina Prozumenshikova in the 200 breast.



LEFT » Dawn Fraser

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.

Olympic

1968

Mexico City, Mexico

Top swimming nations:

USA, 52 medals (21G, 15S, 16B)

Australia, 8 medals (3G, 2S, 3B)

Soviet Union, 8 medals (4S, 4B)

Number of swimming events: 29

While Bob Beamon was using Mexico City's high altitude of 7,500 feet to his advantage in the long jump, the lack of air affected some of the performances in the pool. The USA's Mike Burton won the 1500 free by 19 seconds, but was a full 30 seconds off his world record!



ABOVE » Debbie Meyer

However, the altitude didn't affect the sprinters, as world records were set in five 100-meter events.

Debbie Meyer emerged as the darling of the Mexico Games, becoming the first person to win three individual gold medals in one Olympiad (200, 400 and 800 free).

Claudia Kolb, who had won silver in the 200 breast in 1964, switched her focus afterward to the individual medley. The move paid off handsomely as she won gold in both IMs in Mexico. Carl Robie also found redemption in Mexico City, winning the gold in the 200 fly four years after winning a silver.

The host country did not go home empty-handed in the pool. Felipe Muñoz won Mexico's first (and only, to date) swimming gold medal—and first in any sport.

With the exception of the 50 free and women's 800 free relay, which would not be introduced for many years, the swimming program in 1968 featured all the events still currently swum in the Olympics.

1972

Munich, Germany

Top swimming nations:

USA, 43 medals (17G, 14S, 12B)

Australia, 10 medals (6G, 2S, 2B)

East Germany, 9 medals (2G, 5S, 2B)

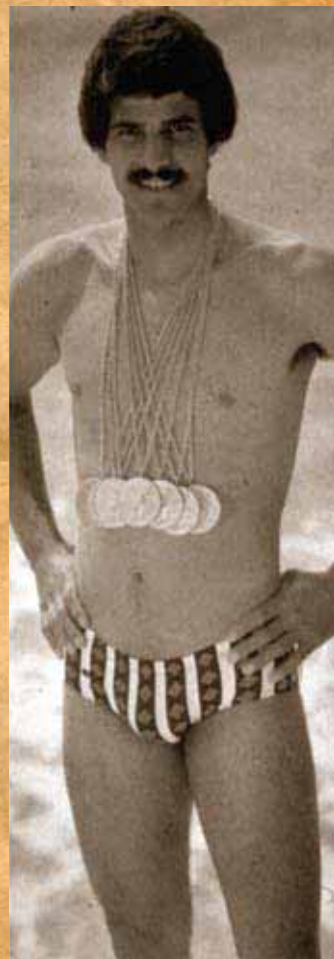
Number of swimming events: 29

Until 2008, the Holy Grail of Olympic achievement was Mark Spitz's 7-for-7 in gold medals at the Munich Games. What is more remarkable is that all seven races (three of which were relays) were swum in world record time!

Slightly overshadowed by Spitz was Australia's Shane Gould, who won five medals, three of them gold in the 200 free, 400 free and 200 IM. The USA's Melissa Belote (100-200 back, 400 medley relay) and Sandy Neilson (100 free, 400 medley and 400 free relays) also won three gold medals.

In what remains the closest finish for silver and gold in Olympic swimming history, Sweden's Gunnar Larsson beat Tim McKee in the 400 free by 2-thousandths of a second. Soon thereafter, rules were changed to measure times to the hundredth of a second—awarding ties if necessary—as it was acknowledged that the timing systems could not accurately discriminate to thousandths of a second.

The East German women didn't win any events in their second appearance at the Olympics, which made what was to come four years later all the more shocking. ♦



ABOVE » Mark Spitz

Flashback

GOING THE

BY JOHN LOHN

China's Sun Yang, the world record holder in the men's 1500 meter freestyle, is the favorite for a gold medal in that event come London. And he also has the ability to medal in the 200 and 400 freestyle events as well.

PICTURED » Sun Yang eclipsed Grant Hackett's 10-year-old world record in the 1500 by 42-hundredths of a second when he touched in 14:34.14 at last summer's World Championships.

[PHOTO BY OSPOITS VIA US PRESSWIRE]

DISTANCE(S)

The crowd was worked into a frenzied state, the applause and screaming growing louder and louder with every stroke for a homegrown youngster on his way to making history. The thousands packed into the arena had been waiting for this moment since the start of the World Championships last summer in Shanghai. After all, the spectators knew it could be a magical time.

Just before Sun Yang stepped onto the blocks for the 1500 meter freestyle at the World Champs, there was a considerable buzz in the air. Would this be the day that the iconic world record of Grant Hackett, standing at 14:34.56 since 2001, went down? And, if so, how would the standard fall?

Well, Sun made sure the evening was nothing short of spectacular, highlighted by a sprint to the finish that made the teenager, now 20, the fastest man ever to swim the metric mile (14:34.14). More, in less than a quarter of an hour, he had made himself one of the biggest names in the sport, and one of the biggest names in China.

READY FOR THE CHALLENGE

The emergence of Sun Yang as one of the globe's premier distance freestylers has not been an overnight phenomenon. With consistency over the past few years, Sun has also gotten quicker, making him a potential threat to win medals in the 200 and 400 as well as the mile. Of course, the challenge would be considerable—only two swimmers in Olympic history have medaled in those three events at a single Olympic Games: Australia's Dan Kowalski in 1996 and the USA's Francis Gailey in 1904!

Still, the way Sun shredded the field in the 1500 at the World Championships was the announcement of a special athlete.

With 400 meters remaining, Sun was locked into the gold medal. However, he was three seconds behind Hackett's world record pace, leaving many to believe that the Aussie would remain etched in the books. Little by little, though, Sun chipped away at Hackett's pace until his eye-popping splits of 54.22 for the last 100 meters and 25.94 for the last lap carried him to the first world record of his career.

No man is supposed to close that way

in a 30-lap race, but this is the gift that Sun possesses, a talent cultivated by Aussie coach Denis Cotterell, also the man who mentored the exquisite career of Hackett. Both Sun and Cotterell believe the world record can be even faster. Will London, site of the 2012 Olympics, be the place where it happens?

"I still think I have things to improve—especially my mental state," Sun said after last summer's world record performance. "After winning that gold medal, I think more and more people will pay more attention to me. There's no doubt I will feel more pressure, but I'm still young and I don't want to be burdened by gigantic pressures. So next year, I will keep a relaxed mindset so I can handle future races."

A NEW ERA

Through the years, Chinese swimming has had a checkered past, to say the least. At various events, most notably the 1994 World Championships in Rome, China's women have dominated. Of course, that dominance was the result of widespread doping of female Chinese swimmers with performance-enhancing drugs.

Meanwhile, China hasn't known much success in the sport among its male competitors. It wasn't until 2008, when Zhang Lin took silver in the 400 free, that a Chinese man medaled in an Olympic swimming event. Now, Sun has an excellent opportunity of winning China's first Olympic gold medal in men's swimming.

The beautiful part? No one is suspicious of Sun's talent. Rather, they are fascinated by his stunning skill.

Without a national role model in his sport to use for inspiration, Sun looks to the track for a reminder that a Chinese male athlete can be the best in the world. That inspirational figure is Liu Xiang, who captured the gold medal in the 110-meter hurdles at the 2004 Olympics in Athens. Soon, Sun figures to motivate a new generation of swimmers in his homeland.

"I think Liu Xiang created history in 2004," Sun said. "I watched the Games on TV, and after he won the gold medal, I was very excited. I thought that someday I will be like him. To be honest, I don't like being at the center of the media's attention because it can affect

my training, but it also means they acknowledge my achievements. I just hope to make progress every day."

THE LONDON SHOW

Much like Beijing in 2008, where Michael Phelps became an Olympic legend by winning eight gold medals, London will have plenty of storylines this summer. One of the main topics will be the possibility of Sun Yang collecting gold medals—or at the very least, medals of any color—in three freestyle events.

He has already proven his skills in the 1500. Not only does Sun possess closing speed that is unmatched in his prime event, but he also has the ability to push the pace as well. That secondary strength will serve him well as he also competes in the 200 and 400 free.

On a number of occasions, Sun has paid respect to Tae-Hwan Park, the reigning Olympic titlist in the 400 free. Park, as was the case at the World Championships, will be Sun's biggest rival in London. As these two duel, look for the 3:40 barrier to be challenged on the first night of Olympic action.

Then there's the 200 free, which could emerge as the deepest and most anticipated event on the London schedule. With the likes of Sun, Phelps, Ryan Lochte, Park and Yannick Agnel, among others, expected to be in the field, some pretty big names will be shut out of the medals picture.

Nonetheless, the 1500 remains Sun's focus, and he is confident he is nowhere near his peak. What he is capable of producing, though, remains a guarded secret.

"I can still swim better in the 1500 freestyle next year," Sun said. "My coach has set me a new target, but it's not the right time to release it now."

When Sun does release his fury this summer in London, the sport could very well see freestyle production never before unleashed. Given his lethal combination of speed and endurance, Sun has the ability to medal in the 200, 400 and 1500 freestyles. Should that happen, count on Sun being in the same conversation as Phelps and Lochte, a discussion that focuses on the greatest swimmers in the world.

Yes, Sun is just that good. And he's still continuing to rise. ♦

TOP 12 WORLD MASTERS OF 2011

The World's Best Masters

BY JASON MARSTELLER

Swimming World's Top 12 World Masters Swimmers of the Year for 2011 is one of the most diverse internationally since the award's inception in 2005 when the magazine honored the top 12 Masters swimmers of 2004.

Half of last year's honorees are from the United States, followed by Germany with two and one each from Canada, Brazil, Great Britain and Italy:

(Swimmers listed alphabetically): **Women**—Jane Asher, GBR, 80-84; Janet Evans, USA, 40-44; Ingeborg Fritze, GER, 90-94; Lynn Marshall, CAN, 50-54; Diann Uustal, USA, 65-69; Laura Val, USA, 60-64. **Men**—Tom Barton, USA, 55-59; Giulio Divano, ITA, 80-84; Marcus Mattioli, BRA, 50-54; Jim McConica, USA, 60-64; Hans Reichelt, GER, 75-79; Steve Wood, USA, 50-54.

The runners-up included: **Women**—Carolyn Boak, USA, 65-69; Dawn Heckman, USA, 30-34; Leslie Livingston, USA, 50-54; Mieko Nagaoka, JPN, 95-99; Christel Schulz, GER, 70-74; Agnes Van Obberghen, BEL, 80-84. **Men**—Richard Abrahams, USA, 65-69; Roberto Alberiche, ESP, 80-84; Serkan Atasay, TUR, 40-44; David Guthrie, USA, 50-54; Ed Moses, USA, 30-34; Rico Rolli, ITA, 45-49.

The Top 12 Masters Swimmers of the Year will be featured online at www.SwimmingWorld.com throughout the month of April.

SELECTION PROCESS

In selecting the world's best Masters swimmers for 2011, *Swimming World* first collected a list of all FINA-recognized Masters world records set between Nov. 1, 2010 and Oct. 31, 2011—the competitive season for 2011 as defined by FINA. For voting purposes, the magazine adopted a "last person standing" rule in which only the swimmer ending the season with a specific age division world record was credited with that standard.

That initial step involved sifting through the records of 1,120 events: 17 long course plus 18 short course events, multiplied by 16 age groups (from 25-29 through 100-104), times two (for women and men).

FINA Masters world records were set in 189 events during the 2011 competitive season—69 by men and 120 by women.

After *Swimming World* created an initial list of potential ballot choices, the magazine implemented a nomination standard that required a swimmer be the final holder of a combination of any two or more FINA Masters world records—either long or short course—as of the Nov. 1, 2011 FINA publication.

The final cut trimmed the number of nominees to 17 men and 20 women.

The ballot was then distributed to our panel of experts. Each of the seven members was asked to rank its top 12 selections for each gender. The top six vote getters for both the women and men were named as the Top 12 World Masters Swimmers of the Year. The remaining six female and six male swimmers were named as runners-up. ♦

OUR EXPERT PANEL

Seven Masters swimming experts from around the globe served as our selection panel:

- **Jeff Commings, USA**
SwimmingWorld.TV associate producer; multiple Masters world record holder
- **Verity Dobbie, GBR**
Great Britain Masters Committee chair
- **Rowdy Gaines, USA**
Three-time Olympic gold medalist; multiple Masters world record holder
- **Joachim Gutsche, GER**
Editor of *German Masters* swimming magazine
- **Alberto Montini, ITA**
Multiple Masters world record holder
- **Skip Thompson, USA**
Former USMS Coach of the Year
- **Phillip Whitten, USA**
Former executive director of the College Swimming Coaches Association of America; former editor-in-chief of *Swimming World Magazine*

PICTURED > Brazil's Marcus Mattioli finished the 2011 FINA competitive season with two short course meters Masters world records (200 fly, 2:12.34; 400 IM, 4:48.02) and one long course Masters standard (200 fly, 2:13.36).

[PHOTO BY SOURCE PROVIDED BY MARCUS MATTIOLI]

MINDFUL SWIMMING

Here are some suggestions on how you can take mindful swimming and turn it into faster times.

BY KARLYN PIPES-NEILSEN

Recently I was asked, “Karlyn, how often do you think about technique?” My response? All the time.

The question was asked by Rick Walker, ubercoach of five-time national champions, Sarasota YMCA Sharks Masters. When Walker posed this question, he was participating in an Aquatic Edge Faster Freestyle clinic—for the third time!

Walker attended the clinic for a variety of reasons, but mostly to improve his own swimming and to become a better coach. He knows that good technique does not just happen by accident. It takes time and a commitment to change, and it requires concentration, awareness and practice. It takes work! However, the reward for those who are willing is improved speed and efficiency.

If you are unsatisfied with your current technique and want something better, consider these suggestions:

Student of the sport: Read articles, watch DVDs and visit websites such as www.goswim.tv that offer free videos featuring a variety of Olympic-caliber athletes. Pay attention to the *similarities* that good swimmers demonstrate, not the *differences*. Notice that most elite swimmers look relaxed, maintain good body position, use a wider hand entry, a high-elbow catch and have a steady, supportive kick. Oh, and when it comes to the recovery...anything goes!

Visit the lab: Armed with new—and quite possibly conflicting—information, it is now time to take your stroke to the laboratory: the pool. Focus on just one or two aspects of the stroke, not the whole enchilada. Also try doing contrast drills in which you experiment with a variety of styles and techniques by comparing old information with new.

Embrace change: Plain and simple...most people do not like change because it feels “weird” and uncomfortable. However, making small changes can add up quickly. With improved technique, you will soon see faster times, spend less effort to

go the same speed, and you are less likely to incur swimming-related injuries.

Less is best: Efficient swimming feels easy and smooth...as if you were doing almost nothing at all. Sounds sort of crazy, but the feeling that you are going for is LESS, not more. Keep in mind that if you change your technique and you now feel like you are really working hard, you have just gone in the wrong direction.

Create opportunities: I hear swimmers complain that their coach never works on technique. That’s a cop-out. There are plenty of opportunities to practice mindful swimming, especially during warm-up, cool-down or on descending sets that start out easy and build to fast. Use a code word such as THINK to help you stay focused, maintain concentration and to bring you back to present-moment awareness.

Star in your own video: With the invention of smart

phones, it has never been easier to see your stroke. Grab your phone, ask a friend to film, and swim for the camera. Upload your videos to your computer and then compare your swimming with the videos online. You do not need to be an expert to see major technique flaws such as over-rotating, crossing the centerline on the pull or the huge drag created by the scissor kick that you threw down when you took a breath!

Nothing to lose: Don’t worry...your old stroke did not abandon you; it’s right where you left it—and ready to sneak up on you, especially when you are tired. However, like going back to a job that you quit, you left for a reason. So really give the new stroke a chance. In the long run, it will be worth it! ♦

Karlyn Pipes-Neilsen of Aquatic Edge travels the globe teaching swimmers and triathletes how to swim faster with less effort at her Faster Freestyle swim technique clinics and camps. For more information, visit www.aquaticedge.org.

“Good technique takes time and a commitment to change, and it requires concentration, awareness and practice. It takes work!”

the pool's edge



1 **SIDE BRIDGES.** Lying on either side with legs straight, lift the hips off the floor. Lower and repeat. Alternate sets with the other side.

DRYSIDE TRAINING

HARD CORE!

BY J.R. ROSANIA • PHOTOS BY KAITLIN KELLY
DEMONSTRATED BY SAMANTHA CALDWELL

There are many different types of core exercises. I like to think of the core as the most important part of the body. After all, it's in the center of our bodies, right? It helps us with balance and body position in the water. It's important for turns, and a tight core improves the look of our mid-section!

All right, so what type of core exercises are the "best"? Well, there are the traditional exercises we all have done: crunches, sit-ups, hip-ups, bicycle crunches and so on. But in this article, I want to offer a few of the tougher core exercises. These are more difficult, but they create a higher level of strength and function.

Let's perform these exercises two to three days a week. Start with two sets of 10 to 15, and build to three sets after three weeks. Each exercise should be done with control and about two seconds per repetition. Faster is not better. Take a 60-second rest between sets.

It will only be a matter of weeks before you notice a stronger core, resulting in better body position in the water, better turns—and the all-important better mid-section! ♦



2 **TWISTING KNEE-UPS.** Find a high bar from which to hang. Raise your knees together, then rotate to one side, keeping the knees up. Rotate to the other side to complete a full rep.



J.R. Rosania, B.S., Exercise Science, is one of the nation's top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, and has finished the Ironman Triathlon 18 times. He also serves as Swimming World Magazine's fitness trainer and was named one of "America's Top Trainers" by Men's Journal and Vogue magazines. Check out Rosania's website at www.jrhealthplex.net.

3 PLANK WITH ARM RAISE. Starting in a prone plank position, lift either arm off the floor to a straight-arm position. Lower to the floor. Alternate arms.

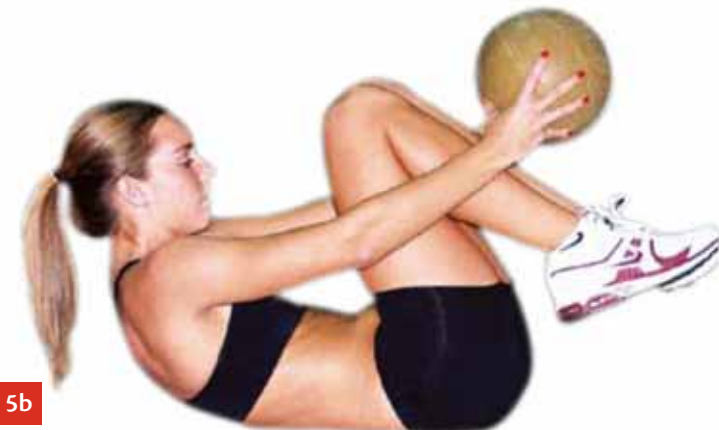


4 MED BALL STREAMLINE SIT-UP.

Start by lying supine on the floor, fully extended, and holding a 5-pound medicine ball. Keeping your legs on the floor and straight, roll your upper body upward to a streamline position. Lower and repeat.



5 MED BALL FULL KNEE-UPS. Start by lying supine on the floor, fully extended, and holding a 5-pound medicine ball. Bend your knees and bring them toward your chest. At the same time, raise your upper body with the med ball toward your feet. Lower and repeat.



Q&A WITH COACH DAWN DILL

COACH DAWN DILL

BY MICHAEL J. STOTT

In her ninth year at MIT, Dawn Dill's philosophy of physics and physiology produced undefeated dual meet seasons for the Engineer men and women as they headed into the NCAA Division III Championships.



PHOTO PROVIDED BY MASSACHUSETTS INSTITUTE OF TECHNOLOGY

**Head Coach
Men's and Women's Swimming
Massachusetts Institute of
Technology
Cambridge, Mass.**

Coach Dill (Smith College, B.A., psychology, '96; M.S., exercise physiology and sport studies, '01), led her men's team to a fourth-place finish at last year's NCAA D-III Championships. A seven-time Division III All-American in the 100 and 200 breaststroke, she had coaching stops at Smith, Vassar and the University of Massachusetts (women's swimming and water polo) before assuming the reins at MIT. Since her arrival in Cambridge, the Engineers have earned 108 All-American designations and have broken 22 of 25 school records. She has twice been named NEWMAC women's swimming coach of the year (2006, 2011) as well as the NEWMAC men's swimming coach of the year (2009, 2010).

Q *Swimming World:*
• **You were a seven-time All-American breaststroker at Smith College in Northampton, Mass. Did you have any particular coaching influences prior to coming to MIT?**

A **Coach Dawn Dill:**
• At Smith, head coach Kim Bierwert (an MIT grad, no less) became my life and coaching mentor. His guidance, encouragement and upbeat attitude really helped shape me both as a swimmer and coach. Kim has great sayings such as, "There's always more toothpaste left in the tube." It's an expression I now use with my team.

About eight years ago, I attended a three-day clinic featuring Milt Nelms. What a mind-blowing weekend! I like Milt's physics-based approach to stroke mechanics. It works well with how MIT swimmers think.

How difficult is it to recruit swimmers to MIT?

When recruiting prospective student-athletes, we look for highly motivated swimmers who enjoy math and science, like to explore how things work, love being challenged and are looking to be a part of a fun and successful swimming program.

Why have the MIT swimming teams become so good in recent years?

It has been a fun ride. In the '80s, MIT had a few top 10 men's team finishes at NAAs, and Yvonne Grierson was a national record holder in the 100 fly, so a tradition of success has always been present. Overall, the level of swimming in D-III has increased incredibly—and we've been fortunate to work with swimmers who are both driven and team-oriented, promoting a culture of success that extends to all areas of the swimmers' lives.

What was the difference in 2010-11 from prior years?

From the beginning of the season, both the men and women were more nationally focused. Having more individual scorers was helpful, but the success of our relays was key in the overall team standings.

What accounts for the men's fantastic relay finishes at NAAs in 2011?

Over the season, we talk a lot about swimming "big" for your teammates, and stepping up on the blocks with confidence and courage. Having all five relays place among the top 8 was a first for the men's program. I think our women can accomplish this very soon.

And what about your teams' ability to win all three of their swimoffs at last year's NCAA D-III Championships?

That statistic is one of the things of

which I am most proud from NCAAs last year. MIT teaches its students to rise to any challenge. This includes daunting physics problem sets, interviews for prestigious positions and going head-to-head for a spot in finals at NCAAs. We race a lot in practice, especially at the end of hard days, and I think that gives them the confidence to win those head-to-head battles.

How has a sprinting emphasis factored into the teams' improvement?

Our sprint training program is special. I give a lot of credit to assistant Samantha Pitter who has been instrumental to team success these past four years. She came in with fresh ideas on implementing power and speed in a way that challenged our sprinters differently. Our sprinters have a lot of fun during workouts. They race a lot and have transformed themselves into explosive swimmers.

What will it take for the men and/or women to earn NCAA championships the way MIT sailing or pistol teams have?

Wow, what a feat that would be! I am just impressed at the level of team we have now become. We just hope to remain toward the top and represent MIT the best we can.

What impact did the 2002 construction of the Al '51 and Barrie Zesiger Sports and Fitness Center have on MIT Aquatics?

We are certainly very lucky to have generous alumni who support our athletic department. Having a state-of-the-art 50-meter pool plus dryland and weight training facilities allows the team to train at a high level each day.

What does it say about MIT swimmers that the team picture has men and women seated alternately?

We are very united. The women and men are very supportive of one another and enjoy training together. It adds a level of challenge and excitement to be working hard with all of your teammates in the pool each day.

Is gender an issue for you when coaching men?

Men and women are motivated differently, and a coach who can anticipate and provide for those differences is key when coaching coed teams. I've had great female coaching mentors along the way. I coached at Vassar with Lisl Prater-Lee, who was a phenomenal influence. I also admire and enjoy watching Mary Ellen McLaughlin (formerly at Middlebury and MIT) in action.

Are MIT swimmers cerebral even when in the pool?

A common MIT student trait is curiosity and an excitement in learning how things work. This leads them to enjoy exploration of stroke technique and the most efficient way to move through the water.

Is MIT a heavy-volume swimming program?

We have found more success with a high quality, moderate yardage approach. After a few weeks of training together as a team, we usually divide into three specialty groups each day: sprint, stroke/mid-distance and distance. I've found that creative and event-focused workouts motivate swimmers to push themselves daily. I also look to my assistants for innovative ideas and new sets, which keeps the team guessing.

How do you integrate weights and dryland?

We have two different strength training programs. Our distance swimmers—and several of our 200 stroke/400 IMers—complete two 45-minute, circuit-based workouts each week. We incorporate whole body and functional strength movements as well as lots of jumping and core work.

Our sprint "creatures" and middle-distance swimmers lift two to four days per week. We have a five-phase program that allows novice lifters to progress at a safe pace while building swimming-specific strength.

I absolutely love the program we developed for this season, and we've seen results in the pool.

What role does kicking play in your program?

When we kick, it's usually done as a kick/swim progression aerobically, underwater or at race tempo. Breaststrokers are unique in that they need more, slower-paced kicking combined with sets focused on heel speed.

Why does MIT require all students to pass a swim test in order to graduate?

MIT's motto is *Mens et Manus*, which means "Mind and Hand." The Institute's dedication to active learning carries over to the P.E. requirements that require students to take four different P.E. classes along with either completing the swimming test (100 yards) or passing a beginning swim class. ♦

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



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WYATT UBELLACKER

BY MICHAEL J. STOTT

MIT junior Wyatt Ubellacker embodies many attributes of a successful swimmer: he is tall (6-6), smart (Academic All-American), has a tremendous work ethic, and is fast.

He was selected as last year's New England Men's and Women's Athletic Conference (NEWMAC) Swimmer of the Year before competing at the NCAA Division III Championships, where MIT finished in a tie for fourth place with Williams College. (Results from this year's meet were not available at press time.)

At the 2011 NAAs, the lanky sophomore earned All-America honors in three individual events and four relays:

50 Free	5th	20.39
100 Free	8th	44.81
100 fly	3rd	48.48
200 FR	4th	19.78
400 FR	2nd	44.79
200 MR	8th	21.06p fly
400 MR	5th	47.89 fly

It helps that Ubellacker came late to the sport. A multi-sport athlete at Scott County High in Georgetown, Ky., his sports were summer league swimming, soccer and ice hockey. Although he did some club swimming, it was only in his junior year that he began year-round training, still just emphasizing the high school season.

"A lot of the athleticism he gained from playing other sports has certainly helped his swimming," says his MIT coach, Dawn Dill. "He can jump high, and he has a solid reaction time on starts."

During his senior year, Wyatt went 20.91 in the 50 yard free.

"I was excited when he chose MIT," says Dill. "I knew he was going to be a force in the 50 and possibly the 100. He struggled a little bit with the 100 free during his freshman year, but put up some fast relay splits in the 400 free relay. I knew he was capable of going sub-45 last year, but honestly, the 48-low 100 fly was quite a surprise.

PROGRESSION OF TIMES			
SCY	2009	2010	2011
50 Free	20.91	20.66	20.39
100 Free	47.70	47.01	44.81
50 Fly (relay)	23.85	21.70	21.06
100 Fly	54.29	50.41	48.24

"Wyatt is curious, eager, very coachable and has grown into a leader this past fall. It has been fun to watch his leadership skills blossom as he motivates his teammates to lift more and think ahead to NAAs," notes Dill.

"His starts and turns have steadily improved, but he still finds it difficult to maneuver his 6-6 frame in and out of the wall. Wyatt's quest to improve his walls and underwaters has even carried over to his lab work, where he completed a MechE (mechanical engineering) project on how linear momentum going into flip turns affects angular speed.

"He has an incredible work ethic and really devotes the majority of his time away from academics on bettering himself as a swimmer," she says.

As a mechanical engineer major, Ubellacker won the Institute's annual autonomous robot competition for sophomores last winter, taking a 2.007 introduction to design and manufacturing class. Each student builds a robot that performs various tasks such as blowing up balloons, carrying blocks and stacking.

"Set up similar to an athletic competition—with brackets and championship rounds—Wyatt's focus and confidence under pressure really helped him in the final rounds. It is a huge honor at MIT to be the 2.007 robot champion," Dill says. ♦



Online Premium Members click here at www.SwimmingWorldMagazine.com to read more about Wyatt Ubellacker's training.

PICTURED » As a sophomore last year, MIT's Wyatt Ubellacker was selected as the New England Men's and Women's Athletic Conference Swimmer of the Year. At the 2011 NCAA D-III Championships, he earned All-America honors in seven events.

How they train



A hand with pink nail polish holds a clear plastic water bottle in a gym. The background shows a rack of weights and a blue mat. The word "FRUSTRATE" is written in large, bold, white, sans-serif capital letters across the middle of the image, partially overlapping the bottle and the hand.

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While it doesn't take a village to teach a swimmer, a little help from a friend can go a long way.

Any number of high-profile college swimming programs routinely utilize peer coaching. "It's the basis for team building," says Bill Boomer, head coach at the University of Rochester from 1962-90 and one of the method's foremost advocates. "Peer coaching was a part of the program expectation for everyone on our team."

Whereas many of today's coaches try to affect aerobic conditioning on a daily basis, Boomer believed three days a week was sufficient. As a result, he concentrated on mechanics.

"We broke down all strokes, all the walls and worked on technique in twosomes and small groups. Every swimmer taught."

Realizing that individuals learned and retained more when required to teach as opposed to just listening, Boomer eavesdropped on on-deck conversations.

"When I thought the person being taught wasn't getting the right answer, I slipped in as a master teacher and talked to the person teaching the group. I conducted that conversation in front of the other swimmers. It then became the student teacher's responsibility to paraphrase what I had said to the other swimmers. Not only did the 'teacher' fill out his unknowns, but the swimmers were hearing it twice. We did that for the whole year. You never stop learning," he says.

After leaving Rochester, Boomer spent a year as an assistant coach at Stanford.

"We had Olympians and national champions there," he recalls. "Some of the most valuable moments were people talking of their perceptions about what it was that tuned them up for a great experience. There was so much experience on the pool deck. It would have been foolhardy for that expertise not to be shared."

TAKING OWNERSHIP

Peer coaching is alive and well on "The Farm." Eugene Godsoe, a 16-time All-American and 2010 Stanford graduate, received an early introduction to what he calls the power of peer coaching.

"(Coach) Skip (Kenney) always emphasized that each individual of a successful team needs to take ownership of (his) swimming and to help others achieve success. This means not always relying on the coach to give you everything you need to be successful. Sometimes, you have to take it upon yourself," says Godsoe.

"It was critical that upperclassmen shared ideas on technique and race strategies with each other, and passed the information down to underclassmen. I was actively involved in peer coaching, especially as an upperclassman and captain. Through learning from upperclassmen when I was a freshman, I felt like I had a great amount of knowledge about certain aspects, (such as) underwater kicking and turns. Thus, it was very common to stay after practices to help teammates who had questions or wanted me to watch their kicks/turns," he says.

"It was also important to make

the underclassmen stay after to get some extra attention. Basically, people were teaching their specialties to teammates to create a better overall team. It starts freshman year when you ask upperclassmen to help you with something. As an upperclassman, you ask the freshmen to stick around after practice to help them," says Godsoe.

"Peer coaching keeps the cycle of swimming knowledge flowing without having to rely on coaches to spoon-feed you every—
— continued on 30

PICTURED »
Eugene Godsoe, a 16-time All-American, learned the power of peer coaching while swimming at Stanford through 2010: "It was critical that upperclassmen shared ideas on technique and race strategies with each other, and then pass the information down to underclassmen."

[PHOTO BY PETER H. BICK]

Peer Coaching: Sharing the Load

BY MICHAEL J. STOTT

PEER COACHING — *continued from 29*

thing. To be a teammate at Stanford required always emphasizing someone else's success above your own and holding each other accountable."

THE BEAT GOES ON

And the beat goes on today. Cardinal freshman Thomas Stephens was a 1:36.96 200 freestyler out of high school. He observes, "Skip and Ted (Knapp) are great coaches, but they cannot go underwater and look at your stroke or relate to you in the water as well as your peers can.

"Early this year, Aaron Wayne (American record holder as a member of Stanford's 200 free relay, 1:15.26) essentially gave me a freestyle lesson. It had been a long time since a teammate told me how to do freestyle. His advice was phenomenal. He noted my lack of body 're-roll,' my slightly high head position, my late breathing and my low elbows in my catch. It was beneficial to watch him and, by trial and error, try to mirror some of the things he does so well.

"And while I'm reluctant to note something to a more accomplished guy, I find that even as the apprentice, sometimes I can point out some things for the lesson giver. It becomes a symbiotic relationship because the lesson giver has to understand stroke to a high degree to teach it, and often learns something in the process of teaching," says Stephens.

Nine-time
NCAA All-

American Curtis Lovelace spends time after practice going over breaststroke nuances with some of his teammates such as *Swimming World's* 2011 Male High School Swimmer of the Year, David Nolan.

"Recently, Curtis worked on David's elbows in breaststroke," shares Stephens. "And later that week, David—in typical nonchalant fashion—ripped off a casual 1:59 after a pretty difficult week of swimming and weights. David is also extremely coachable, and that's a really important part of peer coaching. You have to be able to swallow your pride and trust the person trying to help you.

"And it's not just upperclassmen. David will help me with underwaters. In practice, we are always encouraged to (help each other). Breakouts, head position, underwaters and body line all tend to get sloppy over the course of several sets—especially the longer ones—and we try to let our teammates know if a piece of their stroke is faltering," he says.

INSPIRING CONFIDENCE

Peer coaching also inspires confidence.

"To swim fast, you have to have confidence," says former CSCAA president and Johns Hopkins coach George Kennedy. "I think a lot of that confidence comes from what peers say to one another," he says.

It can also empower teacher and student. This year, Kennedy asked a senior breaststroker to be responsible for implementing a season's worth of Dave Salo workouts: "The senior ran the group, the swimmers loved it, and times dropped dramatically."

For 10 years at season's end in Rochester, Boomer put all his stroke swimmers in a room and had them share what they had learned that year.

"I still have the write-ups of their perceptions and experiences," he says. "It was so valuable and gave me a great place to start the next year. In addition, it bestowed worth, so athletes felt they were contributing to the knowledge base of the team."

Regardless of the discipline, Boomer, who started as a soccer and track coach, believes it is "the job of a coach to put athletes physically, mentally and emotionally in places where they can be the best they can. You cannot fulfill your duty as a coach or promise to your kids unless everybody is mined for perceptions and information. When you do, you become greater than the sum of your pieces," he says.

And everybody wins. ♦

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



[PHOTO BY BILL COLLINS]

PICTURED ♦ Recently, Stanford freshman David Nolan (above) received some peer coaching from teammate Curtis Lovelace regarding Nolan's elbows in breaststroke. Later in the week, Nolan ripped off a casual 1:59 after a pretty difficult week of swimming and weights.

LEARNING THROUGH REPETITION

BY LORY KIRK

We have all experienced the process of learning through repetition. For most of us, our very first memories of learning are filled with examples of repetition. Little babies will often discover the effects of gravity and object permanence by repeatedly dropping Cheerios from their high chair. We learned to tie our shoes, thread a needle, shoot hoops and parallel-park—all through repetition.

As swim teachers, we understand the necessity of teaching through repetition. We use it as part of our teaching strategy in every lesson. It seems simple enough: if you want your students to learn something, you have them do it over and over. Eventually, they'll get it.

However, it's not quite that simple. Repetition is a powerful teaching tool, but in order to have the results that we want, we must understand how it impacts learning, how to use it effectively and, more importantly, how to recognize when NOT to use it.

The process of performing a new skill over and over again is the brain's way of programming itself. With every repetition, the brain forms and connects synapses between brain cells, enabling us to learn and retain new information. Without repetition, key synapses don't form, and without these key synapses, learning becomes a tedious and frustrating endeavor.

In swim lessons, children are being taught complex movements that require cognitive skills as well as physical skills. The muscle control, coordination and sequencing needed to perform these skills are first stored in short-term memory. With each repetition, the brain begins to build pathways and develop procedural memory that will allow learning to take place.

If your young swimmer is not allowed consistent and frequent repetition, he will not be able to master a new skill sufficiently. He may learn it, but if the synapses formed aren't repeated enough, then the skill doesn't have time to settle in and take root. His brain will simply disregard it, and the skill will become totally lost or forgotten.

MUSCLE MEMORY

While storing information in the brain is one way that repetition helps our students to learn, it is not the only way.

Repetition also helps by actively engaging and storing information in the nervous system. This is called muscle memory. It is like a reserve of precise movements that your muscles have performed again and again until they are processed into a procedural system of memory. When called on, this muscle memory can be

— continued on 32



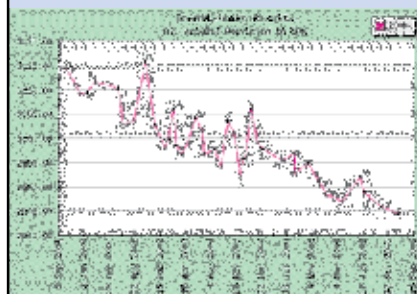
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ABOVE » When you teach a skill through repetition, your students will learn. Whether they learn what is correct or not is up to you.

U.S. SWIM SCHOOL — continued from 31
quickly retrieved automatically and with little prompting.

Repetition develops the critical muscle memory that is needed in mastering complex skills and building procedural memory needed to perform a side breath, a flip turn or a rollover breath. Every time your student repeats the physical movements involved in a particular skill, his brain and muscles are committing this movement to mem-

ory. Whatever the movement is, it is being processed and learned. Whether the movement is repeated correctly or incorrectly, it is being learned.

Your students' brains will not distinguish between poor technique and good technique. Repetition will build procedural memory, good or bad. In the exact same way that repetition can help your students master a skill, it can also undermine progress and hinder your students' abilities.

This is why it is imperative that you are critical of the repetitions you allow your students to do. When you allow them to repeat mistakes, you allow them to build muscle memory with those mistakes. That makes those mistakes even harder to overcome later. It is like taking one step forward and two steps back.

QUALITY REPETITIONS

To use repetitions effectively, insist on quality repetitions.

If you have a student who is having difficulty with breaststroke timing, only allow him to do short supervised repetitions in which you can give him immediate correction and feedback. Don't just correct the first few feet of the stroke and then send him down the length of the pool, practicing the stroke unsupervised. Fatigue and lack of immediate feedback will make it difficult for him to continue the swim correctly. Chances are, as soon as he is out of your sight, the muscle memory he will be developing may no longer be what you intended for him to learn. Your students will get more value from a lesson in which they do shorter distances, where each repetition is a quality repetition.

When you teach a skill through repetition, your students will learn. Whether they learn what is correct or not is up to you. ♦

Lory Kirk (along with her husband, John) owns Little Otter Swim School in Charlotte, N.C. She holds degrees in elementary education and early childhood, and was recently named Woman Extraordinaire by Business Leader Magazine.

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UNITED WE SWIM !

DESTIN LASKO

Atlantic City Aquatic Club



ABOVE » Destin Lasko

[statistics]

- **Team:**
Atlantic City Aquatic Club
Atlantic City, New Jersey
- **National Age Group Record Holder:**
10-and-Under Boys
50 Yard Backstroke
- **Birthdate:**
Aug. 7, 2001
- **Height:**
5-0
- **Coach:**
Dimitar Petrov

Atlantic City's Destin Lasko posted the first national age group record of his career with a 28.37 in the 10-and-under boys 50 yard backstroke at the Middle Atlantic Age Group Elite Meet, Jan. 21, in Sewell, N.J. The previous record was 28.50.

Lasko had an exciting meet beyond his NAG record-setting swim. He set Middle Atlantic LSC records in winning the 100 free (56.12), 100 back (1:01.06) and 100 IM (1:03.82), as well as a meet record in the 50 free (26.56). He also placed second in the 200 free (2:03.80), 500 free (5:29.37) and 200 IM (2:19.54).

Destin also set meet records in seven events at the New Jersey State Meet, Dec. 17-18, in Sewell, in the 9-10 boys 50, 100 and 200 free (26.64, 56.97 and 2:06.01), 50 and 100 back (29.52 and 1:03.13) plus the 100 and 200 IM (1:07.11 and 2:25.67). His runner-up finish in the 500 free (5:38.49) also was better than the posted meet record. Lasko placed second in the 50 breast (36.98) and 100 fly (1:10.88).

Lasko finished last summer's long course season with a trip to State College, Pa., to compete at the Eastern Zone Long Course Championships, where he finished first in the 10-and-under boys 50 and 100 meter free (30.20 and 1:06.27) and 50 and 100 back (34.46 and 1:13.85). He also swam on Middle Atlantic's No. 1 400 free relay.

HANG TIME:

"Researching facts about reptiles and critters. I have a pet ball python named Cozmo."

FAVORITE THING ABOUT SWIMMING:

"The friendships that I have made. Also, water makes me feel comfortable, and swimming is a constant activity that keeps me going."

SHORT-TERM GOALS:

"To break the following times: 1:01.00 in the 100 yard back, 56.00 in the 100 yard free, 5:20.00 in the 500 free and 2:15.00 in the 200 yard IM."

LONG-TERM GOALS:

"In the next four years, my goal is to qualify for junior nationals and even the 2016 Olympic Trials."

TRAINING:

Five to six days a week in Atlantic City's year-round club program. Like most of the 10-and-under, Destin primarily works on stroke, kicking and basic endurance. ♦

BY JUDY JACOB

NAG Record Setter

American relay

BY JUDY JACOB

CALIFORNIA

Central California Swimming announced its 2011 Swimmers of the Year.

Two girls were honored in more than one age group: Merced's **Blayze Jessen** (10 and 11 years old) and Bakersfield's **Constanze Moseley** (12-13).

Clovis Swim Club placed eight swimmers on the list: **Avree Preble** and **Ben Forbes** (9), **Caitlyn Snyder** (girls, 11), **Preston Meyer** (boys, 12), **Justin Wright** (boys, 14), **Katelyn Rhodes** (girls, 16), **Cary Wright** (boys, 17-18) and **Tristin Baker** (senior girls).

Also receiving recognition were **Greyson Canterbury**, Visalia (boys, 13), **Jorie Caneta**, Roadrunner (girls, 14), **Hanaya Brasali**, Fresno Dolphins (boys, 16), **Mary Hansen**, Ridgcrest (girls, 17-18) and **Carl Weigley**, Raisin Country (senior boys).

DISTRICT OF COLUMBIA

Chase Wilburn of the Tidewater Aquatic Club set five meet records at the 26th annual Black History Month Swim Meet, Feb. 17-19. Wilson posted times of 26.75, 58.88 and 2:11.27 in the 9-10 boys 50, 100 and 200 yard free, 1:08.12 in the 100 fly and 2:23.54 in the 200 IM.

Two swimmers bettered four marks apiece: Team Lake Erie's **Will Chan** (11-12 boys 200 free, 2:00.27; 50 back, 28.29; 100 breast, 1:10.74; 200 IM, 2:14.61) and **Derek Cox** of the City of Atlanta Dolphins (13-14 boys 500 free, 4:49.51; 200 back, 2:01.73; 200 fly, 1:58.33; 400 IM, 4:14.06).

Other multiple record setters included **Sydney Mathis**, Curl-Burke (11-12 girls 50 free, 25.75; 50 back, 29.86), **Kiri Harvey**, Curl-Burke (13-14 girls 500 free, 5:22.34; 400 IM, 4:55.85) and **Jason Coombs**, Blue Dolphins (15-18 boys 200

back, 1:52.68; 100 breast, 56.82; 200 IM, 1:50.57).

OREGON

Anthony Nosack of Tualatin Hills Swim Club lowered his 11-12 boys 200 yard breast LSC record from 2:20.17 to 2:18.17 at the Oregon 11-14 Championships, Feb. 23-26, in Corvallis. Multnomah Aquatic Club's **Tristan Funary**, **Grant Gooding**, **Tyler Soo** and **Bailey Pearson** bettered two 13-14 boys relay records: 1:41.17 in the 200 medley and 3:39.10 in the 400 free.

Nosack was the high-point champion for 12-year-old boys. The girls' winner for that age group was **Jordan Ashmore**, Lake Oswego. Others claiming high-point trophies were **Emma Donchi**, Tualatin Hills, and **Luke Thornbrue**, Hillsboro (11); **Lainey Visscher**, Oregon City, and **Cassidy Brennan**, Tualatin Hills (girls, 13—tie); **Myron Shen**, Tualatin Hills (boys, 13); and **Megan Lam**, Tualatin Hills, and **Funary** (14).

SOUTH CAROLINA

Y-Spartaquatics swept the team titles at the South Carolina Short Course State Championships, Feb. 9-12, in Greenville, with its girls scoring 1,661 points and its boys, 1,090.5, for a combined total of 2,751.5. Mount Pleasant Swim Club finished second in all three categories (427 girls, 605 boys, 1,032 combined). Finishing in third were City of Charleston (girls, 425.5), Carolina Aquatics (boys, 454) and Rock Hill Area YMCA (combined, 734).

The high-point champs included **Chloe Corbitt**, Hilton Head, and **Clayton Boyles**, Fins (10-and-under); **Sydney Baker**, Y-Spartaquatics, and **Patrick Sullivan**, Coastal (11-12); **Katrina Konopka**, Y-Spartaquatics, and **Brandon Keller**, Rock Hill Area (13-14); and **Megan Kingsley** and **Zachary Lierley**, Mount Pleasant (15-18). ♦

[PHOTO BY CHRISTI SHOVER]



ABOVE » SOUTH CAROLINA >> Y-Spartaquatics won the combined, girls and boys team titles at the South Carolina Short Course Championships, Feb. 9-12, in Greenville, S.C.



AGE GROUP SWIMMER *of the MONTH*

Nick Norman, 14, is becoming one of the top young freestylers in the country. His coach, Tyler Fenwick, at Mission Viejo, attributes Nick's success to his "discipline, commitment, determination, work ethic and unbelievable focus."

His sensational season began Nov. 11-13 at the Kevin Perry Invitational in Fullerton, Calif., where he dropped 12 seconds off his 500 yard free, 24 seconds in the 1000 and 90 seconds in the 1650, with times of 4:41.98p (4:42.06 in finals), 9:33.49 and 15:53.16.

At the Chesapeake Pro-Am in Oklahoma City, Dec. 15-18, he improved his times to 4:37.56, 9:24.01 and 15:50.41. The latter two times ranked No.1 in the country for 14-year-old boys as of early March, while the 500 was sixth.

In his first long course meet of the year at the Missouri Grand Prix in February, Nick turned in three additional times that ranked as the top swims in the U.S. this year for his age group. He cruised to a 4:07.78p in the 400 meter free before racing to a 15:59.69 in the 1500, making him only the eighth swimmer in U.S. Swimming history to break 16 minutes before turning 15. Also, his 800 split of 8:25 ranked 12th all-time.

Currently in his first year of training with Mission Viejo's men's national team, Norman swims daily alongside distance phenoms and national junior team members Janardan Burns and David Heron—"and he hasn't backed down to either all season," claims Fenwick.

Norman is already looking ahead to the Fran Crippen Memorial Swim Meet of Champions next month (May 19-22), where he hopes to make his first U.S. Olympic Trials cut. He'll have a little extra incentive—Crippen was his coach at Mission Viejo when Nick was 10. ♦



◆◆◆ **NICK NORMAN, AGE 14** ◆◆◆
*Mission Viejo Nadadores
Mission Viejo, California*

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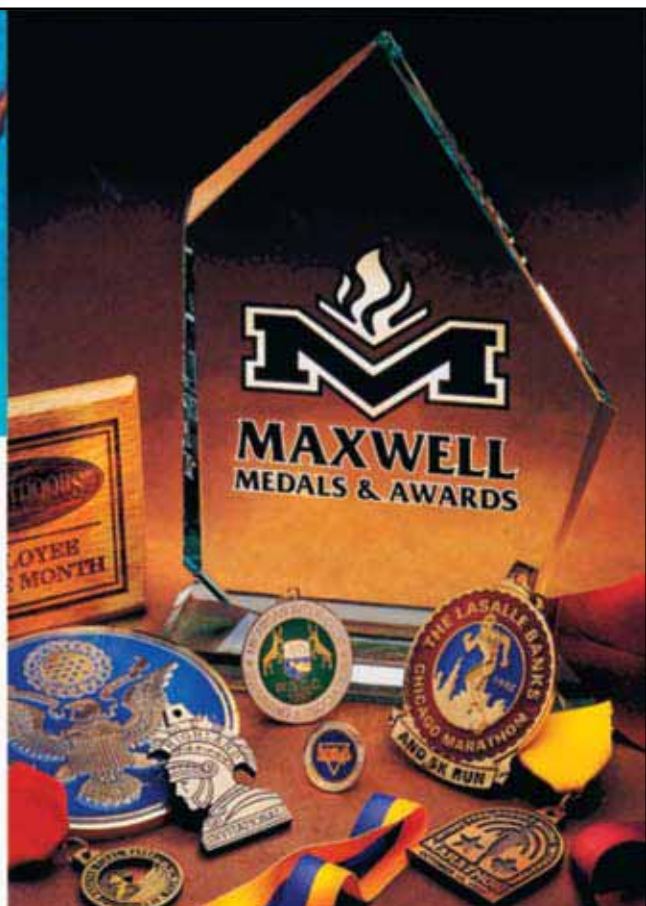
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THE PERFORMANCE PUZZLE

BY WAYNE GOLDSMITH

Swimming fast is like solving a puzzle.

Your success in swimming is determined by how effectively you put the pieces of the “swimming performance puzzle” together.

Swimming fast is like solving a puzzle—a **swimming performance puzzle**:

- You need patience.
- You need persistence.
- You need the picture—i.e., the picture on the box that the puzzle came in so you can see what it is supposed to look like when it is finished (or in swimming terms, you clearly need to understand what the “final” goal is).
- And, of course, you need all the pieces of the puzzle to be arranged in the right way, in the right place and in the right order.

Some people do jigsaw puzzles by finding all the “edges” and start by forming the outside of the picture first. Some group all the same colors together. Others try to identify recognizable patterns or objects in the finished picture and build the puzzle by forming several smaller parts of the puzzle, then putting them together.

THE PIECES OF THE PUZZLE

No matter how you build the jigsaw puzzle, everyone starts with the same pieces. The six

pieces of the swimming performance puzzle are: **Physical** (body); **Mental** (mind); **Technical** (technique); **Tactical** (racing skills); **Family** (support environment); and **Genetics** (natural talent).

Your success in swimming is determined by how effectively you put all the pieces of the performance puzzle together. So, let’s take a look at the pieces of the puzzle:

1. **Physical:** The physical piece of the performance puzzle is the “super six”: your size, strength, stamina (endurance), speed, suppleness (flexibility) and your stability (core).
2. **Mental:** The mental piece is your toughness, tenacity and determination.
3. **Technical:** The technical piece is your stroke mechanics, i.e. your pull, kick, breathing, timing, recovery, body position, head position, etc.
4. **Tactical:** When you think of the tactical piece, think, “F.F.A.S.T.”: Fast Finishes, Aggressive Starts and Turns. (And, of course, also think about your underwater kicking skill).

5. **Family:** The family piece of the performance puzzle is the environment you have at home—the nurturing, loving, supportive environment of family and friends.

6. **Genetics:** The genetics piece of the puzzle refers to your inherited characteristics—the natural talents, gifts and abilities with which you were born (*so, let's hope you chose your parents very carefully!*).

PUTTING EVERYTHING TOGETHER

So what's the right way for you to put together your own performance puzzle?

First, decide which of the six pieces is your strength (i.e., which of the six is your best?).

The most successful people in the world—in any field of endeavor—are those who spend the most time doing what they do best. They know what their strengths are, and they spend as much time as possible mastering those strengths. They understand that it is their strengths that give them a winning edge.

So if you are a physically talented swimmer—tall, flexible, powerful and strong—make that the first piece of your performance puzzle (i.e., build your “picture” on a foundation of physical abilities).

If you are mentally tough (i.e., you perform comfortably under pressure and are resilient when things go wrong), then make that the first piece of your performance puzzle.

If you have a supportive family (i.e., a family who is always there for you and who is your biggest fans), then that's the first piece of your performance puzzle.

Too many swimmers make the mistake of overlooking their strengths and

spend way too much time trying to overcome their weaknesses. The end result is that both their strengths and their weaknesses become just mediocre, and they never realize their true potential.

The secret to swimming success is finding out what you do best and doing it often.

PERFORMANCE PUZZLE MATRIX

A simple way to find out what your strengths are is to “grade” yourself and your Performance Puzzle pieces (see the accompanying chart, “The Performance Puzzle Matrix”). Give yourself an “A,” “B” or “C” grade for how strong you are in each of the performance puzzle pieces.

Then, without sharing your own scores, ask three other people to complete a “Performance Puzzle Matrix” for you:

- Your coach
- Your team captain or closest teammate
- Your mom, dad or closest relative who has supported you and your swimming.

THE PERFORMANCE PUZZLE MATRIX			
<i>Give yourself an “A,” “B” or “C” grade for how strong you are in each of the performance puzzle pieces</i>			
Puzzle Piece:	“A”	“B”	“C”
Physical			
Mental			
Technical			
Tactical			
Family			
Genetics			

SUMMARY

1. Just like a jigsaw puzzle, swimming is a combination of different pieces put together in the right way to form a complete image.
2. It really helps if you know what the puzzle is going to look like when it is finished before you start trying to put it all together.
3. And just like a jigsaw puzzle, there are many, many different ways of putting it together. Putting your own “puzzle” together means figuring out which way will work best for you.

Then, sit down with your coach, your captain or closest teammate and your family member, and compare scores.

Chances are that the performance puzzle pieces that all score “A” are real strengths and represent the best opportunity for you to develop a winning advantage in swimming.

The performance puzzle pieces that score “B” are areas that are moderate, which can be improved over time.

Performance puzzle pieces with “C” grades are areas to focus on systematically and progressively, but—and here is the important thing—not at the expense of the “A” grades.

Maximize your strengths, focus on the things you do well, and do them magnificently! ✦

Wayne Goldsmith is one of the world's leading experts in elite-level swimming and high-performance sport. To read more about Goldsmith, visit his blog at www.sportcoachingbrain.com.

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JANET EVANS MAKES 2012 U.S. OLYMPIC TRIALS

At the USA Swimming Austin Grand Prix in January, triple Olympic gold medalist **Janet Evans**, 40, qualified for the 2012 U.S. Olympic Trials in both the 400 and 800 meter freestyle events. Evans posted a 4:17.27 in the 400 and an 8:49.05 in the

800. She swam 4:18.15 during finals of the 400 free in her second swim. Later that week, Evans announced that she had signed a sponsorship deal with Arena.



ABOVE » Janet Evans

[PHOTO BY MARK BAKER, REUTERS]



LANCE ARMSTRONG COMPETES IN MASTERS MEET

Lance Armstrong, who posted a record seven victories in the Tour de France from 1999 to 2005, competed in the 500 yard free at the Longhorn Aquatics New Year's Classic in Austin, Texas. The 40-year-old clocked 5:08.11 to take 21st. **Ethan Saulnier** of New England Masters won the event in 4:40.12.



JAPAN'S RYOSUKE IRIE IMPRESSIVE IN AUSTRALIA

Swimming with his teammates from Itoman Swim Club of Japan, **Ryosuke Irie** put on a show at the Western Australia Championships in Perth in late January. He posted a 1:54.02 in the 200 meter backstroke, which cleared his best times from 2011 (1:54.08 and 1:54.11 from the Japanese nationals and World Championships, respectively). Irie also clocked a 53.32 in the 100 back, leading off Itoman's 400 medley relay, and swam 25.24 in the 50 back.



KARLYN PIPES-NEILSEN RETURNS TO MASTERS SWIMMING

Karlyn Pipes-Neilsen, 50, returned to Masters swimming at a meet held in Hawaii on Feb. 18 after taking a sabbatical from competition. Now competing in the women's 50-54 division, Pipes-Neilsen didn't skip a beat—she set a Masters world record with a 1:08.09 in the women's 100 fly (SCM).



PASSAGES

Calvert Hall's **Arthur Francis "Reds" Hucht** passed away at the age of 95 at

his home in Spotsylvania, Va. Hucht made his impact in the swimming community as the head coach of Calvert Hall's (Md.) swim team from 1960-97. During his time with the school, it won 23 state championships. Hucht also coached the K.C. Orchards club team, working with **Larry Barbieri** (100 back), **Doug Tuero** (100 breast) and **Mark Michael** (100 fly), who broke national prep school records.



• Mission Viejo's **Jessica Joy Rees** died of brain cancer at the age of 12. She served as inspiration to many swimmers, including teammate **Chloe Sutton**, who often wore a swim cap with Rees' personal motto of "NEGU" (Never Ever Give Up). Rees gained national attention after attending a broadcast of "American Idol," and was seen supporting her favorite contestant, **Casey Abrams**.



• **Kelley Lemon**, a member of the inaugural class of the International Masters Swimming Hall of Fame, passed away at the age of 99. He completed his Masters swimming career with 128 world records, 49 national records and 65 USMS national titles.



• **John Macionis**, an Olympic silver medalist for the United States as part of the men's 800 freestyle relay at the 1936 Berlin Olympics, passed away at the age of 95. He was a national AAU and NCAA champion, and was a captain for Yale University prior to World War II. He later served in the Coast Guard during the war, missing out on the 1940 Tokyo Olympics. ♦



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NATIONAL

USA SWIMMING GRAND PRIX Columbia, Missouri Feb. 10-12, 2012 (50 M)



WOMEN

50 FREE Feb. 11

25.44 Amanda Weir, SA
25.49 Jane Trepp, UNAT
25.61 C. Magnuson, FORD

100 FREE Feb. 12

54.41 Amanda Weir, SA
55.27 Hannah Wilson, CAL
55.38 Victoria Poon, PPO

200 FREE Feb. 10

1:58.48 S. Cheverton, CAN
1:58.68 Julia Wilkinson, CAN
1:58.91 Barbara Jardin, PPO

400 FREE Feb. 11

4:09.17 Barbara Jardin, PPO
4:09.30 Kathleen Ledecy, CBSC
4:09.56 S. Cheverton, CAN

800 FREE Feb. 12

8:36.14 Kathleen Ledecy, CBSC
8:39.52 Leah Smith, JCCS
8:41.65 Chloe Sutton, MVN

100 BACK Feb. 11

1:00.20 Rachel Bootsma, JETS
1:00.80 Laure Manaudou, AUB
1:01.08 Julia Wilkinson, CAN

200 BACK Feb. 12

2:09.47 Sinead Russell, SON
2:09.84 Hilary Caldwell, CAN
2:11.33 Barbara Jardin, PPO

100 BREAST Feb. 10

1:09.05 Jillian Tyler, MINN
1:09.27 Tianna Rissling, AMAC
1:09.82 Ashley McGregor, PCSC

200 BREAST Feb. 11

2:27.98 Tiann Rissling, AMAC
2:29.93 Jillian Tyler, MINN
2:30.05 M. Chekanovych, SF

100 FLY Feb. 10

58.23 Katherine Savard, CAN
58.68 Elaine Breedon, STAN
58.85 C. Magnuson, FORD

200 FLY Feb. 11

2:09.73 Joanna Maranhao, BRA
2:10.14 Elaine Breedon, STAN
2:10.50 Katherine Savard, CAN

200 IM Feb. 12

2:13.10 Julia Wilkinson, CAN
2:13.56 Erica Morningstar, CAN
2:14.05 Joanna Maranhao, BRA

400 IM Feb. 10

4:41.66 A. Komarnycky, CAN
4:42.49 Joanna Maranhao, BRA
4:44.91 Stephanie Horner, CAN

MEN

50 FREE Feb. 11

22.13 Cesar Cielo, BRA
22.26 Fred Bousquet, AUB
22.75 Jason Lezak, ROSE

100 FREE Feb. 12

49.51 Cesar Cielo, BRA
49.97 Richard Hortness, SON
50.12 Matt Grevers, FORD

200 FREE Feb. 10

1:49.08 Blake Worsley, CAN
1:49.09 Darian Townsend, FORD
1:50.13 Ryan Cochrane, CAN

400 FREE Feb. 11

3:53.47 Ryan Cochrane, CAN
3:53.60 Keegan Zanatta, CAN
3:56.18 Kier Maitland, EDM

1500 FREE Feb. 12

15:27.01 Kier Maitland, EDM
15:30.29 Keegan Zanatta, CAN
15:32.07 Will Brothers, CAN

100 BACK Feb. 11

53.57 Matt Grevers, FORD
55.42 Adam Mania, SCHY
55.54 Thiago Pereira, BRA

200 BACK Feb. 12

1:59.11 Ryan Murphy, BSS
1:59.45 Tobias Oriwol, SON
1:59.91 Omar Pinzon, COL

100 BREAST Feb. 10

1:00.89 Felipe Lima, DN
1:01.11 Eric Shanteau, TROJ
1:01.45 Mark Gangloff, NYAC

200 BREAST Feb. 11

2:10.47 Eric Shanteau, TROJ

2:14.19 Jack Brown, UMO

2:14.47 George Klein, AUB

100 FLY Feb. 10

52.58 Tyler McGill, AUB
53.54 Fred Bousquet, AUB
53.66 Thiago Pereira, BRA

200 FLY Feb. 11

2:00.08 Joseph Schooling, BSS
2:00.52 Leonardo de Deus, BRA
2:00.60 Stefan Hirniak, BRA

200 IM Feb. 12

1:59.91 Thiago Pereira, BRA
2:02.91 Andrew Ford, SON
2:04.98 Jack Brown, UMO

400 IM Feb. 10

4:23.34 Alec Page, CAN
4:23.34 Andrew Ford, SON
4:24.12 Esteban Enderica, DN

HIGH SCHOOL

ALABAMA HIGH SCHOOL CHAMPIONSHIPS

Auburn, Alabama
Dec. 2-3, 2011 (25 YD)



* = State Record

GIRLS TEAM STANDINGS

252 Hoover
165 Grissom
157 St. Paul's Episcopal

50 FREE

23.68 Genny Pittman, HHS
23.91 Ashton Ellery, BHS
23.91t Madeline Hild, SPHS

100 FREE

52.17 Madeline Hild, SPHS
52.66 Grace Molyneux, SPE
53.50 Maddie Kamman, OMHS

200 FREE

1:51.60 Paige Madden, UMSW
1:53.30 Cooper Brown, SPE
1:53.68 Kelly Berger, TCHS

500 FREE

4:59.24 Kelly Berger, TCHS
4:59.39 Cooper Brown, SPE
5:00.64 Mallory Mathias, BCHS

100 BACK

55.66 Genny Pittman, HHS
55.72 Hannah Legg, FHS
58.07 Hannah Busk, GHS

100 BREAST

1:05.40 Carly Bowles, AUBHS
1:09.10 Madison Brown, PHS
1:09.74 M. Underwood, AHS

100 FLY

4:54.65* A. Chapman, HOOV
55.63* Hannah Legg, FHS
58.31 Sarah Cimino, RS

200 IM

2:06.27 A. Chapman, HOOV
2:07.76 Hannah Busk, GHS
2:12.08 Olivia Hudson, FHS

200 MR

1:52.09 Grissom
1:52.14 Homewood
1:52.25 Auburn

200 FR

1:39.22 Hoover
1:40.89 St. Paul's Episcopal
1:41.85 Athens

400 FR

3:35.08* Hoover
3:39.98 St. Paul's Episcopal
3:42.58 Fairhope

BOYS TEAM STANDINGS

232 McGill-Toolen
177 Bob Jones
171 Fairhope

50 FREE

21.04 Corey Holmes, SPHS
21.62 Alex Gray, BCHS
21.66 Tchaasu Taylor, GHS

100 FREE

47.08 Kent Fellows, BJHS

47.24 Alex Gray, BCHS

47.56 Ben Morseth, JHS

200 FREE

1:40.11 Will Freeman, SPHS
1:43.85 Michael Madden, UMSW
1:44.36 Slater Whiston, SPE

500 FREE

4:33.55 Will Freeman, SPHS
4:38.84 Michael Madden, UMSW
4:44.30 Slater Whiston, SPE

100 BACK

49.61* Will Glass, MGTC
51.57 Kyle Simpson, SFHS
52.25 Will Anderson, MGTC

100 BREAST

57.13 M. Brtukiewicz, UMSW
58.45 Fritz Zimmerman, PJP
59.67 Ben Hoerlein, AUBHS

100 FLY

49.38 Will Glass, MGTC
50.72 Will Anderson, MGTC
50.74 Kyle Simpson, SFHS

200 IM

1:54.54 M. Brtukiewicz, UMSW
1:55.86 Derek Russell, RS
1:56.02 Ben Morseth, JHS

200 MR

1:38.35 McGill-Toolen
1:40.42 Auburn
1:40.45 Fairhope

200 FR

1:29.42 Bob Jones
1:30.25 Hoover
1:32.32 McGill-Toolen

400 FR

3:15.14 McGill-Toolen
3:17.66 Bob Jones
3:22.32 Huntsville

200 FREE

1:43.15* Missy Franklin, RJ
1:51.82 Allison Arnold, LHS
1:52.35 Ella Moynihan, AHS

500 FREE

4:43.52** Bonnie Brandon, CCHS
5:00.63 Allison Arnold, LHS
5:02.17 Emily Mayo, AHS

100 BACK

52.76 Missy Franklin, RJ
56.74 Sarah James, DHS
56.96 H. Rowley-West, BHS

100 BREAST

1:02.69 Michelle Patton, HHS
1:02.70 Laura Day, LPHS
1:05.80 Kourtney Fosse, FHS

100 FLY

54.74 Bailey Nero, FRHS
55.02 Frida Berggren, LPHS
55.74 Metzger-Seymour, RVHS

200 IM

1:59.09** Bonnie Brandon, CCHS
2:02.41 Frida Berggren, LPHS
2:02.43 Michelle Patton, HHS

200 MR

1:45.02 Fossil Ridge
1:46.53 Regis Jesuit
1:46.96 Lewis-Palmer

200 FR

1:35.75 Cherry Creek
1:36.51 Lewis-Palmer
1:38.81 Grandview

400 FR

3:27.34 Cherry Creek
3:27.67 Fossil Ridge
3:32.48 Regis Jesuit

200 FREE

1:49.31* L. Malazdrewicz, EHS
1:50.42 Eryn Eddy, TVHS
1:54.56 Nicole Hlavacek, TVHS

500 FREE

4:54.65* L. Malazdrewicz, EHS
4:59.89 Nicole Hlavacek, TVHS
5:08.13 Brenna Bushey, DEHS

100 BACK

56.56 Mary Saiz, PSHS
58.18 Lindsay Morrow, EHS
58.49 Haley Bertoldo, PWHS

100 BREAST

1:04.03* Logan Morris, MHS
1:05.49 Kristin Walker, AAHS
1:06.11 Heather Shaver, BHS

100 FLY

57.26 Sydney Buckley, CMHS
57.53 Haley Bertoldo, PWHS
57.82 Andrea Rice, AAHS

200 IM

2:08.30 Lindsay Morrow, EHS
2:09.22 Josie Pearson, EHS
2:09.57 Allie Jacobs, CHS

200 MR

1:47.93* Broomfield
1:48.23 Evergreen
1:48.98 Thompson Valley

200 FR

1:38.95* Thompson Valley
1:39.19 Cheyenne Mountain
1:39.97 Broomfield

400 FR

3:33.24* Evergreen
3:35.12 Thompson Valley
3:37.67 D'Evelyn

COLORADO 5A HIGH SCHOOL GIRLS CHAMPIONSHIPS Fort Collins, Colorado Feb. 10-11, 2012 (25 YD)



* = National Independent Record

** = 5A State Record

TEAM STANDINGS

244 Fossil Ridge
243 Cherry Creek
181 Regis Jesuit

50 FREE

23.48 Rhianna Williams, FRHS
23.60 Annie Ochitwa, TRHS
24.22 Brooke Hansen, LHS

100 FREE

51.11 Rhianna Williams, FRHS
52.19 Annie Ochitwa, TRHS
52.36 Ella Moynihan, AHS

200 FREE

1:43.15* Missy Franklin, RJ
1:51.82 Emily Mayo, AHS
1:52.35 Ella Moynihan, AHS

500 FREE

4:43.52** Bonnie Brandon, CCHS
5:00.63 Allison Arnold, LHS
5:02.17 Emily Mayo, AHS

100 BACK

52.76 Missy Franklin, RJ
56.74 Sarah James, DHS
56.96 H. Rowley-West, BHS

100 BREAST

1:02.69 Michelle Patton, HHS
1:02.70 Laura Day, LPHS
1:05.80 Kourtney Fosse, FHS

100 FLY

54.74 Bailey Nero, FRHS
55.02 Frida Berggren, LPHS
55.74 Metzger-Seymour, RVHS

200 IM

1:59.09** Bonnie Brandon, CCHS
2:02.41 Frida Berggren, LPHS
2:02.43 Michelle Patton, HHS

200 MR

1:45.02 Fossil Ridge
1:46.53 Regis Jesuit
1:46.96 Lewis-Palmer

200 FR

1:35.75 Cherry Creek
1:36.51 Lewis-Palmer
1:38.81 Grandview

400 FR

3:27.34 Cherry Creek
3:27.67 Fossil Ridge
3:32.48 Regis Jesuit

CONNECTICUT HIGH SCHOOL GIRLS CHAMPIONSHIPS New Haven, Conn. Nov. 19, 2011 (25 YD)



* = State Record

TEAM STANDINGS

480 Greenwich
431.5 New Canaan
371 Wilton

50 FREE

23.28 Elizabeth McDonald, PHS
23.96 Dana Grindoll, AHS
23.96t Madeline Rusch, NCHS

100 FREE

50.39* Elizabeth McDonald, PHS
51.65 Lauren Church, GHS
51.92 Katy Luchansky, SJHS

200 FREE

1:50.19 Jessica Hespeler, LHS
1:52.12 Madeline Smart, BHS
1:52.24 Katy Luchansky, SJHS

500 FREE

4:56.25 Jessica Hespeler, LHS
4:59.18 Gabrielle Daigneault, Hall
5:04.73 Verity Abel, SHS

100 BACK

55.11* Lauren Church, GHS
58.21 Theresa Goehring, MHS
58.38 Caroline Orem, DHS

100 BREAST

1:02.96* Kaylinn Moss, WHS
1:05.85 Alyssa Storing, THS
1:06.26 Oliva Leinus, DHS

100 FLY

54.20* Dana Grindall, AHS

55.35 Morgan Karetnick, GHS

57.02 Madeline Rusch, NCHS

200 IM

2:04.34 Kaylin Moss, WHS
2:05.75 Gabrielle Daigneault, Hall
2:06.76 Shannon Ahearn, THS

200 MR

1:45.26* Greenwich
1:47.27 Wilton
1:47.82 New Canaan

200 FR

1:39.02 Amity Regional
1:39.03 Greenwich
1:39.10 Wilton

400 FR

3:30.40* Greenwich
3:32.30 Hall

FOR THE RECORD — continued from 39

500 FREE
4:17.96* Arthur Frayler, GA
4:28.45 Bryan Draganosky, GA
4:29.99 Ryan Signorin, PED

100 BACK
50.45 Zach Switzer, WFS
51.40 Alex Lebed, GA
51.55 Brad Jokubaitis, LAW

100 BREAST
56.79 Forrest Davis, PED
57.62 Connor McGoldrick, PC
57.84 Connor O'Prey, HS

100 FLY
49.99 Patrick Park, PED
50.83 Connor O'Prey, HS
51.30 Jimmy Jameson, HS

200 IM
1:50.24 Alex Lebed, GA
1:52.01 Ryan Signorin, PED
1:54.13 Patrick Park, PED

200 MR
1:33.02 The Peddie School
1:34.41 Haverford School
1:36.71 Germantown Academy

200 FR
1:24.76 The Peddie School
1:24.88 Penn Charter
1:26.50 Germantown Academy

400 FR
3:04.16 The Peddie School
3:06.91 Germantown Academy
3:09.59 Haverford School

GEORGIA 1A-4A HIGH SCHOOL CHAMPIONSHIPS
Atlanta, Georgia
Feb. 10-11, 2012 (25 YD)



* = State Record

GIRLS TEAM STANDINGS
252 Westminster
236 Lambert
198 St. Pius X

50 FREE
23.64 Caitlin Cooper, WWAC
23.87 Kaitlin Kitchens, JCRK
24.05 Rachel Astles, WSTM

100 FREE
51.45 Kaitlin Kitchens, JCRK
51.74 Katherine Huff, LKEV
52.29 M. Terry, PAID

200 FREE
1:46.61 Nicole Stafford, WSTM
1:50.21 Taylor Roy, SOYH
1:51.19 Stephanie Peters, NPLD

500 FREE
4:50.79 Caty Hulsey, CALD
4:53.26 Haley Durmer, STPX
4:53.34 Stephanie Peters, NPLD

100 BACK
56.23 Patricia Forrester, CALD
57.04 Katherine Huff, LKEV
57.09 Megan Bestor, LAMB

100 BREAST
1:04.17 Katie Christy, WSTM
1:05.47 Taylor Wilks, NPLD
1:05.54 Ellen Johnson, LAMB

100 FLY
54.60 Mary King, STPX
55.69 Aja Malone, ALTO
56.01 Patricia Forrester, CALD

200 IM
2:01.29 Haley Durmer, STPX
2:04.84 Caty Hulsey, CALD
2:06.42 Katie Christy, WSTM

200 MR
1:46.81 Lambert
1:46.95 Westminster
1:50.46 North Paulding

200 FR
1:35.82 Westminster
1:36.81 Woodward Academy
1:37.48 St. Pius X

400 FR
3:27.13 Westminster
3:31.90 Woodward Academy
3:34.16 St. Pius X

BOYS TEAM STANDINGS
202.5 Wesleyan
195 Chattahoochee
188 Johns Creek

50 FREE
20.62 Paul Powers, NHLL
21.08 D.J. Boutte, STPX
21.09 Robert Doles, JCRK

100 FREE
45.51 A. McMurry, WSLY
45.91 Paul Powers, NHLL
46.05 Nick Muffler, SQYH

200 FREE
David Sweeney, NPLD
1:39.42 A. McMurry, WSLY
1:41.83 Kevin Litherland, CHAT

500 FREE
4:32.69 Kevin Litherland, CHAT
4:35.00 David Sweeney, NPLD
4:37.37 Tyler Graff, GLYN

100 BACK
48.84 Taylor Dale, DALT
51.33 Jay Litherland, CHAT
51.36 Nick Salyers, WSLY

100 BREAST
58.80* Nick Brown, GRNB
58.80* P. Scarborough, DALT
58.94 Basil Orr, STPX

100 FLY
48.55* Taylor Dale, DALT
51.26 D.J. Boutte, STPX
51.68 Henry Parker, JCRK

200 IM
1:52.88 Jay Litherland, CHAT
1:53.52 Nick Brown, GRNB
1:54.80 Mick Litherland, CHAT

200 MR
1:34.49 Dalton
1:36.91 Chattahoochee
1:38.14 Westminster

200 FR
1:26.65 Johns Creek
1:27.13 Wesleyan
1:27.21 Marist

400 FR
3:08.54 Wesleyan
3:10.08 Johns Creek
3:12.72 Chattahoochee

GEORGIA 5A HIGH SCHOOL CHAMPIONSHIPS
Atlanta, Georgia
Feb. 10-11, 2012 (25 YD)



GIRLS TEAM STANDINGS
226 Brookwood
189 Lassiter
176 Parkview

50 FREE
23.41 Kelsey Gouge, BRKW
23.45 Lexie Smith, ARCH
23.58 Lydia Jones, ARCH

100 FREE
51.14 Katie Grover, MILT
51.20 Kelsey Gouge, BRKW
51.48 E. Staskevicius, WDST

200 FREE
1:48.62 Madison Jacobs, HARR
1:48.87 Rachel Muller, BRKW
1:52.54 H. Terranova, NGWT

500 FREE
4:49.13 Madison Jacobs, HARR
4:50.11 Rebecca Postoll, KMTN
4:52.74 Rachel Muller, BRKW

100 BACK
55.39 Rachael Dudley, MLCK
56.39 Megan Young, ETOW
56.99 Katie Grover, MILT

100 BREAST
1:04.16 Julianne Kirke, PKVW
1:04.47 Allison Carr, NGWT
1:05.33 Jordan Drake, LASS

100 FLY
54.46 Rachael Dudley, MLCK
54.96 Lydia Jones, ARCH
55.39 Taylor Weiss, ETOW

200 IM
2:04.22 Kira de Bruyn, WALT
2:05.05 Darby Wayne, SVAA
2:05.81 Taylor Weiss, ETOW

200 MR
1:47.71 Parkview
1:48.60 Brookwood
1:48.56 Kennesaw Mountain

200 FR
1:37.50 Parkview

1:38.40 Mill Creek
1:38.50 Brookwood

400 FR
3:30.74 Kennesaw Mountain
3:31.12 Brookwood
3:32.07 Lassiter

BOYS TEAM STANDINGS
310 Parkview
229 Lassiter
200 Brookwood

50 FREE
20.48 Michael Trice, BRKW
20.86 Sean Sloat, WHEE
20.98 Chris Powell, MLCK

100 FREE
46.10 Sean Sloat, WHEE
46.12 Michael Trice, BRKW
46.22 Chris Powell, MLCK

200 FREE
1:36.15* Matias Koski, NTVW
1:38.20 Jimmy Yoder, LASS
1:40.56 Cody Reul, ALPH

500 FREE
4:18.57* Matias Koski, NTVW
4:30.42 Cody Reul, ALPH
4:32.25 Powell Brooks, NORC

100 BACK
48.85 Sam Lewis, MILT
49.26 Zach Bunner, LASS
51.59 Patrick Cusick, ALPH

100 BREAST
56.40 Ricky Lehner, PKVW
57.88 Geoffrey Carter, PKVW
58.25 Nathan Jones, PKVW

100 FLY
49.09 Jimmy Yoder, LASS
49.21 Sam Lewis, MILT
50.63 Alex Heldman, NTVW

200 IM
1:50.51 Zach Bunner, LASS
1:51.91 Geoffrey Carter, PKVW
1:53.15 Aidan Sweeney, BRKV

200 MR
1:34.65 Brookview
1:35.22 Parkview
1:36.33 Milton

200 FR
1:25.71 Parkview
1:25.98 Lassiter
1:27.20 Mill Creek

400 FR
3:06.26* Northville
3:07.93 Lassiter
3:10.07 Parkview

ILLINOIS HIGH SCHOOL BOYS CHAMPIONSHIPS
Evanston, Illinois
Feb. 24-25, 2012 (25 YD)



* = National High School Record

TEAM STANDINGS
130 New Trier
150 Naperville North
80 Warren

50 FREE
20.24 Max Grodecki, NTHS
20.54 Connor Black, MHS
21.00 Blake Lehmann, CCHS

100 FREE
44.66 Max Grodecki, NTHS
45.30 Connor Black, MHS
45.94 Jack Mangan, NTHS

200 FREE
1:37.47 Danny Thomson, HCHS
1:39.10 Sean Lehane, NCHS
1:40.52 Andrew Eiken, NNHS

500 FREE
4:18.86 Danny Thomson, HCHS
4:21.02 Reed Malone, NTHS
4:27.24 Daniel Conway, GWHS

100 BACK
49.25 Sean Lehane, NCHS
49.67 Jack Mangan, NTHS
50.31 Bryan Wiener, MHS

100 BREAST
57.44 Maxwell Byers, EHS
57.55 Keanu Interone, SHS
57.80 Chad Church, GWHS

100 FLY
48.78 Andrew Jovanovic, LA
49.50 Matt Veldman, OPSHS

49.99 Sam Stewart, CCHS

200 IM
1:48.35 Reed Malone, NTHS
1:49.42 Daniel Conway, GWHS
1:50.82 Nick Bessler, NNHS

200 MR
1:32.80 New Trier
1:33.97 Mundelein
1:34.39 Warren

200 FR
1:23.01 New Trier
1:24.56 Sandburg
1:25.23 Glenbrook South

400 FR
3:00.22 New Trier
(Prelims: 2:59.76*)
3:05.98 Sandburg
3:06.07 Naperville North

IOWA HIGH SCHOOL BOYS CHAMPIONSHIPS
Marshalltown, Iowa
Feb. 11, 2012 (25 YD)



TEAM STANDINGS
175 Muscatine
137 Dowling Catholic
127.5 Johnston

50 FREE
21.02 Jonathan Fiepke, DCHS
21.03 Josh Gill, DUBHS
21.57 Brian Ross, JHS

100 FREE
45.49 Jonathan Fiepke, DCHS
46.09 Josh Gill, DUBHS
47.72 Brandon Farnum, LCHS

200 FREE
1:40.75 Trent Jackson, MHS
1:41.74 Ben Severino, DCHS
1:43.52 Morgan Barnes, CRWHS

500 FREE
4:38.63 Trent Jackson, MHS
4:40.40 Morgan Barnes, CRWHS
4:41.35 Josh Hughes, CRWHS

100 BACK
51.06 Matt Boyd, CHS
52.77 Connor Clements, CFHS
52.77 Alex Walton, MHS

100 BREAST
57.35 Travis Greenwald, MHS
58.75 Justin Leonhett, JHS
59.42 Jaden Van Dike, VHS

100 FLY
50.57 Max Ward, DMRHS
52.67 R.J. Hemmingsen, LCHS
52.80 Kaisen Yao, ICWHS

200 IM
1:53.50 Matt Boyd, CHS
1:54.23 Alex Walton, MHS
1:54.53 Ian Ford, CRWHS

200 MR
1:35.26 Muscatine
1:36.46 Johnston
1:37.15 West Des Moines Valley

200 FR
1:26.45 Muscatine
1:26.63 Ankeny
1:26.83 Dubuque

400 FR
3:09.04 Dowling Catholic
3:10.37 Dubuque
3:12.57 Johnston

LOUISIANA DIVISION I HIGH SCHOOL CHAMPIONSHIPS
Sulphur, Louisiana
Nov. 18-19, 2011 (25 YD)



* = State Record
** = Division Record

GIRLS TEAM STANDINGS
354 St. Joseph's
351.5 Northshore
261 Mandeville

50 FREE
23.79 Jonna Frantz, MHS
24.19 Claire Rasmus, DHS
24.31 Hannah Core, EAHS

100 FREE
51.86 Claire Rasmus, DHS
52.06 Jonna Frantz, MHS
54.36 Hannah Core, EAHS

200 FREE
1:54.29 Alyssa Dilldine, DTHS
1:55.65 Katelyn Rodriguez, SJA
1:57.26 Megan Loop, MHS

500 FREE
5:03.93 Alyssa Dilldine, DTHS
5:07.57 M. Boudreaux, LHS
5:10.22 Megan Loop, MHS

100 BACK
56.22** E. Levendowski, MHS
57.39 Savannah Antonetz, BHS
1:00.96 Grace Tucker, FHS

100 BREAST
1:05.12 Cameron Balkom, SJA
1:07.84 Erin Trumbach, NTHS
1:08.57 Mary Jabby, NTHS

100 FLY
55.70* Kara Kopco, FHS
57.38 Danielle Dugas, MCA
58.39 Savannah Antonetz, BHS

200 IM
2:04.88** Kara Kopco, FHS
2:09.64 M.K. Miller, SJA
2:11.10 M. Boudreaux, LHS

200 MR
1:49.13* Mandeville
1:49.81 St. Joseph
1:53.25 Northshore

200 FR
1:38.84 Fontainebleau
1:38.85 Mandeville
1:41.09 St. Joseph

400 FR
3:36.99 Fontainebleau
3:37.32 St. Joseph
3:40.63 Northshore

BOYS TEAM STANDINGS
344.5 Baton Rouge Catholic
323 Jesuit
287 Fontainebleau

50 FREE
21.40 Thomas Beckstrom, FHS
21.43 Andy Melcher, ARHS
21.72 Patrick Abry, JHS

100 FREE
46.78 John Owens, MHS
47.75 Brennan Dorsey, JHS
48.08 Danny Fox, FHS

200 FREE
1:41.84 John Owens, MHS
1:44.80 Rhett Guinot, FHS
1:45.43 Brady Grenfall, BRCHS

500 FREE
4:43.99 Rhett Guinot, FHS
4:51.48 Shawn Paretto, NTHS
4:56.67 C. Panepinto, BRCHS

100 BACK
50.50 Grant Grenfell, BRCHS
53.42 John Kamphuis, BYRD
53.63 Thomas Beckstrom, FHS

100 BREAST
58.44 Colin Finnegan, BRCHS
59.55 Brandon Ratigan, FHS
59.57 Andrew Knudsen, FHS

100 FLY
49.95 Grant Grenfell, BRCHS
49.95 Eric Klein, ARHS
52.24 Chris Cazehave, BRCHS

200 IM
1:53.04 Eric Klein, ARHS
1:55.58 Colin Finnegan, BRCHS
1:56.50 Eric Pennington, NTHS

200 MR
1:35.90 Baton Rouge Catholic
1:37.05 Fontainebleau
1:41.68 Northshore

200 FR
1:26.76 Archbishop Rummel
1:27.25 Jesuit
1:29.52 Baton Rouge Catholic

400 FR
3:11.65 Fontainebleau
3:12.16 Archbishop Rummel
3:12.95 Baton Rouge Catholic

LOUISIANA DIVISION II HIGH SCHOOL CHAMPIONSHIPS
Sulphur, Louisiana
Nov. 16-17, 2011 (25 YD)



GIRLS TEAM STANDINGS
495 St. Scholastica

205 Pineville
170 South Lafourche

50 FREE
25.54 Emily Prieto, SSA
25.97 Rachel Kendrick, PHS
26.43 Courtney Carr, PHS

100 FREE
54.28 Madeleine Rawls, SSA
56.99 Rachel Kendrick, PHS
57.05 April Aguilard, STM

200 FREE
2:00.68 Liana Soileau, SSA
2:05.32 Marin Tichenor, CADO
2:07.39 Rachel Mills, NTHS

500 FREE
5:32.28 Marin Tichenor, CADO
5:34.08 Brooke Vinturella, SSA
5:50.03 Rachel Mills, NTHS

100 BACK
1:00.12 Kristen Jennings, SSA
1:03.77 Emily Prieto, SSA
1:07.63 Madison Kaufman, RHS

100 BREAST
1:08.69 Madeleine Rawls, SSA
1:10.09 Megan Livesay, PAHS
1:10.44 April Aguilard, STM

100 FLY
1:03.72 Liana Soileau, SSA
1:05.80 Hope Winkler, SSA
1:09.27 Lylla Younes, NCHS

200 IM
2:16.03 Kristen Jennings, SSA
2:23.26 Megan Livesay, PAHS
2:25.65 Hope Winkler, SSA

200 MR
1:53.60 St. Scholastica
2:07.00 South Lafourche
2:09.99 St. Thomas More

200 FR
1:44.01 St. Scholastica
1:48.92 Pineville
1:52.69 South Lafourche

400 FR
3:51.55 St. Scholastica
4:05.99 Pineville
4:07.58 Caddo Magnet

BOYS TEAM STANDINGS
319 Alexandria
227 Pineville
188 Holy Cross

50 FREE
22.56 Zach Faircloth, PHS
22.70 Louis Tao, NCHS
23.32 T. Summerlin, NCHS

100 FREE
49.77 Zachary Harrison, ASH
50.45 Morgan Meyer, RHS
50.55 Louis Tao, NCHS

200 FREE
1:43.89 Dylan Rykosky, EJHS
1:49.07 Zeke Basco, PHS
1:51.87 Eugene Fortier, SHAW

500 FREE
5:05.02 Zach Begnaud, NCHS
5:17.38 Jake Kyte, RHS
5:26.22 David Boothe, PHS

100 BACK
58.84 Joe Robbins, THS
1:00.48 Trey Hunter, ASH
1:01.80 Walter Lacroix, ASH

100 BREAST
1:01.33 Richard Norem, ASH
1:06.22 A. McDonald, CADO
1:06.41 Martin Braun, BRMHS

100 FLY
53.20 Dylan Rykosky, EJHS
56.68 Eugene Fortier, SHAW
56.20 Zeke Basco, PHS

200 IM
2:04.04 Zack Begnaud, NCHS
2:04.25 Richard Noren, ASH
2:10.18 Martin Braun, BRMHS

200 MR
1:45.00 Alexandria
1:50.04 South Lafourche
1:51.27 Baton Rouge Magnet

200 FR
1:32.60 Pineville
1:32.65 Alexandria
1:34.61 Natchitoches

400 FR
3:26.69 Pineville

3:29.71 Natchitoches
3:35.09 Ruston

2:10.14 Trey Trahan, STA
2:10.31 Michael Peters, VCHS

LOUISIANA DIVISION III HIGH SCHOOL CHAMPIONSHIPS Sulphur, Louisiana Nov. 18-19, 2011 (25 YD)



* = Division Record

GIRLS TEAM STANDINGS
277 Vandebilt Catholic
227 Episcopal
215 St. Charles Catholic

50 FREE
24.85 Caroline Forbes, UHIGH
26.52 Haley LeBlanc, JHS
26.57 Kristen Roussel, LHS

100 FREE
54.10 Caroline Forbes, UHIGH
56.62 Meredith Keating, SCC
58.61 Cassidy Zeringue, LHS

200 FREE
2:00.17 Katie Stahel, UA
2:03.00 Danielle Miles, PBS
2:05.46 Cameron Barney, EHS

500 FREE
5:17.74 Katie Stahel, UA
5:26.42 Sarah Simar, NDHS
5:33.86 Danielle Miles, PBS

100 BACK
1:01.27 Emily Rush, UHIGH
1:04.15 Anne Babineaux, TCHS
1:04.19 Kristen Salles, PBS

100 BREAST
1:09.85 Jessica Ding, HHS
1:11.59 Ahnnah Choppin, LAHS
1:12.43 Lauren Wethem, LAHS

100 FLY
1:02.27 Maggie Trepagnier, SCC
1:03.69 Kristen Salles, PBS
1:06.20 Michaela Stawasz, LOY

200 IM
2:14.83 Sarah Simar, NDHS
2:16.23 Maggie Trepagnier, SCC
2:18.75 Jessica Ding, HHS

200 MR
1:59.50 St. Charles Catholic
2:00.17 Vandebilt Catholic
2:04.51 Lutcher

200 FR
1:47.47 Episcopal
1:47.55 St. Charles Catholic
1:50.74 Ursuline Academy

400 FR
3:54.00 University
3:55.20 Episcopal
4:00.93 Vandebilt Catholic

BOYS TEAM STANDINGS
327 Vandebilt Catholic
250 St. Charles Catholic
231 E.D. White Catholic

50 FREE
22.82 Brandon Klibert, SCC
23.12 Mark Pousson, LHS
23.39 Challenge Talbot, EDW

100 FREE
49.99 Brennan Page, VCHS
51.37 Patrick Stone, EHS
51.41 Mark Pousson, LHS

200 FREE
1:45.53* Clay Furr, UHIGH
1:47.11 John Miller, PBS
1:54.03 Chase Comarchelle, PBS

500 FREE
4:48.45* John Miller, PBS
5:08.19 Michael Peters, VCHS
5:08.86 Brent Labat, EDW

100 BACK
54.93 Gage Alleman, SCC
55.14 Brennan Page, VCHS
55.22 Brandon Klibert, SCC

100 BREAST
1:01.99 Elie McRae, VCHS
1:04.27 Garrett Marcel, VCHS
1:06.46 Zack Butler, EHS

100 FLY
51.19* Clay Furr, UHIGH
55.74 Elie McRae, VCHS
56.44 Brent Labat, EDW

200 IM
2:00.05 Gage Alleman, SCC

200 MR
1:44.15 St. Charles Catholic
1:44.41 Vandebilt Catholic
1:46.84 E.D. White

200 FR
1:33.44 Lutcher
1:35.54 St. Charles Catholic
1:36.19 Vandebilt Catholic

400 FR
3:24.92 Vandebilt Catholic
3:30.03 St. Charles Catholic
3:33.74 Parkview Baptist

LOUISIANA DIVISION IV HIGH SCHOOL CHAMPIONSHIPS Sulphur, Louisiana Nov. 16-17, 2011 (25 YD)



GIRLS TEAM STANDINGS
354 Newman
237 Dunham
152 McGehee

50 FREE
25.18 A. Cherbonnier, NHS
26.21 Maddie Guidry, SME
27.59 Madeline Neyland, RHS

100 FREE
55.59 Helen Keyes, NHS
57.07 Olivia Huffman, DUNHI
58.23 Maddie Guidry, SME

200 FREE
1:58.17 Victoria Barczyk, ASH
2:00.06 Helen Keyes, NHS
2:02.54 Claudia Apsey, EI

500 FREE
6:17.52 Megan Hoolahan, SME
6:28.90 Nicole Caldwell, CHS
6:34.56 Audrey Demand, DUNHI

100 BACK
1:05.27 Lexi Mod, NHS
1:07.47 Rachel Briggs, CALHS
1:07.52 Olivia Huffman, DUNHI

100 BREAST
1:12.02 A. Cherbonnier, NHS
1:13.39 Anna Morris, CLA
1:16.03 A.L. Cherbonnier, NHS

100 FLY
1:01.97 Anna Buttaci, ESA
1:02.80 Brenna Weber, CDS
1:05.71 Rachel Briggs, CALHS

200 IM
2:19.57 Anna Buttaci, ESA
2:27.18 A.L. Cherbonnier, NHS
2:37.15 Sara Bahat, NHS

200 MR
2:03.91 Newman
2:12.17 Ascension Episcopal
2:12.44 Dunham

400 FR
1:49.58 Newman
1:53.36 Dunham
1:54.51 McGehee

200 FR
3:58.31 Newman
4:10.09 Dunham
4:20.54 Ascension Episcopal

BOYS TEAM STANDINGS
367 Newman
207 St. Martin's
158 Cedar Creek

50 FREE
22.42 Brennan Edler, PTHS
23.24 Joren Grue, NHS
24.29 Will Farber, SME

100 FREE
49.89 Patrick Riess, NHS
52.39 Hunter Martin, MHS
54.16 Joren Grue, NHS

200 FREE
1:49.65 Brennan Edler, PTHS
1:59.33 Harry Browne, NHS
2:03.89 Scott Barron, CCHS

500 FREE
6:39.45 David Gurley, RIVHS
6:47.13 Patrick Wink, DUNHI
6:58.42 Josh Quinn, PTHS

100 BACK
54.97 Patrick Riess, NHS

— continued on 42

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FOR THE RECORD — continued from 41

1:00.50 Hunter Martin, MHS	1:54.62 Caitlin Klockner, A-B
1:07.81 Tank Anwar, NHS	1:56.18 Jennifer Day, CHELM

100 BREAST

1:00.14 Silas Dejean, WCA	4:53.56 Ashlee Korsberg, AND
1:02.46 Aleksandar Bahat, NHS	5:08.72 Jennifer Day, CHELM
1:02.64 Zach Stephenson, OCHS	5:12.03 Alison Murtagh, AND

100 FLY

57.73 Will Farber, SME	54.58 Rachel Moore, AND
1:04.75 Carson Chauvin, PTHS	58.80 Carly Biron, FRAM
1:06.06 Robyn Kneger, NHS	59.01 Maeve Awiszus, AND

200 IM

2:04.33 Aleksandar Bahat, NHS	1:03.72 M. D'Innocenzo, AND
2:06.11 Silas Dejean, WCA	1:06.07 M.K. Cohen, CHELM
2:22.90 Preston Sparks, CCHS	1:08.93 Ariel Tian, A-B

200 MR

1:50.33 Newman	54.27 Rachel Moore, AND
1:59.23 St. Martin's Episcopal	58.38 Lucy Choi, A-B
2:00.93 Riverside	59.11 Jessica Murphy, NEED

200 FR

1:36.70 Newman	2:02.53 M. D'Innocenzo, AND
1:43.01 Pat Taylor	2:04.46 C. Sheridan, CHELM
1:44.62 Cedar Creek	2:10.45 Alexa Korsberg, AND

400 FR

3:46.49 Newman	1:49.76 Andover
3:51.95 Cedar Creek	1:54.31 Framingham
3:59.17 St. Martin's Episcopal	1:54.43 Acton-Boxborough

MASSACHUSETTS DIVISION I HIGH SCHOOL GIRLS CHAMPIONSHIPS
Cambridge, Massachusetts
Nov. 19, 2011 (25 YD)

TEAM STANDINGS

481 Andover
273 Chelmsford
247 Acton-Boxborough

50 FREE

23.85 Sarah Broderick, HAV
23.93 Scott DeRossi, METH
24.59 Nikita Kirik, BILL

100 FREE

51.66 C. Sheridan, CHELM
51.81 Sarah Broderick, HAV
53.56 Caitlin Klockner, A-B

200 FREE

1:51.89 Ashlee Korsberg, AND

MASSACHUSETTS DIVISION II HIGH SCHOOL GIRLS CHAMPIONSHIPS
Cambridge, Massachusetts
Nov. 19, 2011 (25 YD)

TEAM STANDINGS

363.5 Bishop Feehan
319 Reading
255.5 Bishop Stang

50 FREE

24.50 Olivia Decas, STANG
24.62 Kate Vanasse, WOOD
24.67 Brenna Melanson, READ

100 FREE

53.34 Kate Vanasse, WOOD
53.96 Olivia Decas, STANG
54.11 Reilly O'Connell, SAND

200 FREE

1:57.25 K. O'Connell, STONE
1:57.28 Maddie Myers, FEEH
1:57.35 Erin Daly, READ

500 FREE

5:03.30 Taylor Ellis, NDAH
5:10.10 Shannon Quirk, WAKE
5:14.19 Maddie Myers, FEEH

100 BACK

59.52 Caitlin Schofield, FEEH
1:00.18 Brenna Melanson, READ
1:00.33 Kaia Greene, SEEK

100 BREAST

1:05.29 Taylor Ellis, NDAH
1:08.12 Andrea Gauvin, STANG
1:08.39 Elizabeth Rose, STANG

100 FLY

58.39 M. Reidemeister, FEEH
58.90 K. O'Connell, STONE
59.48 M. Niness, NDAW

200 IM

2:09.12 M. Reidemeister, FEEH
2:13.97 Caroline Capece, FEEH
2:13.98 Elizabeth Rose, STANG

200 MR

1:50.84 Bishop Stang
1:52.79 Bishop Feehan
1:52.99 Reading

200 FR

1:42.09 Bishop Stang
1:42.80 Reading
1:43.71 Bishop Feehan

400 FR

3:39.38 Bishop Feehan
3:42.30 Reading
3:47.14 Westwood

MICHIGAN DIVISION I HIGH SCHOOL GIRLS CHAMPIONSHIPS
Ypsilanti, Michigan
Nov. 18-19, 2011 (25 YD)

TEAM STANDINGS

258 Mercy
243.5 Saline
165 Marian

50 FREE

23.23* Jaynie Pulte, MHS
23.52 Annie Jongekrijg, LOHS
23.69 Danielle Freeman, HHS

100 FREE

50.32* Annie Jongekrijg, LOHS
51.15 Annie Tamblын, HURON
51.55 Danielle Freeman, HHS

200 FREE

1:49.04 Maddie Wright, WUHS
1:50.11 Marah Pugh, DHS
1:52.23 Mollie Pulte, MHS

500 FREE

4:55.54 Marah Pugh, DHS
5:01.02 Megan Stelpflug, CHS
5:02.85 Many Schaub, HOHS

100 BACK

54.56* Anna DeMonte, HURON
55.77 Mallory Buha, NOVI
56.73 Maddy Frost, SALHS

100 BREAST

1:03.91 Ashleigh Shanley, SHS
1:04.63 Shannon Cowley, SHS
1:04.71 Sami Stelpflug, CHS

100 FLY

54.82 Maddie Wright, WUHS
55.87 Jaynie Pulte, MHS
56.13 Chanel Bonin, SLHS

200 IM

1:59.67* Anna DeMonte, HURON
2:04.22 Sami Stelpflug, CHS
2:04.82 M. Loniewski, MERCY

200 MR

1:45.97* Saline
1:46.40 Huron
1:46.57 Mercy

200 FR

1:35.46* Hudsonville
1:35.89 Marian
1:36.34 Mercy

MICHIGAN DIVISION II HIGH SCHOOL GIRLS CHAMPIONSHIPS
Holland, Michigan
Nov. 18-19, 2011 (25 YD)

TEAM STANDINGS

419 Holland
288 Seaholm
216 Groves

50 FREE

23.46 Taylor Garcia, HHS
23.62 Holly Morren, HHS
23.76 Heather Kiger, MHS

100 FREE

50.80 Catherine DeLoof, GPS
50.94 Holly Morren, HHS
51.52 Alexandra DeLoof, GPS

200 FREE

1:51.87 Haley Thompson, HHS
1:52.33 Katie Dudley, OHS
1:53.51 Cassie Misiewicz, HHS

500 FREE

5:03.08 Cassie Misiewicz, HHS
5:04.51 Ellie Dean, DOW
5:05.00 Chelsea Abbott, SHS

100 BACK

51.99 C. Bartholomew, HHS
54.68 Alexandra DeLoof, GPS
56.99 Gabrielle DeLoof, GPS

100 BREAST

1:02.43 Annie Lazor, BGHS
1:04.39 M. Vandermeulen, HHS
1:05.31 Natalie Pierce, SHS

100 FLY

54.39** Taylor Garcia, HHS
56.38 Heather Kiger, MHS
57.19 Haley Kornburger, OHS

200 IM

2:00.06** C. Bartholomew, HHS
2:03.08 Annie Lazor, BGHS
2:06.53 Gabrielle DeLoof, GPS

200 MR

1:41.01* Holland
1:45.37 Groves
1:45.47 Grosse Pointe South

200 FR

1:36.43 Groves
1:36.51 Holland
1:38.52 Seaholm

400 FR

3:24.46 Holland
3:28.63 Grosse Pointe South
3:34.41 Seaholm

NEW YORK HIGH SCHOOL GIRLS CHAMPIONSHIPS
Buffalo, New York
Nov. 18-19, 2011 (25 YD)

TEAM STANDINGS

148.23 Lahser
1:50.02 East Grand Rapids
1:53.00 Adrian

200 FR

1:38.43 Holland Christian
1:38.53 Cranbrook-Kingswood
1:39.16 East Grand Rapids

400 FR

3:36.13 Cranbrook-Kingswood
3:37.18 Alma
3:38.50 Plainwell

50 FREE

23.48 Dina Rommel, CHS
23.72 Carl Stankaitis, HFL
23.76 Lindsey Sagasta, KWHS

100 FREE

50.65 Kina Zhou, NHS
51.55 Lindsey Sagasta, KWHS
52.05 Carolyn Koch, BHS

200 FREE

1:49.82 Brittany Friese, NEWB
1:51.49 Kina Zhou, NHS
1:51.76 Sydney Modeas, CHS

500 FREE

4:52.07 Brittany Friese, NEWB
4:52.07 Lindsay Schlichte, GCHS
4:54.81 Sydney Modeas, CHS

100 BACK

55.93 Jenna Bickel, GHS
56.26 M. Fairclough, MWHS
56.71 Clare Battaglia, WNHS

100 BREAST

1:02.76 Olivia Chan, SHS
1:04.21 Kathryn Coughlin, CBA
1:05.19 Melissa Fulenwider, RHS

100 FLY

55.93 Maggie Jordan, NHS
56.08 Summer Schmitt, CBA
56.58 Trudiann Patrick, JHS

200 IM

2:03.57 Olivia Chan, SHS
2:07.28 Nicole Hetzer, CONQ
2:07.94 Victoria Butler, CHS

200 MR

1:46.74 Christian Brothers
1:48.55 Clarence
1:50.38 Connetquot

200 FR

1:37.36 Clarence
1:38.39 Clarkstown
1:38.45 Connetquot

400 FR

3:28.84* Niskayuna
3:30.00 Clarence
3:37.44 Bethlehem Central

WASHINGTON, D.C. METROPOLITAN HIGH SCHOOL CHAMPIONSHIPS
Boys, Maryland
Feb. 8-11, 2012 (25 YD)

TEAM STANDINGS

328.5 Cranbrook-Kingswood
265.5 East Grand Rapids
182t Lahser
182t Plainwell

50 FREE

23.62 Mallory Comerford, PHS
24.41 Kelsey Weener, HCHS
24.42t Milon Crawford, CKHS
24.42t Mary MacLean, DCD

100 FREE

50.46* Mallory Comerford, PHS
53.33 Katie Hensley, GRCHS
53.47 Milon Crawford, CKHS

200 FREE

1:54.98 Kylie Powne, CKHS
1:55.21 L. Wiederhold, PHS
1:57.27 Brooke Edwards, DHS

500 FREE

5:04.30 Kylie Powrie, CKHS
5:06.22 Jennifer Wheeler, ALMA
5:09.80 L. Wiederhold, PHS

100 BACK

56.20 Ines Charles, LHS
58.97 Alexa Resetar, CKHS

1:00.03 Marin McInerney, NDP
 23.83 Catherine Mulquin, GC |

100 BREAST

1:05.75 Anna Stephens, EGRHS	49.94** C. McTaggart, ARMS
1:07.04 Jorgie Watson, GRCC	50.79 Reia Tong, WHIT
1:07.21 Madelyn Klenk, HHS	52.52 Bridie Burke, VIS

100 FLY

57.21 Ines Charles, LHS	1:49.85 Anna Kolanowski, SHER
58.18 Jennifer Wagley, ADHS	1:50.78 Kristina Li, WOOT
59.28 Emme Reasoner, CKHS	1:51.23 Ellen Anderson, GAIT

200 IM

2:08.14 Anna Stephens, EGRHS	4:52.02 Ellen Anderson, GAIT
2:08.42 Mary Dilibosian, LHS	4:59.85 C. Vanderweele, NOR
2:10.87 Jennifer Wagley, ADHS	5:02.89 Brittany Dickerson, RM

200 MR

1:48.23 Lahser	54.85** Kristina Li, WOOT
1:50.02 East Grand Rapids	55.55 Charlotte Meyer, WHIT
1:53.00 Adrian	56.04 Catherine Mulquin, GC

100 BACK

1:48.23 Lahser	54.85** Kristina Li, WOOT
1:50.02 East Grand Rapids	55.55 Charlotte Meyer, WHIT
1:53.00 Adrian	56.04 Catherine Mulquin, GC

100 BREAST

1:00.05 Sarah Haase, GC
1:04.59 Diana Hanson, POOL
1:05.79 Audrey Gould, WHIT

100 FLY

55.09 Natalya Ares, CHUR
56.91 Anna Kolanowski, SHER
57.20 Elizabeth Fosburgh, WIL

200 IM

1:58.19** Charlotte Meyer, WHIT
1:58.92 Sarah Haase, GC
2:07.73 Bridie Burke, VIS

200 MR

1:46.07 Good Counsel
1:48.54 Wootton
1:51.33 Walt Whitman

200 FR

1:35.39** Walt Whitman
1:37.54 Churchill
1:38.95 Holton-Arms

400 FR

3:27.63** Walt Whitman
3:31.27 Churchill
3:31.47 Good Counsel

BOYS TEAM STANDINGS

502 Gonzaga College HS
352 Georgetown Prep
343 Good Counsel

50 FREE

19.85** Jack Conger, GC
20.58 Sean Sullivan, GONZ
21.43 Barry Mangold, WJHS

100 FREE

45.23** Sean Sullivan, GONZ
45.87 Barry Mangold, WJHS
46.54 Paul O'Hara, GONZ

200 FREE

1:39.66 Garrett Powell, WJHS
1:41.38 Grant Goddard, PREP
1:42.73 M. Hardimon, GONZ

500 FREE

4:17.51* Jack Conger, GC
4:20.04 Garrett Powell, WJHS
4:36.15 Brady Welch, GC

100 BACK

52.02 Tim Barry, GONZ
52.86 Brady Welch, GC
53.06 B. Goldstein, PREP

100 BREAST

56.99 Carsten Vissering, PREP
58.14 F. Tollefson, WJHS
58.71 Austin Dickey, WOOT

100 FLY

50.83 Grant Goddard, PREP
50.97 Carl St. John, PREP
52.04 Daniel Tarbrake, GONZ

200 IM

1:53.98 Carl St. John, PREP
1:54.02 Jack Foster, BLAIR
1:55.01 Tyler Pham, GAIT

200 MR

1:33.77** Good Counsel
1:36.28 Georgetown Prep
1:36.80 Gonzaga College HS

200 FR

1:24.88** Gonzaga College HS
1:27.25 Churchill
1:28.00 Walter Johnson

400 FR

3:07.11 Good Counsel
3:08.07 Gonzaga College HS
3:08.73 Walter Johnson

WASHINGTON, D.C. METROPOLITAN HIGH SCHOOL CHAMPIONSHIPS
Boys, Maryland
Feb. 8-11, 2012 (25 YD)

TEAM STANDINGS

382 Winston Churchill
380 Walt Whitman
320.5 Wootton

50 FREE

23.09** C. McTaggart, ARMS
23.27 Reia Tong, WHIT

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

MAY

- 4-5 **Longview, WA**
Killer Whales Mothers Day Open, scy wheels4jen@hotmail.com
- 4-5 **Mequon, WI**
OZ Gender Open, scy clshort@wi.rr.com
- 4-6 **Vallejo, CA**
VJO "C-B-A+", lc lynnrang@gmail.com
- 4-6 **Thornton, CO**
Steve Drozda Shotgun, lc lseckinger@aol.com
- 4-6 **Boca Raton, FL**
FGC Invitational, lc 954-468-5590
- 4-6 **Largo, FL**
WFLA AG/SR/TF Open, lc 727-455-8352
- 4-6 **Sunrise, FL**
PST-Sunrise IMX Invite, lc 954-452-2526
- 4-6 **Vero Beach, FL**
TCSC AG/SR/TF Open, lc 772-713-6591
- 4-6 **Crown Point, IN**
CPSC Summer Splash Invitational, scy coachjohn@sbcglobal.net
- 4-6 **Indianapolis, IN**
WAC Pentathlon, scm jsincroft@gmail.com
- 4-6 **Newburgh, IN**
NSC Cinco de Mayo Fiesta meetdirector@swimnsc.com
- 4-6 **Rockville, MD**
RMSC Spring Invitational, lc 210-314-8750
- 4-6 **Albany, OR**
Flakeboard Invitational, lc meetdirector@albanyaquaticassoc.com
- 4-6 **Beaverton, OR**
Thunderbolt Spring Open, lc meetdirector@thunderboltswimming.org
- 4-6 **San Antonio, TX**
Cinco de Mayo International Invitational dmw15479@aol.com
- 4-6 **Sterling, VA**
SNOW Spring Classic Invite 703-779-9909
- 4-6 **Oak Harbor, WA**
NWAAC Triple Pentathlon headcoach@oakharborpool.com
- 5 **Brentwood, CA**
BSW Distance, lc craig@brentwoodseawolves.com
- 5 **Winter Park, FL**
TPA 14&U TF Open, scy 321-282-2558
- 5 **Douglasville, GA**
DCS May Splash Dash, scy coachsyd88@gmail.com
- 5 **Gates Mills, OH**
Hawken May Madness Meet marie@salibra.net
- 5 **University Place, WA**
UPAC Spring Special s9friedman@pol.net
- 5 **Greenfield, WI**
SWAT SR Circuit Open, scy swatswimteam@wi.rr.com
- 5 **Hartland, WI**
LAKE SYOA High Point, sc lakecountryswim@sbcglobal.net
- 5-6 **Los Altos Hills, CA**
LAMV "C-B-A+", lc jbonpua@gmail.com
- 5-6 **Chamblee, GA**
DYNA Spring Splash amanda@dynamoswimclub.com
- 5-6 **Columbus, IN**
DON Early Bird Invite, scm entrychair@donnerswimclub.org
- 5-6 **Grants Pass, OR**
GPS May Madness, scy neu07@gmail.com
- 5-6 **Fairfax, VA**
FISH LC Derby Meet mparis@pvfish.org
- 5-6 **Federal Way, WA**
May Flowers Senior Meet jillokeefe@msn.com
- 5-6 **Brown Deer, WI**
SEA Open, lc iverson@wi.rr.com
- 6 **Monomonee Falls, WI**
MFSC "A-B-C," scy ljfishr@mac.com
- 9 **Fort Lauderdale, FL**
FGC Distance Invite, lc canderson@swim4comets.com
- 10-13 **Charlotte, NC**
USAS Grand Prix 719-866-4578
- 11 **Miami, FL**
FGC Sizzler, scy maccoach27@aol.com
- 11 **Pompano Beach, FL**
FGC Sizzler, scy jvassallo@pompanopiranhas.com
- 11-12 **Jacksonville, FL**
BSS AG/SR/TF Open, lc 904-708-9052
- 11-13 **Lakewood, CO**
FST Long Course Open bbstevens27@msn.com
- 11-13 **Fort Myers, FL**
GCST AG/SR/PF Open, lc 239-949-6671

- 11-13 **Augusta, GA**
ASL Junior Jaguar jmeadows262@bellsouth.net
- 11-13 **Carmel, IN**
CSC Spring Fling carmelswimclub@aol.com
- 11-13 **Lees Summit, MO**
KCB Early Bird Meet scott.bliss@jocogov.org
- 12 **Davie, FL**
FGC Senior Circuit, lc coachtomas@aol.com
- 12 **Gainesville, FL**
GSC AG/SR/TF Open, scy 352-375-4683/4595
- 12 **Middlebury, IN**
NASA Off the Block, scy inbridge115@cs.com
- 12 **Youngstown, OH**
Youngstown Season Opener mlanderson04@ysu.edu
- 12 **McMinnville, OR**
SSA Mothers Day Invite, scy familymaxwell@yahoo.com
- 12 **DeForest, WI**
DFAC Open Pentathlon, scy lorifons@gmail.com
- 12 **Green Bay, WI**
ASC Open, scy mikkelson4@tds.net
- 12-13 **Atlanta, GA**
DAQ Tigershark Invitational daqswim@bellsouth.net
- 12-13 **Portland, OR**
MHA Sextathlon, scm lunyone@yahoo.com
- 12-13 **Waukesha, WI**
WWEST Open, scy michael@waukeshaexpress.org
- 13 **Rohnert Park, CA**
QUIK "C-B-A+", sc quiltmama@sbcglobal.net
- 13 **Santa Clara, CA**
SCSC Senior II Walk-On, sc jbitter@santaclaraswimclub.org
- 16 **Fort Lauderdale, FL**
FGC Sizzler, scy swimming@pinecrest.edu
- 16-27 **Antwerp, BEL**
European Championships
- 18-19 **Colorado Springs, CO**
CMA IMX josephbnovak@msn.com
- 18-19 **Ocala, FL**
CFM AG/SR/TF Open, lc 352-873-5811
- 18-19 **Valparaiso, IN**
UTSC Swim Your Own Age Summer Invitational, scy akimjr@comcast.net
- 18-20 **Arvada, CO**
North Jeffco Invitational kandc30@aol.com
- 18-20 **Coral Springs, FL**
FGC Invitational, lc brunodarzi@aol.com
- 18-20 **Fort Lauderdale, FL**
FGC Invitational, lc canderson@swim4comets.com
- 18-20 **Jupiter, FL**
FGC Invitational, lc kiril@bellsouth.net
- 18-20 **Longwood, FL**
PA AG/SR/TF Open, lc 407-862-2207
- 18-20 **Miami, FL**
FGC Invitational, lc coachjohn@swimneptunes.com
- 18-20 **Sarasota, FL**
SYS AG/SR/TF Open, lc 941-922-9622
- 18-20 **Bloomington, IN**
BSC Summer Invitational jkposson@att.net
- 18-20 **Fishers, IN**
FAST 500 Invitational rthielking@mmufus.com
- 18-20 **Fort Wayne, IN**
SWAC Spring Fling coachenglehart@frontier.com
- 18-20 **West Lafayette, IN**
BA Early Bird Invitational swimday@yahoo.com
- 18-20 **Corvallis, OR**
CAT Open, lc catmeetdirector@gmail.com
- 18-20 **Austin, TX**
End of School Splash Bridgette.rhoades@austin.utexas.edu
- 18-20 **Anacortes, WA**
Spring Thunderbird matheskc@comcast.net
- 18-20 **Federal Way, WA**
Pacific Coast jemiannc@msn.com
- 18-20 **Pleasant Prairie, WI**
BDSC Open, lc kksahr@comcast.net
- 19 **Fort Myers, FL**
GCST AG/SR/TF Open, scy 239-949-6671
- 19 **Jacksonville, FL**
BSS AG/SR/TF Open, lc 904-708-9052
- 19 **Hood River, OR**
Hood River Spring Sprinter hrvtst.coach@gmail.com
- 19 **Roseburg, OR**
Roseburg Spring Splash Invitational, scy murphyhwdfloors@msn.com
- 19 **Port Washington, WI**
WAM Invitational, scy wamcoach@charter.net
- 19-20 **Morgan Hill, CA**
MHSC "C-B-A+", sc meetdirector@morganhillmakos.com
- 19-20 **Glenwood Springs, CO**
West Slope IMX Challenge liquidcoach@gmail.com
- 19-20 **St. Petersburg, FL**
SPA AG/SR/TF Open, lc 727-471-8896
- 19-20 **Lithonia, GA**
GA Gwinnett Invitational, lc hugh@gwinnettaquatics.com
- 19-20 **Macon, GA**
SMAC Long Course Invite swim@mindspring.com

- 19-20 **Fort Washington, PA**
GAAC May "A-BB-C" bjmcmillin@verizon.net
- 19-20 **York, PA**
CYA Spring "A-BB-C", scy jmillier2@cyd.k12.pa.us
- 19-20 **Brown Deer, WI**
SSTY Open, lc mmiller@wsactd.org
- 20 **Oakland, CA**
ONDA Relays, sc ondaswimming@gmail.com
- 20 **Pleasant Hill, CA**
WCAB Senior II Walk-On aquabears@gmail.com
- 20-27 **Colorado Springs, CO**
AFA Spring Open rob.clayton@usafa.edu
- 25-27 **Salinas, CA**
MBSC Age Group Open maryhazdovac@comcast.net
- 25-27 **Stockton, CA**
TIGR Age Group Open tigeraquatics@gmail.com
- 25-27 **Denver, CO**
ACES Spring Open marcandlaura@comcast.net
- 25-27 **Fort Pierce, FL**
IRIV AG/SR/TF Open, lc 443-286-3811
- 25-27 **Naples, FL**
T2 AG/SR Finals Open, scy 443-286-3811
- 25-27 **Munster, IN**
MSC Memorial Day Invite matthewalee@comcast.net
- 25-27 **Carson City, NV**
CARS Age Group Open tsmeetdirector@gmail.com
- 25-27 **Oakton, VA**
Virginia State LC Champs. 703-820-7946
- 25-28 **Fort Lauderdale, FL**
FLST Senior Invitational, lc 954-468-5590
- 26-27 **Clermont, FL**
FSLA AG/SR/TF Open, lc 352-241-7144
- 26-27 **Jacksonville, FL**
EAJ AG/SR/TF Open, lc 904-868-1490
- 26-27 **Gresham, OR**
CRST Big Wave Decathlon mcbride2@comcast.net
- 26-28 **Notre Dame, IN**
IA May Spectacular carol.saladin@irishaquatics.net
- 31-3 **Santa Clara, CA**
USAS Grand Prix 719-866-4578

MASTERS

MAY

- 12 **Lees Summit, MO**
Lees Summit LCM bsherm81@kc.rr.com
- 12 **Bend, OR**
Road to Omaha Pentathlon coachbob@bendbroadband.com
- 13 **Bend, OR**
Lake Juniper Open Water coachbob@bendbroadband.com
- 19 **Ballston Spa, NY**
Spring Fling kcoonrol@nycpar.rr.com
- 20 **Mission Viejo, CA**
MVN LCM Swim Meet coach-mark@mastersmwnswim.org
- 20 **Ocala, FL**
CFM Summer Splash 1 ocalamarlins@aol.com
- 26 **Fernandina Beach, FL**
Ed Gaw Amelia Island Open Water Challenge smikelson@fbfl.org
- 26-27 **Reston, VA**
Jim McDonnell Lake Swims lynhzlwd@verizon.net
- 27 **Berwyn, PA**
UMLY LCM 100 x 100s scubavan@comcast.net

THIS Month IN SWIMMING

Sponsored by:
THE INTERNATIONAL SWIMMING HALL OF FAME

April

Australian Robert Windle (1990 ISHOF Honor Swimmer) lowered the 200 meter freestyle world record to 2:00.3 in a dual meet between Australia and Japan on April 21, 1963. He broke a three-way WR deadlock at 2:00.4 among Japan's Tsuyoshi Yamanaka, Australia's Murray Rose and the USA's Don Schollander. Windle's mark would only last three months—Schollander broke it by becoming the first man to go under 2:00 with his 1:58.8. Windle claimed a gold medal at the 1964 Tokyo Olympics in the 1500 free (17:01.7) and earned silver in two Australian relays at the '68 Games. He also competed in the 1960 Olympics.





StrokeMax Antipaddle

\$27.99

Reduce stroke resistance and gain power with this revolutionary product. Fill them with water to add a new twist to training!



FINIS SwiMP3

\$144.99

Adding music to your workout makes the laps pass by quickly! Strap the SwiMP3 to your goggles for endless musical accompaniment.



Barracuda Hydrobat Mirrored Goggles

\$17.00

The Batwing design covers the eye socket, smoothing the area to reduce drag to an absolute minimum.



Hydro 3-in-1 Techboard

\$24.95

Designed for both kick and pull swim training! Also features unique grip for kicking on your side!



Go Swim Freestyle with Jason Lezak

\$39.95

Learn how the fastest relay swimmer in history developed his freestyle technique into Olympic gold!



All Access Butterfly

\$79.99

This two-DVD set features Olympian Christine Magnuson and coach Matt Kredich!



Start to Finish 4 DVD series

\$139.99

Four top college coaches break down the particulars of each stroke, from start to finish!



Safe Swimmer Float

\$29.95

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



TriSwim Hair & Body Four Pack

\$44.99

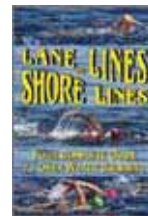
Using organic ingredients, these products help remove chlorine odor and its effects on hair.



FINIS Tempo Trainer Pro

\$49.99

This popular device has been upgraded to feature battery replacement and new stroke per minute mode!



Lane Lines to Shore Lines

\$34.95

Want to make the transition from pool to open water? This DVD will guide you through the process!



FINIS Center Mount Snorkel

\$39.99

Concentrate on body position and stroke without worrying about turning your head to breathe!



A3 Backpack/Mesh Bag Combo

\$48.00

The backpack fits everything you need for swim practice or a meet and the mesh bag is big enough for all your gear!



FINIS Lap Track

\$29.99

View time pace, splits, calories burned and of course the number of laps, all while continuously swimming.



StrechCordz Drag Belt/Tow Tether Parachute

\$28.95

Designed for great resistance training for sprinters and distance swimmers! Available in three sizes.

For the Coach

All credit cards are processed through the Internet using Verisign and are completely protected by the latest Verisign data encryption technology.



Seiko 330-lap Memory Stopwatch
\$189.99

Keep up to 300 splits with this stopwatch used by some of the world's most successful coaches!



Power Tower
\$2,550.00

Your sprinters will gain power and improve technique when they strap themselves onto the Power Tower!



StrechCordz with Paddles
\$49.95

Strengthen the muscles needed for swimming with this item used by top-ranked teams around the world!



Tropical Penguin Cool Coach 3.0
\$299.95

Change strokes, design workouts and import meet results, and Cool Coach does the rest!



FINIS Four-Digit Pace Clock
\$899.99

With a digital LCD and solar battery-powered technology, this pace clock is an essential item on your deck!



StrechCordz Breaststroke Machine
\$59.35

Give your swimmers the opportunity to work on the outswEEP and inswEEP of the breaststroke with this unique device!



High School Coaches Multi-Pack
\$179.99

Features the High School Season Binder, Games Gimmicks Challenges and the Building a Championship Program DVDs.



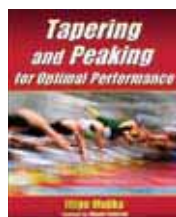
FINIS Circuit Trainer
\$29.99

Let this machine do the workout timing for you, and devote your energy to your athletes!



Swim Coach
\$19.95

Features 300 3x5 cards containing sets for all levels of swimmers. Also available in CD format.



Tapering and Peaking for Optimal Performance
\$24.95

Sixteen of the world's best athletes and coaches, including Bob Bowman, discuss the science of tapering.



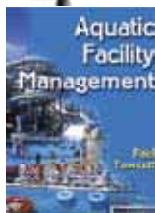
Coach Cam
\$564.00

Film your swimmers underwater with this portable and easy to use system.



Vasa Trainer Pro
\$969.00

Build swim-specific upper body strength with this classic swim bench!



Aquatic Facilities Management
\$49.99

Learn how to develop, manage, and promote effective aquatics programs with this comprehensive book.



Developing Swimmers
\$18.95

Learn the keys to developing a comprehensive, long-term plan beginning at an age-group level.

Hot Art Nostril

PICTURED » Ryan Lochte reacts after winning the Men's 400 IM at last summer's World Championships.

[PHOTO BY DAVID GRAY, REUTERS]



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Built in America. Engineered in pursuit of gold. The TYR AP12 speedsuit series redefines the physics of fast. Its turbo compression fabric, anatomically engineered fit, and bonded four-way lock seams combine to create a ruthless force in the water. Muscles will fire faster, blood flow will be increased, and body position will be optimized. This speedsuit series, with its state-of-the-art design is the essence of our brand – uncompromisingly superior, unmistakably TYR.

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ROM STRAPS



BONDED LEG
FINISH



ANATOMICALLY
ENGINEERED FIT



BONDED &
FOUR-WAY
LOCK SEAMS



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