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
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A swimmer wearing a black Adidas swim cap and goggles is captured in a full stroke, moving through a pool. The water is a vibrant blue, and the swimmer's arms are extended forward. The image is split horizontally, with the top half showing the swimmer above the water and the bottom half showing their reflection below. The overall aesthetic is clean and athletic.

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FEATURES

014 | ALL ABOARD!

by Michael J. Stott

How do coaches get swimmers to buy into their program?



ON THE COVER

Only two years remain until the 2016 Summer Olympics. With that in mind, *Swimming World* features a story on the progress that Rio is making to host the Games as well as a biennial plan for U.S. coaches to help prepare their Olympic hopefuls. Six rising stars who have yet to make their first Olympic team are also showcased—including Kylie Stewart (pictured on cover), 18, of Dynamo Swim Club (Ga.), who won the 200 back at last year's World Junior Championships. (See stories, pages 20, 28 and 30).

[PHOTO BY PETER H. BICK]

020 | ON THE RADAR

by Shoshanna Rutemiller and Jason Marsteller

Now that we are halfway between the 2012 London Olympics and the 2016 Rio Games, *Swimming World* showcases some young, up-coming talent from around the world who will be trying to qualify for their first Olympics.

SWIMMING WORLD MAGAZINE (ISSN 0039-7431). Note: permission to reprint articles or excerpts from contents is prohibited without permission from the publisher. The publisher is not responsible for errors in advertisements. Microfilm copies: available from University Microfilms, 313 N. First St., Ann Arbor, MI 48103. *Swimming World Magazine* is listed in the Physical Education Index. Printed in the U.S.A. © Sports Publications International, July 2014.

028 | THE 2014-16 FAST-TRACK CALENDAR TO RIO

by Jason Marsteller

It's two years out from the U.S. 2016 Olympic Trials, and your swimmer has dreams of making the Olympic team. As a coach, what can you do right now to help make it happen? Colorado Stars coach Todd Schmitz offers a biennial plan beginning this summer for his former star, Missy Franklin—as if Missy were a 14-year-old!

030 | IS RIO READY?

by Jeff Commings

With none of the venues meeting the International Olympic Committee's satisfaction, a workers' strike halting construction and a call to Brazilians to help foot the bill, Rio de Janeiro—host of the 2016 Summer Olympics—has put itself in serious danger of creating an Olympics more known for what happened before the Olympic Torch is lit.

032 | TOP 10 TRIUMPHS & TRAGEDIES

by Chuck Warner

Beginning in its April issue and continuing monthly through January 2015, *Swimming World Magazine* is counting down the top 10 triumphs and tragedies in the history of swimming. This month: #7 The Greatest Olympic Team in History.

COACHING

010 | LESSONS WITH THE LEGENDS: DENNIS HILL

by Michael J. Stott

012 | TWO-BEAT, FOUR-BEAT OR SIX-BEAT KICK IN DISTANCE FREESTYLE?

by Jeff Commings

Coaches Yuri Suguiyama, Rich DeSelm and Bill Rose discuss the different freestyle kick patterns.

016 | SWIMMING MISCONCEPTIONS: VERTICAL FOREARM

by Rod Havriluk

It is a misconception that the forearm is vertical at the beginning of the freestyle pull. Instructions for achieving a vertical forearm include beginning the pull by "bending the elbow." While it is productive to flex at the elbow to begin the pull, it is counterproductive to orient the forearm vertically.

020 | KYLIE STEWART'S FAVORITE SETS

by Jason Turcotte

042 | Q&A WITH COACH DUNCAN SHERRARD

by Michael J. Stott

043 | HOW THEY TRAIN ROBBIE SWAN AND THOMAS NGUYEN

by Michael J. Stott

TRAINING

039 | DRYSIDE TRAINING: NEVER ENOUGH CORE

by J.R. Rosania

A strong, fit core will benefit your turns and will help maintain a good body position in the water...not to mention it will do wonders for your six-pack abdominal muscles!

040 | NUTRITION: MANAGE YOUR APPETITE

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041 | ASK DR. SHANNON

by Shannon McBride

Here are some upper body stretches for pregnant women that can be performed before and/or after swimming.

JUNIOR SWIMMER

018 | GOLDMINDS: ALL ABOUT WINNING

by Wayne Goldsmith

If you're driven by gold and glory, remember: it's OK to think about and talk about winning! The road to "winning" starts with winning thoughts, winning words and winning actions!

045 | UP & COMERS

COLUMNS

008 | A VOICE FOR THE SPORT

037 | USSSA: THE IMPORTANCE OF LEARNING SELF-CONTROL

by Kerin Morgan

Training in self-control can help young children learn to swim.

046 | GUTTER TALK

048 | PARTING SHOT



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Rio's Uncertain Olympic Waters Are Cause for Concern

BY **STEVEN V. SELTHOFFER**

Everybody is looking forward to the 2016 Rio Olympic Games. It's in one of the most beautiful cities on the face of the planet. However, underneath the picturesque beaches and breathtaking mountain backdrops, concerns are growing globally over the safety of the venues for athletic competition due to the high levels of pollution reported at certain venues as well as possible contamination in the city water supply.

Two major concerns are Guanabara Bay, home to the Olympic sailing venue, and Copacabana Beach, directly adjacent and south of the bay opening, which hosts the Olympic 10K Marathon Swim and the first swimming leg of the Olympic triathlon.

Numerous reports in the BBC, *New York Times*, Bloomberg, *The Independent* (UK), *The Huffington Post*, *Inside the Games* and other media highlight the concerns over the dangerous pollution levels.

In a BBC report, "Rio's Olympic Waters Blighted by Heavy Pollution" (Jan. 10, 2014), author Julia Carneiro reported the dismal conditions of the Brazil Sailing Cup, describing the Olympic venue as "heavily polluted, with sailors having to avoid obstacles—everything from TVs to floating bed frames and dead animals..."

After sailing in the bay, British sailor Alain Sign said, "I was ill just before Christmas—it could have been from the capsizes that we had or from something I ate. But you probably wouldn't want to drink the water."

The NGO My Rio campaign coordinator, Leona Deckelbaum, was quoted in the BBC article that the level of fecal matter in the bay is 198 times higher than the legal limit established in the United States. "I wouldn't put my little pinky toe in it," she said.

Another concern came from former U.S. Olympian Kalyn Keller. In the article, "Former Olympic Swimmer Concerned about Olympic Athletes

Swimming in Untested Waters" by Penny Star, CNSNEWS.com (Oct. 7, 2009), Keller said that she believes her diagnosis of Crohn's disease was connected to her open water swim off the Rio beach during the 2007 Pan American Games: "It completely ripped my life out from under my feet. I had a big plan of going to the Olympics, and all of a sudden, I went from athlete to invalid."

And another leading voice, Dr. David Santillo, had already expressed his concerns *more than 10 years ago!* In his report, "Pollution with Organic Tin Compounds, Organochlorines, Hydrocarbons and Metals in Sediment Samples from Guanabara Bay" (Greenpeace Research Laboratories, Department of Biological Sciences, University of Exeter, UK, 2000), Dr. Santillo—a top water pollution scientist at Greenpeace—stated, "The results demonstrate that the bay is subject to pollution by a wide range of toxic compounds from a variety of sources."

In light of the global concerns, *Swimming World* is calling for a renewed effort to clean up Guanabara Bay—not only for the Olympics, but also for the local citizens of Rio de Janeiro.

Swimming World would like to see new scientific frameworks established to create world-class safety and pollution criteria for all water sports, especially for Olympic and world championship open water swimming, triathlon and sailing. In addition, there should be open, comprehensive, verifiable, increased monitoring of the beaches and sport venues.

Olympic athletes—the very best athletes in the world—deserve to have the best venues in the world...venues that are 100 percent safe from pollution or contamination for competition.

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Steven V. Selthoffer
Chief European Columnist
Swimming World Magazine



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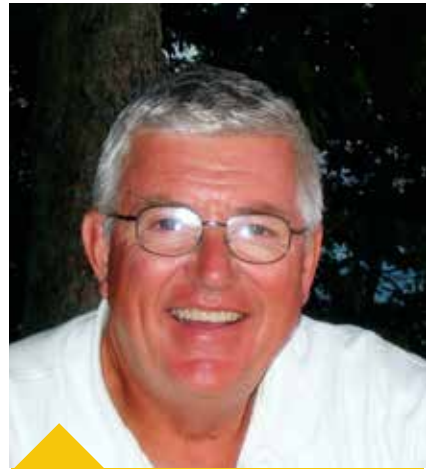


LESSONS with the LEGENDS

SWIMMING WORLD CONTINUES A SERIES IN WHICH TOP COACHES SHARE SECRETS OF THEIR SUCCESS. THIS MONTH'S FEATURED COACH:

DENNIS HILL

BY MICHAEL J. STOTT



PICTURED > DENNIS HILL RETIRED THIS YEAR AS ONE OF THE MOST DECORATED COACHES IN MICHIGAN SWIMMING HISTORY. AN NCAA ALL-AMERICAN AT MICHIGAN STATE, HE SPENT 46 YEARS COACHING HIGH SCHOOL SWIMMING, 45 OF THEM AT PIONEER IN ANN ARBOR. WHILE THERE, HE AMASSED 15 BOYS AND 16 GIRLS STATE TITLES AND THREE *SWIMMING WORLD* NATIONAL HIGH SCHOOL CHAMPIONSHIPS, COMPILING A COMBINED DUAL MEET RECORD OF 1,011-148-2. HE PRODUCED 240 NISCA ALL-AMERICANS AND WON NINE NISCA NATIONAL POWER POINT ACCOLADES. HE WAS MICHIGAN INTERSCHOLASTIC COACHES ASSOCIATION PRESIDENT IN 2010-11, NAMED MISCA COACH OF THE YEAR 26 TIMES AND NHSACA NATIONAL COACH OF THE YEAR IN 1999. A FOUNDER OF CLUB WOLVERINE, HE HAS BEEN INDUCTED INTO MHSACA, NHSACA, NISCA AND CLUB WOLVERINE HALLS OF FAME. HE WAS A NISCA OUTSTANDING SERVICE AWARD RECIPIENT IN 2005. THE PIONEER POOL BEARS HIS NAME.

Q. WHAT WERE SOME EARLY COACHING LESSONS?

A. I believe we coach as we were coached and then adapt and change to what works for us. Jerry Misner, Richard Fetters, Gus Stager, Jon Urbanchek and others taught me to be a year-round influence. Sometimes kids need a kick in the pants and sometimes they need a hug. Good coaching is the ability to influence them and develop good work habits that will last a lifetime.

Q. HOW IMPORTANT WAS COACH JON URBANCHEK?

A. Indispensable. Jon swam at Michigan and came back in the mid-'80s. We coached together at Fuller Pool and shared Pioneer facilities for a while. Jon loved being on deck. His greatest attribute was that he likes young people and they like him. He developed his Threshold/Pace Tables during those years, and his swimmers were trained to finish races. Kara Lynn Joyce attended many Michigan summer camps and came to Ann Arbor because of Jon.

Q. WHAT DID SHE MEAN TO PIONEER SWIMMING?

A. She put us on the map. Her practices were amazing and helped Pioneer win its first (*Swimming World*) mythical national title (2002-03). She set four national records in the 50 and 100 free and the 200 and 400 free relays and was named *Swimming World's* female high school swimmer of the year (in 2003). She won 18 NCAA titles at national champion Georgia and captured four Olympic silver medals.

Q. HOW DID YOU MAKE DIVERS FEEL AS IMPORTANT AS SWIMMERS?

A. We tried hard to work out at the same time, and we expected swimmers and divers to support and cheer for one another. Our divers

made huge contributions in winning dual meets and championships.

Q. WHAT MADE THE LIZ-AND-DENNIS PARTNERSHIP SO EFFECTIVE?

A. Liz (Dennis' wife) was on the first girls team at Pioneer and was a student in my chemistry class. As a student teacher, she helped the girls win our first state championship. Over time, she coached girls and boys. I took swimmers who could handle harder and/or two daily workouts. Liz had younger swimmers who needed more instruction and less yardage. Many graduated to my group and became state champions. Liz's background was sprinting, mine was distance. We had a no-cut policy, so everyone could be a part of the team. For the last 10 years, we were co-coaches. She did most of the administration, scheduling and work. I just took the credit.

Q. IN 46 YEARS, HOW HAS HIGH SCHOOL SWIM TRAINING CHANGED?

A. The increased yardage of the 1960s made a big difference. Today there is more emphasis on technique. My distance swimming background still makes me yardage-conscious. We no longer swim intervals greater than 400, but do intervals on less rest. Freestyle predominates, but we also swim and train all the strokes, especially IM and back/breast to prevent shoulder issues. A coach needs to develop and believe in his own taper. We train very hard and then can't get enough rest the last three weeks.

Q. HOW WOULD YOU LIKE TO BE REMEMBERED?

A. It has been a great run. The most important thing to me was the 31 state championships. That it was almost 10 years before I coached a state championship team makes them even more special.

Q. WHAT HAS HIGH SCHOOL SWIMMING MEANT TO YOU PERSONALLY?

A. It has been a labor of love. I will miss the swimmers. The coaches I have competed against and met at MISCA and NISCA have become my closest friends. ❖

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



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Two-Beat, Four-Beat or Six-Beat Kick in Distance Freestyle? BY JEFF COMMINGS

Coaches Yuri Suguiyama, Rich DeSelm and Bill Rose discuss the different freestyle kick patterns.

In the 22 years since Janet Evans' two-beat kick brought her a second Olympic gold medal in the 800 freestyle, the world has evolved in its thinking about the best way to use the legs in a distance swimming race.

In the 1996 and 2000 Olympics, Brooke Bennett employed a four-beat kick on the way to gold in the 800 free, a change in the thinking that a more rapid kick would fatigue swimmers faster. Australia's Kieren Perkins employed a hybrid two-beat and six-beat kick in winning the 1500 free at the 1992 and 1996 Olympics, and lost to countryman Grant Hackett and his steady four-beat kick in 2000.

Hackett would usher in a revolution in distance swimming that forced coaches to rethink the use of kicking sets in distance workouts. At the 2004 Olympics, Larsen Jensen used a six-beat kick to win the silver medal in the 1500 free—and nearly take down Hackett.

These days, almost all the top distance swimmers—including most of the finalists at the 2012 Olympics and 2013 World Championships—use the steady four-beat kick.

Swimming World Magazine asked three coaches their thoughts on the evolution of the freestyle kick pattern:



[PHOTO BY MICHAEL PIMENTEL, GOLDENBEARSports.COM]

PICTURED > AT THE 2004 OLYMPICS, LARSEN JENSEN (ABOVE) USED A SIX-BEAT KICK TO WIN THE SILVER MEDAL IN THE 1500 FREE—AND NEARLY TAKE DOWN AUSTRALIA'S GRANT HACKETT, WHO USED A STEADY FOUR-BEAT KICK.

YURI SUGUIYAMA

Assistant Coach, Men's Swimming, University of California-Berkeley

I think it's important that distance swimmers be able to maintain at least a four-beat kick throughout a race and then have the ability to increase that on the last 50 or 100 when they're sprinting to the finish.

A strong kick should be the driving force behind a distance swimmer's tempo and rhythm and, thus, their ability to hold a certain pace. With that in mind, distance swimmers should work on finding their ideal race tempo and then develop their kick within that rhythm.



[PHOTO BY SARA D. DAVIS, THE ACC.COM]



[PHOTO BY PETER H. BICK]

RICH DeSELM
Head Coach, University of North Carolina

There are some very good two- or four-beat crossover kickers, but strong legs seem to be dominating the distance events.

Just about anybody who's getting on the top of the podium is a strong kicker now. The mentality that pervades college and short course swimming, with its emphasis on power, is trickling up the event scale.

What I like to see with my athletes is a strong kick (four-beat) off each wall, then work down to a less-aggressive rhythm. That's what Steph (Peacock) fell into when she won the NCAA (1650 freestyle) two

years ago. She developed a strategy of aggressively kicking off the wall for a couple of cycles, then into an arm-dominated stroke. The goal was trying to go to a six-beat kick the last couple hundred (yards in the race).

BILL ROSE
Head Coach, Mission Viejo Nadadores

For years, I thought (swimmers) needed to save the energy throughout the race and be able to use (the legs) at the end of the race. People who were two-beat or four-beat kickers—I never tried to change them into a six-beat pattern.

Heading into 2012, I told Chloe Sutton that she was not allowed to

do a two-beat kick. She was only able to change it into a six-beat kick. That was great for her 400, but it didn't work so great for her 800, though there were other factors.

I let people do what is best for them, whether it's a two- or four- or six-beat kick, but I thought we couldn't keep up with the world with just a two-beat kick.

I do think that six-beat is faster, but for how long? And do you want to deal with it for a 1500? Larsen Jensen didn't know anything but using a six-beat kick.

When push comes to shove, these days I want my swimmers to know how to use a six-beat kick and to be able to sustain that kind of speed. ❖

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ALL ABOARD!

How do coaches get swimmers to buy into their program?

BY MICHAEL J. STOTT

One of the best ways is to talk to the athlete one-on-one, making sure everyone is on the same page.

Jim Montrella is a two-time ASCA Coach of the Year and Hall of Fame member. A former Ohio State (18 years) and Olympic coach, these days he helps out with Capistrano Valley High School in Mission Viejo, Calif.

His secret for getting athlete buy-in has always been “a lot of one-on-one. I would give swimmers a list of questions in advance and ask them to come in and discuss. Once we met to discuss target goals, aspirations and why they swam, we had some common denominators going forward,” he says.

MOTIVATION, GOALS, VARIETY AND FUN

Pam Swander, a head coach at SwimMAC in Huntersville, N.C., assesses swimmer motivation and desire through observation.

“A swimmer’s body language reveals a great deal,” she says. “I look to see if they are eager, alert and have eyes on the coach.” She also makes extensive use of goal sheets in which she has athletes prioritize meets and list short- and long-term goals by distance and stroke.

“Goals are what motivate them to do what is right, stay on the training plan and be focused on recovery. I ask them to submit their goals in writing. Some like to express them in times, others in terms of technical improvements,” she says.

PICTURED> AS A VARSITY SWIM COACH AT THE WESTMINSTER SCHOOLS IN ATLANTA, BRIDGER BELL INJECTED FUN INTO PRACTICE AND COACHED SWIMMERS ON THE ASSUMPTION THAT THEY WERE MOTIVATED AND, IF NOT, COULD BE CAUGHT IN THE CONTAGION BY THOSE WHO WERE.



“Honesty is also important. Athletes will often tell a coach the ‘right answer,’ but in their heart, they have a different desire. Creating a culture where I can meet them on their level and then showing them their future is critical.”

Swander keeps swimmers engaged by explaining why specific workouts apply to them and how it will make them better. Keeping them engaged allows for creativity and variety within a practice set. Often she will change the practice environment by implementing reverse circle swims, switching sides of the pool, changing lane assignments, varying venues, training vertically or bringing in guest coaches. Competition and establishing standards of achievements are a given. “Our gold medal status is a kick base of 1:30 per 100,” she says.

Swander prizes variety and fun, often offering set options designed to

produce the same result but allowing for personal preference. Such an approach permits prompt, effective and frequent feedback while letting group members share accomplishments.

THE MAGIC OF “TEAM”

In the fall, Bridger Bell will be boys head swimming coach at St. Paul’s School in Brooklandville, Md. As a varsity swim coach at The Westminster Schools in Atlanta, Bell injected fun into practice and coached swimmers on the assumption that they were motivated and, if not, could be caught in the contagion by those who were. “When a swimmer says, ‘That sounds like fun,’ ‘I like this set,’ ‘Let’s get after this one,’ or ‘Race me on this one!’ that spreads and builds motivation throughout the team,” he says.

“It’s also crucial to daily motivation that all the swimmers know

each other. It's shocking how many teams have athletes who don't know the names of their teammates. If you know your teammates, you are more accountable to them and they are more accountable to you. Swimmers often motivate each other much more efficaciously than the coach does," says Bell.

"High School swimming is a team sport. I've seen the magic of 'team' routinely bring out swimmers' lifetime bests, sometimes never matched outside of high school competition. The efforts of each athlete accumulate to make the team much greater than the sum of its parts. There is no weak link if every athlete is challenging himself and challenging those around him.

"I've seen kids who identify primarily as other-sport athletes, swim only 14 weeks a year, score and/or win state meet events and become a part of our state championship teams. This is possible when the coach and swimmer recognize that each member of the team can participate in the pursuit of excellence," says Bell. "There is always a way for a swimmer to forge a place of value on the team. It is part of the coach's job to help the swimmer find it."

GETTING ON THE SAME PAGE

While team culture "is determined by the coach, team dynamics can be the defining factor in successfully getting athletes to engage the vision, mission and goals of the team. Getting a group of athletes on the same page and all buying into the expectations is key," says Swander.

The common purpose for her SwimMAC Senior 1 Group is to challenge themselves at the highest level in swimming and the classroom. That means teammates working together to achieve goals by adhering to rules, supporting one another and maintaining a positive attitude through focused and productive work. Being accountable to one another is expected.

"Given that team members will have different training groups, intervals and distances, they can and must work independently. They also have to accept one another's roles and contributions and do what they need to do versus what they want," says Swander.

High functioning teams tend to be those whose behavior and performance is aligned with the expectations, goals and standards set by the coaching staff. "Some signs that teams are not buying in," says Swander, "are lack of courageous leadership, absence of trust, unclear roles and responsibilities and individual aims that fail to support team goals."

PLAN B

And when buy-in doesn't occur—then what?

"If we are not on the same wave length, I am very honest about it," says Montrella. "I say, 'We may have a problem here. You want to do this, but I feel this is what we should be doing, so let's talk about what the challenges might be.' Then we address it as adult as we can.

"I try to coach to their goals. I admit to them, 'This is what your goals are; this is the way I think we should get there. I'm willing to come down to your level, but you have to understand I don't like it.' I'm just very up front about it," he says.

Swander believes that Plan B often depends "on the resources and patience of the coach and teammates. Once a person on a team becomes a distraction instead of a

contributor, if they take more than they give, that is a sign that Plan B may mean a roster change," she says.

Clearly, there are myriad considerations in play—for example, swimmer character, focus, desire, coachability, progress and especially the affect on others. Of greatest importance may be the answer to the question, "Is the swimmer inspiring and raising the performance of others?"

Montrella finds that swimmers usually realize that they can perform better and "come in my direction," he says. "Once in a while that doesn't happen, and I have to say, 'We are at odds here—do you think maybe the tennis team might be a better move for you? Why don't you bring your parents in and we'll talk about it?'" ❖

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

PICTURED> IN 2013, SWIMMAC WON THE WOMEN'S JUNIOR NATIONAL TITLE AFTER FINISHING 46TH IN 2010. "THE VICTORY REPRESENTED THREE YEARS OF BUILDING A WINNING CULTURE AT MAC, WHERE OUR WOMEN COULD THRIVE AND COMPETE TO WIN," SAYS PAM SWANDER (TOP LEFT), A HEAD COACH AT THE CLUB IN HUNTERSVILLE, N.C.



VERTICAL FOREARM

SWIMMING TECHNIQUE MISCONCEPTIONS

BY ROD HAVRILUK

Many people believe that the technique of the fastest swimmers is worth copying, which has promoted numerous misconceptions. In reality, even the fastest swimmers have technique limitations, but they offset them with strength and conditioning. The purpose of this series of articles is to address scientifically the technique misconceptions that have become “conventional wisdom,” and to present more effective options.

SWIMMING TECHNIQUE MISCONCEPTION:

The forearm is vertical at the beginning of the freestyle pull. Instructions for achieving a vertical forearm include beginning the pull by “bending the elbow” (Tom Topolski, 2008). While it is productive to flex at the elbow to begin the pull, it is counterproductive to orient the forearm vertically.

BENEFIT OF ELBOW FLEXION

In 1968, Doc Counsilman explained that an effective pull begins by flexing the elbow with the elbow “higher than the hand.” Elbow flexion improves leverage so a swimmer can generate more propulsive force. The benefit of elbow flexion has been repeatedly demonstrated with synchronized video and force analysis. For example, the college swimmer (**Fig. 1, upper right**) increases her hand force as she flexes her elbow.

Her hand path followed a gradual angle as she pulled back from in front of the shoulder to under the head (**similar to the model in Fig. 2, bottom image**). This hand path is consistent with the information presented in the March issue of *Swimming World* (“Freestyle Hand Path,” pages 48-49). As explained in the article, a gradual hand path angle is necessary to generate maximum force.

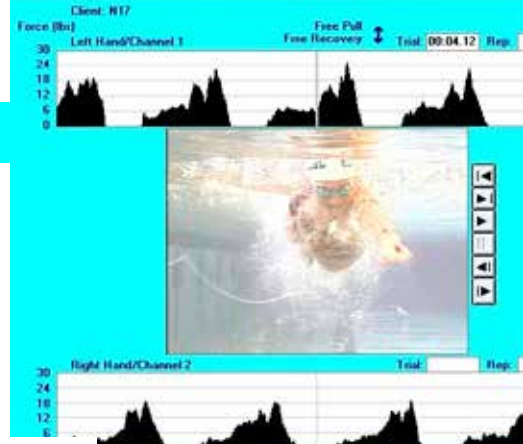
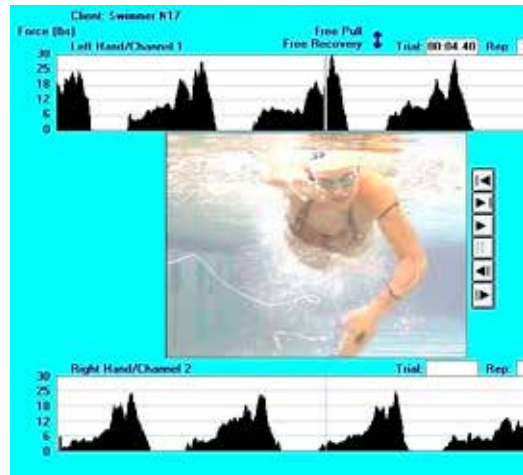


FIG. 1



DISADVANTAGES OF A VERTICAL FOREARM

While flexing the elbow is advantageous, there are disadvantages if the hand is moved away from the body as the elbow is flexed. To achieve a vertical position for the forearm, the hand must move laterally away from the body as the elbow is flexed (**see Fig. 2, top image**). Moving the hand away from the body midline compromises the effectiveness of both the body position and the arm motion.

As force is applied with the forearm vertical and lateral to the body, torque is generated that can twist or wiggle the body. Distortion of the body increases resistance and slows swimming speed. The effect is most noticeable when using a pull-buoy between the lower legs.

In addition to increasing resistance, a vertical forearm limits propulsion. When the forearm is vertical and lateral to the body, there are two options for the push phase:

- the hand can slide sideways toward the body midline, or



FIG. 2



FIG. 2 > (LEFT) Here are two different positions for the right arm at the pull phase to push phase transition: (top) an ineffective vertical forearm and (bottom) an effective diagonal forearm.

FIG. 1 > (PREVIOUS PAGE, TOP) This swimmer increases her hand force as she flexes her elbow. The vertical gray lines on the force curves are synchronized with the video image.

FIG. 3 > (BELOW) This swimmer increases his hand force by flexing at the elbow to achieve a vertical forearm position (top image). Because his hand is to the side of his body, he is unable to continue to increase force as his hand moves sideways on the push phase (bottom image).

FIG. 4 > (RIGHT) This swimmer begins her pull by flexing the elbow to achieve a vertical forearm position (top image). As she pushes her hand back, her arm is in a weak position, and the force decreases very quickly (bottom image).

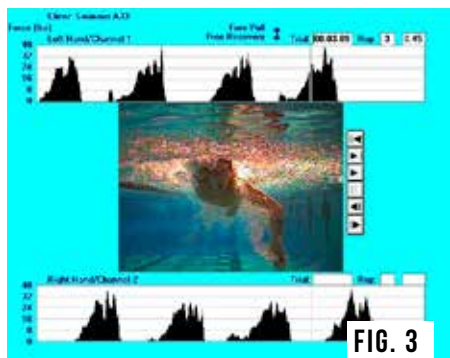
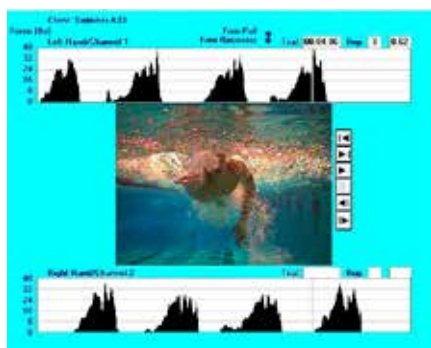


FIG. 3



- the hand can continue to move backward through a relatively weak range of motion.

In either case, minimal force is generated compared to a hand path that is maintained within the width of the body for both the pull and push phases.


The college swimmer in **Fig. 3 (above)** is one example of how achieving a vertical forearm position limits force generation on the push phase. He increases his hand force by flexing at the elbow and achieves a vertical forearm as the arm passes the plane of the shoulders (**see Fig. 3, top image**). However, he is then unable to continue to increase force as his hand moves sideways toward the body midline (**see Fig. 3, bottom image**). Once his hand is beneath his leg in an effective position, his arm is again in position where he

can increase force.

The college swimmer in **Fig. 4 (upper right)** is another example of how attaining a vertical forearm position limits performance. She flexes her elbow to achieve a vertical forearm (**see Fig. 4, top image**). Then, she pushes her hand almost straight back (**see Fig. 4, bottom image**). Because her arm is in a relatively weak position on the push phase, her force decreases almost instantly.

In contrast to the two previous examples, the former college swimmer in **Fig. 5 (lower right)** begins his pull by flexing his elbow to achieve a diagonal forearm position. As his arm passes under his shoulders, his hand force increases to more than 30 pounds (**see Fig. 5, top image**). As his hand moves back through the push phase, he continues to increase force to nearly 50 pounds (**see Fig. 5, bottom image**). ❖

FIG. 5 > (LOWER RIGHT) This swimmer begins his pull by flexing the elbow to achieve a diagonal forearm position (top image). His arm is then in an effective position to continue to increase force on the push phase (bottom image).

 **TOTAL ACCESS MEMBERS CLICK HERE** to learn more about the references for this article.

Dr. Rod Havriluk is the president of Swimming Technology Research. He can be reached at the STR website: www.SwimmingTechnology.com.

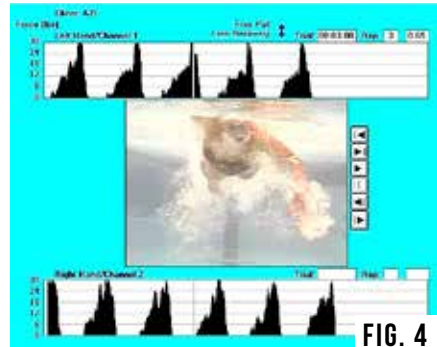
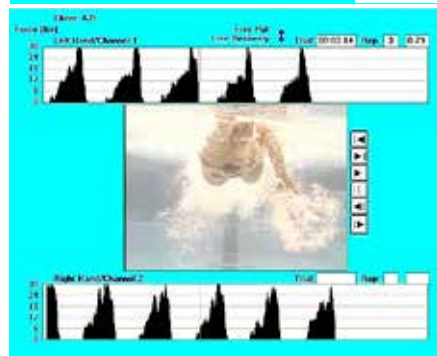


FIG. 4



SUMMARY

Instructions for achieving a “vertical forearm” include flexing the elbow to begin the pull. While elbow flexion improves leverage and increases the ability to generate propulsion, attaining a vertical forearm ineffectively positions the arm for the push phase. It is more effective to orient the forearm diagonally as the pull begins, so that the hand moves from in front of the shoulder to beneath the head. The swimmer benefits from improved leverage and then has the arm in a stronger position to generate force on the push phase.

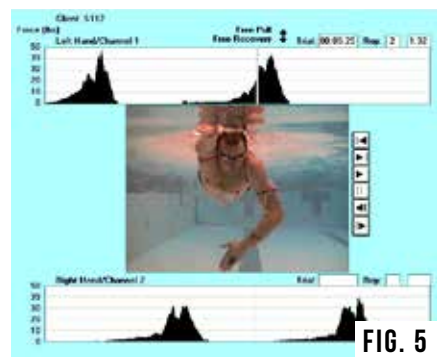
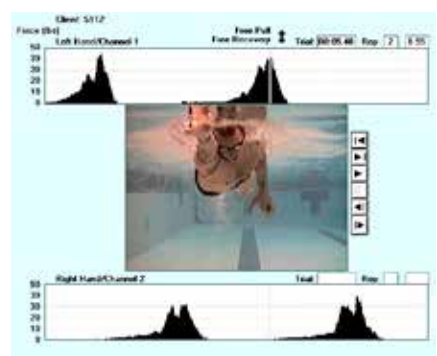
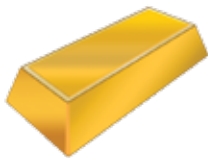


FIG. 5



ALL ABOUT WINNING



GOLDMINDS

BY WAYNE GOLDSMITH

IF YOU'RE DRIVEN BY GOLD AND GLORY,
REMEMBER: IT'S OK TO THINK ABOUT AND TALK ABOUT WINNING!

Ask a swimmer why he or she swims, and you'll get a variety of answers such as:

"Because I love it."

"Because it's a great way to keep fit."

"Because I love training with my friends."

But very few swimmers will actually say, "Because I want **to win**." Why is that? Why has "**winning**" become such a "dirty word"—a word that must not be spoken and should be avoided at all costs?

Publicly declaring, "I swim to win," is terrifying for most people. Even those swimmers who *really* want to win—those swimmers who lie in bed at night and dream about winning an Olympic gold medal or breaking the world record or finishing first at the local club meet—dare not say the word, "win," out loud to anyone else.

The reason is simple: most people do not want to be seen as having failed.

Making a statement such as, "I will win at the Olympics one day," and then not winning the gold medal, terrifies people because they don't want to be seen as a "loser" or a "quitter."

It's far easier and far less intimidating to say, "I swim because I enjoy training," than to declare what's really in your heart: "*I want to win!*"

Well, it's time to start changing things...it's time to make "winning" *your* word...and *your* world!

FAILURE IS GOOD

Failure is misunderstood. Most people see failure as the end...as the final place from which there is no return.

But failure is good—**IF**—you learn from it!

Even if you make a mistake...even if at the time it seems like it's the end of the world, you can choose how you will respond to failure and how you can learn and grow from it.

For example, if you make a mistake that costs you the chance to win a race, you can:

- Choose to take it hard, feel down, feel sad and feel like things will never go right...or
- Choose to learn from it, practice improving that skill at training, master it and turn it into a real strength so that you never make that mistake again.

Remember: *success is a choice*. It's the result of the decisions you make, how you react to failure, how well and how quickly you learn from your mistakes and how you ensure that every losing swim only makes winning next time even more certain.

THOUGHTS, WORDS AND ACTIONS

STEP 1. Winning Thoughts: What I Think

Your mind and your body work together to make remarkable things happen. Your thoughts can become words, and your words can drive the actions that can turn your dreams into reality.

Your mind can think thoughts, dream dreams, plan plans and imagine unlimited, wonderful possibilities for you to pursue.

For most people, this is where winning begins and ends. They think about winning the "gold." They dream about the crowds

screaming their name. They imagine what it would be like to be featured on the cover of *Swimming World Magazine* as an NCAA champion.

But because they never take the next step—i.e., turning those thoughts and dreams into “words”—they never realize their potential...and, sadly, they never win.

The words you say to *others* are important. What you say and how you say it is the basis of how you communicate with the world around you.

And the words you say to *yourself* are just as important. For example, you may think, “Wow—I would like to win the 100 free at this year’s championships.”

If you have a vivid imagination, you may even “see” in your mind an image of you holding up the gold medal or the trophy as your team’s fastest swimmer.

However, try taking the next step. Try turning that winning wish—“I would *like* to win”—into a winning statement: “I *can* win the 100 free at this year’s championships!”

This might seem like a small step, but it is a *critical* step because it turns wishes and thoughts into winning words.

STEP 2. Winning Words: What I Say

The most important person to convince that you can win is...*you!*

Find time *every day* to sit quietly, relax, take some deep, slow breaths and say, “I will win the 100 free at this year’s championships.”

When you are sitting on the bus or waiting in line somewhere or lying down on your bed to take a nap, say to yourself, “I will win the 100 free at this year’s championships.”

Tell your Mom and Dad that you want to win. Talk to your coach about winning. You might even tell a close friend or two that you are planning on winning. But the only person you really need to convince is *you*.

This “self-talk” can be a very powerful and effective way to convince yourself that winning is not only possible—it’s highly probable.

STEP 3. Winning Actions: What I Do

And now comes the most important part of winning: *winning actions!*

Winning Thoughts are important.

Winning Words are essential.

But it all comes down to **Winning Actions**: the way you do what you do in training, recovery and self-management (for example, nutrition, hydration, sleep) every day.

Here’s a really useful exercise to help you develop *winning actions* in all that you do:

- Imagine you’ve decided to win the next national championship in your favorite event.

- As you arrive at the pool for your next workout, ask yourself, “What would the national champion do to prepare for training?” **Then do it.**

- As workout commences, ask yourself, “How would the national champion warm up?” **And do it.**

- When coach asks you to do a kick set, ask yourself, “How would the national champion do his/her kick work?” **Then kick that way.**

- After workout, challenge yourself again: “How would the national champion recover from this workout?” **And do it.**

• • •

To be a winner, you must think like, talk like and *act like* you already are a winner.

By setting your own personal standards at the level of the next national champion, you are establishing a winner’s mindset—and making a personal commitment to living a winner’s lifestyle from which winning is inevitable. ✨

SUMMARY

1. Winning-winning-winning-winning:

Say these words a few times. Be comfortable with saying them. Winning is not a dirty word.

2. The reason most people are afraid to talk about winning is that they don’t want to be seen as having failed.

Failure is misunderstood. It actually plays a major role in all success stories. Failure is good because it motivates and drives improvement as nothing else can. Failure inspires hard work. It fires determination. From failure comes unbreakable commitment. Failure teaches lessons—and those who learn from failure become stronger and stronger.

3. Dream big dreams. Imagine the unimaginable. Don’t set any limits to your ambitions.

Instead, convince yourself that nothing is impossible, and...live the life of a winning swimmer in everything you do—every day.

4. Thoughts, Words, Actions = Winning.

Wayne Goldsmith is one of the world’s leading experts in elite-level swimming and high-performance sport.

Be sure to check out his websites at:

www.wgaquatics.com and www.wgcoaching.com

ON THE RADAR

Who are the rising stars in swimming that might make an impact at the XXXI Olympiad in Rio de Janeiro? Six young athletes—three women and three men—who have yet to compete in the Olympics are already turning heads. Following are details of their current success, along with a look back at several Olympic veterans who were in similar positions two years out from their first Olympic competition.

PICTURED> WHILE REPRESENTING THE UNITED STATES AT THE 2013 FINA WORLD JUNIOR CHAMPIONSHIPS IN DUBAI, 18-YEAR-OLD **KYLIE STEWART** OF DYNAMO SWIM CLUB IN ATLANTA, GA., CAPTURED THE 200 METER BACKSTROKE WITH A TIME OF 2:09.74.

KYLIE STEWART'S FAVORITE SETS

BY JASON TURCOTTE

Kylie Stewart has been at Dynamo Swim Club in Atlanta since she was 13 years old, swimming in our Senior 1 group.

She has finaled at Olympic Trials (2012) and won events internationally (Junior Pan Pacs and World Junior Championships). This past short course season, she swam 1:49.66 in the 200 yard backstroke, a time that would have won the women's Division I NCAA Championships this year.

Kylie trains mid-distance freestyle (4:42.75 lifetime best in 500 yard free) and stroke in our program. She is a very consistent trainer, and she is our leader in and out of the water. We devote a good amount of time to pace training, with additional emphasis on Kylie's underwater speed.

The following chart is from a workout (short course yards) devoted to pace and pace-under-pressure. The column on the far right shows Kylie's time on the 50 back:

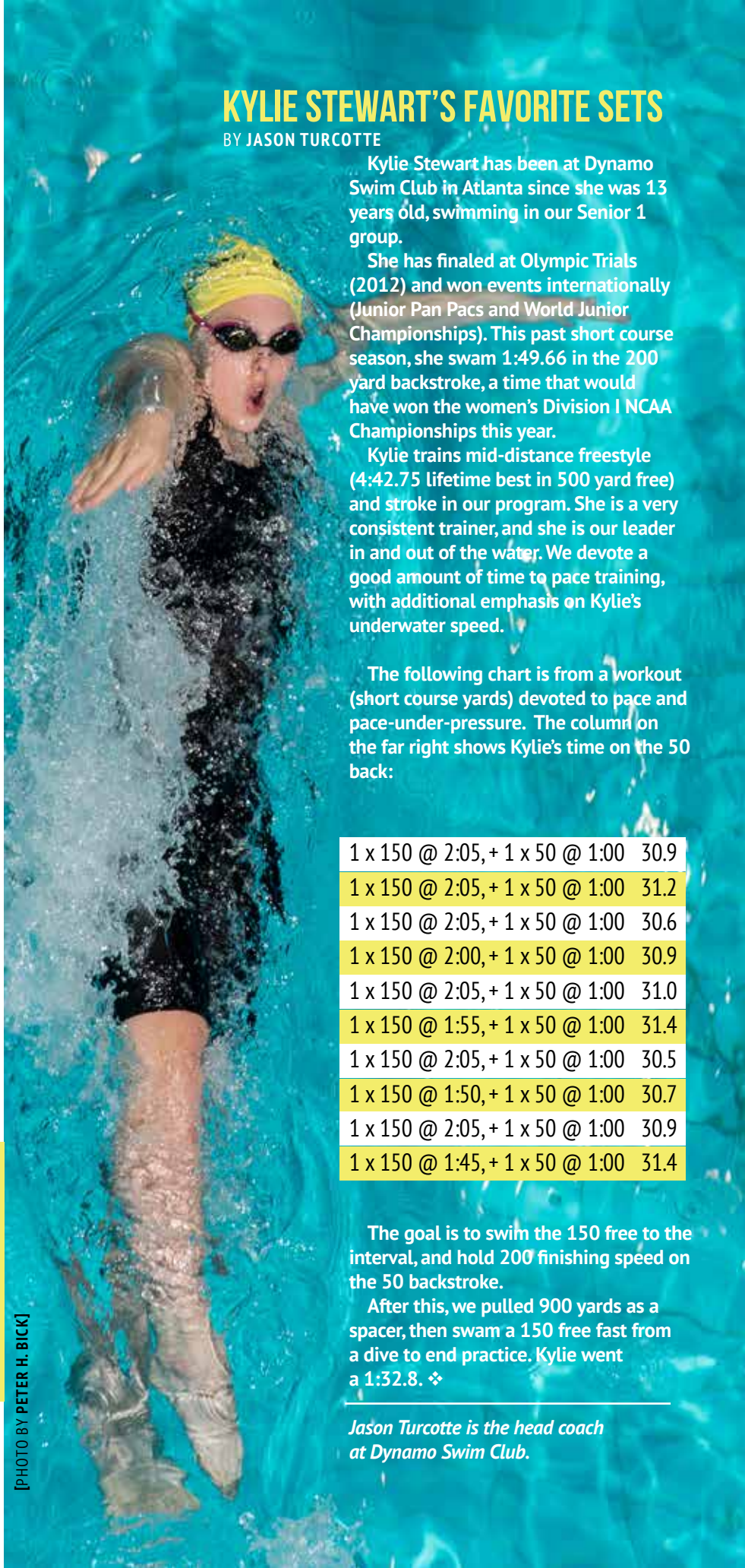
1 x 150 @ 2:05, + 1 x 50 @ 1:00	30.9
1 x 150 @ 2:05, + 1 x 50 @ 1:00	31.2
1 x 150 @ 2:05, + 1 x 50 @ 1:00	30.6
1 x 150 @ 2:00, + 1 x 50 @ 1:00	30.9
1 x 150 @ 2:05, + 1 x 50 @ 1:00	31.0
1 x 150 @ 1:55, + 1 x 50 @ 1:00	31.4
1 x 150 @ 2:05, + 1 x 50 @ 1:00	30.5
1 x 150 @ 1:50, + 1 x 50 @ 1:00	30.7
1 x 150 @ 2:05, + 1 x 50 @ 1:00	30.9
1 x 150 @ 1:45, + 1 x 50 @ 1:00	31.4

The goal is to swim the 150 free to the interval, and hold 200 finishing speed on the 50 backstroke.

After this, we pulled 900 yards as a spacer, then swam a 150 free fast from a dive to end practice. Kylie went a 1:32.8. ❖

Jason Turcotte is the head coach at Dynamo Swim Club.

[PHOTO BY PETER H. BICK]



WOMEN TO WATCH

BY SHOSHANNA RUTEMILLER

Kylie Stewart, USA

Kylie Stewart, 18, has made it a habit of shattering national age group backstroke records at nearly every championship meet in which she competes. Swimming for Dynamo Swim Club in Atlanta, Ga., she has already competed internationally, representing the United States at the 2013 FINA World Junior Championships, where she won a gold medal in the 200 meter backstroke (2:09.74).

But is Stewart on the same meteoric path as Natalie Coughlin, arguably the most successful female backstroke swimmer of all time?

Although Coughlin and Stewart are undeniably talented in all four strokes, both have made their biggest marks in the backstroke. And in Coughlin's high school years, she was absolutely untouchable. As a sophomore in 1998, she was named *Swimming World Magazine's* High School Swimmer of the Year at the age of 15. That year, she also became the first swimmer to qualify for the U.S. summer nationals in all 14 events.

In 2002, Coughlin was two years out from her first Olympics in Athens. She was 20 years old, a sophomore at Cal, and by the end of the 2002 summer long course season, she became the first woman to break a minute in the 100 meter back with a 59.58 at the U.S. nationals.

For Stewart's part, she is the top-ranked recruit among this year's graduating high school seniors. This fall, she will attend Georgia.

Two years ago, Stewart, then 16, placed fifth in the 200 meter backstroke at the U.S. Olympic Trials and seventh in the 100 back. But she's come a long way since then.

At the 2014 NCSA Junior National Championships in early April, Stewart broke 1:50 in the 200 yard back, posting the fastest time among any female competing that

week, including those who swam at the women's NCAA Division I Championships.

If there is one thing that Coughlin and Stewart have in common, it's that, when they were young, they both beat swimmers who were much older and had much more experience than them.

Daria Ustinova, Russia

If Stewart does, indeed, make it to her first Olympics in Rio, she could encounter some competition from Russia's Daria Ustinova.

Last May, Ustinova, 15, won the 200 meter back at Russia's nationals with a time of 2:08.02, faster than Stewart's recognized world record for juniors (2:09.74). FINA first recognized global youth standards on April 1.

Is young Ustinova on the fast track to the Olympics?

Although her 2:08.02 currently ranks among the top three in the world, she may have a ways to go before she can claim an Olympic medal.

For comparison, in 1991, Hungary's Kristina Egerszegi, then 17, set a world record in the 200 meter back at 2:04.62. And that was with the old turn rules that required a swimmer to remain on her back during the turn. If Egerszegi could have used today's turns, she might well have picked up half a second per turn, giving her the equivalent of a 2:03.62.

And then there's Missy Franklin—at 17, she set the global mark for the 200 back with a 2:04.06 at the 2012 London Olympics.

— continued on 22



[PHOTO BY PETER H. BICK]

PICTURED> IRVINE NOVAQUATICS' **ELLA EASTIN** COULD VERY WELL BE IN THE MIX FOR A TICKET TO RIO TWO YEARS FROM NOW WHEN SHE'S 19. AS A 16-YEAR-OLD LAST SUMMER, SHE WON A GOLD AND SILVER MEDAL IN THE MEDLEYS AT THE WORLD JUNIORS, TAKING THE 400 IN 4:40.02 AND FINISHING SECOND IN THE 200 (2:13.76).

ON THE RADAR – continued from 21

But Ustinova is still very young. Yes, she's improving, but only slightly: a year ago at nationals, she clocked 2:08.39, so she only bettered her time by 37-hundredths of a second in a year's time. If she hopes to make an impact by the time Rio rolls around, she'll have to make much larger time drops in the next two years.

Ella Eastin, USA

Ella Eastin, 17, who trains with the Irvine Novaquatics, first made headlines when she broke Missy Franklin's 200 yard IM national independent high school record (1:56.86) with a 1:55.15 at the 2013 California Southern Section Division III Championships.

Her success, though, didn't stop with high school swimming. Later that year at the FINA World Junior Championships, Eastin won gold in the 400 IM (4:40.02) and silver in the 200 IM (2:13.76).

Her 400 IM time stands as the world junior record, while her shorter medley is just 1.44 seconds off the global junior standard of 2:12.32, set by Lithuania's Ruta Meilutyte.

Does Eastin have Olympic potential? In two years time, she will be 19 and primed to be a contender on the Olympic stage.

If she makes the U.S. squad in the IM events, she could join a tough and seasoned pack of swimmers. In terms of IM dominance in the United States, Elizabeth Beisel is the reigning queen.

But she wasn't always that way. In fact, two years before her first Olympic appearance at Beijing in 2008, Beisel was only 15 and the youngest swimmer on the U.S. team. She finished fourth in the 400 IM.

Four years later, Beisel again qualified to represent the United States at the 2012 London Olympics. Although some predicted that she would take home gold in the 400 IM, China's Ye Shiwen, another young dynamic swimmer, took the victory in

world-record time.

Eastin was just 15 years old when she competed at the 2012 U.S. Olympic Trials. She placed 26th in the 200 IM, but she has come a long way since then—especially after making her mark at last year's Junior World Championships.

If Eastin qualifies to represent the United States in Rio, some of her toughest competitors might include Meilutyte and Ye, who broke Australia's Stephanie Rice's world record in the 400 IM at London with a 4:28.43—11-1/2 seconds faster than Eastin's best time!

However, Eastin still has a year of high school swimming remaining. In fact, the Crean Lutheran South (Irvine, Calif.) senior is currently the top-ranked recruit for 2015.

Eastin can use her final year of high school to focus on lowering her 200 IM national independent school record even further. She's still a second-and-a-half off of the overall national high school record of 1:53.82, set by Dagny Knutson in 2009.

In the last several years, the U.S. has been particularly deep in the IMs, especially the 200, but Eastin's almost guaranteed to be in the mix for a ticket to Rio.



MEN ON THE MOVE

BY JASON MARSTELLER

Mack Horton, Australia

Mack Horton just missed out on making the Australian Olympic team in 2012. The 15-year-old finished second in the men's 1500 free at nationals, but his 15:14.73 did not clear the FINA Olympic selection time to make the team.

Ever since, he's used that as motivation to become the top distance freestyle threat out of Australia since the legendary Grant Hackett, who retired in 2008 with

seven Olympic medals, including gold in the 1500 at Sydney (2000) and Athens (2004) plus a silver at Beijing (2008).

In May 2013, Horton, 17, broke 15 minutes in the mile (14:59.66), but again missed the Aussie national team because his time was slower than the team's qualifying standard.

Since then, Horton grabbed five gold medals—all in meet record time—at the 2013 World Junior Championships in Dubai. He reigned supreme in the 200, 400, 800 and



[PHOTO PROVIDED BY SWIMMING AUSTRALIA LTD.]

PICTURED> AFTER JUST MISSING THE AUSTRALIAN OLYMPIC TEAM IN 2012 AND THE NATIONAL TEAM IN 2013, **MACK HORTON** IS PUTTING HIMSELF IN GOOD POSITION TO QUALIFY FOR RIO. NOW 18, HE'S THE WORLD JUNIOR RECORD HOLDER IN THE MEN'S 1500 WITH A 14:51.55.

1500 meter freestyle events and anchored Australia's 400 free relay to a gold medal as well.

This year, Horton, now 18, finally qualified for Australia's national team with a win in the men's 1500 at nationals in April, clocking a world junior record time of 14:51.55. Not only did he earn a spot on the roster for the Commonwealth Games to be held later this month, but he will also do battle at the Pan Pacific Championships at the end of August.

Horton, who hails from Melbourne, began swimming competitively at 10 and quickly drew attention for his natural affinity for the water. At 13, he broke his first Australian age record in the 1500.

He first wore an Australian team cap by swimming at the 2012 Junior Pan Pacific Championships in Hawaii,

and later competed at several FINA World Cup events that year.

Horton will be looking to establish himself at the Commonwealth Games and Pan Pacs—which is likely, considering he's been in the top five in the world all year long in the 1500 after posting his 14:51. Next stop: Rio?

Caeleb Dressel, USA

One of the top rising sprint stars in the United States, Caeleb Dressel has shown all the signs of becoming the next great American sprinter.

Dressel, who just completed his senior year at Clay High School (Green Cove Springs, Fla.), had long been seen as a potentially impactful sprinter, but he took those

expectations to a new level in 2013.

Last summer, competing at the FINA World Junior Championships in Dubai, he took gold in the 100 meter free with a 48.97, breaking Michael Phelps' nine-year-old national age group record for boys 17-18 in the process. His time was also the first recognized FINA world junior record in the event (although other juniors have since gone faster).

Dressel, who trains at the Bolles School (Jacksonville, Fla.), also won two silver and three bronze medals in Dubai. He helped the men's and the mixed 400 free relays to silver medals, while taking bronze in the 50 free and as part of the mixed 400 medley and 800 free relays.

The 6-2 Dressel then turned in a series of spectacular performances

— *continued on 24*



[PHOTO BY PETER H. BICK]

ON THE RADAR— continued from 23

beginning in September. Competing at the Florida Swimming Pool Association Invitational in Sarasota, Fla., he clocked a speedy 19.36 to win the 50 yard free and also lowered the national public school record in the 100 fly to 45.89.

Three months later, at the U.S. winter junior nationals in Knoxville, Tenn., he became the first 18-and-under swimmer to crack 19 seconds in the 50 yard free with a mind-boggling 18.94 as a 17-year-old.

Expect Dressel to go even faster now that he will be competing for the Florida Gators collegiately this fall under Coach Gregg Troy.

Ryan Murphy, USA

For several years, Ryan Murphy has been trumpeted as the future of American backstroke swimming. And, despite being only at the beginning

of his international career, he has been making his presence known in major meets around the globe.

In 2011, Murphy made his international debut at the World Junior Championships in Lima, Peru, with a bronze medal performance in the 200 meter back. He then went on to place third in the same event at the Pan American Games.

The following year, Murphy just missed making the 2012 London Olympic team by two spots, taking fourth in the 200 and sixth in the 100 back at the U.S. Olympic Trials. Missing the Olympic team has since served as a motivator to go even faster in the future.

As a senior at the Bolles School, Murphy had one of the most spectacular meets in the history of high school swimming at the Florida State Championships. He set national high school records in the 100 yard back and sparked Bolles to national high school marks in the 200 medley, 200 freestyle and 400 freestyle relays. He also took down

the national independent school marks in both the 50 and 100 yard freestyles.

This year, Murphy moved on to Cal-Berkeley and continued his torrid swimming by winning both the 100 and 200 yard back at the NCAA Division I Championships as a freshman.

Under Coach Dave Durden's tutelage, Murphy appears to be a good bet to make the U.S. Olympic team in 2016.

A Look Back: Brendan Hansen and Aaron Peirsol

This pair of Texas straight shooters has combined to corral eight Olympic gold medals during their spectacular careers. Peirsol, of course, is acknowledged to have been the best backstroker of all time, while Brendan Hansen, his teammate, was the dominant American breaststroker for a number of years.

Peirsol first made the U.S. Olympic

PICTURED LEFT> RYAN MURPHY, WHO TURNS 19 IN JULY, IS HIGHLY MOTIVATED TO REPRESENT THE U.S. IN RIO AFTER TAKING FOURTH IN THE 200 AND SIXTH IN THE 100 BACK AT THE 2012 OLYMPIC TRIALS. HE'S BEEN TRUMPETED AS THE FUTURE OF AMERICAN BACKSTROKE SWIMMING, AND THE FUTURE CAL FRESHMAN IS BACKING IT UP WITH STELLAR PERFORMANCES EACH TIME HE SWIMS.

PICTURED RIGHT> CAELEB DRESSEL, A SOON-TO-BE FRESHMAN AT THE UNIVERSITY OF FLORIDA, IS ONE OF THE TOP RISING SPRINT STARS IN THE UNITED STATES. LAST SUMMER, HE BROKE MICHAEL PHELPS' NAG RECORD FOR 17-18 BOYS IN THE 100 METER FREE (48.97). THE 17-YEAR-OLD ALSO BECAME THE FIRST 18-AND-UNDER SWIMMER TO CRACK 19 SECONDS IN THE 50 YARD FREE (18.94).

team in 2000 as a 17-year-old, qualifying second at Trials behind teammate Lenny Krayzelburg and finishing second behind Krayzelburg at the Sydney Olympics. He went on to score gold at both the 2004 and 2008 Games.

Two years out from qualifying for his first Olympic team, Peirsol, then 14, put together a trio of 13-14 national age group records at the 1998 U.S. nationals. His first international medal was silver in the 200 back at the 1999 Pan American Games in Winnipeg.

Hansen, meanwhile, had an experience similar to Murphy's. In 2000, Hansen just missed making the Olympic team by finishing third in both the 100 and 200 breast. That performance as an 18-year-old led to a spectacular career that spanned three Olympiads. He captured his first world title the year after his disappointment in 2000, winning the 200 breast at the 2001 World Championships, and he never looked back. ❖



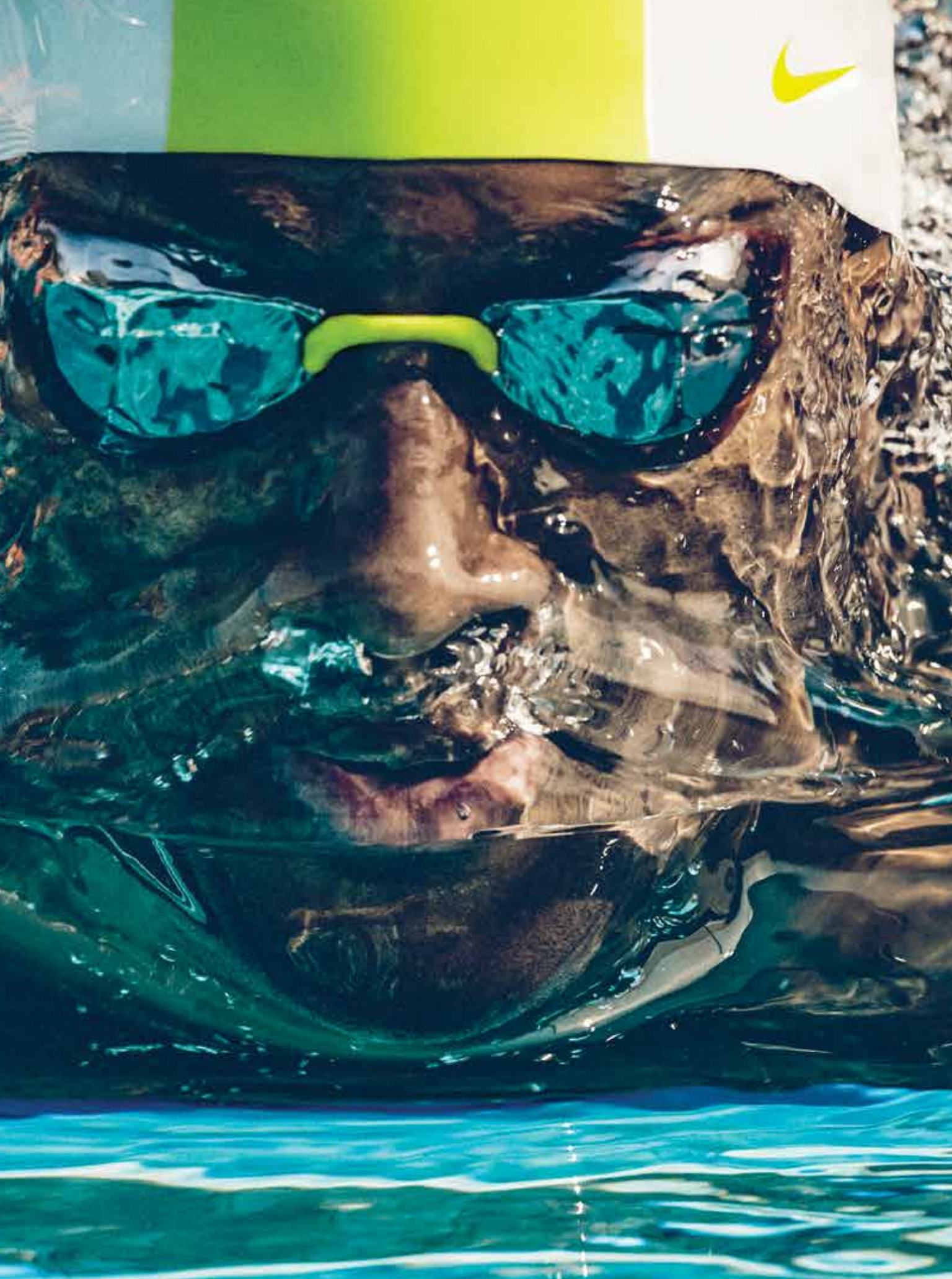
[PHOTO BY PETER H. BICK]

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THE 2014-16 FAST-TRACK CALENDAR TO RIO

BY JASON MARSTELLER

Swimming World spoke with Todd Schmitz of the Colorado Stars, the man who developed superstar Missy Franklin throughout her career before she moved on to college at the University of California. He managed Missy's career masterfully, as she established herself as one of the most dominant women swimmers of all time with four Olympic gold medals (2012) and nine world titles (2011 and 2013).



[PHOTO BY PETER H. BICK]

PICTURED > Two years out from London 2012, Missy Franklin finished second in the 100 and 200 back at nationals to qualify for the Pan Pacs in Irvine, Calif. (August 2010), where her best finish was fourth in the 100 back. It wasn't until the FINA Short Course World Championships four months later in Dubai that she earned her first international medals (two silvers, 200 back and 400 medley relay).

It's two years out from the U.S. 2016 Olympic Trials, and your swimmer has dreams of making the Olympic team. As a coach, what can you do right now to help make it happen?

Schmitz was asked to relive how he worked with Missy in the summer of 2010-12. He provided some key insights into how he helped develop Missy in the lead-up to her superb Olympic performance in London.

One of the key points he made is that while he could have sent his star swimmer to every single Grand Prix stop to give her experience competing against the best of the best, it was still important to keep her with the Colorado Stars team.

"Don't sacrifice every team meet (for a potential Olympic run)," Schmitz said. "Relays are still fun...and are key to a swimmer's development."

Schmitz also stressed the importance of making sure to plan ahead when coaching someone with world-class potential. Not only is it important to have a great staff of coaches around you, but it is also necessary to keep them in the loop regarding the plan and any changes. It is imperative to have the athlete's entire support system on the same page.

Schmitz also believes coaches should look for opportunities to help swimmers develop mental toughness and get accustomed to some of the potential issues they might face at the Olympics should they make the team.

With that in mind, Schmitz shared the following story from when Missy was preparing for the 2012 U.S. Olympic Trials and London Games. He knew that swimmers would be doing a lot more walking in London than at any other meet they had experienced. So, when he took Missy to a meet in Austin before Trials, he had Missy prepare for London by having her walk around the entire natatorium on the way to each session.

It takes this kind of planning, forethought and meticulous attention to detail to help make an Olympian. ❖

SUGGESTED COMPETITION SCHEDULE

Looking ahead to 2016, Schmitz offered the following schedule that he would follow for a "14-year-old Missy" two years out from the U.S. Olympic Trials:

2014

- JULY Sectionals in Portland, Ore. (team meet)
- AUG Nationals/Pan Pac Trials/World Trials/Pan Am Trials in California
Pan Pacs in Australia

Two-to-three week break after Pan Pacs

- SEP Return to training
- OCT Local team meet
- NOV Minnesota Grand Prix
- DEC Nationals
Short Course Worlds (possibly)

2015

- JAN Austin Grand Prix
- FEB Orlando Grand Prix
- MAR Sectionals (team meet)
Training trip over spring break (open to all high-performance athletes)
- APRIL Mesa Grand Prix
- MAY Local long course meet
- JUNE Santa Clara Grand Prix
Book hotel rooms for U.S. Trials in Omaha, Neb.

- JULY Local long course sprint meet
World Championships

- AUG Nationals

Two-to-three week break after Nationals

- SEP Return to training
- OCT Local short course meet
- NOV Minnesota Grand Prix
- DEC Nationals
Duel in the Pool (possibly)

2016

- JAN Austin Grand Prix
- FEB Orlando Grand Prix
- MAR Sectionals (team meet)
Training trip over spring break (open to all high-performance athletes)
- APRIL Mesa Grand Prix
- MAY Local long course meet
- JUNE High-level long course meet at least 3 weeks before Olympic Trials
- JULY Olympic Trials (arrive two days before the first swim to give time to explore and adjust)

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WHAT THEY SWEAT OUT. **WIN FROM WITHIN.**





IS RIO READY?

BY JEFF COMMINGS

With none of the venues meeting the International Olympic Committee's satisfaction, a workers' strike halting construction and a call to Brazilians to help foot the bill, Rio de Janeiro, host of the 2016 Summer Olympics, has put itself in serious danger of creating an Olympics more known for what happened before the Olympic Torch is lit.

From the moment the Olympic Games are awarded to a city six or seven years in advance, the pressure to put on a memorable show is considerable. More often than not, the host city's preparation is met with plenty of skepticism, but the result typically brings about tons of praise... and added pressure for the next city.

With a little more than two years remaining before the XXXI Olympiad begins in September 2016, Rio de Janeiro is facing extreme criticism for not meeting construction deadlines, which is forcing the International Olympic Committee to wonder if picking the Brazilian capital back in 2009 was a good idea.

“OUR HOUR HAS ARRIVED”

Rio became the first South American city to host an Olympic Games (summer or winter) on Oct. 2, 2009, after a close race with candidate cities Madrid, Tokyo and Chicago. Once Chicago was eliminated in the first round of voting, Rio de Janeiro became the hot favorite, especially given that Spain and Japan had previously hosted Olympic Games.

The announcement from then-IOC President Jacques Rogge that Rio won the bid elicited cheers that catapulted Brazil into celebration for days. It would mean that Brazil would be a sporting mecca for two of the world's biggest sporting events in a two-year span. This year, Brazil hosted the FIFA World Cup, and its selection as the host of the exciting soccer tournament likely appealed to the IOC.

“Our hour has arrived,” said Brazilian President Luiz Inacio Lula da Silva through tears after winning the bid.

Rio won the bid after falling short of the opportunity to host the 2012 Games, which were awarded to London. Rogge said in 2009 that “Rio remained humble. They wanted to listen, to repair their shortcomings.”

Rio organizers promised an event that would reflect the enthusiasm of Brazil, and lauded the fact that it had more than half of the venues needed for the Olympics already built. The IOC handed off the preparations to Brazil with confidence that Rio would be one of the most successful Olympics yet. With a planned total operating budget barely exceeding \$13 billion, Rio might have been too cautious in submitting its finances to the IOC.

FRAUGHT WITH TROUBLES

Concerns over Rio's ability to host a quality Olympics began almost immediately. One of the first objections came from IOC officials, who noted the unhealthy conditions of the waters off the famous Copacabana Beach, which is to be the site of the 10K marathon swim, the swimming portion of the triathlon and most of the sailing competitions. Garbage lined the shore, and bacteria levels were so high that officials worried about serious illness for anyone who swam there.

Quickly, Rio organizers noted that cleanup of the beach and its surrounding environment was a high priority, noting the beach's global popularity and the need to present sanitary conditions for those who would compete in the



marathon swim.

Rio continued forward with plans to clean the city, which appeared to be the priority before construction on new buildings or renovations on existing ones could take place. The beautification of the city took a large chunk of the Olympic budget, and by 2011, worries about budget overages began to reach the IOC offices in Switzerland.

Instead of making new venue construction a priority, one of the few areas that was finished ahead of budget was the Athletes' Park, an \$18 million space measuring 1.3 million square feet for "competitors' relaxation between

events," according to an article in *Time* magazine. Not far away from this park stood what were to be the dormitories where the athletes would live during the 2016 Olympics.

These dorms were used during the 2007 Pan American Games, but in 2011 were in such disrepair that it might have been cheaper to tear them down and start over. Much of the construction work in Brazil in 2011 was focused on venues for the World Cup, and those facilities were not deemed ready enough.

Fast forward to 2014. The IOC is desperately trying to keep a positive spin on preparations for the 2016 Games, but has reached its breaking point.

"We've become very concerned, to be quite frank," said IOC Vice President John Coates last March. "They really are not ready in many, many ways."

No venues are ready for a test event in Rio, though most sports do not hold their test events until about a year from the Olympics.

The Olympic Aquatics Stadium, a temporary facility that will be built for the Games to run the swimming and synchronized swimming events, is expected to begin construction very shortly. It'll feature two 50-meter pools (one for competition, one for training/warm-up) and about 10,000 seats for spectators. The existing Maria Lenk Aquatic Center will host diving and water polo and is expected to have the upgrades needed to hold these competitions.

That said, construction has fallen so far behind IOC expectations that a group of advisors from the IOC will be visiting Rio de Janeiro consistently to keep a close eye on progress. ❖



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PRESENTS



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SUNDAY
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07

Beginning in its April issue and running through January 2015, *Swimming World Magazine* is counting down the top 10 triumphs and tragedies in the history of swimming. *This month:*

THE GREATEST OLYMPIC TEAM IN HISTORY

BY CHUCK WARNER

Blond hair straggled out from under another towel draped over Brian Goodell's head and torso as he lay on a table utilized for pre-race massage. Despite the layers of coverage all the way down to his toes, his shivering persisted—yet he wasn't cold.

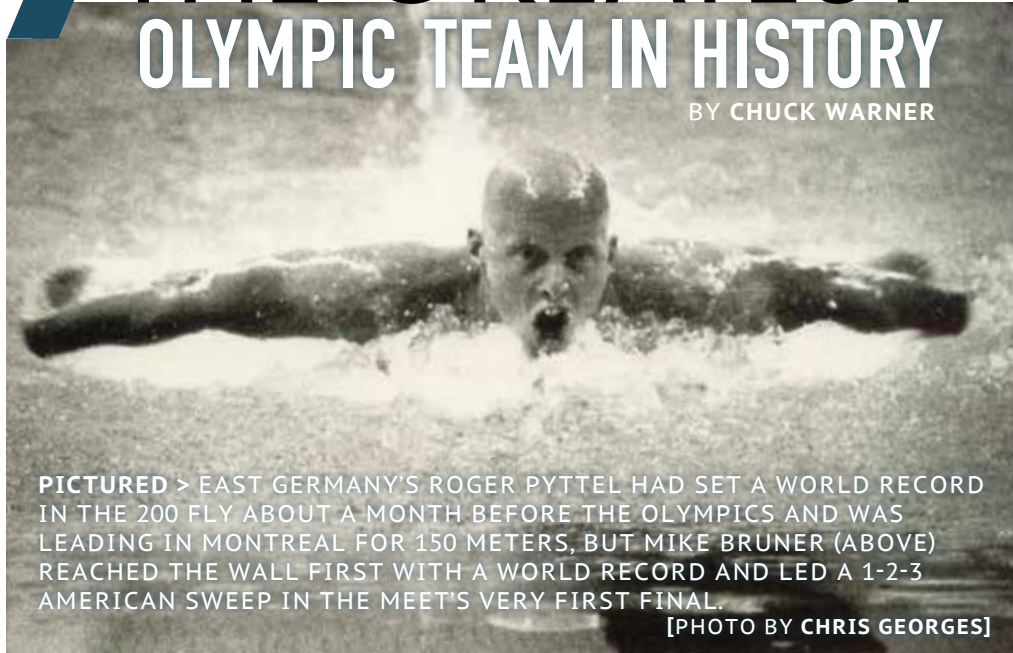
Fear had crept into his normally ironclad psyche. It began in earnest 30 minutes earlier with his poor pace work in warm-up. Was he ready to perform at his best?

His team was counting on him to continue their goal of winning every Olympic gold in the men's swimming competition at the 1976 Montreal Olympic Games.

Four weeks earlier at the conclusion of the U.S. Olympic Swimming Trials, the team's head Olympic coach, Jim "Doc" Counsilman, had a choice of approaches to swimming's quadrennial celebration. He could provide an emotionally safe, low-key atmosphere by telling the boys: "Let's go have fun and swim faster," or he could be bold and speak belief into his troops.

He chose the latter. At the first team meeting, he established expectations for the squad when he told them: "Fellas, you have the chance to win every gold medal!"

Although Coach Counsilman held a Ph.D. in physiology and was a leading researcher in the biomechanics and the physiology of swimming fast, he was also a master psychologist. His Indiana University teams had recently won six consecutive NCAA team titles. Each team member respected his articulation of an extraordinary goal, as did his assistant coaches—Don Gambriel and George Haines—who had achieved legendary



PICTURED > EAST GERMANY'S ROGER PYTTEL HAD SET A WORLD RECORD IN THE 200 FLY ABOUT A MONTH BEFORE THE OLYMPICS AND WAS LEADING IN MONTREAL FOR 150 METERS, BUT MIKE BRUNER (ABOVE) REACHED THE WALL FIRST WITH A WORLD RECORD AND LED A 1-2-3 AMERICAN SWEEP IN THE MEET'S VERY FIRST FINAL.

[PHOTO BY CHRIS GEORGES]

status in their own right.

BEGINNING TO TAKE SHAPE

By 1976, there was a fire burning throughout all levels of the American swimming team, stoked by the performances of Mark Spitz—and other heroes—of the 1968 and 1972 Olympics. Previously dominated by teams on the East Coast, the strength of American swimming was shifting to the warmer geographic areas of the United States.

With the advent of goggles to help explore volume limits in training, California enjoyed a particularly valuable asset. It afforded coaches and swimmers a plethora of heated outdoor pools built by a system of community colleges, state colleges, universities and municipalities, thus enabling a mass of young athletes to train long hours.

A measure of the work ethic in America—and a predictor of the USA's strength in Montreal—came a

year earlier when eight of its young men ranked among the top 10 in the world in the 1500 meter freestyle. Incredibly, in the 400 free, all of the top 10 male swimmers in the world were from the USA. The swimmers in the state of California made such an imprint on the world of swimming that seven of those top-ranked in the 1500 and five in the 400, were from the Golden State.

While today's electronics enable sharing competition results and world records in a millisecond, this information traveled much slower in 1976. But there was such a concentration of stimulated talent in California that many of the top swimmers were making enormous improvements. One example of the ferocity of local competition was at the 1975 CIFSS (California Southern Section) High School Championships. Tim Shaw, the eventual Sullivan Award winner as the greatest amateur athlete in the U.S., and

challenger Brian Goodell both broke the American record in the 500 yard freestyle.

This USA swimming team—the greatest in Olympic history—was forged in a coaching collision in America between the young and old. Veterans such as George Haines, Doc Counsilman, Peter Daland and Don Gambriel were at or near their peak in developing world-class swimmers. But their teams and swimmers were challenged by a large number of energetic young upstarts with names such as Jochums, Schubert, Urbanchek, Rose, Hastings, Bernal, Reese and Montrella. Together they produced excellence in a combination of club- and college-trained swimmers that America had never seen before...or since.

During the team's training camp, Coach Counsilman backed up his bold statements about the team's prospects with a carefully crafted effort to break down college rivalries, remove territorialism and meld 27 swimmers into one team. He deliberately assigned roommates that mixed members of rival college teams and those raised in diverse geographic locations.

Tim Shaw recalled years later, "For several years leading up to the Trials, we had been beating each other's brains out. But during the training camp, we became 'brothers-in-arms.'"

Prior to the opening ceremonies, all of the USA team captains from all

of the sports conferred and voted on who would carry the American flag. For the first time in Olympic history, that American was a swimmer. Gary Hall marched out onto the stadium floor, leading the entire American contingent, proudly carrying the flag. Who had better credentials for that position than this Californian-raised man, competing in his third Olympics, while simultaneously studying in medical school?

USA'S ROAD TO GLORY

The first event in the men's Olympic program was the 200 meter butterfly. The world record holder, East Germany's Roger Pyttel, was an immediate obstacle to Coach Counsilman's challenge. The USA coaches discussed the matchups like a college or high school competition: "If we can win the first event—and, perhaps, even go 1-2-3—then we will establish great momentum."

For 150 meters, Pyttel led the field, while the Americans lurked at his shoulder. But after the final turn, the threesome of Mike Bruner, Steve Gregg and high schooler Billy Forrester quickly built their speed. It wasn't long before Bruner looked left and saw no one there. Then he looked right with the same result.

"Well, I got it. I've got to go for it," he said to himself, and he did. His world record time of 1:59.23 led the USA in what became a sweep when Gregg, then Forrester, turned off the

"clocks" in their respective lanes at 1:59.54 and 1:59.96—just before Pyttel touched in 2:00.02.

The second day was more of the same for the Americans. After the California combination of John Naber and Peter Rocca finished 1-2 in the 100 backstroke (55.49 WR, 56.34), it was another Californian, Bruce Furniss (1:50.29 WR), who combined with Naber (1:50.50) to take the first two spots in the 200 freestyle. Jim Montgomery (1:50.58) also touched out Russia's Andrey Krylov (1:50.73) for the bronze medal. It was the capacity for this team to find a way to get to the wall first in a close race that made it so special.

Two major obstacles for the USA were present the third day—the 1500 free and the 100 breaststroke. Brian Goodell felt the expectations of his team as he prepared to race Australia's Stephen Holland in the mile. Holland was his swimming-proud country's best hope for a gold medal in the pool, man or woman. He had ripped apart the record books of distance swimming over the past three years and taunted Goodell (who broke Holland's world record at the Trials with a 15:06.66) when he said, "If he can't go under 15 minutes,

he might as well not even show up to race."

Brian had become so nervous before the race that he thrashed through the first 1,000 meters, hardly

— continued on 34

PICTURED LEFT > FOUR GOLD MEDALS, FOUR WORLD RECORDS, ONE SILVER MEDAL AND SEEMINGLY MILLIONS OF FANS—THAT'S WHAT THE 6-6, 20-YEAR-OLD JOHN NABER OF THE UNITED STATES ACCOMPLISHED AT THE XXI OLYMPIAD IN MONTREAL.

[PHOTO BY BOB INGRAM]

PICTURED RIGHT > SEVENTEEN-YEAR-OLD BRIAN GOODELL REIGNED SUPREME IN MEN'S DISTANCE FREESTYLE, LEADING A 1-2 USA FINISH IN THE 400 AND 1500 METER FREESTYLES AND SETTING WORLD RECORDS IN BOTH EVENTS.

[PHOTO BY DON CHADEZ]



GREATEST OLYMPIC TEAM – continued from 33

conscious at all. Goodell and teammate Bobby Hackett, both seniors in high school, trailed Holland with 500 meters remaining. Thoughts of a bronze medal drifted into Brian's mind. Then Hackett pulled into the lead, and Goodell's visualizations of gold kicked in. He swam an incredible 3:56.5 on the final 400 to team with Bobby for a rollicking 1-2 upset in one of the great distance races in history (the full story is told in the book, "Four Champions, One Gold Medal"). Their times of 15:02.40 WR,

referred to it as the intangible something that one individual

has to outperform another.

For example, on the fourth day in the 100 fly, less than 8-tenths of a second separated the first five places. Two of those swimmers were German greats, Pyttel (55.09) and Roland Matthes (55.11). But somehow Americans Matt Vogel (54.35), Joe Bottom (54.50) and Gary Hall (54.65) finished 1-2-3. A world record topped off the night in the 800 free relay (7:23.22 for Bruner, Furniss, Naber and Montgomery).

The fifth day was more of the

and Jack Babashoff (50.81) closed out the men's competition with a 1-2 performance in the 100 free.

THE STAGGERING NUMBERS

When the competition ended, the Americans had put together staggering numbers—so staggering that FINA, the international governing body for swimming, punished America by taking away the ability to enter three swimmers from one country in any future Olympic swimming event, even though three competitors per event is still allowed in other comparable sports such as track and field.

Still, the greatest Olympic team in history had left behind a standard of excellence to which all Olympic teams can aspire: out of 13 events, the "Star Spangled Banner" played 12 times. The USA men set 11 world records and had nine 1-2 finishes (plus four 1-2-3 sweeps) out of the 11 individual races. Incredibly, they earned 31 final swims out of a possible 33, and 25 of those 31 swims won medals!

John Naber was the star of those Games—not only with his four gold medals and a silver, but also the way the fans loved him, especially after his victories when he strutted around the Olympic pool in his red-white-and-blue knit cap, waving to the fans and wearing the Olympic-size smile that would become his trademark.

"I've never seen anyone play to the crowd like John," Counsilman commented, "except maybe (Muhammad) Ali."

For John, "The thrill (was) in doing something as well as you're capable of doing."

And the 1976 U.S. men's Olympic team did just that. ❖



PICTURED > JIM MONTGOMERY RETURNED HOME WITH THREE GOLD MEDALS AND A BRONZE, AND CONTRIBUTED TO THREE WORLD RECORDS: 100 FREE, 400 MEDLEY RELAY AND 800 FREE RELAY. (FROM 1896-1960 AND 1976-80, THE 400 FREE RELAY WAS NOT HELD.)
[PHOTO BY TONY DUFFY]

15:03.91 and Holland's 15:04.66 put them all under the standing world record.

In the 100 breast, U.S. veteran John Hencken faced British-born and U.S.-trained (at the University of Miami) David Wilkie. Hencken had a speed advantage over Wilkie, and when "the Rocket Man" shot out to nearly a full second lead at the 50, it was too much for the Brit to overcome (1:03.11 WR to 1:03.43).

By this time, the American momentum was like a snowball rolling downhill gathering more and more speed. Californian Rod Strachan, the eventual 400 individual medley winner, said later, "...You realize that you're on the same program and the same taper, and it gives you more and more confidence that you're going to do well."

The Americans possessed what Coach Counsilman once described as "the X Factor." He had famously

same, when Brian Goodell (3:51.93 WR) and Tim Shaw (3:52.54) both smashed the world record and finished 1-2 in the 400 free. The 400 medley relay won with another world record (3:42.22 for Naber, Hencken, Vogel and Montgomery).

By July 24, the American men had swum nine events and won nine Olympic gold medals. But David Wilkie ended the run in the 200 breast. Hencken led at the 100, but Wilkie came back to set a world record (2:15.11) and beat Hencken (2:17.26). Nevertheless, Naber (1:59.19 WR), Rocca (2:00.55) and Dan Harrigan (2:01.35) ended the evening with another 1-2-3 sweep in the 200 back.

The final day, there were two more world records and two more American 1-2 finishes. Strachan (4:23.68 WR) and Tim McKee (4:24.62) topped the field in the 400 IM, while Montgomery (49.99 WR)

Chuck Warner is a part of Swimming World Magazine's editorial board and author of "Four Champions: One Gold Medal" and "And Then They Won Gold." Both books are available for purchase online at www.SwimmingWorld.com. Next month: "Swimming's Top 10 Triumphs and Tragedies: #6."

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HIGH SCHOOL & COLLEGIATE SWIM TIMES:

How Does USA Swimming Track These Times?

The 2014 championship seasons for the nation's high school and collegiate swimmers are now in the record books. If you use the "Event" or "Times" search features on the USA Swimming website, you may wonder why the times for these athletes are shown as LSC-UN in the SWIMS database:

- First, the swimmers are not representing club teams at the time of the swims; they are competing for schools/universities with different governing rules, and with eligibility requirements that have nothing to do with the club structure of USA Swimming.
- Meets held under the rules of a different governing body are "observed" meets if a request is made to the local LSC to include the times swum for USA Swimming usage. This means that USA Swimming officials are present at the meet to observe the competition and to note any violations of USA Swimming technical rules.
- Each LSC, according to its policies, loads times that are valid for USA Swimming. High school meets are loaded by the LSC; NCAA meets are loaded directly from the host institution.
- During interscholastic seasons, athletes represent their schools in scheduled competitions. In some states, the high school associations may restrict a swimmer's practice with his/her club team and prohibit competition in club meets. If a swimmer's time from an observed high school meet was to be credited to the club team, the athlete could lose eligibility for the school.
- Therefore, in order to protect our USA Swimming member high school swimmers, the times swum in observed meets are credited to the athlete for swimming unattached in his/her LSC.
- Similarly, the times swum in NCAA competition that go into the USA-S database are shown as LSC-UN for member athletes. Times from observed college meets will be visible in both the NCAA and USA-S databases. ❖



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has distinguished himself through his tireless support of officiating in Connecticut—both as the LSC's officials committee chair and an officials trainer who has taught and mentored hundreds of Connecticut officials. As chair, he tackled the some-



times challenging certification process for officials, instituting Connecticut's "catch-the-wave" program to ensure timely certifications and the use of ID badges on deck. He also arranged for national-level trainers to attend championship meets within the LSC in order to help Connecticut's officials upgrade their certifications to national levels. Becker also helped implement the LSC's use of the OTS database, thereby ensuring that the status of officials could be monitored properly and credits given for meet participation in a timely manner. Becker embodies the very best qualities of volunteers within Connecticut Swimming and recently was the LSC's recipient of USA Swimming's ConocoPhillips Outstanding Service Award, presented to a volunteer in each LSC in recognition of service to swimming.

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STORY AND PHOTOS
PROVIDED BY KERIN MORGAN



Involvement in the learn-to-swim industry allows us to see how young children learn and how we can influence their learning.

At Morgan Family Aqua-Tots (Richmond, Va.), we are convinced that parents and teachers can directly affect the learning curve of a child both in and out of the water. We believe parents and teachers should create opportunities for children to learn rather than let learning be random.

We also believe that from the earliest stages of learning to swim, training in self-control—when applied consistently—can decrease the need for correction (which many see as negative) as well as expedite safe interactions in and around water.

We understand that this training will impact the students' ability to learn in ways that are both restrictive (what not to do) as well as instructive (what to do). Our philosophy is "Safety First, Fun Every Second." Teaching self-control establishes a proper order for learning to swim.

BE SAFE WITH BOUNDARIES

Take the example of a 2-year-old who goes to the pool with Mom. If she explains to her son what his boundaries (restrictive) are and what she expects of him—as well as

a short explanation of why (instructive)—then she will have potentially less conflict around the pool in regard to inappropriate behavior or crossing boundaries that are dangerous for him.

"At Morgan Family Aqua-Tots, kids are trained in self-control so they can successfully gain the skills that will allow them to be safe and have more freedom and fun in water while still learning important life lessons about safety and boundaries."

If she consistently warns and gives consequences when he breaks the boundaries, and praises him when he honors the boundaries placed on him, then she will eventually have a child who practices self-control and who will avoid the hassle of a 3-year-old misbehaving. She will also avoid entering into the trap of bribing her child in order to get the desired behavior.

Another example is a 2-year-old practicing his swimming skills on the pool step with Mom or Dad (instructive) rather than being put in a flotation device and giving him free reign over the pool. While he

may appear happier floating around doing what he wants, he hasn't been given any restrictions, and the "fun" aspect of swimming has been placed over the safety aspect.

A child who is allowed this much freedom in a flotation device is actually being given a false sense of security since he does not understand that without the float, he cannot swim. This child does not yet understand the danger of water or how to take responsibility for it should he fall in without a flotation device. He is actually safer around water when he is taught the limits to his freedom (restrictive) such as staying away from the edge of the pool without an adult, not throwing toys in the water, or asking permission to enter the water or leave a wall.

Once he understands the limits, then he can learn the skills (instructive) to earn the freedom of swimming independently. Both are necessary to gain self-control in and around water.

CONTROL IS THE KEY

Swimming is all about control. At Morgan Family Aqua-Tots, we recognize that we must teach children how to gain self-control in the water. We first help them to

— continued on 38

USSSA— continued from 37

gain control of their emotions (fear/anxiety), then their wiggly bodies (proper swim techniques) and finally gain control in the water (how and when to breathe). By defining the set boundaries for the children and gently hold them to the set standards, we are able to help them accomplish their swimming goals.

Water offers natural consequences, so we rarely have to impose a consequence beyond repeating a skill. There actually must be external controls until the child is mature enough to have internal controls. A child trained in self-control can then focus, obey rules, handle their emotions, learn skills and be more teachable than the child captive to their negative emotions and impulsive desires.

Self-control helps a child gain freedom by controlling his actions and his wrong emotions. In turn, self-control teaches him to make sound judgments and be less anx-

ious or reckless as a new swimmer. Self-control in water brings about children who enjoy the freedom of being a swimmer much faster than those who are allowed to be subject to their fearful anxieties. This, in turn, makes him safer around water sooner!

Learning to swim is learning to take responsibility for the danger of water. This means learning self-control to stay in a safe boundary until you can learn the skill of getting air.

In its most basic sense, this is what learn-to-swim programs are all about and why they are so important. At Morgan Family Aqua-Tots, we train kids in self-control so they can successfully gain the skills that will allow them to be safe and have more freedom and fun in water while still learning important life lessons about safety and boundaries.

Some of the lessons practice skills that are restrictive, and some are instructive, but all are given

with the goal of helping the child grow in self-control and succeed in this vital area of their lives. ❖



Kerin Morgan is the owner/operator of Morgan Family Aqua-Tots Swim Schools in Richmond, Va. She has been teaching children and adults to swim for 44 years. Before joining Aqua-Tots three years ago, she ran independent swim schools in Fort Worth, Texas, and Richmond.

Saying Goodbye to Swimming World's Judy Jacob

Longtime *Swimming World* employee Judy Jacob, 62, died May 30 from gall bladder and liver cancer.

Beginning as a circulation assistant in 1974, she had been involved in nearly every aspect of the magazine—circulation, editorial and production—as well as writing stories for the website.

Among her many and diverse responsibilities, Judy was the one who also hand-entered every race time and name that appeared in the magazine's "For the Record" section—long before

the Meet Mobile app was ever available. Tens of thousands of swimmers around the world waited each month to read the only results available from major competitions. Judy was an unsung hero whose important work informed the world and motivated others!

Judy grew up in the Los Angeles airport area, graduating from Westchester High School in 1969. She then received an associate's degree from West Los Angeles College in 1971 and a bachelor's in history from UCLA in 1973.

Judy moved to Flagstaff, Ariz. when *Swimming World* relocated from Pasadena, Calif., to Sedona, Ariz. in August 1994. Since then, she worked with children as a group

leader for AWANA at Calvary Bible Church and Mountain View Baptist Church in Flagstaff. In 1996, she found a home at Flagstaff Christian Fellowship, where she worshipped over the past 18 years.

She taught first- and second-graders in Sunday School, attended many women's retreats and Bible study groups, and also played flute with her church's worship team. Judy was also a long-time speaker at Flagstaff's Hope Cottage women's shelter.

During the summers of 2009-11 and 2013, she participated in short-term mission trips to Poland, where she worked at church camps with children and high school girls and also taught English to many of the adults.

Judy is survived by her brother, John Jacob, and wife, Colleen, of Aliso Viejo, Calif.; brother, Jerry Jacob, and wife, Susan, of Los Angeles; and many nieces, nephews and other relatives. She was preceded in death by her parents, Victor and Ethel Jacob.

If anyone would like to make a donation on her behalf, they may be made to Judy's beloved mission, Flagstaff Christian Fellowship to the Polish Mission Fund (123 S. Beaver St., Flagstaff, AZ 86001; 928-774-3603). ❖



[PHOTO BY PETER H. BICK]

NEVER ENOUGH CORE!

BY J.R. ROSANIA • PHOTOS BY KAITLIN KELLY
DEMONSTRATED BY TAMMY GOFF
AND MARCIE BLACK HERZOG

I get asked all the time, "How much core should I do?" And my answer is always the same:

"Although some studies suggest that core strength does not play any role in faster swimming, I tend to think a strong, fit core is beneficial. It will benefit your turns and will help maintain a good body position in the water. And what about the '6-pack'?"

Complete these exercises three times a week by doing three sets of 10 reps for starters, then progress to 20 reps when you're able. Exercises #1-3 use a TRX strap, while Exercise #4 requires hanging from elbow holders.

So, how much core is enough? Well, how much time do you have? Oh, and by the way, summer's here! ❖

MEET THE ATHLETES

Tammy Goff (yellow top) is a Masters swimmer and a firefighter from Glendale, Arizona.

Marcie Black Herzog (blue top) is a former swimmer from the University of Illinois who currently swims for Phoenix Swim Club Masters.

MEET THE TRAINER

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.



TRX PIKE-UP TO KNEE TUCK

Begin in a push-up position with your feet in the TRX straps. Keeping your legs straight and your back vertical, pull your legs upward in a pike position, then bring your knees toward your elbows in a knee tuck position.



TRX ADDUCTION

Start in a push-up position with your feet in the TRX straps. Slowly open up your legs as wide as you can. Maintain a solid core. Repeat the movement.



SIDE HIP-UP

While lying on your side with your forearm on the floor stabilizing your upper body, push your hips upward while your other hand is on your hip. Lower and repeat.

4

VERTICAL ROTATED KNEE-UP

While hanging from elbow straps, rotate to either side and perform a knee-up while maintaining your position. Alternate to the opposite side and perform the same exercise.



MANAGE YOUR APPETITE

The first thing most of us think of regarding weight management is avoiding overeating. That doesn't mean you should deny your appetite and go hungry. It merely requires that you manage your appetite. One way to do this is to learn the difference between belly hunger and head hunger.

"Belly hunger" is a set of sensations, including an empty, rumbling stomach and loss of energy that signals a real, physical need for food. "Head hunger" is a desire to eat for pleasure that occurs in the absence of physical hunger.

Whenever you experience a desire to eat outside your normal routine, ask yourself which "hunger" it is. If it's just head hunger, don't eat!

• • •

In this month's nutrition column, *Swimming World* continues to provide flavorful, easy recipes for athletes. This month's recipe comes from "Racing Weight Cookbook: Lean, Light Recipes for Athletes" by Matt Fitzgerald and Georgie Fear (available online from VeloPress.com).

The "Racing Weight Cookbook" makes it simple to dial in the right mix of carbs, fat and protein that will satisfy your appetite with high-quality, well-balanced meals.

Try out this sample recipe. Jazz up your canned soup with leftover chicken or beef, extra vegetables and herbs. Keep in mind that canned soups typically have more than enough salt, but you might want to add black pepper, cayenne pepper or a dash of hot sauce. ❖



Republished with permission of VeloPress from "Racing Weight Cookbook: Lean, Light Recipes for Athletes."

15
MINUTES

2
SERVINGS

TOMATO & BEEF FLORENTINE SOUP

INGREDIENTS:

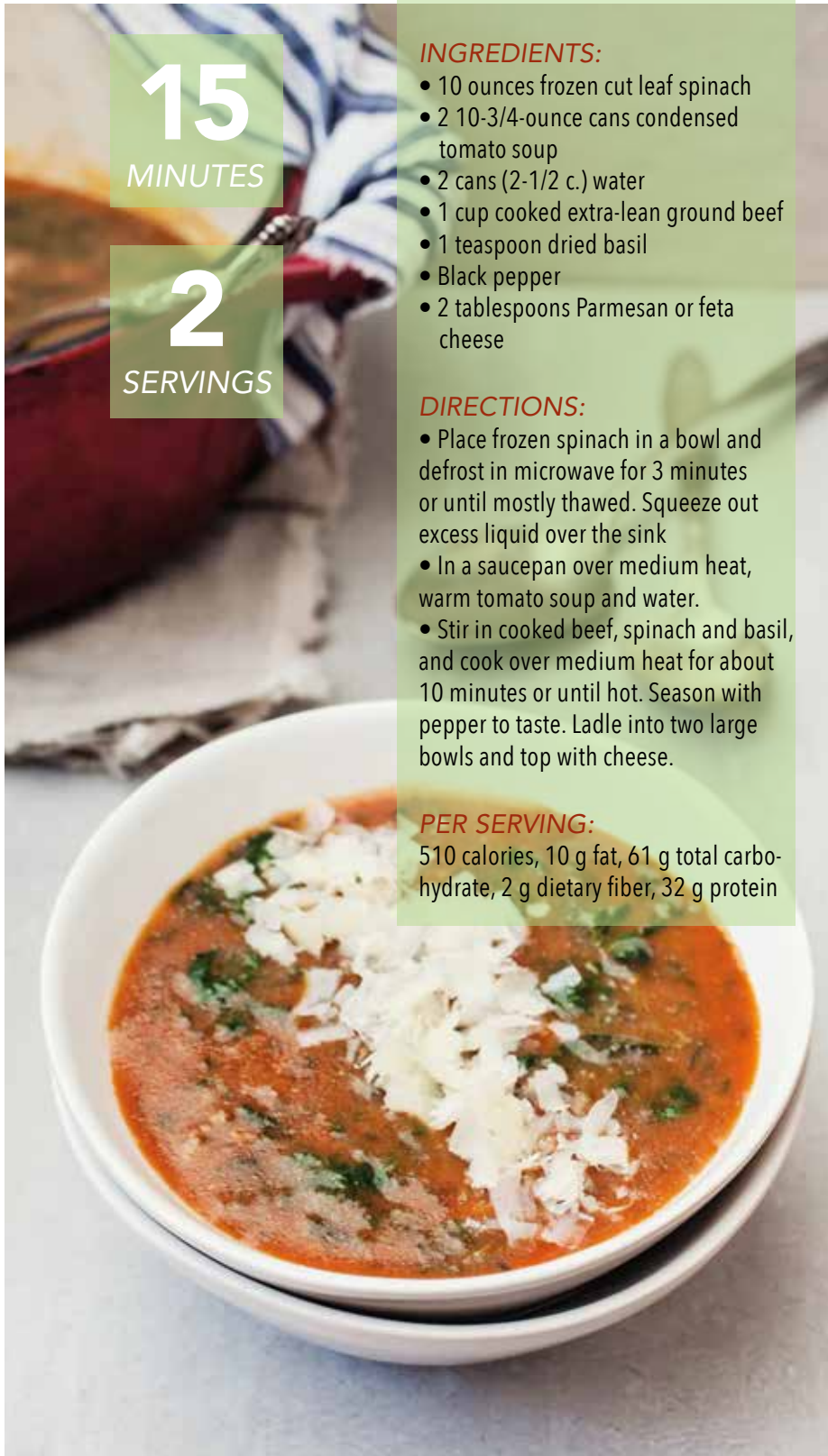
- 10 ounces frozen cut leaf spinach
- 2 10-3/4-ounce cans condensed tomato soup
- 2 cans (2-1/2 c.) water
- 1 cup cooked extra-lean ground beef
- 1 teaspoon dried basil
- Black pepper
- 2 tablespoons Parmesan or feta cheese

DIRECTIONS:

- Place frozen spinach in a bowl and defrost in microwave for 3 minutes or until mostly thawed. Squeeze out excess liquid over the sink
- In a saucepan over medium heat, warm tomato soup and water.
- Stir in cooked beef, spinach and basil, and cook over medium heat for about 10 minutes or until hot. Season with pepper to taste. Ladle into two large bowls and top with cheese.

PER SERVING:

510 calories, 10 g fat, 61 g total carbohydrate, 2 g dietary fiber, 32 g protein



TRY MORE FREE RECIPES AT: WWW.RACINGWEIGHTCOOKBOOK.COM

ASK DR. SHANNON

BY SHANNON McBRIDE

PHOTOS PROVIDED BY AND
DEMONSTRATED

BY SHANNON McBRIDE

Here are some upper body stretches for pregnant women that can be performed before and/or after swimming.

Swimming is one of the most highly recommended forms of exercise during pregnancy. Its benefits include being low impact and making pregnant women feel weightless.

Cardiovascular exercise is very important during pregnancy because it helps bring oxygen to the placenta and baby, and it improves circulation. Swimming decreases back pain and increases muscle tone and endurance.

As with any exercise, it is important to check with your OB/GYN or midwife before starting to swim while pregnant. ❖

MEET YOUR TRAINER

Dr. Shannon McBride, a licensed chiropractor based in Atlanta, Ga., has been practicing since 2001. She also is certified in Pilates through Power Pilates and the Pilates Method Alliance.



THORACIC STRETCH

1. Sit on the floor cross-legged. If this is uncomfortable because of your expanding belly, place a blanket or two under your bottom.
2. Place your hands on your knees and sit up tall.
3. Exhale and round your spine, letting your elbows straighten.
4. Inhale and gently pull your chest forward, tilting your chin toward the ceiling.



INTERCOSTAL STRETCH

1. Sit on your left hip with your knees bent and your heels close to your bottom. Splay your knees slightly so that your left knee is slightly in front of your right.
2. Place your right hand on your right ankle and raise your left arm.
3. Gently stretch over to your right side, keeping your left shoulder relaxed and your gaze straight ahead. Breathe deeply.

Repeat on the other side.



CHEST STRETCH

1. Sit with your bottom over your heels.
2. Place your hands behind you on the floor.
3. Gently lift your chest and chin to the ceiling.

If this causes pain in your wrists, make fists and place your knuckles on the floor.



SPINAL TWIST

1. Sit cross-legged on the floor.
2. Place your right hand on your left knee, and your left hand on the ground next to your hip.
3. Gently twist to the left. Stop immediately if there is any abdominal discomfort!

Repeat on the other side.

DUNCAN SHERRARD

BY MICHAEL J. STOTT

PHOTO PROVIDED BY FLORIDA SOUTHERN

In five short years, Duncan Sherrard has thrust Florida Southern College men's and women's swimming into the NCAA Division II national spotlight, producing eight top-10 finishes, nine national champions, five national records and 31 NCAA All-Americans.



try not to use a one-size-fits-all approach. Freshman year is the hardest because I am trying to figure out the athletes. After that, it goes really well. Conversation goes a long way.

SW: Florida Southern has shot into the upper echelon of D-II swimming very quickly. What accounts for the rapid ascension?

DS: I am fortunate to be at a school that likes winning and supports success. It also reflects my vision for the program and that I hate losing. I make every practice a competition. Good recruiting also helps!

SW: You've recruited swimmers from Maine to Oregon as well as internationally. And four of your athletes are from Snellville, Ga. What's the key to your recruiting success?

— continued on 44

Head Coach Duncan Sherrard
Men's & Women's Swimming
Florida Southern College
Lakeland, Florida

Q. SWIMMING WORLD: You were a 14-time All-American under Gregg Troy at the University of Florida, and an assistant coach at powerhouse Indian River State College. What did you learn along the way?

A. COACH DUNCAN SHERRARD: I learned a lot in both places. At UF, I learned to accept pain to achieve goals and dreams. Learning how to train and swim the 200 fly, 200 IM, 400 IM and 200 free at a very high level gave me a lot of insight into different sets, so now I know how to coach very good mid-distance student-athletes.

At IRSC, under now FSU (Florida State University) Head Coach Frank Bradley, I learned the value of writing a set with a purpose. As a young coach, I didn't really know how to plan a workout or plan a week, month or year. Frank took the time to teach me and was always patient when I asked, "What's the purpose of this set?"

SW: One coach says you weren't always the prettiest swimmer, but you had a terrific work ethic and were great at accepting challenges. How did you develop your skills and go from a walk-on to senior captain?

DS: I grew up a Gator fan, and I literally begged Coach Ron Ballatore to allow me to be part of the team at UF. After I got the chance to be a Gator, I wanted to maximize the situation.

Coach Troy took over after my freshmen year, and I had to adapt to another type of coaching. After I adjusted, I simply wanted to be the best that I could be no matter what—plus I hate to lose! I didn't want to lose in anything we did while I was there. Everything is a competition to me, and I don't want to be on the losing side.

SW: As a coach, how do you get your athletes to accept challenges?

DS: Each athlete is different, so I

Lightly recruited Duncan Sherrard (University of Florida, B.A., history '02) went on to become a senior captain, three-time SEC champion and 14-time All-American. Leaving Gainesville, he earned a Florida state championship and Coach of the Year recognition with the Bucholz High Bobcats before serving as an assistant coach at perennial NJCAA champion Indian River State College. In mid-season 2009, Sherrard joined Florida Southern College, where he has compiled respective 26-17-1 and 28-19 men's and women's marks. Since 2010, his men's teams have gone from 14th to second, and the women's from a tie for 34th to seventh (sixth in 2013) at the D-II national championships. In 2014, he was named SSC men's coach of the year for the third time. He currently sits on the CSCAA board of directors as men's D-II representative.

HOW THEY TRAIN:

SAMPLE SETS

ROBBIE SWAN

October 2013

2x the following:

1 x 200 w/buoy (breathe every 5 strokes)
@ 4:00

6 x 75 @ 2:00
50 build/25 max effort

4 x 50 smooth @ 1:30

6 x 50 @ 2:00
Max effort (aiming to be 21.4
or faster from a push)

1 x 200 smooth

January 2014

7x the following:

1 x 30 from runner dive (max effort)

6 x 30 15 scull/15 swim (:20 rest)

4 x 30 w/buoy (alternate breathing every
5 strokes with every 7 strokes) (:20 rest)

1 x 60 smooth

(Set done with temporary walls
set at 15m)

THOMAS NGUYEN

October 2013

3x the following:

8 x 25 w/anti-paddle @ :35 (:10 rest)

6 x 75 @ 1:15 w/sponges (descend 1-3)

8 x 25 @ :40 (odd: build/even: max
effort)

1 x 50 smooth @ 1:00

4 x 75 max effort @ 1:30 (:30 rest)

(All back-75s need to be 41.0 or faster)

January 2014

2x the following:

2 x 150 w/paddle @ 2:15
(stroke/free/stroke)

4 x 25 drill @ :30

3 x 50 @ 200 pull @ :55

1 x 100 smooth @ 2:00

8 x 25 (odd: drill/even: build) @ :30

2 x 50 @ 100 w/paddle @ 1:15

2 x 100 smooth @ 2:00

ROBBIE SWAN & THOMAS NGUYEN

BY MICHAEL J. STOTT PHOTOS PROVIDED BY FLORIDA SOUTHERN

Robbie Swan and Thomas Nguyen share some common bonds. Both are seniors, captains, All-Americans, have/or had brothers on the team, hail from Snellville, Ga., and just helped lead the Florida Southern Moccasins to their second straight NCAA Division II runner-up finish.

ROBBIE SWAN



Swan is the more decorated of the two, having compiled 15 A-A accolades (11 first team, four honorable mention)—all in the 50 and 100 freestyles or on relays. He was named a 2014 Co-Swimmer of the Year for the Sunshine Conference and is the school record holder in the 50 and 100

yard free (20.05, 44.12) as well as the 200 medley relay and 400 free relays.

The year 2013 was exceptional for Swan, as he anchored the team's national champion 200 medley relay, earned an NCAA Elite 89 Award as well as Florida Southern's Pat McFadden Scholar-Athlete of the Year (2014 as well).

Swan spent his freshman year at Indian River State College, where he swam on the school's winning NJCAA 200 and 400 free relays and placed in the top eight in the 50, 100 and 200 yard freestyles at nationals.

At FSC, he has compiled a 3.94 GPA in business/economics. "Robbie is a quiet leader on the team and a hard worker in the pool, weight room and classroom," says Coach Duncan Sherrard.

THOMAS NGUYEN



Thomas Nguyen has won six All-American citations (five first team, one honorable mention). In 2014, he placed eighth in the 100 and 200 yard backstrokes (48.28, 1:48.30) while leading off the eighth-place 200 and seventh-place 400 medley relays with splits of 22.49 and 49.26.

"Thomas is a very hard worker, is always asking how to get better and is willing to help teammates get better," says Sherrard. "Every year, he has gotten more consistent in practice, which has led to his quantum improvements. He is a testament to how a committed athlete can come in and develop over four years." ❖



TOTAL ACCESS MEMBERS CLICK HERE
to learn more about Robbie Swan's
and Thomas Nguyen's progression
of times.

Q&A – continued from 42

DS: It's a combination of many things. I recruit any student-athlete who wants to come to Florida Southern College, get a great education and be a part of a great swim program.

SW: And why Snellville?

DS: SwimAtlanta and Dynamo are based there. I competed against their athletes in high school and college,

and they always were very tough. When I became head coach at FSC, I knew those were the type of athletes that I wanted in my program.

SW: Why was Mary O'Sullivan, a seven-time All-American at Florida Southern, there just one year?

DS: Mary sat out one year after she graduated high school and then attended two years at IRSC. She then signed and attended TCU, but was there only a semester before

transferring to FSC. Even though she didn't compete at all for TCU, the NCAA made her sit out a year for attending TCU.

SW: Your men's team finished second the last two years at D-II NCAAs. What does it take for them to unseat Drury?

DS: Not quite sure—but a lot more points, for sure! Coach (Brian) Reynolds (at Drury) always does an outstanding job preparing his athletes to swim fast. We just need to keep preparing and working toward our goals. Good things happen to those who prepare to be the best day-in and day-out.

SW: Your roster for men (21) and women (20) is small compared to many college programs. Why and what's the value of a small team?

DS: We only have an eight-lane pool, so I don't want to cram six or seven in each lane and make it look like a salmon run. Plus, having too many kids in each lane cuts down on the effectiveness of our practices.

SW: Your men showed great versatility reaching finals in 11 individual events and four relays. Is it your recruiting, coaching or both that accounts for the excellence across all strokes?

DS: Recruiting is the first thing. Our first year, we only scored in the 50 free, 100 back and 200 back—and that was with one athlete. The other factor is stroke development and my coaching philosophies.

SW: What's a normal Moccasin training schedule look like in terms of water and dryland?

DS: Doubles three days a week on Monday, Wednesday and Friday. We lift weights three days a week and do dryland the other two days. It will vary depending on the month. ❖

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

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to read more Q&A with
Coach Duncan Sherrard.

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UP & COMERS

AGE GROUP SWIMMER OF THE MONTH

BY SHOSHANNA RUTEMILLER



Meghan Lynch, 10, who trains at the Greenwich (Conn.) Dolphins YWCA under Coach Jeremy Cochran, is putting her stamp on the national age group record charts in the breaststroke events. She set her third NAG record of the year at the Connecticut Aquatic Club (CAC) Long Course Age Group Qualifier, May 30-June 1, at Wesleyan University.

Lynch clocked 1:18.67 in the 10-and-under girls 100 meter breast, taking down Annie Zhu's NAG mark of 1:19.11 from 2005. Lynch also owns the NAGs in the 50 and 100 yard breast (31.73, 1:08.07).

"Meghan is a unique 10-year-old who has a tremendous desire to learn and constantly improve," says Cochran. "I believe that she has the potential to grow into the ultimate swimmer. Her dedication to perfecting technique and pushing the limits is leading to the formation of a swimmer who can go out and dominate any stroke at any distance.

"The real excitement (in watching Lynch swim) comes from seeing the big smile on her face after a great swim," adds Cochran. "Meghan truly loves the sport and is one of the most positive athletes I have ever worked with." ❖

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MEGAN LYNCH

WHAT DO YOU THINK IS YOUR BIGGEST STRENGTH IN SWIMMING?

"My biggest strength is that I love to practice, I love to work really hard and I love to race...and also my strength is breaststroke."

WHAT DO YOU THINK YOU NEED TO IMPROVE?

"I think I need to work to improve everything every day, but probably my backstroke needs the most improvement. And I am working on it."

WHAT ARE YOUR SHORT-TERM GOALS?

"I would like to set a couple more national age group records during this long course season."

LONG-TERM GOALS?

"I would like to swim for a really good college team some day and be on a fun team with fun people—like my team now—and swim really, really fast and maybe keep setting records."

WHAT DO YOU DO OUTSIDE THE POOL?

"I love to play with my friends, especially on the trampoline, and I love to do running races and triathlons."

WHICH SWIMMER DO YOU LOOK UP TO MOST?

"I look up to Rebecca Soni because she was an Olympic breaststroker, but also because she says that 'the secret to making all the physical training work for you lies in what's happening in your brain.' She says you have to work hard, but also be smart—and that is what I would like to do."



POOL TO BE NAMED FOR SWIMMER George Bovell

BY SHOSHANNA RUTEMILLER

In a major gesture to invest in the future of swimming in Trinidad and Tobago, its national government has approved construction of a state-of-the-art swimming facility in Couva, Trinidad.

The Trinidad and Tobago National Aquatic Center—a billion-dollar facility that is FINA-approved—will be named in honor of George Bovell, the country's most successful swimmer—and the country's only athlete to win an Olympic swimming medal (bronze, 200 IM, 2004 Athens).

A LONG TIME IN THE MAKING

Plans have been underway for quite a while. The government first proposed building a proper swimming facility in the early 2000s after Bovell competed in the 2000 Sydney Olympics.

A year later, he paid his own way to Fukuoka, Japan to compete in his first of 10 World Championships, placing fourth in the 200 IM. The government quickly began to feel pressure to support their rising national icon with funding and an Olympic training facility.

At the 2003 Pan American Games, Bovell won gold in the 200 free and 200 IM plus silver in the 100 free and



AERIAL VIEW

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100 back. Then in 2004, he had his most successful season to date: he broke the short course world record in the 200 IM (1:53.93) early in the year and finished with a bronze medal in the long course version of the event at the Athens Olympics.

Again, the government promised to build a pool "imminently." Unfortunately, it never materialized, with the final stamp of approval still to be more than a decade away!

"I used to joke that (the facility) would be the George Bovell Memorial Pool, because by the time they build it, I would be long old and dead," Bovell quipped. "However, our current government has really put their money where their mouth is."

STATE-OF-THE-ART FACILITY

Chinese contractors were hired to build the pool, due for completion on schedule in May 2015. The government is hoping that it can serve as a staging base for teams heading to the Rio Olympics.

The facility will be state of the art, comprised of an outdoor 25-by-50-meter

[ARTIST'S RENDERINGS PROVIDED BY THE SPORTS COMPANY OF TRINIDAD AND TOBAGO]



GROUND VIEW

pool, a main indoor 25-by-50 meter pool (3 meters deep), a gym and an outdoor diving well—all located next to a cycling velodrome and a stadium for track and field. Trinidad and Tobago hopes some day it will have the opportunity to host a regional games event.

"I can't begin to express what an honor it means to me to have the

national aquatic center named after me," said Bovell.

"I hope I have blazed a trail for and inspired future generations of Olympic medalists who won't have to overcome the challenges that I have faced of not having adequate facilities or being exposed to top-level talent competing locally." ❖

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PARTING SHOT

A high-action photograph of a swimming race. Numerous swimmers are captured in mid-stroke, splashing water. The water is dark blue, and the scene is filled with white foam from the swimmers' movements. A red buoy is visible in the upper right. The overall atmosphere is one of intense competition.

[PHOTO BY GRIFFIN SCOTT]

PICTURED > THE MEN'S 5K RACE AT THE USA SWIMMING OPEN WATER NATIONAL CHAMPIONSHIPS FINISHED ABOUT AS CLOSE AS THE START (RIGHT), JUNE 15, AT CASTAIC LAKE IN SOUTHERN CALIFORNIA. IN A PHOTO FINISH, 2012 OLYMPIAN ALEX MEYER (ITHACA, N.Y.) OUTTOUCHED JORDAN WILIMOVSKY (MALIBU, CALIF.) AND JOEY PEDRAZA (BROWARD, FLA.) FOR THE VICTORY.

For more coverage and video interviews, check out:
<http://www.swimmingworldmagazine.com/lane9/news/OpenWater/39508.asp>