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A high-angle, top-down photograph of a swimmer in a pool. The swimmer is wearing a blue and white patterned swimsuit and bright yellow fins. They are lying on their back, arms extended forward, and legs straight, gliding through the water. The pool's lane lines are visible as dark blue stripes on the light blue water. The lighting creates shimmering patterns on the swimmer's body and the water's surface.

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by **George Block**

Shortly before Christmas 2014, a small group of representatives from the American Swimming Coaches Association (ASCA), the College Swimming Coaches Association of America (CSCAA), USA Swimming (USA-S) and the U.S. Olympic Committee (USOC) met to brainstorm and develop an initial strategy to save scholarship swimming.

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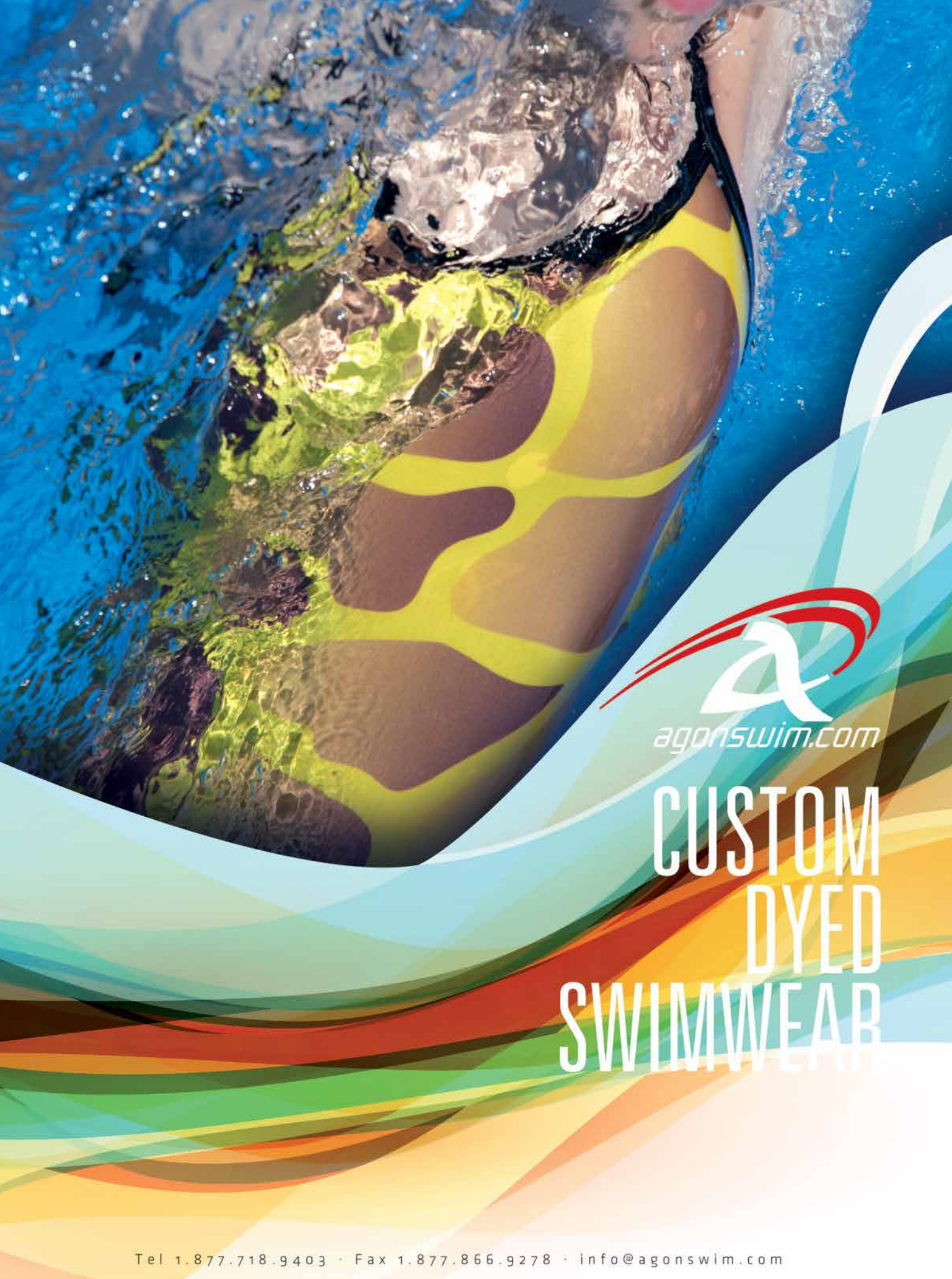
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ON THE COVER

Eddie Reese first took over the swimming program at the University of Texas Austin in 1978. It only took three years before his men's team captured their first NCAA Division I team championship. With two more team titles in the 1980s, an additional three in the '90s, another four between 2000 and 2010 and the Longhorns' 11th championship at Iowa City in March, Reese tied Ohio State's Coach Mike Peppe for the most men's NCAA Division I team titles. (See story, page 28, plus related feature, page 58.)



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ATHLETE BEHAVIOR IS SPORTS' GREATEST THREAT

BY CASEY BARRETT

No one wants that call. The one that wakes you at 2 a.m. and never means good news. It means someone, somewhere, was behaving badly, and now it's going to be your responsibility to respond. As for the one in trouble, his friends, his folks, his fans, they're all going to be disappointed. But if you're the owner of a team, or perhaps run a national governing body, it's going to fall to you to address it—and to mete out the punishment as you see fit. Like it or not, these days it's your job to judge the transgression, alongside the legal ramifications.

It didn't used to be this way. Not so long ago, when an athlete misbehaved, the legal process would play out in silent parallel as the athlete in question continued to perform day-in and day-out for his team. When Kobe Bryant was accused of rape in 2003, he barely missed a dribble. He competed through the season and the playoffs, as then NBA Commissioner David Stern declared: "We don't have a Patriot Act in the NBA. That means you're innocent until proven guilty." Which was another way of saying that there was no way that the league and the Lakers were interfering with one of its biggest meal tickets until a court decided whether or not Bryant was guilty.

Those days are gone. Nowadays, transgressions become public minutes after they happen, oftentimes with video evidence and disturbing pictures. Witness the NFL's wholesale failure to respond appropriately when Ray Rice knocked out his then-fiancee in an elevator. The appalling video forced their hand; otherwise, it was probably one more domestic assault by an athlete that would have come and gone.

Swimming has faced its own reckonings in recent years, with USA Swimming coming under fire for its handling of sexual

abuse cases with coaches, while also being forced to declare punishment when its own meal ticket, Michael Phelps, misbehaved on dry land. You can argue all you like whether it's USA Swimming's place to bear responsibility or cast judgment in these cases, but that's now beside the point. Now, like it or not, the organization that the athlete represents is forced to serve as judge and jury when bad things happen. USA Swimming has embraced that responsibility, and hasn't received enough credit for its role as a leader in this new landscape.

The *Sports Business Journal* recently published an investigation that looked into the new standards of ethics in sport. Attorney and agent Ron Shapiro, a Baltimore native like Phelps, has advised the Ravens and other teams as they negotiate the proper response to misconduct. Said Shapiro: "The real question here is what's right? Truth and ethics and integrity? Or protecting the asset? Whether it be a corporate asset, a church asset or a team asset. Historically, it was protect the asset. And now, there is some balancing taking place."

As there should be. Because it's not just a matter of right and wrong anymore, it's a matter of good business. In a survey, the *SBJ* asked fans and executives what was the biggest threat to the sports industry. Their response? Athlete conduct.

The behavior of athletes ranked higher than performance-enhancing drugs, racism and cheating as the greatest threat to sports today.

Whether it's drunk driving or sins far more extreme, if you're a world-class athlete today, prepare to be held accountable—to your team and your sport. ♦

Casey Barrett
Senior Commentator



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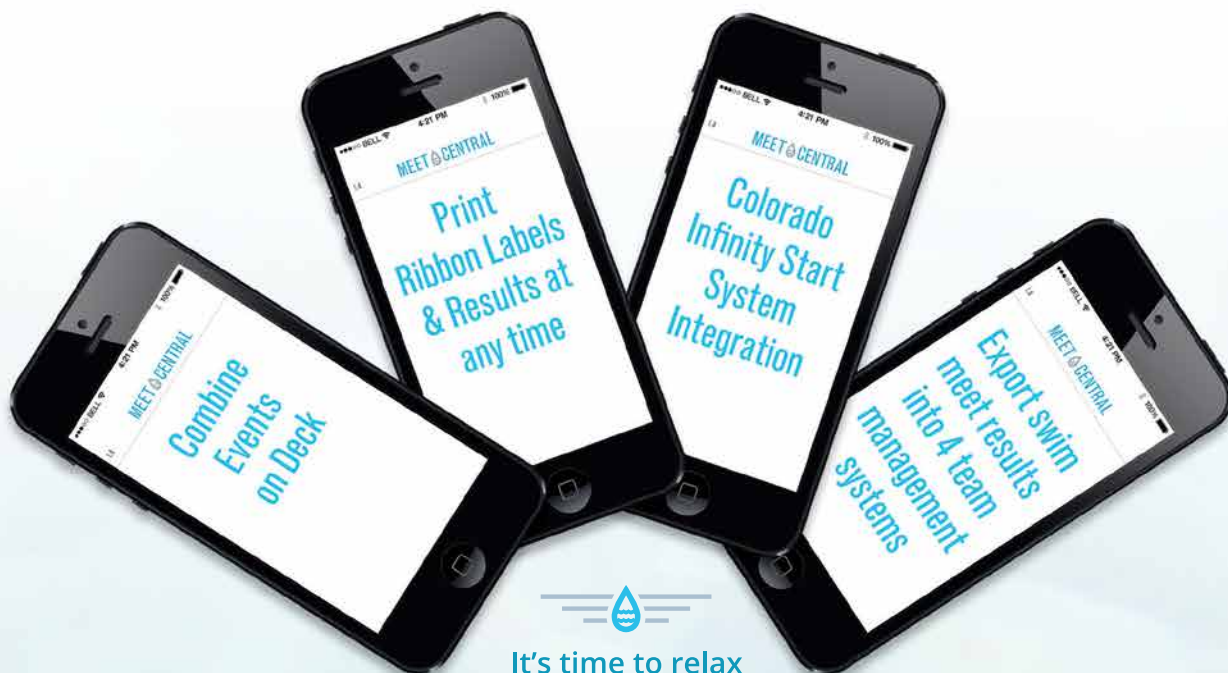


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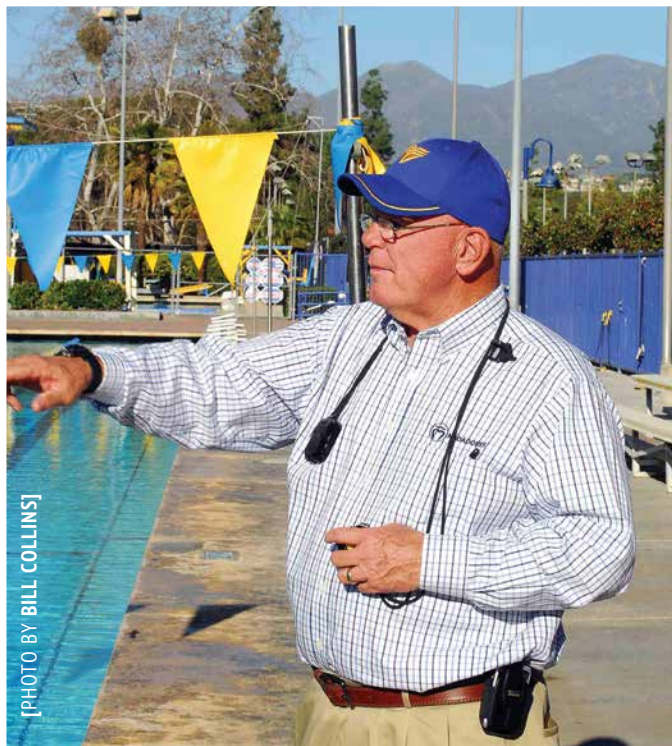
BY MICHAEL J. STOTT

SWIMMING WORLD CONTINUES
A SERIES IN WHICH TOP
COACHES SHARE SECRETS OF
THEIR SUCCESS.

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PICTURED > The TYR catalog image of Bill Rose driving a bus of raucous swimmers properly pictures a Hall of Fame coach (ASCA 2004) who has been a lion in American swimming circles since his University of the Pacific days (1968-74). During 1974-76, he built the De Anza Swim Club (Cupertino, Calif.) into the nation's largest swim club before leaving for Arizona State University and Canada. After a 10-year brokerage business hiatus, he returned a moribund Mission Viejo team to national prominence. He has mentored Olympians Mike Bruner, Chad Carvin, Larsen Jensen and Chloe Sutton, among others, and has been a fixture internationally. He has been a Pan Pacs and multi-time U.S. national team coach, head open water Olympic coach, three-time World Championships and World University Games staff member and twice a Pan-American Games leader. He has coached the Mexican Olympic team and has served the Philippines and Canada in various head coaching capacities. In 2006 and 2008, USOC named him Developmental Coach of the Year. In 2013 and 2014, he was Coach of the Year for Southern California Swimming, in part for placing Katie McLaughlin and Janardan Burns on the U.S. national teams. Rose currently serves as a member of USA Swimming's International Relations and Olympic International Operations committees as well as chairperson for the USA Swimming Open Water Steering and Open Water Swimming committees.



[PHOTO BY BILL COLLINS]

BILL ROSE

Bill Rose has made a Hall of Fame career out of creating teams, developing staff and challenging swimmers. His “let’s do something no one has ever done before” debut came at a 1975 Peter Daland clinic when he produced the results of Mike Bruner’s continuous 100 x 100 yard freestyles done under one minute. That uncharted territory led to subsequent 50 x 500 on 6:30 workouts, and exercises that produced countless national champions, All-Americans and a reputation for producing fearsome athletes.

For Rose, pain has always been a badge of honor, and his charges excelled at embracing it and the Eddie Reese mantra, “getting comfortable with being uncomfortable,” and then cycling up. “You need to train the mind to handle that kind of discomfort,” says Rose.

While he has placed Olympic athletes in nearly every event, he is more at home training distance and ultimately open water swimmers. Bruner and Carvin paved the way, but it was Rose’s orchestration of NCAA champ and international medalist Chad LaTourette and Larsen Jensen that foretold the international prowess of Fran Crippen and Chloe Sutton.

Mission swimmers are visible on deck, on the street and in the water thanks to a proud culture and a precise dress code. For the Nadadores, showing the team colors (blue and gold) at meets and meetings is a way of identifying excellence in motion.

The foundation for MVN national team excellence is rooted in people such as John Dussliere and its exceptional training programs headed by age group directors Richard Hunter, Sarah Dawson, Bryan Dedeaux and Siga Rose. Siga, who is married to the sport and to Bill, is recognized internationally for her work with swimmers ages 8 and under. “She is probably the best young person’s coach I have ever seen,” says her husband, “and the main reason we have been able to build our position here to more than 800 swimmers.”

Another reason has been the development and retention of staff. Some leave such as University of Minnesota head coach Kelley Kremer and Tennessee assistant Tyler Fenwick, but only after having served sterling apprenticeships. “I look for people who love the life and are married to the sport,” says Rose. In other words, someone like himself. ❖

Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams have won eight state high school championships.

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SHORTLY BEFORE CHRISTMAS 2014, A SMALL GROUP OF REPRESENTATIVES FROM THE AMERICAN SWIMMING COACHES ASSOCIATION (ASCA), THE COLLEGE SWIMMING COACHES ASSOCIATION OF AMERICA (CSCAA), USA SWIMMING (USA-S) AND THE U.S. OLYMPIC COMMITTEE (USOC) MET TO BRAINSTORM AND DEVELOP AN INITIAL STRATEGY TO SAVE SCHOLARSHIP SWIMMING.



BY GEORGE BLOCK

The good news is that the meeting took place. The bad news is that it was 20 years too late.

As I mentioned in Part I of this series (“Swimming Is in Trouble: Crisis in College Scholarships,” SW Feb, pages 16-18), this is a 35-year-old crisis, but one that has made headlines in the swimming community since UCLA dropped men’s swimming in 1994. For the past two decades, everyone knew it was a crisis, but left it to the college swimming coaches to solve, but the college coaches were the ones least able to affect a solution.

The college coaches were constrained both by their athletic directors and by recruiting. Coaches could not get ahead of their athletic director and say, “Our department is in fiscal trouble.” That would be the end of their job. They also could not tell the swimming world that they were worried about their program. That would be the end of their recruiting. So for 20 years, the leadership of American swimming acted in active denial,

squinting hard to avoid seeing the obvious and hoping that college coaches could solve their own problem.

On Dec. 18, the denial ended.

It wasn’t easy to get to that point. All the players in the ASCA, CSCAA and USOC agreed that getting USA Swimming to the table was the critical piece, but this subject had burned Chuck Wielgus, the executive director of USA-S, in the past. He put it away in his “too hard” box.

TASK FORCE TARGETS PROBLEM IN 2004

Leading up to the 2004 Olympics, the entire American Olympic sports world became aware of the extreme jeopardy facing Olympic sports in the new college sports environment. Teams in all sports were being dropped at an accelerating rate (both men’s and women’s, but primarily men’s)—even at schools with top programs that were producing Olympians. Out of this early recognition, the NCAA and the USOC put together a joint task force chaired by (now Notre Dame AD)

Jack Swarbrick, an Indianapolis attorney with extensive Olympic sport experience.

This task force met for a year and produced a report in September 2005. The report, in its own words, went far past “stop(ping) the bleeding” and focused on creating “an environment that also creates new opportunities through the creation of new programs or the re-establishment of programs that were previously dropped.”

The report was both insightful and brilliant. More amazingly, both the NCAA and the USOC boards approved it. What crushed Wielgus was that when it came time to fund the effort, the NCAA stepped up, but the USOC backed down. The organization that was charged by Congress with promoting and developing Olympic sports failed at the most critical moment, due to personality conflicts.

This led the NCAA to distrust the USOC and to take the position of, “If they don’t care, why should we?” Fair question. Having been intimately involved in that massive fail-



HIP SWIMMING

[PHOTO BY DAVI-ELLEN CHABNER]

ure, Wielgus was understandably reluctant to get involved once more—perhaps even more so because Wielgus knew that this time, it wouldn't be the USOC filling the fiscal role; it would be USA Swimming.

He had also been through a tough couple of years with his own board of directors. On many issues, the only time some members were behind him was to stab him in the back. He wondered how his board and membership would view taking a political and fiscal leadership role in saving scholarship swimming. Fortunately, Wielgus is always willing to listen, learn, then lead.

TIME TO RE-EVALUATE

Although he was a reluctant convener, Wielgus brought an expansive USA Swimming leadership team to the table in December. The CSCAA brought decades of data, the ASCA brought urgency and strategy, the USOC brought a notepad, and Wielgus brought focus. It became immediately clear that NCAA Division II and III swimming

are not at risk. In fact (although Division III limits access to excellence), they are expanding as a leading strategy for enrollment management at those schools. What is at risk are swimming scholarships and the elite coaching jobs that accompany them.

Wielgus worried that his board and membership would reject being asked to focus on something that is not the primary mission of USA Swimming. What would the parent of the 8-and-under swimmer who is at his or her first convention think about spending money on college swimming? Everyone around the table, even his own staff, pointed out that of the 3 Core Objectives—Build-Promote-Achieve—Build and Achieve would be crippled without scholarship swimming.

The whole group recognized that both the athletic aspirations and life lessons of swimming could be seriously damaged with any significant losses to scholarship swimming. Although becoming an Olympian is the “ultimate dream” for every American swimmer, only 52 swimmers every four years can make

an Olympic team, while every year, 5,200 swimmers compete in Division I swimming. That is the real dream, and anything that damages the dream machine harms swimming performance and values.

It is the “Dream Machine” that keeps kids training and improving and becoming a part of our Olympic pyramid. It is also the “Dream Machine” that teaches kids deferred gratification, perseverance, resilience and all those other things that are essential to swimming's shared values and culture. Everyone at the table convinced Wielgus of the need to protect the “Dream Machine.” Wielgus, in turn, convinced everyone at the table that, although the window for action is short (one year), we still needed to focus and accomplish the first things first.

WHO WILL LEAD?

The first thing was to determine which organization should “lead” and be the “face” of this effort.

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The same logic that prevailed for the past 20 years prevailed again. The CSCAA should lead this effort, so the next question was, “Why did they fail in the past?”

The CSCAA has actually been focused on this effort. Their previous two executive directors were hired specifically to focus on saving scholarship swimming, and Dr. Philip Whitten had written a very influential booklet, “How to Save Your College Swimming Program,” that wound up saving more than 20 Division I teams. But both Whitten and Coach Bob Groseth got swallowed up by the day-to-day administrative and secretarial operations of the association and were unable to put the time needed into building relationships with athletic directors and conference commissioners. Like many small businesses, the CSCAA was under-capitalized and, therefore, failed in this effort.

Around the country, there is great respect for Joel Shinofield, the current executive director of the CSCAA. He is viewed as an up-and-comer and a strong future leader in the sport. Around the table, the view was that Shinofield’s future is now. What he needs is an assistant to take on day-to-day operations, so that Shinofield can focus on the most critical issue: saving scholarship swimming. Then he needs funding for that fight—travel, most critically.

This is what Wielgus feared, but knew was coming. The only organizations at the table with access to that level of resources were the USOC and USA Swimming. For



[PHOTO PROVIDED BY USA SWIMMING]

In the end, the (USA Swimming) board gave Chuck Wielgus (pictured at left) more support than he has had in years. The board passed the following motion: that USA Swimming make a three-year commitment of up to \$125,000/year to the College Swimming Coaches Association of America for the purpose of providing its executive director with the support personnel and services that will allow him to focus the majority of his attention on working to protect and preserve DI scholarship swimming.

the USOC, this was an abstract issue. They were looking (again) to USA Swimming for best practices. How does an American sports community come together to save their sport? What is swimming doing that can be exported to other NGBs? They weren’t looking to spend money on any single sport—at least not yet.

Jim Sheehan was only elected as president of USA Swimming three months earlier, but Wielgus invited him to this meeting to

immerse him in the details and history of this issue. Sheehan is a quick study who knows how to separate “the wheat from the chaff,” and he has a strong moral compass that points him to do the right thing. Both Sheehan and Wielgus knew that whatever funds were committed at this meeting would be only the beginning. USA Swimming had to supply the arms and ammunition to fight this war, and the initial funds would only cover recon. Both men also feared the response from their own board and the house of delegates, but their board’s response pleasantly surprised them.

OVERWHELMING SUPPORT

The board gave them overwhelming support and knew immediately that this would cost much more than was being asked for now. They also knew that this was critical to the survival of American swimming. John Bitter, head coach of Santa Clara Swim Club (Calif.) and a new USA Swimming VP, played an essential role in the discussions.

In the end, the board gave Wielgus more support than he has had in years and strengthened Sheehan’s position as a new president. The USA Swimming board passed the following motion: that USA Swimming make a three-year commitment of up to \$125,000/year to the College Swimming Coaches Association of America (CSCAA) for the purpose of providing its executive director with the support personnel and services that will allow him to focus the majority of his attention on working to protect and preserve DI scholarship swimming, with a particular focus on the Big 5 conferences—the ACC, Big Ten, Big 12, Pac-12 and SEC. Included with this motion is the requirement that the CSCAA executive

Around the country, there is great respect for Joel Shinofield (pictured at right), the current executive director of the CSCAA. He is viewed as an up-and-comer and a strong future leader in the sport. Shinofield is charged with meeting with the key players and thought leaders in college sports to get their take on our best strategy. He needs to focus on the most critical issue: saving scholarship swimming.



director will provide regular activity and financial reports back to the USA Swimming board of directors at all future meetings. These reports may be either written summaries and/or personal appearances before the board.

After the meeting, Wielgus seemed to have a new spring in his step. The support from his board was something he hadn’t felt in years. If they were ready to follow, he was ready to lead. He immediately started pushing, encouraging and mentoring Shinofield.

This is the first shipment of arms to the battle. Shinofield is charged with meeting with the key players and thought leaders in college sports to get their take on our best strategy. He has to be careful. He has to listen well, but often what they want isn’t what we want.

ADs typically want yearly operating funds. This lessens their burden of annual fund raising and sponsorships, while leaving them free to cut sports. We want programs endowed, so that sports can’t be cut. That only happens if gifts are given with a “string” attached: that those gifts have to be returned if the program is cut or scholarships dropped. ADs don’t like strings, just cash.

The USA Swimming board came up big. They equipped Shinofield to do the appropriate recon and develop a strategy. The clock is ticking. Time is short. In the next installment, I will tell you what we have learned. ❖

George Block is a former president of the American Swim Coaches Association (1997-98) and current president of the World Swimming Coaches Association. He retired from the Northside School District in San Antonio in June 2009, where he served as the director of aquatics and assistant director of athletics. As a coach for the Alamo Area Aquatics Association, he developed six different Olympians in three different sports (swimming, triathlon and pentathlon) and Olympic swimmers from three different countries (USA, Nicaragua and Algeria).

THE CASE FOR SNORKELS

BY MICHAEL J. STOTT

Swim coaches of all levels embrace the snorkel as a necessary training tool that has numerous benefits, including breathing assistance, balance and improved head and body position.

Swans. NCAA Women of the Year Whitney Myers and Lacey Nymeyer plus Olympians Darian Townsend and Lyndon Ferns looked like swans effortlessly slicing the water at Hillenbrand Aquatic Center one cloudless summer day. Metronomic in their consistency, flawless in their strokes, the athletes enhanced my appreciation of the snorkel as a training tool.

First developed by the co-founders of Finis, CEO John Mix and Olympic champion Pablo Morales, their center-mount snorkel for competitive swim use was an adaptation from the sport of fin swimming (first world championship, 1976). Their initial version was made of ABS sprinkler tubes and a molded head bracket. Two early adapters were Stanford's Richard Quick and Cal's Nort Thornton. While today there are many snorkel brands, Finis still leads the category, and that piece of equipment remains the company's "most broadly used product," says Mix.

At first blush, the snorkel's *raison d'être* would appear to be breathing assistance. However, the real benefits are improved head and body position: "It is amazing how much of a problem body position is for 90 percent of kids," says Thornton.

"We use snorkels with everybody," says University of Michigan head coach Mike Bottom, "even with campers. They help teach balance in a way you can't get otherwise because every great swimmer has a hitch, minor or major, in their stroke. Even if swimmers breathe every third stroke, they learn to support their breath when they get tired. So, in my opinion, a snorkel is not an add-on; it is a necessity. At Michigan, everyone has at least one snorkel; most people have two."

In truth, the snorkel has become *de rigueur* for many competitive swimmers. At Davidson College (N.C.), the snorkel is "ubiquitous," says Coach John Young. "We put a snorkel in every equipment bag,

and we use them daily. For most sets, they are optional equipment, and the student-athletes do a good job of identifying places where their implementation adds value.

"In addition to swimming, we look to maintain body line while sculling, drilling or kicking. In addressing breathing mechanics, we find that the snorkel increases awareness for uninterrupted strokes. Some swimmers with misplaced breaths use the snorkel as a crutch, so we encourage them to understand why they are utilizing it in their training," he says.

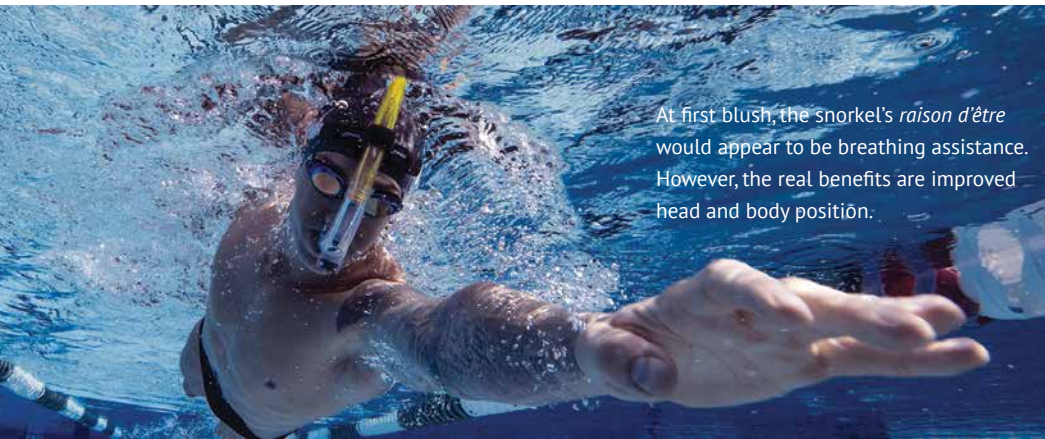
Another believer is Billy Doughty, co-head coach of DART (Davis Arden Racing Team), a USA Gold Medal club in Davis, Calif. "Snorkels are required for our 13-and-older swimmers," he says. "We use them mostly for body position work—pulling, kicking or drill sets where we want to maintain a great body alignment. Snorkels allow swimmers to focus on certain aspects of the catch and head position."

Greg Wriede is director of competitive swimming at The Peddie School and also a U.S. national junior team coach. While a firm believer, he says, "We have actually gotten away from mandatory snorkels for our older kids. I have a few athletes who use them to help with body alignment for sprinting, but with our senior level team, we do not use them for group sets.

"On our club team, we do require snorkels for younger swimmers who need to work body alignment and the front catch of the free stroke. Younger swimmers have to learn motor control and have seamless breaths within a stroke cycle, something that is a difficult thing to master," he says.

"Senior level swimmers need to learn to use the breath to advance the body through the water. I want much of our swimming

— continued on 16



At first blush, the snorkel's *raison d'être* would appear to be breathing assistance. However, the real benefits are improved head and body position.

the catch and concentrate on pushing energy forward,” says Doughty.

“One snorkel breast drill is done without lifting the head. This permits swimmers to focus on the catch. It also helps work on quick recovery and keeps swimmers from getting hung up under their bodies with a slow breath. Another breast snorkel drill we do is called the copycat. Athletes swim full stroke with a breath followed by a second stroke with no breath while leaving the head down and in line. This emphasizes alignment and is aimed at eliminating any pauses in the stroke,” he says. The goal is for non-

snorkel swimming to replicate that done with the aid.

Few have embraced the snorkel as has Nort Thornton: “We’ve used them for years and years. They definitely do help,” he says. As head coach emeritus at Cal, he works with breaststrokers twice weekly. “Most everything we do with breaststroke is with snorkels because it creates a very positive head position and body line. The average swimmer is so concerned about air that the head comes up and then the hips go down and pretty soon create drag and resistance. So I use snorkels 60 to 70 percent of the time to swim.”

Finis CEO Mix notes that the snorkel is, oddly enough, even used for backstroke. On backstroke, swimmers have rotated the tube to get hypoxic training and correct vacillating heads. “When there is head movement, the tube wavers, and it is very easy to see from the pool deck, giving coach and swimmer a starting point for coach correction on this major backstroke flaw,” he says.

SNORKELS – continued from 15

done at a high velocity. I do like the snorkel for sprint freestyle in teaching swimmers to press and lean into their speed. The snorkel takes away the head movement and allows athletes to have a focal point in the water,” says Wriede.

DIFFERENT STROKES

For experienced coaches, snorkel use is not confined to freestyle. Doughty uses it extensively with kick sets, breaststroke and butterfly. On butterfly scull work, he has swimmers do three kicks while setting up the high-elbow catch. He asks them to maintain a flat body line while pulling forward and recovering the arms under water. “This is all about sending energy from the pull forward. A second drill is done butterfly with a free kick. We have swimmers focus on entry position and the anchor point with high elbows, set

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Early on, snorkels also found their way into dryland. “The first group I had was probably with Matt Biondi (world record holder and Olympic medalist in 1984-88-92),” says Thornton. “We ran stadium stairs wearing sawed-off snorkels upside down so that the saliva would run out and they wouldn’t choke to death. It worked really well. We found out that the intercostal muscles between the ribcage got sore for the first time. In essence, the snorkel restricts

RESTRICTED BREATHING

It wasn’t long thereafter that Mix learned that teams were taping the tube end for greater hypoxic training. “My engineers were very concerned about the danger involved,” says Mix. “We ran a test on a regulator with a breathing device to measure the joules per liter that it takes to get the dead air out of the tube. Contrary to popular belief, it is the energy required to expel the dead air out of the tube rather than the inhalation phase that is the issue. We found that if you covered half of the snorkel air hole, you doubled the workload. Any more than that is dangerous,” he says. These days, Finis encourages the use of a restrictive breathing device for safety called the Cardio Cap, though many athletes still settle for other means of covering the hole.

At Michigan, sprinters tape snorkels for inspiratory muscle training. “We don’t do it for oxygen restriction, but more to train the muscles to breathe in and then only one to two times per week and not for very long,” says Assistant Mark Hill. “We are not trying to restrict breathing while doing aerobic work.” That concept correlates with Michigan’s prohibition against competitive breath holding. When doing any type of hypoxic training, Wolverine swimmers

are required to partner up, stay above water and swim no more than 50 yards.

Partnering up—sounds like what the swimming world is doing with the snorkel. ❖

Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams have won eight state high school championships.



“We use snorkels with everybody—even with campers. They help teach balance in a way you can’t get otherwise.... In my opinion, a snorkel is not an add-on; it is a necessity. At Michigan, everyone has at least one snorkel; most people have two.”

— Mike Bottom, head coach,
University of Michigan

air intake and also requires swimmers to work harder to expel the bad air caught in the tube. We were trying to get the ribs to expand so they could get more air in with a normal breathing pattern. It was pretty messy, but it worked,” says Thornton.



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BUTTERFLY

BY ROD HAVRILUK

Many people believe that the technique of the fastest swimmers is worth copying, resulting in 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.

Common recommendations for butterfly breathing call for a “neutral” angle at the neck and for maintaining the head and torso “in alignment.” These recommendations require “lifting the head” (a strictly vertical motion maintaining the alignment of head, neck and body) as opposed to “extending at the neck” (a primarily rotational motion of the head about the neck joint). Comparison of body and neck angles allows for a scientific evaluation of butterfly breathing and conclusions about which movement is more effective.

TYPICAL BODY POSITION ON A BREATHING STROKE

Butterflyers typically do not keep the body level during breathing, which generates more resistance. For example, the college swimmer in **Fig. 1** has his shoulders above the surface and feet far below the surface.

The reason for the angled body position is that swimmers usually “lift” their head to breathe and keep their head in alignment with the neck and body. Swimmers also typically synchronize the head lift with the kick downbeat, resulting in a body angle of 30 degrees or more.

SWIMMING TECHNIQUE MISCONCEPTION

A common technique misconception is that a butterflyer should not change the angle at the neck to breathe. Typical advice is to maintain the non-breathing neck angle when breathing to avoid submerging the hips and increasing resistance. However, swimmers can actually minimize resistance by using the full range of motion of the neck to breathe.



FIG. 1

FIG. 1 > (LEFT) This swimmer's arms are at the finish of the push phase on a breathing butterfly stroke. The increased body angle generates excess resistance.

MINIMIZING RESISTANCE

The area of the body that is perpendicular to the direction of motion is the “cross-sectional” area visible from a front view. The cross-sectional area that a swimmer pushes through the water is a key determinant of swimming resistance. The smaller that a swimmer can make his/her cross-sectional area, the faster he/she will swim.

An oval drawn around the shoulders is the smallest cross-sectional (resistive) area that a swimmer can present to the water. **Fig. 2** (next page, top right) shows a biomechanical model of a swimmer in an effective position at the completion of a non-breathing butterfly push phase. The angle of the body is zero degrees. Almost all of her submerged body fits within the oval to minimize resistance.

BREATHING MOTION OPTIONS

To breathe, a swimmer has two main options to position the mouth above the surface: 1) change the angle at the neck; or 2) change the angle of the body. In **Fig. 3** (next page, middle right) the model maintains the non-breathing neck orientation and angles the body.

The excess resistive body area is obvi-

ous from the yellow oval. Less than one-half of the submerged body area fits within the oval. The resistive area of the model in **Fig. 3** is similar to that of the swimmer in **Fig. 1**.

Alternatively, a swimmer can change the angle at the neck to breathe. The model in **Fig. 4** (next page, bottom right) is extending her neck through the full range of motion (about 60 degrees). Similar to the non-breathing position in **Fig. 2**, nearly all of her submerged body fits within the yellow oval. Although the shoulders also appear outside of this oval, they are above the surface and not causing resistance against the water.

LEARNING TO USE THE NECK TO BREATHE

A swimmer will not naturally use the full range of motion at the neck to breathe. Learning to use complete neck extension may initially be uncomfortable, which discourages swimmers from practicing sufficient repetitions. However, deliberate practice can quickly overcome the uncomfortable feeling and minimize the time required to notice benefits in improved performance.

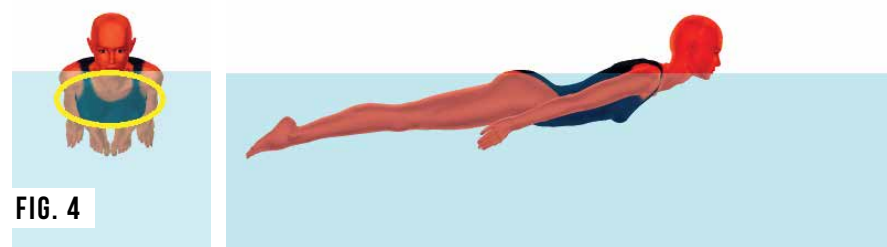
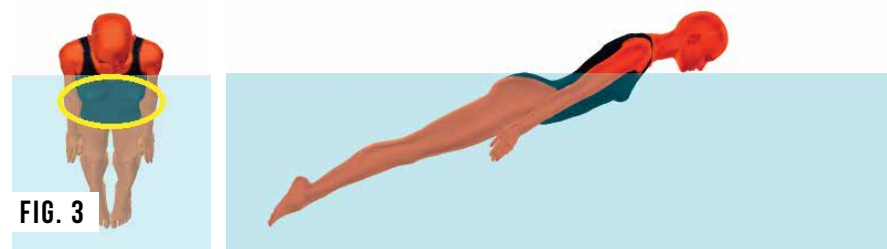
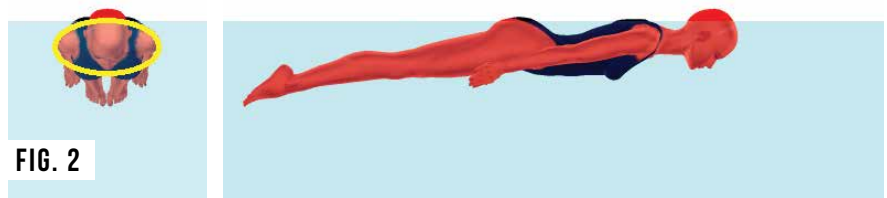
As with other technique improvements, there are cues that a swimmer can use to learn to extend the neck completely for an

BREATHING

FIG. 2 > (TOP, RIGHT) Front and side views of the finish of an effective non-breathing butterfly push phase. The yellow oval around the shoulders shows the smallest possible resistive body area.

FIG. 3 > (MIDDLE, RIGHT) This model has all the same body-part orientations as in Fig. 2 with the exception of the angle of the body in order to position the mouth above the surface.

FIG. 4 > (BOTTOM, RIGHT) In this position, the model has all the same body-part orientations as in Fig. 2 with the exception of the angle at the neck. The neck is completely extended to position the mouth above the surface for breathing.



effective breathing motion. As the neck begins to extend, the swimmer can feel the chin move forward through the water. As the neck completely extends, the swimmer can feel the limit of the range of motion at the back of the neck. When the head is in position to breathe, the swimmer can see the wall at the end of the pool.

As much as possible, it is beneficial to breathe every other stroke. If a swimmer fails to extend the neck on a breathing stroke and, instead, lifts the head and angles the body, he/she can immediately regain an effective head and body position on the next (non-breathing) stroke. The swimmer can then put more of an emphasis on complete neck extension on the next breathing stroke. ❖

Dr. Rod Havriluk is a sports scientist and consultant who specializes in swimming technique instruction and analysis. His unique strategies provide rapid improvement while avoiding injury. He can be reached at the website for Swimming Technology Research (Tallahassee, Fla.): www.SwimmingTechnology.com.

SUMMARY

The conventional wisdom is for a swimmer to maintain the same angle at the neck during breathing and non-breathing in butterfly. However, if the swimmer does not change the neck angle, then he/she must change the body angle to position the mouth above the surface. When the body angle changes, the swimmer generates excess resistance, expends more energy and swims slower.

An effective breathing motion requires extension at the neck through the full range of motion. If a swimmer completely extends at the neck, the body remains horizontal so that resistance is minimal. A swimmer can expedite the learning process by focusing on cues to change the breathing motion.

WOMEN'S NCAAAs

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THE TOP 10

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	3. STANFORD	363.0		8. USC	163.0
	4. TEXAS A&M	231.0		9. FLORIDA	129.0
	5. VIRGINIA	229.0		10. INDIANA	126.0

When Farida Osman hit the water as anchor of Cal's 200 free relay, the pool belonged to the Bears. The majority of the meet followed suit. Cal won the meet's first event in 1:26.41 with a team of (from left) Osman, Kaylin Bing, Missy Franklin and Rachel Bootsma.



HEART-AND-SOUL BATTLES

GREENSBORO, N.C.—Prior to the first event of the 2015 NCAA Division I Women's Swimming and Diving Championship, there was a bubble of nervous energy waiting to be popped. The 200 yard free relay, often seen as a benchmark of how the meet will go, told a story. Stanford had the lead through the first three legs, but as soon as Cal's anchor, Farida Osman, hit the water and turned in a 21.17 anchor—the race's fastest split—the pool belonged to the Bears. The majority of the meet followed suit.

Missy Franklin had extra emotion attached to all of her races, knowing they would be her last as an amateur athlete representing Cal at NAAs. She was the first female to win all three individual races at NAAs in four years, and the second Cal Bear ever (Natalie Coughlin was the first) to do so. Her 200 IM and 200 back were dominant Missy victories, but her 200 free American record (1:39.10) was a swimming masterpiece.

Kelsi Worrell, a Louisville junior, snatched the 100 fly American record from Coughlin's enduring grasp with a 49.89 prelim effort and broke her own Ameri-

can record hours later in finals (49.81). Stanford sprint standout Simone Manuel cooked up an American record to win the 100 free (46.09). Cardinal teammate Lia Neal took second and Natalie Hinds of Florida came in third in the 100 free, making for a historic podium moment for these three African-American women who are blazing a trail for minority kids to dive into the sport of swimming.

Georgia had a remarkable Day 1, but Cal reined the Bulldogs in on Day 2 and only gained momentum rolling through finals of Day 3. The title was taken decisively, but there were heart-and-soul battles going on through the final relay between Texas A&M and Virginia for fourth and USC and Texas for seventh.

As usual, NAAs revealed the gamut of emotions: tears of profound disappointment and elated expressions of shock and joy. Read on for some of the more striking stories from the fastest yards meet in the world. —A.G. ❖

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HISTORIC FINISH IN WOMEN'S 100 FREE

When the eight ladies stepped onto the blocks for the final of the 100 yard freestyle at the DI women's championships, everyone knew something special was going to happen.

Something special did indeed happen, but it wasn't the American record (46.09) set by winner Simone Manuel or the Stanford 1-2 finish that included Lia Neal that had people talking for days after the race. Finishing third was Florida's Natalie Hinds, which completed a historic presence on the podium in Greensboro, N.C.

For the first time in American swimming history, three women of color placed in the top three at a major championship meet. It became a major step forward in USA Swimming's work not only to motivate more minorities to become swimmers, but to get more minorities on national teams.

Before that swim on March 21, African-American swimmers had done very well in elite competitive swimming in recent years. Notable swimmers such as Anthony Ervin, Maritza Correia and Cullen Jones have won national titles in the past 15 years and have won medals at the Olympic Games. At previous NCAA championships, more than one black swimmer has stood on the podium on a few occasions, dating back to Florida's Anthony Nesty and UCLA's Byron Davis in the 100 butterfly at the 1992 meet. Most recently, Florida's Shaune Fraser and Texas' Dax Hill went 1-2 in the men's 200 free at the 2011 meet to mark the best performance by black swimmers at a U.S. championship.

Manuel and Neal have been making history in the sport for many years, and it's a testament to the progression of the sport and their views on their place in swimming that neither immediately thought about achieving a milestone with the swim. As for Hinds, it was a major step forward to get the third-place finish after being on the outside looking in for many years.

"It (the 1-2-3 finish) was something much bigger than ourselves because we are helping inspire other people to realize they can do this, too," Manuel said in an interview with USA Swimming. "And they will, just like we did."

Who knows when the next black swimming champion will come along? Since 2008, USA Swimming's Make A Splash initiative has worked with the major goal of reducing the drowning rate among minorities. Manuel and Neal have been a part of the Make A Splash swim clinics, inspiring the next generation. One, two or three of the children they met could be standing together on a podium at the NCAA Championships in 10 years, celebrating the continued progress of minorities in swimming. —J.C. ❖

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For the first time in American swimming history, three women of color placed in the top three at a major championship meet. (Below, from left) Stanford's Lia Neal and Simone Manuel finished second and first, respectively, in the 100 free, while Florida's Natalie Hinds (above) took third.





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After Louisville's Kelsi Worrell dropped more than two seconds in the 200 yard fly—making her the third fastest all time—spectators across the pool saw Worrell's jaw drop and freeze as she stared at the clock and tried to absorb those digits on display.



Throughout the meet, Missy Franklin (center, being hugged by her Cal teammates) was more emotional than we had ever seen her. Why? It was her final meet on her college team.



WHIRLWIND WORRELL LETS AMERICAN RECORDS FLY

A young Kelsi Worrell and her family went to the neighborhood pool one summer evening in New Jersey and noticed some commotion. They learned they were watching their first swim meet. Worrell wanted in on the action. She joined the swim team at age 7, but was not instantly wooed by the sport.

"I hated the cold water and the early mornings," Worrell said. But her natural talent soon raised expectations. People began telling her in her early club swimming days, "You're going to go to the Olympics." This was frustrating to Worrell because "they had no idea how hard it is to make it," she said. "Only .0001 percent actually make it."

Fast-forward to college swimming. Junior Worrell led the Louisville Cardinals to their highest NCAA ranking ever (sixth) with a series of dazzling swims.

"Whirlwind Worrell" stared down at the tattoo on her foot as the starter announced, "Take your mark." The ink reads, "Luke 12:22-31," which references a scripture about letting go of worries. This reminder gave Worrell "an overwhelming peace" as she prepared to go off at the 2015 NCAAs.

The air in the Greensboro Aquatic Center was not kind to Worrell's lungs. Her asthma was acting up, but she was not about to let "something so small" affect the meet she trained for all season. The only time her breathing looked belabored to onlookers was when she took her own breath away with her swims.

Worrell warmed up her 100 yard butterfly with the fastest split in NCAA history, a 49.56 in the 400 medley relay. Her 21.96 50 fly split in the 200 medley was also the quickest NCAA split ever. In prelims of the 100 fly, Worrell touched in a jarring time of 49.89. The crowd was on its feet, and Worrell's mouth gaped in shock after breaking Natalie Coughlin's 13-year-old American record (50.02). In finals, Worrell chopped off another 8-hundredths to break her own American mark with an unreal 49.81.

Worrell's reaction after her first American record: "I have no words. I don't know when it's going to hit me." By Day 3, Worrell was still surprised by her speed.

"I was not expecting to win the 200 fly," Worrell said, though she had seen some promising times in practice the week prior to NCAAs. "I had a hunch I could shock myself," she said.

In finals, she dropped more than two seconds and touched at 1:51.11, making her the third fastest 200 yard flyer of all time. Spectators across the pool saw Worrell's jaw drop and freeze as she stared at the clock and tried to absorb those digits on display.

The summer of 2013, Worrell dealt with mono. In the summer of 2014, she sprained her ankle four weeks before World Trials. The world has yet to see a healthy Worrell swim long course.

Kelsi Worrell, Olympian. She has not attained the title yet, but "it's starting to become a reality" in her mind. She is a true contender to represent the USA in Rio. —A.G. ❖

A BEAR-HUG FAREWELL FROM MISSY

Cal Coach Teri McKeever said, "Make them remember you," as Missy Franklin made her way to the ready room prior to, perhaps, the most anticipated race of women's NCAAs—the 200 yard free. Missy and Stanford freshman Simone Manuel were set to duke it out, but Franklin went out fast and never let up. No woman had ever dipped beneath 1:40 in the 200, so when Missy annihilated that barrier with a 1:39.10—eclipsing runner-up Manuel's 1:41.45 in the process—onlookers gawked at the time and at the performer.

Franklin seldom seems wowed by her own times. This swim was different. She climbed out of the pool utterly drained, and laid on her back to reflect upon the historic swim she had just put together.

Throughout the meet, Franklin was more emotional than we had ever seen her. Why? It was her final meet on her college team. She acquired new family members who lived through the same arduous practices as her, balanced school with swimming together, and bared their souls to each other as they pressed toward a common goal, knowing that winning an NCAA title would make it even more meaningful.

Missy the Missile now knows what it feels like to win an NCAA title alongside her swim sisters. But as she reflects on her days as a Golden Bear, it wasn't the team title that made it worth it. Every step of the season was worth it. During a press conference at NCAAs, Missy recalled studying in the Berkeley library with her teammates and having an epiphany as she realized not everyone had a group such as this, a group so at home around one another.

Missy's most magical memory as a Cal Bear does not even involve a race in which she swam. Rather, it occurred as she cheered her teammates on at the last-chance meet on the Sunday following Pac-12s. Cal was the only team left in the natatorium when two of the Lady Bears clinched their cuts.

"I will never forget that day, or the joy and empowerment I felt watching my teammates never giving up and fighting until they felt they got what they deserved," Franklin said.

Coach McKeever's intensity welded with Missy's light-hearted approach, and sparks flew this season. Missy's 1:52.11 victory in the 200 IM and her busting under 1:48 in the 200 back to win with a 1:47.91 were evidence of progress made in the pool with Coach McKeever. She split a 45.98 to anchor the Bears' 400 medley relay, a 21.28 as part of the winning 200 free relay, anchored the NCAA title-taking 800 free relay in a 1:40.05 and led off the 400 free relay with a 46.66.

Did Missy make the right decision bypassing loads of dough to swim in college for two years? The answer: a resounding "Yes!"

"I could never have imagined the strength I would feel getting up behind the blocks—at a dual meet or NCAAs—knowing that I had an entire family who believed in me," Franklin said. Team USA's golden girl enters the professional realm with a sense of what it's like to go to battle with and for her team. We can only say thank you to Cal for what this drive will do when she's competing for her country. —A.G. ❖

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NO STRANGER TO ADVERSITY

Purdue swimmer Emily Fogle placed 42nd in the 200 yard breast at NAAs. Her time of 2:12.92 may not blow you away, but after hearing her story, it will. Fogle lost her mother suddenly in April 2013, as Emily was recovering from one of three hip operations. Fogle had struggled with disordered eating as she tried to shed pounds to swim faster. After losing her mom, and losing her identity as a swimmer, anorexia took hold of her life. She lost 50 pounds and clung to the disorder because it was the one thing in life she felt she could control.

"I think back to some of my darkest days—I was downright unpleasant because of malnutrition, anger due to the death of my mom and anger that I wasn't swimming," Fogle said. "Even then, my teammates loved me when I wasn't very lovable."

In 2014, thanks to the support of her father, sister and the Purdue family, Fogle found herself miraculously back in the pool. Just before Thanksgiving of 2014, Fogle was told she had been training with mono. Being no stranger to adversity, she recovered and did the unimaginable. At the Big Ten Conference Championships, Fogle went a 2:10.26 and qualified for NAAs. —A.G. ❖

With all the adversity Purdue's Emily Fogle has faced in the last few years, it's a miracle she even qualified for NAAs. But with the support of her father, sister and her Purdue family, she swam a 2:10.26 in the 200 breast at the Big 10 Championships to qualify, then finished 42nd at NAAs.



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to download a more in-depth feature about Emily Fogle and her road to the NAAs.

NEVER GIVE UP!

Sarah Henry thought a swimming career was not meant for her after making "an epic block" in ultimate frisbee then coming down on a rock her junior year in high school. She tore her ACL, MCL and her meniscus. A cadaver ligament was grafted to her bone and she rehabbed her way back into the pool.

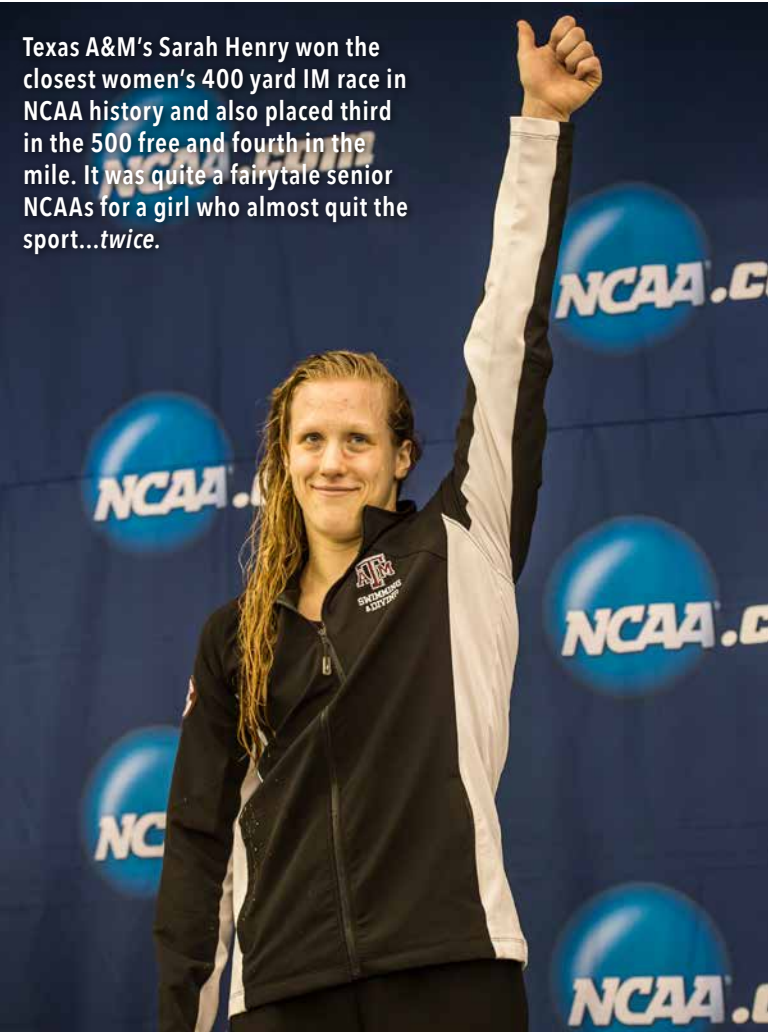
After her freshman season at Texas A&M, Henry re-tore the ligament as the cadaver donation had never taken to her bone. Emotionally crushed, she was out for six months. She considered quitting again, but her Aggie teammates stayed on her with encouragement.

She sat out the 2011-12 season, but by January 2012, she was nearing best times again. She was back. At her final NAAs in her home state of North Carolina, Henry won the closest women's 400 yard IM race in NCAA history (4:02.47 over Haley Flickinger's 4:02.73).

The remarkable part? Her breaststroke. The stroke she was uncertain she would ever swim again was the fastest in the field. Henry also took third in the 500 free and fourth in the mile. It was quite a fairytale senior NAAs for a girl who almost quit the sport...twice.

In addition to being a national champion, Henry plans to add "physicist" to her resumé. She will graduate with a B.S. in physics this May and plans to begin pursuing a Ph.D. in physics in the fall of 2016. After graduation, Henry will be "partnering with a professor to do some good research in the field of cosmology and dark matter," while she looks for ways to get even faster in blue matter leading into Olympic Trials. —A.G. ❖

Texas A&M's Sarah Henry won the closest women's 400 yard IM race in NCAA history and also placed third in the 500 free and fourth in the mile. It was quite a fairytale senior NAAs for a girl who almost quit the sport...twice.





ALL FOR ONE AND ONE FOR ALL

BY JIM STROMSKI

Many people become a swimming official because their “team needs officials to hold a meet.” I find this motivation to be shortsighted at best and detrimental to local age group swimming at its worst. How?

Foremost is that other clubs need officials for their meets. When hosting a meet, there are so many critical, non-officiating jobs that taking people away from them to run the deck can cause problems in other areas. Using your most experienced timing system operator as a turn judge can be detrimental to the athletes’ experience when the inevitable computer problems occur. A team hosting a meet should focus on hosting and rely on officials from other teams to staff the deck.

Furthermore, what do you do when your referee, starter, etc. suddenly can’t be there? Right or wrong, officials know who does and does not help officiate their club’s meets. Would you expect others to step up and help you when you’ve never done anything to help them? Fostering a mutually cooperative officiating environment is much more beneficial than being an “island” unto oneself.

An “officiating island” implies isolation and negatively affects both the athlete and official. Officials only working their own club’s meets miss opportunities to improve as officials and risk falling into the “we’ve-always-done-it-this-way” trap, where non-standard officiating processes and procedures can foster and develop. The athlete suffers when suddenly confronted with something unknown or is possibly overly officiated in some aspect of their stroke.

These officials are also missing out on one of the joys of officiating: meeting and working with all sorts of different people. Over the years, I’ve had the pleasure of working and socializing with some of USA Swimming’s most experienced and knowledgeable officials, and you just can’t replicate that experience, knowledge, wisdom and seriously funny stories by staying “on the island.”

If you’re an “island” official, I hope you reconsider and decide to expand your officiating world. Remember: it’s “all officials for the athlete and one official for all athletes!” ❖

Jim Stromski is the officials chair of the Niagara LSC.



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Walter Smalley



Southeastern Swimming’s Walter Smalley became an official in 1995 and a referee in 1996. At every meet hosted by his home team, he completed the physical set-up, served as referee and then remained to store the equipment. Often he had

to fix an electrical, plumbing, results or timing problem while simultaneously running the meet in an older facility. When Smalley became a member of the Southeastern Officials Committee in 1999 for West Tennessee, he was the only local referee. He immediately began a vigorous teaching program with clinics that covered officiating, Hytek and timing console training, resulting in 15 very experienced referees in West Tennessee. In 2013, Smalley was elected the officials chair of his LSC. He now ensures that the USA rules and certification procedures are understood and followed uniformly within the extended geographic area of Southeastern Swimming. He oversees 400 officials spread over three states—Tennessee, Alabama and North Florida—while continuing to recruit, train and retain officials in West Tennessee.

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MEN'S NAAs

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University of Texas, 2015 NCAA
Division I men's champions

TOO EASY!

STORIES BY DAVID RIEDER, JEFF COMMINGS, JASON MARSTELLER AND MICHAEL J. STOTT • PHOTOS BY PETER H. BICK

AS TEXAS SWIMMERS DOMINATED THE COMPETITION AT NAAs BY WINNING SEVEN EVENTS AND SETTING RECORDS EN ROUTE TO A 129-POINT MARGIN OF VICTORY, COACH EDDIE REESE TIED OHIO STATE'S MIKE PEPPE (1931-63) AS THE WINNINGEST NCAA DIVISION I COACHES (11 TITLES) IN MEN'S SWIMMING AND DIVING.

THE TOP 10

	1. TEXAS	528.0		6. STANFORD	209.0
	2. CALIFORNIA	399.0		7. GEORGIA	208.5
	3. MICHIGAN	312.0		8. NORTH CAROLINA STATE	199.5
	4. USC	278.0		9. AUBURN	182.0
	5. FLORIDA	248.0		10. ALABAMA	176.0

KEYES

Will Licon led the way for Texas with a pair of national titles (200 yard breast, 1:49.48; and 400 IM, 3:36.37) and a runner-up finish in the 200 IM.



CRUISE CONTROL

IOWA CITY, Iowa—Any expectation of a tight race for the team title at the 2015 NCAA Division I Men's Swimming and Diving Championship vanished as soon as the first championship final entered the pool.

The Texas Longhorns blew everyone else out of the water and cruised home to the team title with 528 points. The 'Horns shined across the board, especially in the 100 fly, where they placed a record six swimmers in the top eight and swept the top four spots in the final.

For Coach Eddie Reese, it was his 11th team championship, tying him with Coach Mike Peppe of Ohio State (1931-63) for most DI men's swimming and diving titles. Reese's title teams have been laden with stars—Ian Crocker and Brendan Hansen in 2001 and 2002, Dave Walters and Ricky Berens in 2010—and this team wasn't any different.

Will Licon led the way for Texas with a pair of

national titles (200 yard breast, 1:49.48; and 400 IM, 3:36.37) and a runner-up finish (200 IM), while Joseph Schooling swept the butterfly events (44.51, 1:39.62) and Clark Smith won the 500 free (4:09.72). Texas also won the 200 free and 400 medley relays (1:15.86, 3:02.23 American/NCAA record).

California's Ryan Murphy used a Swimmer-of-the-Meet effort to lead his team to second place with 399 points. Murphy swept both backstroke events, establishing an American record in the 200 (1:36.77) and NCAA record in the 100 (44.17). Murphy and the Bears were also victorious in the 200 medley relay (1:22.74).

Michigan finished third (312 points), while Cristian Quintero led USC to fourth place (278) with a victory in the 200 free (1:32.03) and contributions to wins on the 400 and 800 free relays (2:47.06, 6:11.64). —D.R. ❖

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SIX-SHOOTERS

The two minutes after the finish of the sixth heat of the men's 100 yard butterfly were agonizing. Everyone inside the Campus Recreation and Wellness Center at the University of Iowa had their eyes transfixed on the scoreboard, waiting for the official list of the eight championship finalists who would swim the event later that evening.

Everyone was silently asking the same questions in their head as a tense pause filled the pool area. Will it happen? Could it happen? And then...it happened.

Two seconds after the last names of the eight finalists flashed on the screen, the athletes representing the University of Texas erupted in screams and began a series of high-fives among the team mixed in with the signature "Hook 'Em Horns" hand sign. In the spectator area, parents and Longhorn alumni stood with mouths agape as they witnessed history being made.

Six swimmers from Texas made the 100 fly championship final, marking the first time that so many from one university had competed in a championship final at the DI men's championships since the meet started using eight lanes in 1985. Joseph Schooling, Jack Conger, Tripp Cooper, Will Glass, John Murray and Matt Ellis all were a part of the historic event for Texas, while Ohio State's Matt McHugh and North Carolina's Sam Lewis completed the field.

Even laid-back head coach Eddie Reese, who counters the physicality of his peers with a stoic on-deck presence, said that "my heart rate got above 50" when he saw the list of championship finalists.

The most any school had previously mustered for an NCAA final was four. That was done three times in, coincidentally, the 500 freestyle. USC did it first in 1985, followed by Michigan in 1994 and

1995. Texas didn't bother with just one-upping history, immediately giving the historic six the nickname of "Six-Shooters." The number crunchers were furiously calculating possible points, with Texas scoring as many as 95 and as few as 81. Either way, it was destined to be the event that would clinch the title for Texas.

How did it happen? In interviews with the media, Reese pointed to a new daily routine for every athlete on his men's squad: a set of underwater dolphin kicking that served as a practice warm-up.

"Besides freestyle, (underwater dolphin kicking) is the fastest way you can move through the water," Reese acknowledged. "It's very important to do it very well, especially at the NAAs."

Texas did more than "very well" in the 100 fly final, with the Longhorns claiming the top four positions on the podium in what was clearly the fastest field ever assembled in that event in NCAA history. Freshman Joseph Schooling won his first individual NCAA title in 44.51, with Conger (44.55), Cooper (45.06) and Glass (45.56) setting another record for a 1-2-3-4 podium sweep of the event. A few schools had managed a 1-2-3 sweep before, but the top four places—plus a sixth-place finish by Ellis (46.12) and an eighth-place time of 46.72 from Murray—was unprecedented.

Texas scored 92 points in the event, which had everyone in disbelief. Only 15 of the 39 teams that scored points tallied more than 92 in the entire meet (21 events)!

Can Texas top that in 2016? Cooper was the only senior among the "Six-Shooters," and waiting in the wings could be incoming sophomore Brett Ringgold, who was 19th in the 100 fly prelims. —J.C. ❖

RECORDS ARE MADE TO BE BROKEN

Some records just loom larger than others. Some, for example, belong to legends whose legacies have long been cemented; others are barriers that seem impenetrable.

For Stanford's David Nolan, the 1:40-barrier has long been the gold standard in the 200 yard IM. "It's always been a goal—ever since high school when I was swimming pretty fast," said Nolan. Four years ago, as a high school senior, Nolan clocked 1:41.39, beating his previous high school mark by more than two seconds.

At the time, only three men had ever swum faster, including Ryan Lochte, who graduated from Florida in 2007 with NCAA marks in four individual events—three of which doubled as American records. Lochte's 200 IM college mark stood at 1:40.55, and he lowered the American record later in 2007 to 1:40.08.

Despite enrolling at Stanford as already one of the fastest swimmers in history, Nolan did not establish the 200 IM as his own until this season. He won the event his sophomore year with a then-best time of 1:41.21, and he finished third two other times. But as a senior, Nolan broke Lochte's American record at the Pac-12 Championships with a 1:40.07.

All that was left was a sub-1:40 performance.

At NAAs, Nolan didn't leave any doubt. In the 200 IM final, he led by more than a second at the 100. When he touched the wall nearly a full body length ahead of runner-up Will Licon, the second

digit on the scoreboard showed "3." Final time: 1:39.38.

Two more Lochte records—100 and 200 back—fell at this year's championship, courtesy of Cal's Ryan Murphy, who was named Swimmer of the Meet.

Murphy, a sophomore, erased Lochte's NCAA mark of 44.60 in the 100 back, leading off his team's 400 medley relay in 44.17, just 1-tenth shy of Nick Thoman's American mark of 44.07. Followed by Chuck Katis, Justin Lynch and Seth Stubblefield, Cal's relay finished second in 3:01.60, an American record.

In the 200 back, Murphy—the defending champion and top seed—had his sights set on Lochte's American standard of 1:36.81. He swam ahead of record pace the entire way and powered his underwater kicks to the fastest short course yards time ever: 1:36.77.

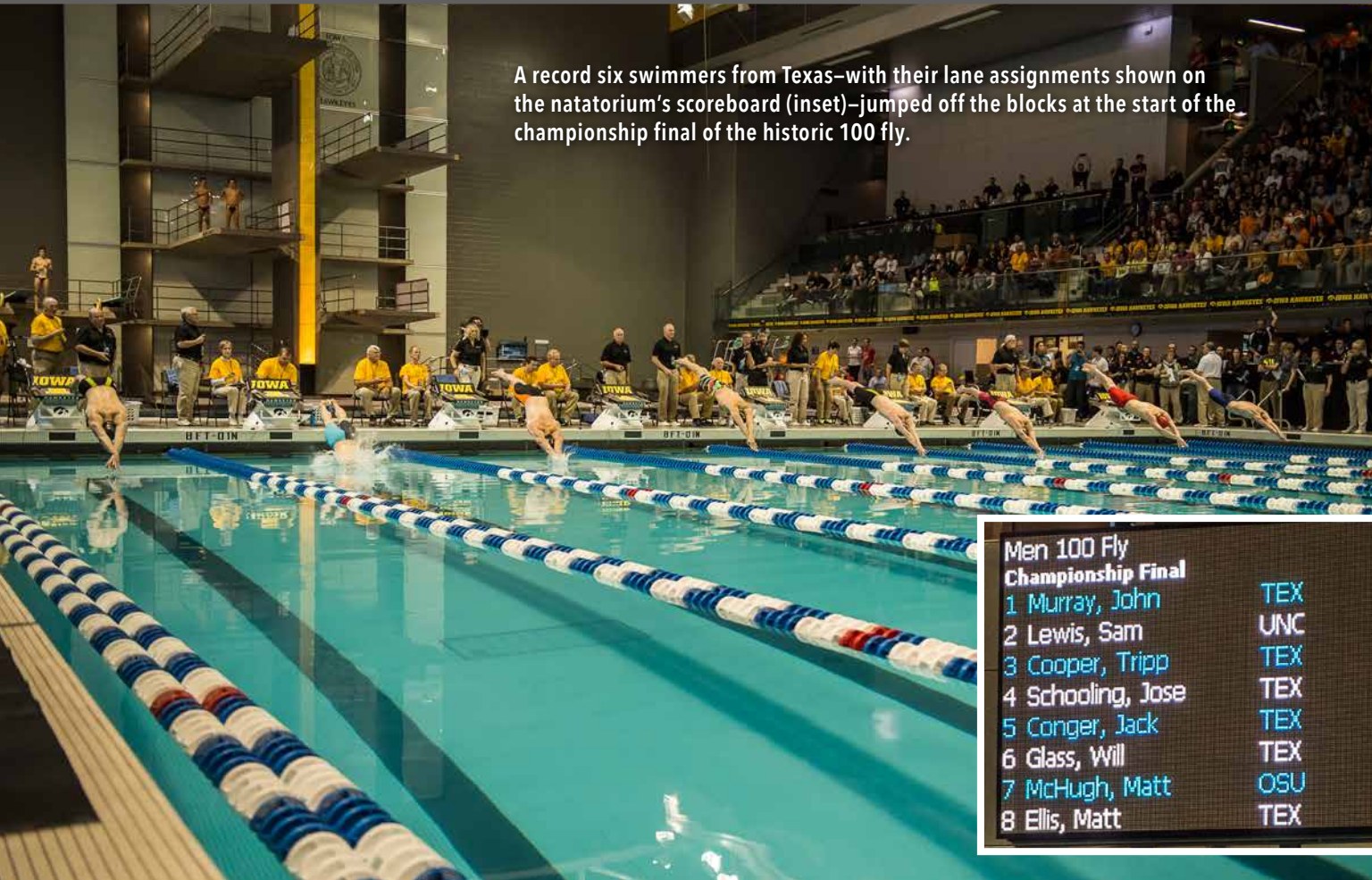
And there's hope that more American and NCAA records may fall as soon as next year, with two swimmers in particular—both freshmen—giving chase to seemingly untouchable standards.

In the 50 free, Caeleb Dressel (Florida) came within 1-hundredth of Nathan Adrian's (Cal) American record of 18.66 from 2011. The NCAA mark is held by Auburn's Cesar Cielo with a 18.47 in 2008.

And in the 100 fly, Joseph Schooling of Texas won in 44.51—easily within striking distance of Austin Staab's (Stanford) jaw-dropping 44.18 American and NCAA record from 2009. —D.R. ❖

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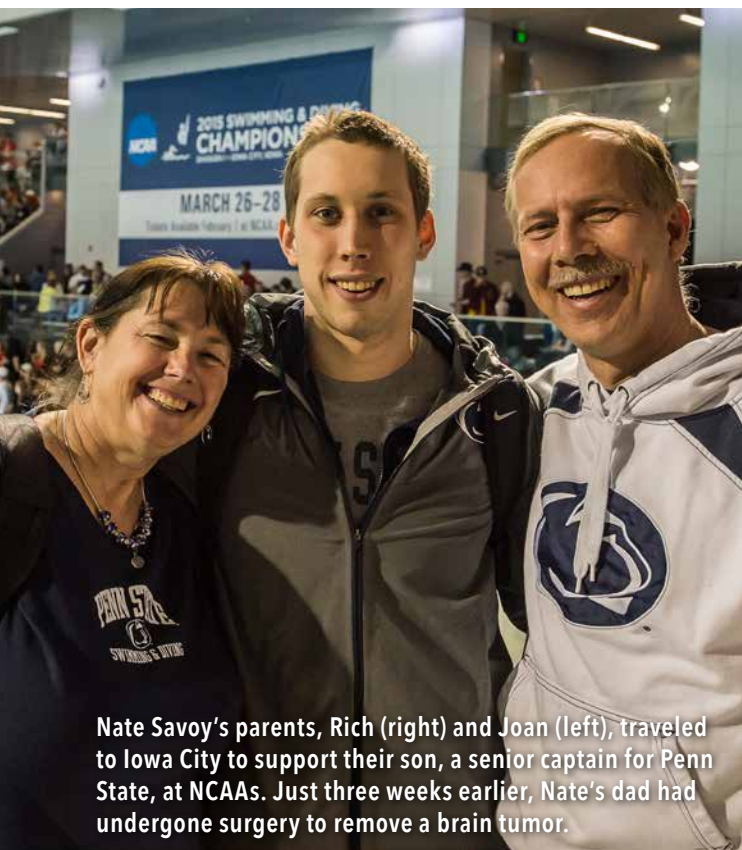
A record six swimmers from Texas—with their lane assignments shown on the natatorium's scoreboard (inset)—jumped off the blocks at the start of the championship final of the historic 100 fly.



Men 100 Fly Championship Final	
1 Murray, John	TEX
2 Lewis, Sam	UNC
3 Cooper, Tripp	TEX
4 Schooling, Jose	TEX
5 Conger, Jack	TEX
6 Glass, Will	TEX
7 McHugh, Matt	OSU
8 Ellis, Matt	TEX

Stanford's David Nolan broke through the 1:40 barrier in the 200 yard IM in his final college meet, clocking a seemingly unthinkable time of 1:39.38.





Nate Savoy's parents, Rich (right) and Joan (left), traveled to Iowa City to support their son, a senior captain for Penn State, at NCAAAs. Just three weeks earlier, Nate's dad had undergone surgery to remove a brain tumor.

AN EMOTIONAL JOURNEY

In one of the feel-good moments of the 2015 NCAA Division I Men's Swimming and Diving Championships, Penn State senior captain Nate Savoy added two more All-American awards to his previous nine to the delight of his father, Rich, who was three weeks removed from brain surgery.

Nate Savoy notched a 13th place in the 100 back (46.32) and 10th in the 200 back (1:40.50) just moments after completing his pre-race ritual that includes reciting a verse from the Book of Philipians (Phil. 4:13—"I can do all things through Him who strengthens me.")

The senior Savoy was hospitalized the day after the finish of the Big Ten Championships in which Nate earned second-place finishes in both backstrokes. Rich, a 33-year e-commerce sales leader for IBM, had been experiencing headaches off and on for two years before going in for a battery of post-Big Ten tests. Doctors quickly found a brain tumor the size of a large egg, leaving in doubt his chances of survival, much less a trip to Iowa City three weeks hence.

Surgery quickly followed, and in what seems like a miraculous recovery, Rich and his wife, Joan, were able to make the trek to see their son complete an emotional journey for all concerned. —*M.S.* ❖

PICTURE-PERFECT

A photograph taken in 2010 shows a 14-year-old Ryan Murphy grinning from ear to ear as he wraps an arm around the shoulder of Ryan Lochte on the deck of a local meet in Florida. Whispers about Murphy becoming the successor to Lochte in backstroke would start shortly after the two met that year, with many hinting that Murphy could make the 2016 Olympic team.

But Murphy was not going to wait six years to become one of the country's best swimmers. He would challenge for a spot on the Olympic team in the 200 back in 2012, and though he did not qualify for a trip to London, his trajectory took an amazing upward leap that year, with no sign of stopping.

Fast forward to March 2014, when he won both backstrokes at his first NCAA Division I Championship with times that threatened the American records. That performance officially marked Murphy as one of the best backstrokers in the United States and a legitimate contender to make the 2016 U.S. Olympic squad.

The University of California sophomore was unstoppable at this year's NCAA meet, nearly breaking Nick Thoman's American record in the 100 yard back (44.07) with an NCAA record time of 44.17. He then targeted Lochte's seven-year-old American mark in the 200 back (1:36.81) and got it with a 1:36.77. Murphy's accomplishments earned him the Swimmer of the Meet award from the College Swimming Coaches Association of America.

Although many would likely take a break to bask in the glow of two NCAA titles, the 19-year-old couldn't take much time off after the meet. The long course World Championships is in early August, and Murphy will be swimming the 200 back in Russia. This year's Worlds is set to be a preview of who and what we could see at the

Rio Olympics.

Murphy's long course World Championships debut will be another important step toward fulfilling the expectations laid on him as a 14-year-old. As far as training for the biggest international meet of the year goes, he commented, "I'm going to leave that up to Dave and Yuri," Murphy said, referring to Cal coaches Dave Durden and Yuri Suguiyama. "They see a lot of things that I can't see. They've got a great track record of getting guys to continually improve."

Though Murphy is swimming just one event at Worlds, Durden said the focus in training will be on "making Ryan a better long course swimmer." Switch the words "long course" to "short course," and you have the general philosophy behind Murphy's training this past college season. Although Murphy stood out in the backstroke events, he also improved in the 200 IM and contributed some speedy freestyle splits on relays. Durden and Suguiyama made sure not to lean too much on backstroke training for Murphy in the past nine months, and that will continue this summer.

"We were pretty backstroke-specific last year...with the goal of getting Ryan on the World Championships team," Durden said. "With that done, we can now look at the whole swimmer, and I think that will translate to good results this summer in Kazan and next year at the Olympic Trials."

Translation: Murphy might not only make the Olympic Trials finals in both backstrokes, but the 100 free as well, contending for a coveted relay spot.

Based on the way Murphy's career is going, he will soon be the one posing for photographs with wide-eyed 14-year-olds. —*J.C.* ❖



Mike Peppe, Ohio State

[PHOTO PROVIDED BY OHIO STATE ATHLETICS]

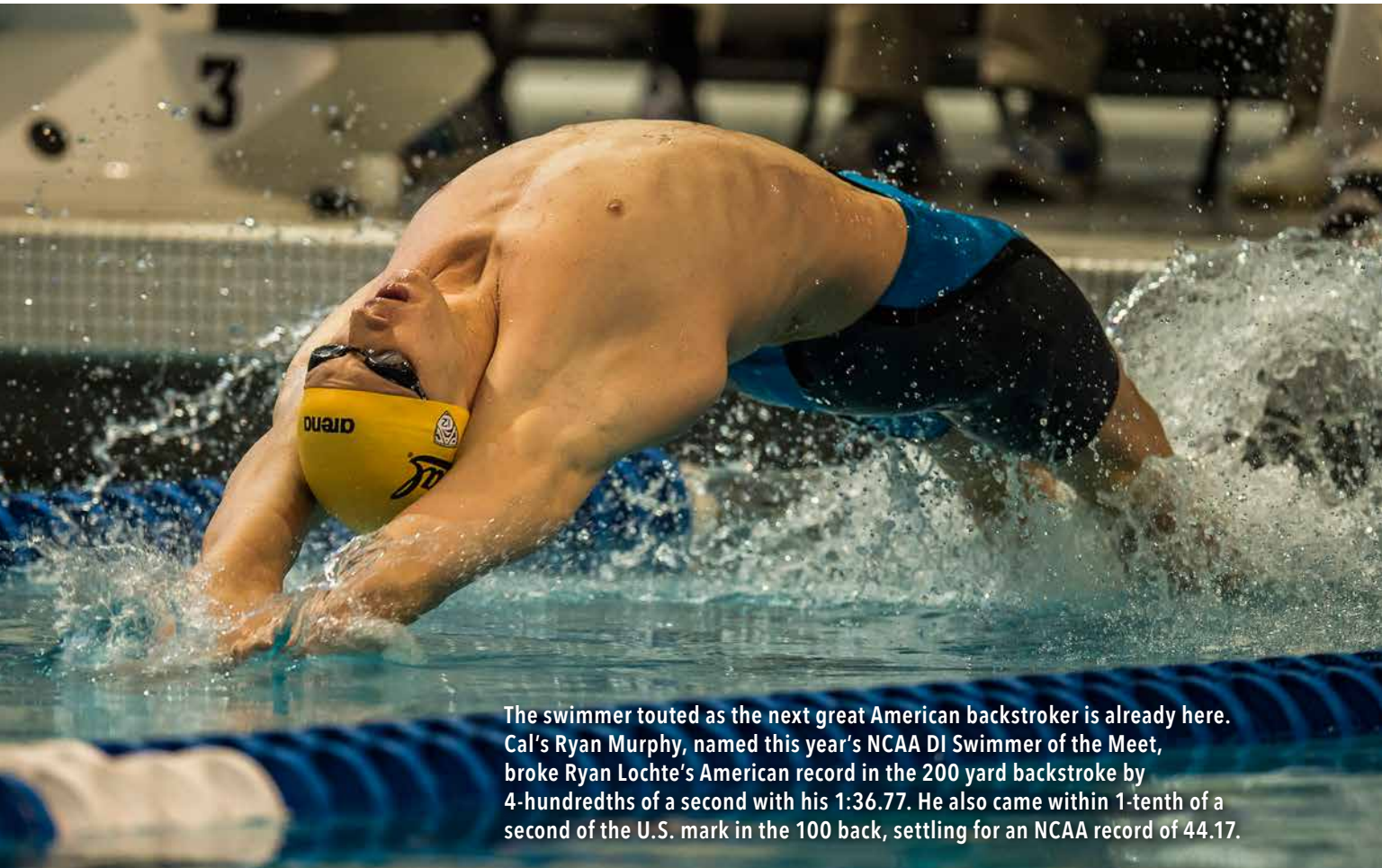
TALE OF THE TAPE

PEPPE		REESE
11	National Championships	11
1931-63	Years at Ohio State/Texas	1978-present
12 Big Ten	Conference Titles	36 SWC/Big 12
173-37	Dual Meet Record	241-61
5	Olympic Gold Medals	39
24	Olympic Team Berths	29
75	NCAA Individual Titles	54
4	NCAA Relay Titles	41

—J.M. ♦



Eddie Reese, Texas



The swimmer touted as the next great American backstroker is already here. Cal's Ryan Murphy, named this year's NCAA DI Swimmer of the Meet, broke Ryan Lochte's American record in the 200 yard backstroke by 4-hundredths of a second with his 1:36.77. He also came within 1-tenth of a second of the U.S. mark in the 100 back, settling for an NCAA record of 44.17.

FIRST-TIMERS

at Women's NCAAAs

STORY AND PHOTOS BY ANNIE GREVERS

Swimming World interviewed 10 people at the 2015 NCAA Division I Women's Swimming and Diving Championship, March 19-21, at Greensboro, N.C., who had one thing in common—they were all experiencing a “first time” for something...from first-time swimmer/coach/finalist/fan to first-time official/non-competitor/volunteer/therapist! Here's what they had to say about their “first-time” experience:

JENNA VAN CAMP

Junior, Towson University
First-time swimmer at NCAAAs

“The first two weeks after conference, coming in here, it never really hit me that I made NCAAAs. Then when I got here, it all became real. Being able to compete here was very exciting—a lot different from conference! We didn't have the whole team here cheering for us, so we had to get motivated with just the two of us (plus teammate Macey Arnold) cheering for each other.”

You dropped from a 1:01.6 to 59.7 in the 100 breast this year. What was it like breaking a minute for the first time?

“Breaking a minute was the most exciting thing ever. I don't usually celebrate after my swims, but that one got lots of fist pumps. I probably screamed...I can't even remember. There's a video—it's kind of embarrassing to watch. All year, I trained for the 200. Then I thought, ‘It's only half, so I might as well sprint the whole thing!’”

MACEY ARNOLD

Sophomore, Towson University
First-time swimmer at NCAAAs

“Coming here was more just excitement for the experience...just to swim at this level. I've dropped a lot of time to get here. It's so different than anything I'm used to. I like it a lot. It's inspiring to see so many athletes swimming so fast. It gives me new goals.”

What made you drop chunks of time this year?

“I listened to my coach (*laughs*). He (Pat Mead) is a great coach and really knows what he's doing. I trusted the program and trusted what he said, and it worked.”

(From left) Jenna Van Camp and Macey Arnold





ELAINE BREEDEN PENROSE

2008 Olympian
Former swimmer, Stanford University (2007-10)
First-time fan/non-competitor at NCAAs

“When I first walked in, I got an adrenaline rush—which has not gone away. I get nervous for the races, but it’s been awesome watching Stanford now. We’ve got such a strong team and have had some amazing swims so far—even a couple American records. It’s always fun when you’re cheering on talented swimmers, and you just know the torch has been passed, and it’s a new generation representing your team. I’d come to every NCAAs if I could.”

Does this give you a new appreciation for what your parents and coaches did for years by watching you?

“Absolutely. It’s really hard not to be able to feel like you’re helping at all. Just sitting back and cheering is some support, but I would love to be down there actually racing and contributing. It’s exhausting sitting up here. I’m already starting to lose my voice, and these stands aren’t especially comfortable.”



JACKI WILSON

Penn State super fan (82 years old)
First-time at NCAAs

“My favorite part is the diving. I can’t swim, but I’m here to cheer for my school, Penn State. These fans are doing pretty well, but they need to learn from the *real* fans.”

Who are the real fans?

“ACC sports fans!”

What’s in your wooden box?

“It’s school work. I’m studying at Northwest Theological seminary and getting my doctorate in religious education. I finished all my course work and am working on my dissertation. It gives me something to do.”

— continued on 36

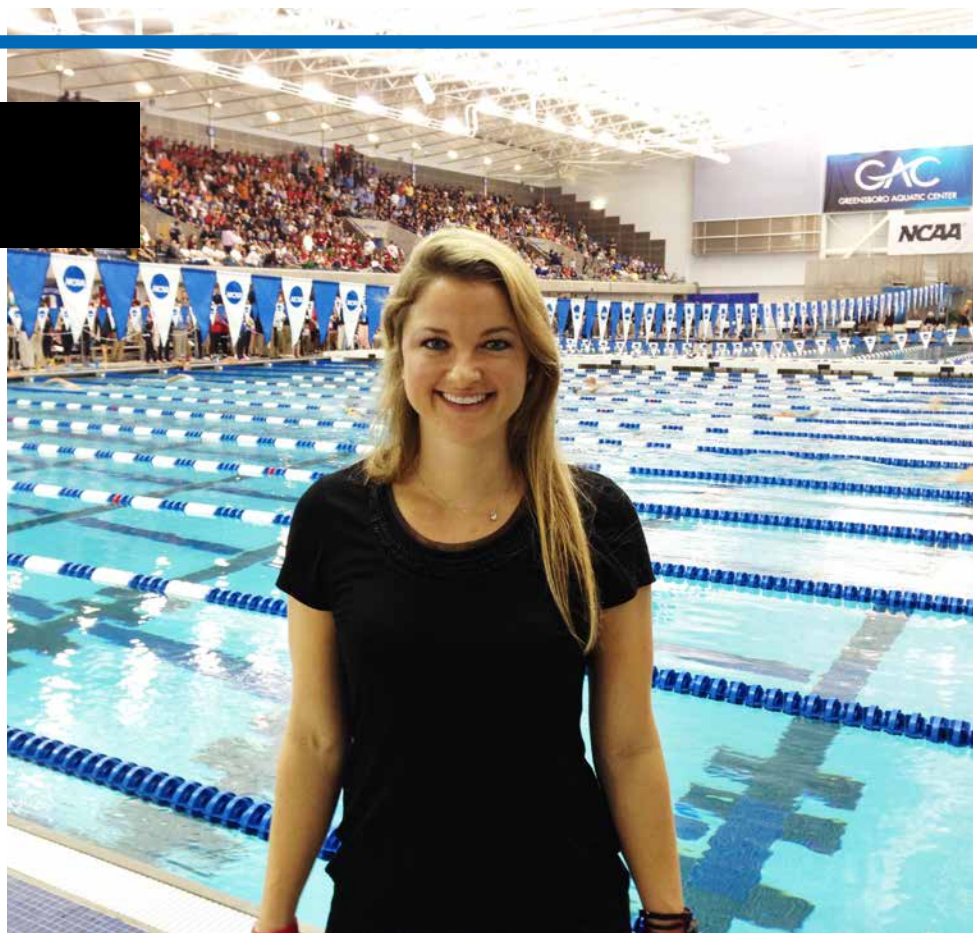
MANDI DiSALLE

Head Coach, University of Cincinnati
First-time head coach at NCAAs

"I'm here with Jackie Keire, who qualified in the 100, 200 and 500 free. She made it back in the 200. For us—for Cincinnati—it's the first time we've had an All-American in about 10 years."

As a former swimmer, how do you handle your nerves as a coach at this meet?

"It's a mix of emotions. I have those memories of what it felt like to be here surrounded by women of extraordinary talent. I get nervous—only in the sense that I can't get in and do it for her. I wish I could help her out a little bit. At the same time, I'm really confident in her ability to handle pressure. If I would want anyone to be a clutch swimmer for me, it's her."



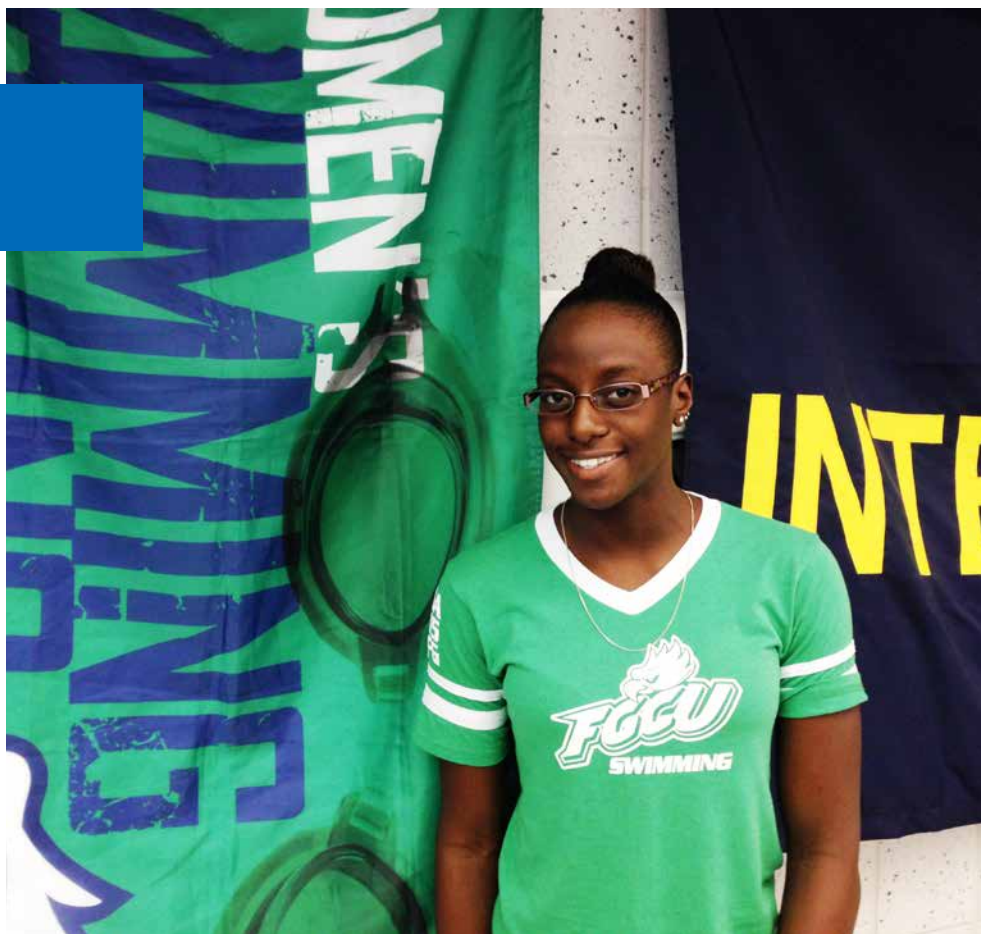
KRISTIN JULIEN

Freshman from Trinidad and Tobago,
Florida Gulf Coast University
First-time finalist at NCAAs

"Going into the 200 medley relay, I was nervous. I was shaking on the blocks. But my teammates reminded me to just have fun. We do our best when we're happy and relaxed. It's such a big thing for our program (top 8). After we finished, I was so happy, I cried. I think this is the first time I ever felt this way about swimming. As a freshman, to accomplish this in my first year, it's overwhelming."

What's been the biggest change between your training back home and training in college?

"I got more serious in college. Back home, I wasn't so serious about swimming. Coming here and seeing my teammates work so hard, it drives me. I love to share with others who are as passionate about swimming as I am."





KRISTY ILLG

Physical therapist, University of California-Berkeley
First-time therapist at NCAAs

"I work with other sports, pretty much every sport. I started with USA Swimming and did some stuff with them, but this is my first NCAA Championship. Pretty amazing to be a part of this group—the excitement and seeing everyone get along and really challenge and support each other. Teri (McKeever) has a great team, so it's fun to be around this group."

Do you ever feel like a psychiatrist over here in your corner of the aquatic center?

"Cyrus (massage therapist) and I have fun, keep-it-light personalities. We try to make this a fun time when they're over here with us. Working with a team in an individual sport is really different than the team sports I work with normally. There's a lot more individual emphasis, but this is the closest team in an individual sport I've ever seen."

Does this environment feel different? Is there more intensity in the air?

"(More) fun and excitement...I think it's just different because of our team. I think they are used to the pressure part of it, but you can feel the excitement in the air. People are getting best times—I know that doesn't happen every day."



Ed Gershburg
(second from left)

ED GERSHBURG

First-time official at NCAAs

What feels different about NCAAs versus other big meets?

"The atmosphere here is different. It's more fun for kids...it's more fun for officials...it's more exciting."

Were you a swimmer?

"No, I can't swim. Both of my kids used to swim. They quit, and I stayed. I like being around the water. I like it a lot."

— continued on 38

DAN WORDEN

Graduate Assistant Coach, University of Hawaii
First-time coach/photographer at NCAAs

"I hadn't planned on coming until last Monday (before the start of the meet on the following Thursday). My dad used to coach in California, and he kept saying, 'You gotta go, you gotta go,' so I booked my tickets last-minute.

"I really wasn't sure what to expect. I walked in, and even though I'm not swimming, I still felt intimidated. These people are *fast!* You've got Olympians, national champions.

"The first thing that blew me away was that this is kind of just a normal meet. It's still just a swim meet. Everyone's just warming up, doing their thing, they've got their routine, and everyone is super-nice, too. It's a family of swimmers and swim people. Then they get in the water and just blow you away with their times. It's amazing to see people switch on the intensity.

"The atmosphere is different—it's a get-up-and-go attitude because you know it's the cream of the crop here. It's totally different from what I expected—in the sense that I knew it was going to be fast, but I expected everyone to be uptight and tense."



KAYE WILSON

First-time volunteer at NCAAs

"I volunteered for the ACC a couple weeks ago. I found out about the swimming, and I thought that would be interesting. I used to swim as a kid in the neighborhood pool. My daughter-in-law is a swim coach for Gilbert College ladies' swim team. The meet moves very quickly, which makes it never boring, always exciting. These girls are really fast."

Do you feel like you know the big names in swimming now?

"I learn something every minute! It's been very informative." ❖



BEHIND THE SCENES

at Men's NCAAs

BY MICHAEL J. STOTT

Following are a few highlights from conversations *Swimming World* had with some of the people who attended the 2015 NCAA Division I Men's Swimming and Diving Championship, March 26-28, at Iowa City:



TERRI NOLAN

Mother of Stanford's David Nolan
(American record holder)

Has David's international acclaim changed your lives?

"No, not our lives. It has humbled us more to see the caliber of swimmers who recognize each other."

Any bittersweet moments about this last college meet?

"Just looking at him with his very good friends on the team, it is hard to believe it is going to be over after this evening."

— continued on 40

KAREN AND SCOTT STEPHENS

Parents of Stanford's Thomas Stephens
(senior team captain, seven-time All-American)

What's it like being here for your fourth NCAAAs with Thomas?

Scott: "Thomas has been a relay swimmer all four years. Just to be here at this level meet and watch him is super. For it to be the last one brings mixed emotions. Swimming has given him a great background and has influenced his life and for the years ahead."

Karen: "We've had swimmers for 18 years (sister, Carter, was All-Ivy League and a captain at Princeton) and to come to NCAAAs and finish with Thomas is exciting. The Stanford swimming community is amazing. You get to be a family. To be able to be so close to the team parents is really fun because they come from all different backgrounds. I'm not going to miss the cement and the hard surfaces, but, *Wow!*—the parents and families are what I will miss the most. We've had four years together. We are not going to let them go."



KYLE WHITAKER

Former 12-time All-American, University of Michigan
First time watching/not swimming at NCAAAs

What's it mean to your brother, Aaron, to have his big brother watching him?

"It's probably pretty special. Throughout my career, he was watching me compete at Big 10s and NCAAAs, so, hopefully, in his heart, this is special for him that I am here returning the favor. I hope it is motivating, knowing that not only is his brother here supporting him, but someone who is a fellow Michigan Wolverine as well."



[PHOTOS PROVIDED BY UNIVERSITY OF MICHIGAN]





[PHOTO BY MICHAEL J. STOTT]



[PHOTO PROVIDED BY PURDUE UNIVERSITY]



J. AGNEW

Assistant Swimming and Diving Coach,
Purdue University

To what do you attribute Purdue diving excellence?

“It starts with Coach (Adam) Soldati. The man is gifted by God. He is a compassionate teacher. The time he takes with each individual to be their best is just awesome to watch.

“The great thing about Adam is I have never seen him take an ounce of credit for anything. He gives the glory to God and is just a humble man who has a gift and with whom I enjoy working every day.

“He loves to coach. He brings a lot of talent out of some exceptional young men. It’s a good combo.”

– continued on 42

MARC LONG

Head Swimming and Diving Coach, University of Iowa

After prelims on Day 2:

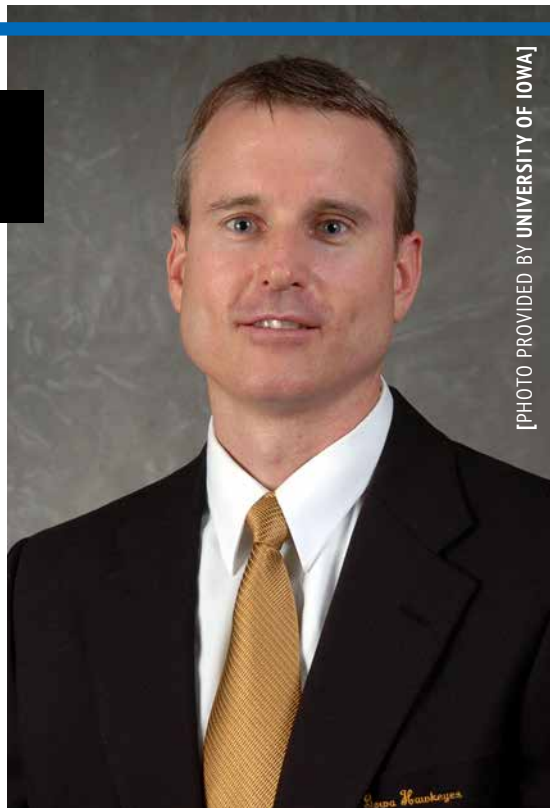
How has the meet gone so far?

“From an operational standpoint, it has been tremendous.”

How is the new pool different from the old?

“The old one was a 50-yard tank—not even a legal length. To have this is really a dream. I’m pinching myself. I knew the community would come out and support it. This has been a partnership between athletics, rec and the community to get the facility built. This pool was built for speed. This tank is fast as seen by the records.

“We tweaked some things from the starting platforms to the bulkheads to the way the pool is designed to look fast. The record board is lower, the natural light we wanted is pouring in. We took the architect to the old fieldhouse. It was an old pool with an exciting basketball fieldhouse atmosphere. The majority of the seating is compact, hanging over the deck near the competition end. We wanted that state meet feeling, and we got it.”



[PHOTO PROVIDED BY UNIVERSITY OF IOWA]

PAUL POWERS

Freshman, University of Michigan

First-time swimmer at NCAAs (led off seventh-place 200 free relay in 19.44; sixth-place 400 free relay, 43.10; and finished eighth in the 50 free, 19.44/19.28p)

What’s it like to be with the University of Michigan team at your first NCAA meet?

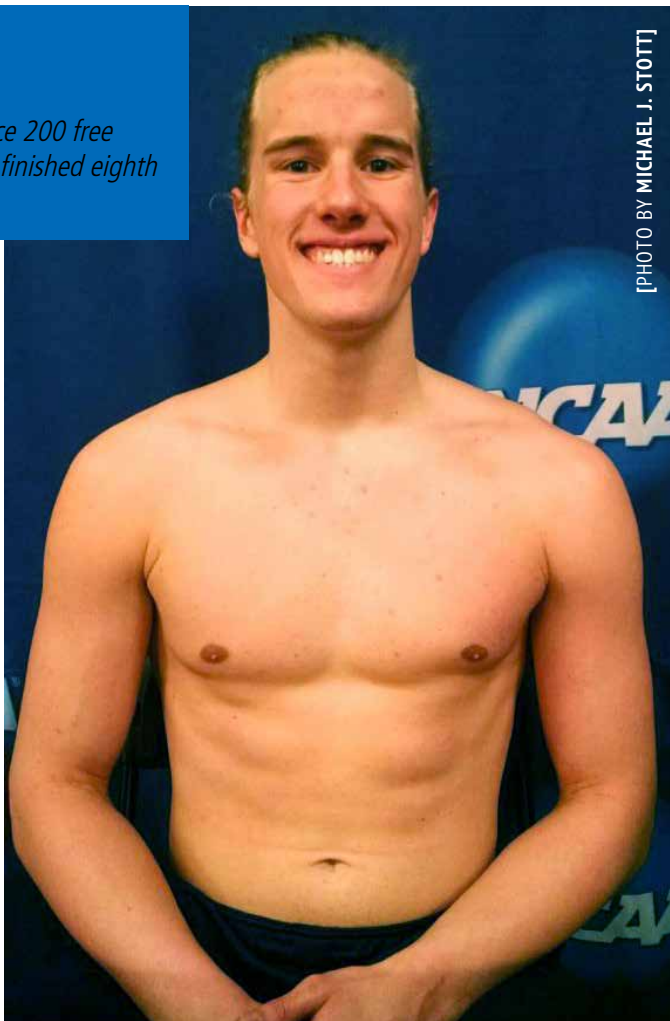
“This meet, the crowd goes absolutely crazy. The teams are on deck screaming their heads off. From Junior Worlds, Junior Pan Pacs, this is an entirely different environment. One person can show up, but if your whole team isn’t there, you are out there by yourself.”

How have your teammates helped you navigate “Year One” at NCAAs?

“I’ve had a lot of mentors. Bruno Ortiz and Justin Glanda have been there to make sure I’ve gotten the right warm-ups and warm-downs. They are seniors, so they’ve been through it four times. They know the ropes and how to get good swims all around. They’ve been great helping me out.”

How have Mike Bottom and Josh White helped?

“They’ve been on the lookout for me. The second day in the medley relay, I didn’t have that great a swim, so they scratched me from the relay at night and helped me focus on Day 3. While I wanted to be on that relay and help with points, they know better, so I have to trust them. I know they are going to take care of me and the rest of the guys throughout the meet and the rest of our college careers.”



[PHOTO BY MICHAEL J. STOTT]



[PHOTO BY MICHAEL J. STOTT]

EDMUND GORNAY
Physical therapist, University of California-Berkeley
Son, Kyle, is a freshman swimmer for the Golden Bears

Gornay on the ice bath:

“It is used for pain to aid vasoconstriction. As the body warms up, it creates the flush and relieves the pain. As to who gets it, a lot depends on athlete preference.”

Gornay on what it will take for his son, who had “B” cuts, to make the NCAA meet:

“We have to put muscle weight on him and get his tonsils removed.”

Gornay on how athletes respond to massage:

“Freshmen who have never had hands-on before ask, ‘What do I do?’ and ‘How do I relax?’ The sophomores, juniors and seniors—man, they just jump on the tables.” ❖

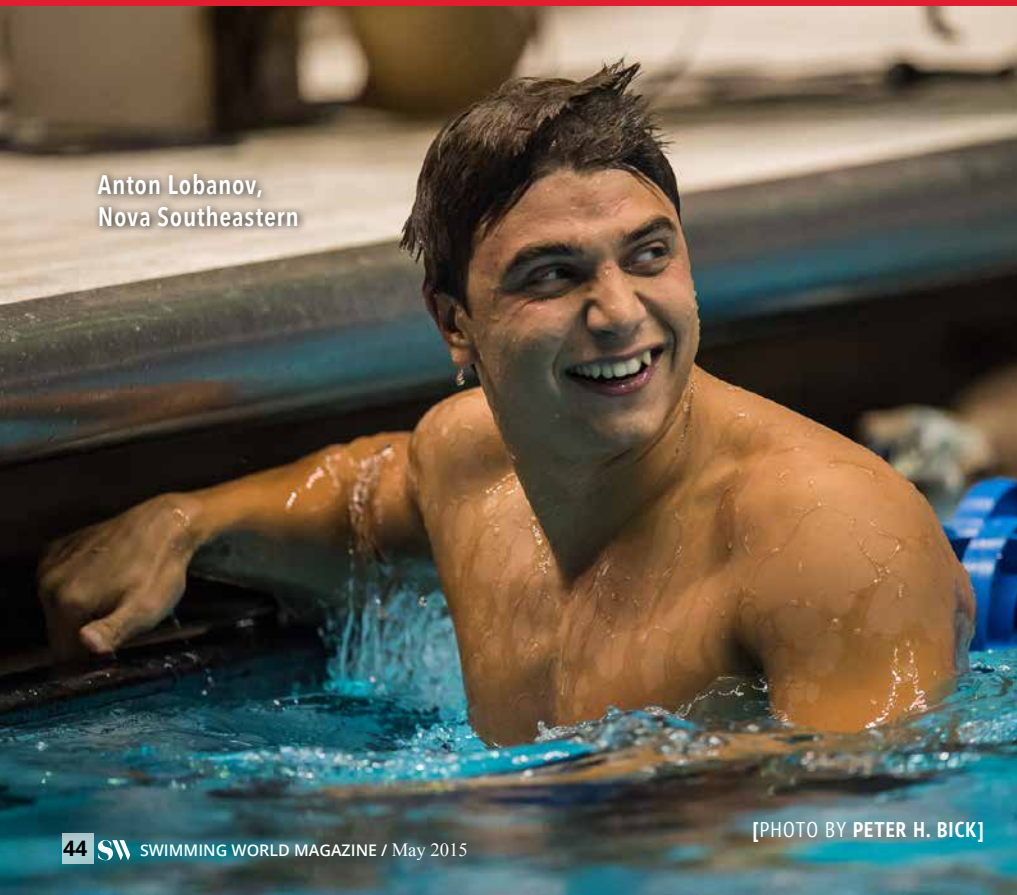
Queens University, Women's and Men's NCAA II Team Champions

[PHOTO BY PETER H. BICK]



THE USUAL SUSPECTS

BY JASON MARSTELLER



Anton Lobanov,
Nova Southeastern

Emory, Kenyon, Oklahoma Baptist and Indian River extended their winning streaks at this year's NCAA Division III, NAIA and NJCAA Championships—ranging from three straight team titles up to 41. Only Queens University of Charlotte at the NCAA Division II meet was able to end Drury's run at the top and start a new "streak" of its own.

[PHOTO BY PETER H. BICK]

NCAA DIVISION II CHAMPIONSHIPS

Indianapolis, Ind. | March 10-15

Women's and Men's Team Champions: Queens

Queens University of Charlotte, aptly named the Royals, is the new queen—as well as king—of women's and men's NCAA Division II swimming.

Drury, whose men had won 10 straight titles and whose women had captured five of the last six DII championships, relinquished its crowns to the school from North Carolina, which started its swimming program only five years ago!

The Panthers still finished near the top, taking second among the women, (540.5-489.5) and men (433.5-417.5). Wingate (320), Nova Southeastern (216) and Wayne State (211) completed the women's top five, while Lindenwood (359), Wayne State (285) and Florida Southern (273.5) rounded out the top five finishers among the men.

The men's meet, which proved to be a close contest until the final relay, featured the most impressive individual swims, courtesy of Nova Southeastern's Anton Lobanov and Queens' Matt Josa.

Lobanov moved into the top 8 all time in both the 100 and 200 yard breaststroke. He threw down a stunning 51.63 in the 100 to tie Cal's Nolan Koon (2011 Division I NAAs) as the sixth fastest performer ever, then returned the next day with a 1:51.71 in the 200 to rank eighth all time. Suffice it to say, both were DII records.

Only Josa's triple triumphs prevented Lobanov from being named Swimmer of the Year. The repeat SOY titlist set three DII records: 100 fly (44.89, 10th all time), 200 fly (1:42.96) and 200 IM (1:41.94, 19th all time).

For the women, Queens' Patricia Castro-Ortega earned Swimmer of the Year honors by winning four individual events—all DII records—in the 100, 200 and 500 free (48.92, 1:45.27, 4:43.37) and 200 IM (1:58.91). She also helped her school's 400 and 800 freestyle relays to victories.

Wayne State's Elizabeth Rawlings and Clarion's Collin Vest were named Divers of the Year. Rawlings won the three-meter event (555.70 points) and took second on the one-meter. Vest claimed the one-meter title (564.25 points) then took third on the three-meter. Wayne State's Kelly LaCroix was named women's Diving Coach of the Year, while Clarion's diving coach, Dave Hrovat, earned his 11th men's award.

Queens' Jeff Dugdale, who returned to swimming under the mentorship of SwimMAC's David Marsh, his former coach at Auburn, swept the Swimming Coach of the Year honors after leading his charges to the school's first NCAA titles.

Twenty-two NCAA DII records fell at the legendary IU Natatorium.

NCAA DIVISION III CHAMPIONSHIPS

Shenandoah, Texas | March 18-21

Women's Team Champion: Emory University

Men's Team Champion: Kenyon College

Kenyon's men won their third straight NCAA Division III championship at the Conroe Independent School District (CISD) Natatorium in Shenandoah, Texas. The win gave the Lords their 34th team victory, tying them with Oklahoma State's men's wrestling team for the most NCAA team titles in a single sport in any division.

continued on 46


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Strength - A river cuts through a rock not because of its power but its persistence - Jim Watkins



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With 468 points, Kenyon easily outdistanced Denison (383), Williams (292), Emory (233) and Claremont-Mudd-Scripps (204).

The women's competition saw another streak extended, with Emory claiming its sixth straight and eighth overall title. Denison again placed runner-up (603-457.5), ahead of Williams (434), Kenyon (404) and Johns Hopkins (250).

Emory's Andrew Wilson led the men's competition, which saw 12 NCAA DIII records broken. Wilson, who was named the men's Swimmer of the Year, was responsible for three of those records, winning the 100 and 200 yard breaststroke (51.72, 1:52.97) and 200 IM (1:46.23). His 100 breast performance ranked 13th all time (ninth fastest American).

The women's Swimmer of the Year award went to Sarah Thompson of Williams, who won her third straight 1650 free title in 16:21.44—one of two D3 records set by the women. Thompson also captured the 500 in 4:45.13.

Kenyon's Jess Book was named men's Swimming Coach of the Year, while Williams' Steve Kuster claimed the women's Swimming Coach of the Year award.

Women's and men's diving honors, respectively, went to Wellesley's Mauro Sticco-Ivins and Denison's Max Levy, along with their coaches, Zach Lichter and Russ Bertram.

NAIA CHAMPIONSHIPS

Oklahoma City, Okla. | March 4-7

Women's and Men's Team Champions: Oklahoma Baptist University

Oklahoma Baptist, which began its swimming program in 2011-12, dominated the NAIA Championships, with its men remaining perfect for their fourth straight title and its women winning their third consecutive team trophy.

The Bison men won 11 of the 20 events on their way to a 798.5-575.5 victory over Olivet Nazarene. Savannah College of Art and Design placed third (403), ahead of Concordia-Irvine (324) and St. Andrews (210).

OBU's women captured 13 of the 20 events for 745 points. SCAD finished second (481), followed by Brenau (439), Concordia-Irvine (348) and Cumberlands (332).

Oklahoma Baptist, coached by Dr. Sam Freas—who was named both the women's and men's NAIA Coach of the Year—also dominated the meet awards, claiming at least a share of all eight accolades. OBU's Laura Galarza and Biola's Christine Tixier were named women's Swimmers of the Year, while Galarza also earned recognition for the women's Swim of the Meet. Daniel Ramirez was the men's Swimmer of the Year and was recognized for the men's Swim of the Meet. Kristen Brimage won the women's Diver of the Year award, while Zak Rowton did the same among the men.

Galarza was the women's sprint queen of the meet, winning the 50, 100 and 200 yard free (22.47, 49.63 and 1:50.49). Meanwhile, Tixier—who also won last year's women's Swimmer of the Meet award—took down one of the oldest NAIA records in the book with a 2:02.75 in the 200 IM. That erased the 22-year-old mark of 2:04.01 set by Drury's Laurette Hakansson in 1993. She also set an NAIA mark in the 200 fly (2:00.89) and won the 100 fly in 54.34.

Ramirez, meanwhile, smoked the 100 fly NAIA record with a 46.12, while also winning the 100 free (43.79) and being a member of several of OBU's victorious relay swims.

In all, NAIA records were set in nine events.

As for diving, Brimage won the women's one- and three-meter events (266.30, 252.35), while Rowton picked up the men's one- and three-meter titles (312.65, 350.80).

Christine Tixier, Biola



[PHOTO PROVIDED BY BIOLA UNIVERSITY]

NJCAA CHAMPIONSHIPS

Buffalo, N.Y. | March 4-7

Women's and Men's Team Champions: Indian River State College

Indian River State College continued to prove that it has no peer at the NJCAA level by running roughshod over the competition at the NJCAA Championships.

With its first team title in 1975, IRSC's men have now won 41 straight championships! Its women aren't far behind: 2015 marked their 33rd straight NJCAA victory—and 37th overall!

IRSC's men tallied 1,819 points, nearly doubling runner-up Iowa Lakes Community's 947. Monroe Community (927), Darton State (860) and South Georgia State (798) rounded out the top five.

Indian River's women captured 18 of the 20 events and tallied 1,534 points. Monroe Community took second with 1,106 points, followed by Iowa Lakes Community (987), South Georgia State (923.5) and Darton State (516.5).

Appropriately, IRSC also received the lion's share of the awards: NJCAA Swimmers of the Year—Stefan Stojmenovic and Barbara Caraballo; Divers of the Year—Zach Duval and Ashley Wright; Men's Swimming Coach of the Year—Sion Brinn; and Men's and Women's Diving Coach of the Year—Dave Suba. Monroe's Dan Dubois claimed the Women's Swimming Coach of the Year award to prevent an IRSC sweep.

Stojmenovic was responsible for half of the six NJCAA records set at the meet, with records in the 200 yard back (1:45.19) and 100 fly (46.99). He also led off IRSC's record-setting 800 free relay (6:21.90) in 1:38.49.

Caraballo added an NJCAA standard in the 200 IM (2:01.05), won the 400 IM (4:28.12), and led off IRSC's winning 200 free relay with an unknown split time due to a technical malfunction!

In diving, Duval and Wright swept the four events, with Duval tallying 512.20 points to win the one-meter and 532.10 to take the three-meter. Wright won the one-meter (490.75) before setting an NJCAA record with 524.15 points on the three-meter. ❖



Stefan Stojmenovic, Indian River

[PHOTO BY JOHN ZARB, JOHNZPHOTOGRAPHY.NET]



Sarah Thompson, Williams

[PHOTO BY HAYLEY GOOD]



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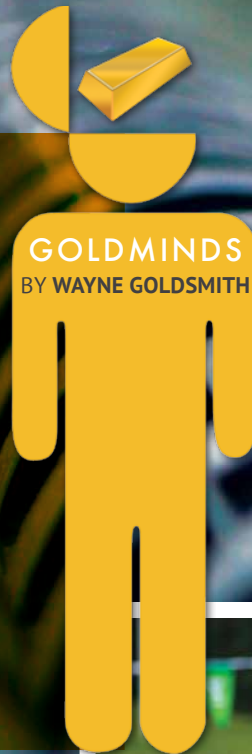
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SWIMMING'S MOST IMPORTANT LESSONS

(PART II: #s 16-30)

After working with swimmers, coaches, swimming clubs, swimming parents, sports scientists and swimming organizations all over the world, I am often asked, "What are the most important things you've learned about swimming?"

In last month's issue, I summarized 15 of the 30 most important lessons that I've learned in the business of helping swimmers and coaches realize their potential. Here's a continuation of those lessons—#s 16-30—that completes a personal journey 25 years in the making!



Editor's Note: This is the second of a two-part series that began in the April issue of Swimming World Magazine (pages 36-37).

16. STAND FOR SOMETHING—OR FALL FOR ANYTHING. As a coach, as a swimmer or as club, decide what you stand for and fight for it—without compromise—every day.

17. SWIMMING IS A TEAM SPORT. Sure...there isn't any baseball, basketball or football to throw or pass to one another—but swimming is just as much a team sport. Where a strong swimming team attitude exists, outstanding swimming performances soon follow.

18. FIND A PROGRAM IN WHICH YOU CAN TRAIN AND WORK HARD WITH SIMILARLY MOTIVATED, ENTHUSIASTIC, POSITIVE PEOPLE. There is nothing—*nothing*—better than turning up for training to work with a bunch of people who are as committed, dedicated, enthusiastic, motivated and as positive as you. Love what you do—and do what you love—and if you can find a program where you can do it with other like-minded swimmers, value and treasure it as one of the most precious things you'll ever experience.

19. SHOW APPRECIATION FOR THE HELP AND SUPPORT YOU ARE GIVEN. Thank your coach every workout. Thank Mom and Dad for paying your training fees, driving you to training, buying you swimming equipment, taking you to meets. Thank your teammates for pushing you to achieve your best at workouts. Much has changed over the past 25 years, but three of the most powerful words in the world are still “*please*” and “*thank you*.”

20. MAKE TRAINING MORE CHALLENGING AND MORE DEMANDING THAN THE COMPETITION FOR WHICH YOU ARE PREPARING. Want to win your *school competition*? Train hard enough to win your *state titles*. Want to win your *state titles*? Train hard enough to win *nationals*. Set your training standards higher than the level of competition you expect to face at your next meet. So simple when you think about it—but so few swimmers and coaches actually do it.

21. EASY WAY/HARD WAY. The difference between good swimmers and great swimmers is simple. Whenever great swimmers have to choose between doing things the hard way or the easy way, they take the hard way (i.e., the *right way*). The alarm goes off at 5 a.m.—*easy way*: roll over and go back to sleep; *hard way*: jump out of bed, grab the swim bag you packed last night, make Mom a cup of coffee, take it to her and ask, “*Please Mom...would it be possible for you to drive me to workout?*”? Want one piece of advice to change your life? Learn and remember this concept: easy way/hard way.

22. BELIEVE IN YOURSELF—BUT BACK THAT BELIEF WITH ACTIONS. Self-belief is a critical ingredient in all swimming success stories, but it's a lot more than shouting slogans, reading self-help books or attending a lecture by the latest motivational guru. Self-belief comes from knowing you've trained harder, smarter and more often than your opposition. *Think* self-belief; *talk* self-belief...but then live a lifestyle that supports your beliefs.

23. DO WHAT YOU SAY MORE THAN SAY WHAT YOU'LL DO. In a world where so many people and products over-promise but under-deliver...dare to be different. Under-promise with your words, but over-

deliver through your actions. Give more and do more than anyone expects.

24. NO ONE—NO ONE—DOES A PR EVERY TIME THEY SWIM. No one—not Phelps, not Lochte, not Mark Spitz in the 1970s, not Johnny Weissmuller in the 1920s—*no one* does a PR every time they swim. It doesn't mean that you shouldn't try, but accept that sometimes—often for reasons no one understands—it just doesn't work out the way you'd like. Learn from it, work harder and move on.

25. BE CAREFUL TO WHOM AND TO WHAT YOU LISTEN. There are a lot of people on the Internet promising “instant success” and “guaranteed improvements,” etc. from a wide range of products and coaching services. Things that actually work... “*don't need attention*.” The louder someone is talking and the slicker their advertising, the *less likely* it is that what they're selling will make any difference to your performance.

26. TALK TO AND LISTEN TO EXPERIENCED PEOPLE—LEARN FROM THEIR SUCCESSES AND FAILURES. After 25 years, I am confident I've learned a lot. I'm not particularly clever—I've just been smart enough to listen to the smartest people in the sport. You were given two ears and one mouth for a reason: *listen twice as much as you talk*.

27. OUT-PREPARE YOUR OPPOSITION IN EVERY DETAIL, EVERY DAY. That doesn't just mean train harder. That means eat better, rest more, sleep better, stretch more effectively, hydrate more often, work harder in the gym, be more precise with your drills and skills work. Out-prepare your opposition in *every* detail, and you will be astonished at your results.

28. FAILURE: DO NOT ACCEPT IT—YOU DON'T HAVE TO LIKE IT...JUST LEARN FROM IT. Everyone loses—and no one likes it. However, it's not failure that's the problem—*it's how you respond to failure*. Treat success and failure the same. If you win, get up tomorrow morning and train hard. If you lose, get up tomorrow morning and train hard. Learn from losing—and for that matter, from winning—and move on.

29. ONE THING A DAY—JUST ONE THING. Every day when you first step onto the pool deck, decide to improve one thing—just *one* thing. Today, it's turns. Tomorrow, it's backstroke. Next Tuesday morning, it's kicking. Everyone wants to be a champion, but too many swimmers get over-awed by trying to improve everything all at once. Instead, they end up doing nothing. Remember: *you don't have to be great to start, but you have to START to be great*.

30. IN THE END, NOTHING GUARANTEES SUCCESS. Here's one final thought: I've spent 25 years learning from the best—the best coaches, some of the best swimmers, the best programs, the best clubs, the best sports scientists, the best swimming researchers. I've been so incredibly lucky to spend time with some of the most amazing people you could ever imagine meeting...and guess what? *There's nothing you or anyone else can do that will guarantee success*. However, the goal is to increase the likelihood of success by working smarter, harder and more often than anyone else. ❖

PICTURED> Wayne Goldsmith has worked with swimmers, coaches, swimming clubs, swimming parents, sports scientists and swimming organizations all over the world for 25 years. He has contributed to *Swimming World Magazine* for 15 years. He is one of the world's leading experts in elite-level swimming and high-performance sport. Be sure to check out Goldsmith's websites at www.wgaquatics.com and www.wgcoaching.com.

Wayne Goldsmith would like to extend special thanks to Bill Sweetenham, Don Talbot, Terry and Carol Gathercole, Joe King, Gennadi Touretski, Ian Pope, Forbes and Ursula Carlile, David Pyne, Ralph Richards, Bruce Mason, Louise Burke, Clark Perry, Dennis Pursley, Jonty Skinner, Jon Urbanek, Dave Marsh, Brent Rutemiller and Helen Morris. “Your willingness to share your knowledge, encouragement and support has made my journey all that it is.”

DARIAN TOWNSEND: KICK SET ON LAND

BY J.R. ROSANIA

PHOTOS BY EMMI BRYTOWSKI

DEMONSTRATED BY DARIAN TOWNSEND

Imagine improving your kicking power without getting into the pool!

Kicking sets are common ground for coaches and swimmers. Hours of kick sets take place to help improve power and distance for swimmers. So, how much can doing kick and plyometric exercises on land actually transfer into a stronger kick in the pool?

I can't scientifically answer that question, but I do recognize that a relationship of improved core and leg strength—done specific to swimming—can improve a swimmer's overall kick and stroke ability.

The key is the swim/kick-specific exercises. Just as stroke-specific movements can increase a swimmer's power to deliver more distance per stroke, I believe kick-specific exercises can do the same.

Perform the following exercises two to three times a week. Do 15 to 20 reps or 30 seconds, and perform two to three sets of each. Discontinue the exercises 10 days before a major competition. ❖



MEET THE TRAINER

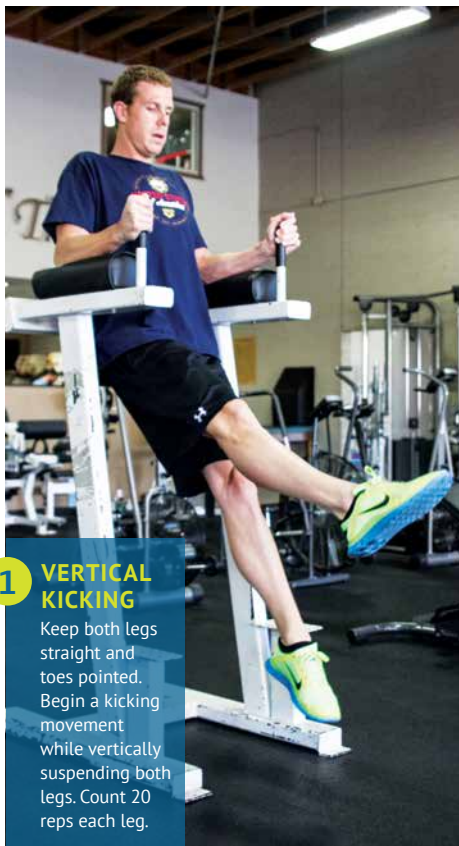
J.R. Rosania, B.S., exercise science, is one of the nation's top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, in Phoenix. Check out Rosania's website at www.jrhealthplex.net.

MEET THE ATHLETE

Darian Townsend, 30, won an Olympic gold medal in the 400 meter freestyle relay while competing for South Africa at Athens in 2004. Last summer, he became a U.S. citizen, and he hopes to qualify for the 2016 USA Olympic team. Collegiately, he swam for Florida (2005 and 2006) and Arizona (2007 and 2008).

NOTICE

All swimming and dryland training instruction should be performed under the supervision of a qualified coach or instructor, and in circumstances that ensure the safety of the participants.



1 VERTICAL KICKING
Keep both legs straight and toes pointed. Begin a kicking movement while vertically suspending both legs. Count 20 reps each leg.



2 SEATED MEDICINE BALL THROUGH THE LEGS
In a seated position, slightly lean back and extend your legs. Begin kicking and place the ball through your legs and return back through. Count 20 in each direction.



3 BOX JUMPS
In a stationary squat position, explode and jump over a box or platform. Perform the exercise with one, two or three boxes. 10 jumps per set.

4 JUMP ROPE
Using a jump rope, jump off both legs for 45 seconds and rest for 15 seconds. Repeat six to 10 times.



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[PHOTO PROVIDED BY
COUNTRYSIDE YMCA]

Coach Brad Isham

Director of Competitive Swimming
Countryside YMCA | Lebanon, Ohio

- University of Cincinnati, B.S., pre-personnel and industrial relations, 1995
- Played college soccer at UC
- Named head swim coach at Gamble Nippert YMCA upon graduation from Cincinnati
- Earned YMCA National Coach of the Year honors after winning a long course national championship in 2000 and a second-place finish in 2005
- Named head coach at Ralph Stolle Countryside (the nation's largest YMCA) in 2008
- Member of the Southwest Ohio Y Swim League executive committee
- Member of the YMCA National Coaches Association advisory committee

Countryside YMCA placed ninth in the combined team standings at last year's YMCA Short Course Nationals. At the long course meet, Coach Isham's Torpedoes finished second among the women and second among the men to capture the combined team trophy. Isham has coached numerous Y-Nat and high school state champions. Since 2009, he has led Cincinnati's Ursuline Academy to two high school girls state meet titles and two second-place finishes.

BRAD ISHAM

BY MICHAEL J. STOTT

Cincinnati product Brad Isham has coached in the YMCA system for 22 years. Last year, his Ralph Stolle Countryside men and women broke three national records and 25 team records on the way to winning the combined team championship at the YMCA Long Course Nationals. Isham also was voted Coach of the Meet.

Q. SWIMMING WORLD: You were a soccer player in college. How did that and a pre-personnel and industrial relations degree prepare you for swim coaching?

A. COACH BRAD ISHAM: The opportunity to play soccer in college allowed me to learn about coaching styles, tactics in a different sport and about athletic training. Learning what it takes to become a Division I athlete was also great preparation for being a coach. The degree has an emphasis in psychology, and that helped my understanding of people, the way they think and how to motivate them, which has been helpful in setting up training environments and building a team. The degree's business element has helped me manage team operations.

SW: How did you start swimming?

BI: I grew up on a lake and started swim lessons very early. At age 8, my mom put me on a swim team.

SW: You've coached for more than 20 years. Any mentors?

BI: Ed Bachman gave me my first coaching job and good direction at Gamble Nippert YMCA in Cincinnati. Larry Barbieri brought me to Countryside Y and has been a very positive influence and a great guide. Over the years, many coaches and people have shared information and helped me grow as a coach.

SW: To what do you attribute your success at Gamble Nippert Y and now Countryside?

BI: Being blessed with good swimmers. I believe if you work hard, you will have success. My athletes have been very driven and willing to work to achieve their goals. If you establish a standard of success, swimmers will strive to reach and exceed those standards. In addition, I have had great assistant coaches who have developed strong swimmers.

SW: You also coach—and win state titles—at Ursuline Academy. How do you manage two highly successful programs simultaneously?

BI: Great coaching staffs and support have made it manageable. There is overlap with the two programs, so it just requires some extra time during the high school season. Ursuline has an established tradition of success. I just hope to continue that tradition.

SW: You place a lot of athletes on major college swim programs. Are you lucky, good or both?

BI: Very lucky. One of my major goals is to prepare kids to swim in college. As a program, we look to develop our swimmers for the long term so they are continuing to improve through their high school years.

SW: Since 2012, your combined teams have moved from 22nd to ninth in short course Y Nationals and from 10th to first in long course. What accounts for the ascendancy?

BI: We have had experienced athletes who have worked well together and knew what it took to reach that level. We have also had a good combination of male and female talent and balance. They really became competitive and pushed one another.

SW: Can you repeat that performance in 2015?

BI: That is the plan. We graduated some very strong girls, so we will have a challenge. We have a very talented group of younger girls who work hard and have learned from those seniors. They have been exposed to this level of success and are motivated to continue that. Our guys are strong and experienced, so we will see.

SW: Do you stress the long course season more than short course?

HOW THEY TRAIN:

KEVIN GEORGE

BY MICHAEL J. STOTT



“Kevin George epitomizes what we strive for in our program,” says Coach Brad Isham. “He played other sports early on only to commit to swimming at age 13 whereupon his work ethic improved dramatically. He works hard, is a smart swimmer, a leader, is extremely loyal and cares deeply about the team’s success. He knows the coaches and younger kids on the team, and he talks to all of them.”

At the 2014 Ohio High School Division I state meet, George, a junior at Cincinnati Moeller, notched seventh place in the 200 free (1:41.18 p), third in the 500 free (4:32.26) and led off the team’s fifth-place 400 free relay (48.11, 3:09.40). In the 2015 state meet, he swam the second leg on the seventh-place 200 (1:26.43) and 400 free (3:10.09) relays, anchored the fifth-place medley relay (1:34.23) and clocked a 4:33.23 sixth place in the 500 free while helping the Crusaders to the meet’s runner-up spot.

With six weeks of training remaining after the Ohio state meet, George, 17, and his Torpedo teammates returned to Job One, improving upon last year’s eighth-place men’s finish at the short course Y-Nats (they tied for sixth). Says Isham, “Kevin has a very strong work ethic. He trains with our distance group and constantly responds to rigorous training, excelling at challenging sets. Any time something is timed, it brings that little extra out of him. He is very competitive and loves the team aspect of swimming. He will push himself as far as he can go to meet the set’s expectation. And he often challenges teammates to races after practice.

“Kevin is also very confident, never gets too serious and maintains a steady composure. He has a great understanding of the sport, knows what it takes to be good, when it is time to train and when it is time to perform.”

SAMPLE SETS

(Short Course Yards)

#1

- 5 x 100 @ 1:05 (held 1:00)
- 1 x 100 all-out dive (:52)
- 2 x 500 @ 6:45
(100 all-out dive @ 250)
(5:15 on 500s; :52 on 100s)
- 1 x 100 all-out dive (:51)
- 3 x 500 @ 6:45 descend 1-3
(100 all-out dive @ each 500)
(averaged 5:10 on 500s; :51 on 100s)

#2

- 2 x 400 @ 4:30 (4:20)
- 4 x 25 @ :30
- 2 x 400 @ 4:25 (4:15)
- 4 x 25 @ :35
- 2 x 400 @ 4:30 (4:15)
- 4 x 25 @ :40

- 2 x 400 @ 4:15 (4:08)
- 4 x 25 @ :45
- 2 x 400 @ 4:10 (4:04)
- 4 x 25 @ :50
- 2 x 500 @ 4:05
(4:01 on 1st, 4:05 on 2nd)
- 4 x 25 @ :55

#3

- 800 negative split @ 9:15 (4:15, 4:07)
- 2 x 200 fast @ 2:30
(under 2:00) – 1:56
- 600 negative split @ 7:00 (3:12, 3:06)
- 4 x 100 fast @ 1:15 (under :56) – :54
- 400 negative split @ 4:40 (2:10, 2:05)
- 8 x 50 fast @ :50 (under 27.5) – 27.3
- 200 negative split @ 2:20 (1:03, :59)
- 16 x 25 all-out @ :30

#4

- 10 x 50 @ :40 (500 pace) – 26.8-27.0
- 100 kick @ 1:30
- 5 x 100 @ 1:20 (500 pace) – 54.3-54.7
- 200 kick @ 3:00
- 2 x 250 @ 3:20 (500 pace) – 2:27
- 300 kick @ 4:30
- 1 x 500 all-out (5:01)
- 1 x 800 pull with paddles
(descend 200s 1-4)
- 3 x 500 all-out @ 6:30 (go faster than
1st 500 all-out – 5:03, 5:07, 5:04).

Coach Isham: “Kevin was hurting on this last set because he didn’t know more 500s were coming after the first one!” ❖

BI: No. I look at both seasons as equally important and as opportunities to improve. I enjoy the long course training and the positive impact it can have on the short course season. From a team standpoint, it is a benefit not to have the high school season in the middle and break things up. However, the goal each season is to keep developing

swimmers and make them swim as fast as possible.

SW: How does having outstanding athletes such as Ali Marsteller, Emily Slabe and Grant House affect the younger swimmers?

BI: They have a major, positive impact.

They are not only great athletes, but outstanding people. They are always willing to talk with and demonstrate to younger swimmers. They are very hard workers, so they set a great example as to what it takes to reach that level. They raise the bar regard-

– continued on 54

ing team records and accomplishments to which younger swimmers can aspire.

SW: At the nation's largest YMCA, how many children are involved in aquatic programs?

BI: Over a year, there are around 8,000 children involved in swim lessons, private lessons, diving and water fitness classes. The competitive program has 240 children.

SW: How do you make use of five indoor pools?

BI: The swim team has use of our 8-lane, 25-yard pool during the short course season and an 8-lane, 50-meter pool during long course. We also have a 3-lane lap pool and a family, play and senior pool. The additional pools provide us with the necessary space for practices without having to inconvenience the Y membership. We also

rent the competitive pool to some local high school swim teams.

"My athletes have been very driven and willing to work to achieve their goals. If you establish a standard of success, swimmers will strive to reach and exceed those standards."

*—Brad Isham, Swimming Director
Countryside YMCA*

SW: What is a normal weekly in-season pool training schedule for your elite swimmers?

BI: Our top-level swimmers practice Monday to Friday, 4 to 6 p.m., and Saturday from 8 to 10:30 a.m. We have morning practices Monday, Wednesday and Friday from 5 to 6:30 a.m. Long course season is Monday to Saturday, 7 to 9:30 a.m. and afternoon practices Monday-Wednesday-Friday from 3:15 to 5:30 p.m.

SW: How about weights and dryland?

BI: We do some basic, body weight dryland work from 3:45 to 4 p.m. and medicine ball work from 6 to 6:30 p.m. We do weights during our morning practices for about 45 minutes. The remaining 45 minutes are devoted to various dryland work.

SW: What are you doing differently now compared with what you did 10 years ago?

BI: We definitely emphasize kicking more as well as more speed work. Over the years, I have changed to doing our weights and dryland in the morning practices. This has allowed for much more emphasis in strength training as well as more stroke-specific training. I try to make some changes every year while maintaining our basic foundation. ❖

Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams have won eight state high school championships.

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UP & COMERS

AGE GROUP SWIMMER OF THE MONTH

BY JASON MARSTELLER

LUCIE NORDMANN



[PHOTO BY HOLLY ANDERSON PHOTOGRAPHY]

Lucie Nordmann, 14, of The Woodlands Swim Team made her Olympic Trials cuts in the 100 and 200 meter backstroke (1:03.05, 2:14.73) at the Arena Pro Swim Series in January at Austin, Texas.

Two months later, she won those two events at the National Club Swimming Association Junior Nationals (streamed live on SwimmingWorld.TV) to earn a spot on the NCSA All-Star tour in Ireland that began in late April.

Nordmann, a CoSIDA Academic All-American Hall of Famer, is the oldest of four girls who all swim competitively for The Woodlands. Her father, Michael, is a swim coach who swam for the University of Utah, and her mother, Amy, is a physician who was an All-American volleyball player at Washington University in St. Louis.

The Woodlands head coach Tim Bauer says, "Lucie just does not like to lose. She also puts a lot of time into working her underwaters. Lucie makes sure to have fun with her teammates, and they all love going to Whole Foods in Austin." ❖

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**WHAT ARE YOU LOOKING FORWARD TO THIS YEAR?**

"I'm looking forward to my trip to Ireland with the NCSA All-Star team this spring. It is my first time traveling outside of the country and my first international meet. I'm excited to meet new people and gain valuable experience. I'm also looking forward to long course season to see what I can accomplish this summer."

WHO IS YOUR SWIMMING IDOL...AND WHY?

"This is a tough question to narrow down to one answer. I look up to Missy Franklin, Katie Ledecky and Simone Manuel. They all work super-hard to achieve their goals, and they all set a great example for today's young swimmers. They are great ambassadors for the sport and contribute to the popularity and growth of swimming."

WHAT ARE YOUR FAVORITE HOBBIES?

"My favorite hobbies are hanging out with friends, listening to music and photography. I am also a world-class napper...and I can put down several bowls of cereal with almond milk like no one else!"

WHAT IS THE BEST THING YOU DO IN SWIMMING?

"I always have fun at practices and meets, but when it comes time to race, I am able to focus and get down to business. As far as technique goes, I feel that my turns and underwater dolphin kicks are among my strongest attributes. I focus on these details in practice because they are such an important factor in being the best swimmer I can be."

WHAT IS YOUR FAVORITE THING ABOUT SWIMMING?

"I enjoy training with my teammates because we are all working toward a common goal, pushing each other every day to get better. We couldn't do it without each other. Swimming has taught me to develop a strong work ethic—balancing practices, school and homework. This carries over well into racing because you have to be prepared, focused and ready to race."



NCAAs: WHAT THEY'RE SAYING

BY JASON MARSTELLER

PHOTOS BY PETER H. BICK



EDDIE REESE

Head Men's Coach, University of Texas

...following the Longhorns' six swimmers in the "A" final:

"The best text I got on that was from a guy who swam for me a lot of years ago, who said, 'I thought the Orange and White meet was in September.' I would like to leave that topic with this thought: we got a kick out of the butterfly. It's all about kicking. You've got to be able to kick. There are five strokes now—kicking is one of them, and it is the second fastest stroke. You've got to do it."



JOSEPH SCHOOLING

Freshman, University of Texas

...on the NCAA atmosphere:

"It's great—my first NCAA championship. Obviously, coming into this meet, there is so much hype about it, and now I can finally see and understand why everyone just raves about it. Personally, I think it's more exciting, more emotionally draining than the World Championships and Olympics combined—and multiplied by two. That's how much of a roller coaster this meet is."



MISSY FRANKLIN

Sophomore, University of California-Berkeley

...on going out as a champion:

"I think I've said it before, but collegiate swimming is kind of a totally different sport within swimming. And that team atmosphere is something that I wanted so bad, and it's something that I could never expect to feel like this. The tears were definitely flowing in these past two years. Even last year, knowing what it felt to get third and watch Georgia win, and have that gut feeling of knowing how bad you wanted it. And then this year, to be the ones running through the tunnel and being the ones jumping in (the pool). It really made me appreciate what we were able to do, and what (Coach) Teri (McKeever) was able to help us achieve."

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TERI McKEEVER

Head Women's Coach, University of California-Berkeley

...on Missy Franklin going pro after swimming two years at Cal:

"That was something we talked about the day after London (2012 Olympics), when I walked into her home to recruit her. I was standing in her kitchen and asked, 'What do you want from this experience?' We talked about how it needed to be two years and that she had an opportunity leading into the (next) Olympics (in Rio) because of what she did in London. In this scenario, she could have the best of both."



DAVID NOLAN

Senior, Stanford University

...on seeing his 1:39.38 American record in the 200 IM on the scoreboard:

"It was special. I didn't see the time for a couple of seconds because the flags were in the way. It was cool when I finally got to see it. I did feel a little bit hyped before the swim. (Going) below 1:40?—let's rip it and see what happens. I was pumped to actually get the goal time at NCAAs."



KELSI WORRELL

Junior, University of Louisville

...on winning the 200 fly:

"I'm so shocked...my time (1:51.11)! I'm just so shocked. Oh, it's all Jesus right now, that's for sure. My legs are hurting, and this was like the 13th swim or something, so it's all...Jesus, my legs, my body, just get to the wall...I didn't want to T-Rex (short-arm) it like this morning." ❖

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PICTURED > After winning his 11th NCAA championship in March to tie him with Ohio State's Mike Peppe (1931-63) for most men's NCAA Division I team titles, the secret is finally out—Texas coach Eddie Reese walks on water!

[PHOTO BY PETER H. BICK]