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15 QUIRKY SWIMMER HABITS

MICHAEL PHELPS RETURNS

SHOULBERG "RETIRES"

ENGAGE SELF DESTRUCT

KATIE LEDECKY'S QUEST TO DESTROY HER OWN WORLD RECORDS

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Hungary, Serbia, Croatia Pulling Ahead
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for swimmers. Most dream of swimming for a program
where they make lifelong friends and memories.

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Germantown Academy announced the controversial
retirement of long-time head coach Richard Shoulberg,
who is currently employed by Germantown as
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ON THE COVER - KATIE LEDECKY BY PETER H. BICK

None of her world records
are safe...from herself. Ka-
tie Ldecky is on the verge
of rewriting the record
books...again. How FAST
will she go?





[Photo Courtesy: Melissa Luncie]

15 QUIRKY SWIMMER HABITS

By Allison Peters, Swimming World College Intern

EVERYBODY HAS QUIRKS THAT MAKE THEM TICK, BUT SWIMMERS' QUIRKS ARE MUCH DIFFERENT FROM THOSE OF YOUR EVERYDAY PERSON. HERE ARE 15 SWIMMER HABITS THAT THESE WATER-LOVING, DEDICATED AND SOMETIMES MASOCHISTIC ATHLETES WILL ONLY UNDERSTAND.

.....

1] HAVING A SIXTH SENSE ABOUT WHAT CLOTHES WILL FIT THEIR MUSCULAR ARMS - More times than I can count I've been at the mall and my mom or a friend has held up a shirt saying how cute they think it is. My response? "Yes it is, but it would never fit my shoulders or arms."

2] FALLING ASLEEP AT ANY GIVEN TIME IN ANY GIVEN PLACE - This may be more of a talent. A few swimmers on my team are famous for being able to fall asleep on a locker room bench or chair in a building on campus. We are up so early and are always so physically exhausted that when sleep calls, we must answer! *More >>>*

3] OUT-EATING ALL THEIR NON-SWIMMER FRIENDS, AND PROBABLY MOST PROFESSIONAL EATERS - I'm always getting made fun of for this. Whenever my parents come up for a swim meet, they take me out to dinner after which I'll order a bacon cheeseburger, extra fries, a milkshake and beg for dessert. My mom always questions whether or not my school cafeteria feeds us. It does! I'm just hungry after swimming the 1650! Hey, if Michael Phelps can choke down 10,000 calories a day, I can try too, right?

4] HAVING DOMINO'S, TACO BELL OR OTHER FAST FOOD ESTABLISHMENTS ON SPEED DIAL - Even after my parents treat me to dinner, a few hours roll by and I'm mysteriously hungry again. Nothing curbs my midnight cravings like gorging on pizza and cheesy bread and then dreading it when I wake up for morning practice with a full stomach.

5] WAKING UP, ON THE DOT, AT 5:30 A.M. FOR PRACTICE... EVEN WHEN THEY DON'T HAVE IT - Sometimes I feel like I don't even have to set that alarm clock for morning practice because no matter what, I know my body will shake itself awake to get me there on time. That, or I know I'll wake up at the top of every hour anticipating the departure from my warm, comfy bed into a freezing cold pool.

6] NEVER BEING ABLE TO SLEEP IN - Even on the rare mornings off, it's hard for us to sleep past 9 a.m. even if we went to bed late the night before. I guess we are just so used to being up early and getting things done while most people sleep in!

7] FUNCTIONING ON 5 HOURS (OR LESS) OF SLEEP - Most of the time this is a habit because swimmers force it to be one. How else are we supposed to fit in two practices a day and maintain a competitive GPA? We stay up to finish homework and we wake up early to get the yardage done.

8] SKIPPING SHOWERS BECAUSE "CHLORINE IS BETTER THAN SOAP" - I promise I'm not guilty of this one! I value the shine and softness of my hair too much. But I would say at least 99.9 percent of swimmers I know don't shower as often as they should. They use the excuse, "Well, I'm going to be back in the pool in 12 hours anyway."

9] GOING THROUGH BOTTLES OF LOTIONS LIKE BOTTLES OF WATER - This is especially true in the cold months of the winter. Sometimes the chlorine dries my skin out so much, it hurts to smile after practice (usually though I'm not smiling after practice, I'm sleeping or eating).

10] CANCELLING PLANS TO SLEEP - It's not that we are lazy or we don't want to see our non-swimming friends! It's just that sometimes, or a lot of the time, sleep trumps anything else we want or need. My closest non-swimmer friend found that the best way for her to get me to stop canceling plans is that she comes over and we just lounge in my bed and watch movies together.

11] ONLY SHAVING WHEN ABSOLUTELY NECESSARY - This pretty much means the night before their first championship meet swim. Boys grow beards long enough to braid. If girls have to wear a skirt or dress, they put on tights. Otherwise, the only people who will see their legs are their teammates who are in the same boat.

12] KNOWING EXACTLY WHAT HEAVY FOOD TO AVOID EATING BEFORE PRACTICE - One time I had Chipotle before practice. It was the biggest mistake of my life, considering I almost drowned during that long I.M. set. Other things I've learned to not eat before practice: cheese, pepperoni and chicken nuggets.

13] HAVING MORE YOGA PANTS (OR SWEAT PANTS) THAN ANY VICTORIA'S SECRET STORE - My lazy days have gotten to a point where I consider wearing yoga pants to be "dressing up."

14] NEVER HAVING ENOUGH ENERGY FOR DRY HAIR - What's the point of drying your hair after practice if it will be wet again soon anyway? I will suffer through my hair freezing as I walk to class just to save my arms the trouble of lifting my hair dryer.

15] TRAVELING IN PACKS - Like dolphins, seals or some other water creature, swimmers never travel alone. On my campus, you'll always find us going to class, the cafeteria, or practice together.

OLYMPIC CHAMPION TAE HWAN PARK FAILS DOPING TEST

By Jason Marsteller

Tae Hwan Park, the 2008 Olympic champion in the 400-meter freestyle, has tested positive for a doping test according to Yonhap News Agency.

Park's management agency attributes the positive test to "an illegal injection administered by a local doctor."

"At the time, the hospital offered to give Park an injection, and he repeatedly asked if it contained any illegal substances," Park's management said. "The doctor said there would be no problem. And yet it turned out the injection contained a banned substance. With our team of legal experts, we're trying to determine why the particular hospital injected Park with an illegal substance, and we're preparing to hold it civilly and criminally liable."

The agency explained that Park received a "free chiropractic treatment at a local hospital about two months prior to the Asian Games, and received a shot that led to the positive test."

Park just returned to South Korea after a two-week training camp at SwimMAC.

"He hasn't even taken cold medicine so that he wouldn't fail doping tests," Park's management agency said, according to Yonhap. "Park is more shocked by this result than anyone else."

In 2008, Park became the first South Korean to win an Olympic gold in swimming when he won the 400-meter free. He also took silver in the 200 free that year before coming back with silvers in both the 200 and 400 at the 2012 London Games.

This is the second high profile positive test for a distance swimmer from Asia as world-record holder Sun Yang also tested positive and served a short three-month ban earlier this year.

There was controversy surrounding the timing of the release of information on Sun's ban, as he had already served his ban before news leaked that he even tested positive. ◀





A VIEW OF SWIMMING FROM A NON-SWIMMER'S PERSPECTIVE

Commentary by Swimming World Intern Woohee Han

PISCATAWAY – I spent three days as a reporter intern for Swimming World at the Berkeley Aquatic Club's annual CeraVe Invitational where I discovered the world of competitive swimming in an entirely different way. As I stood by the pool for more than two hours each day, talking with dripping wet and tired swimmers fresh from their races, as I endured the endless screaming and whistling of the coaches, I was reacquainted with the sport by experiencing it at the scene, instead of behind a television screen.

Before I arrived at Rutgers University for my three-day stint, I had always thought of swimming as a boring sport, at least from a spectator's point of view. Sure, it is quite entertaining to see who's ahead of whom, the back and forth of swimmers competing for the lead, and the beastlike roar of happiness and triumph of the champion. However, the endless laps of up and down the lane with not much more action than arms and legs waving fiercely against the water can get boring after a while. I always thought I could be having more fun watching a sport like basketball or soccer, which give people a sense of immediate satisfaction.

I have realized, however, that I have been neglecting the amount of work put into swimming, and how committed one has to be to excel in competitions like CeraVe and other major meets. On the first day of the meet, I was able to talk to a couple of swimmers about balancing their swimming career with academics and social life, two other vital components to a life of a teenager. After learning that their lives were in es-

sence composed of only sleeping, eating, swimming and doing homework, I wondered if I would be able to do the same feat. I had the chance to reflect upon my own lifestyle, and how much easier I had it in my perceived hectic life.

It was simply amazing how they dealt with everything else outside the pool, but what awed me more was the group passion and fervor that were evident during competition. I had dismissed, or tried to dismiss, the loud yelling and the high-pitched whistling as annoying and incomprehensible. I could not understand why they had to constantly yell and whistle throughout the whole race. It was especially unbearable during the long-distance races, as my ears were soon fatigued, while the coaches' vocal chords were not. It was only by the end of the meet that I realized that it signified the amount of camaraderie that cannot be seen in any other sport. I was amazed by the strong connection between the coach and the swimmers, and among the swimmers as well.

Swimming is one of the most underappreciated and neglected sports for those who are not directly involved in it. Having hands-on experience with swimming for three days, I realized that there is more to it than what is displayed on television at the Olympic Games. After all, there is more to swimming than medals, Michael Phelps and tight swimsuits. The amount of effort, teamwork and passion that goes into swimming is often hidden beneath the surface, and it cannot be fully realized without being right in the middle of the action. ◀





MICHAEL ANDREW DOWNS 100 BREAST 15-16 NATIONAL AGE GROUP RECORD

AUSTIN – Michael Andrew, the 15-year-old professional swimmer, unleashed his first 15-16 U.S. National Age Group record with a win in the men's 100-meter breast at the Arena Pro Swim Series in Austin.

Andrew came home like a freight train with a 32.38 to get in front of Trojan's Glenn Snyders, 1:01.67 to 1:01.70, for the win. The time pushed him in front of Carsten Vissering's 15-16 U.S. NAG time of 1:01.94 set in 2013.

That's Andrew's first 15-16 long course NAG after obliterating the age group record books as a 10 year old up through 14.

Snyders (1:01.70) and NYAC's Mike Alexandrov (1:01.77) rounded out the podium with Tennessee's Brad Craig taking fourth in 1:01.89. - *Jason Marsteller*

Arena Pro Swim Series editorial coverage is proudly sponsored by Arena USA.

[Photo Courtesy: Melissa Lundie]

[Photo Courtesy: Peter H. Bick]

**"THIS STUFF
JUST *DOESN'T*
HAPPEN IN
JANUARY"**

KATIE LEDECKY AND AMERICANS OPEN 2015 ON FIRE IN AUSTIN

BY DAVID RIEDER

World records do not fall very often. And when they do, it's usually in the summer with the likes of Katie Ledecky, in July and August.

January? Not so much.

In fact, a long course world record hasn't fallen in the inaugural month of the year since 1991, when FINA held the World Championships in Perth in during the Australian summer. No one had repeated that feat in 24 years, but Katie Ledecky came close on Saturday with a monstrous 800 free at the Arena Pro Swim Series in Austin.

Ledecky has been on a hot streak since lowering her own world records in the 800 and 1500 free at a meet at The Woodlands in Texas this past June. Her return to the Lone Star State proved nearly as historic, and it wasn't in the 800, an event in which she swam under world record pace through 600 meters. She swept the 100, 200, 400, and 800 free events in Austin, setting a best time in the 100 free on the way. She has made near-record swims seem routine – even disappointing – but compare her swims to this same meet last year.

EVENT	2014 TIME	2015 TIME
100 Free >	55.57	54.55
200 Free >	1:57.76	1:56.16
400 Free >	4:04.46	4:00.47
800 Free >	8:26.70	8:11.21

Whoa. Ledecky's (relatively) quiet meet in Austin last year didn't prevent an historic summer, but she is already swimming close to her best swims at the very beginning of this season. That just doesn't happen in January.

Her near-world record in the 800 free was the second-fastest performance ever, while only Federica Pellegrini has surpassed that time in the 400, both times with the aid of high-tech polyurethane suits. Ledecky's 200 free from Austin would have ranked in the world top-ten last year (Ledecky herself ranked second).

Meanwhile, that 100 free could be a game-changer, as Ledecky will now be in the conversation to swim on the U.S. 400 free relay at the World Championships this summer. She will have to post a faster time before the U.S. team departs for Russia this summer, so Ledecky's pursuit of sprint success will be one interesting storyline to keep an eye on. Regardless, if her early form is any indication, the undisputed best swimmer in the world will be tough to beat in the 200, 400, and 800 this year in Kazan.



[Photo Courtesy: Griffin Scott]

*No one else was chasing world records in Austin, but the meet featured a handful of exceptionally strong times for the traditionally-sluggish month of January. World and Olympic champion Matt Grevers uncorked a 53.27 in the 100 back, just a half second slower than his best time from last year, a 52.75 from U.S. Nationals. But he's already a step ahead of his 53.72 from the same meet last year as he goes for a World title defense.

*Meanwhile, distance ace Connor Jaeger got his year off to a solid start with a 3:47.58 win in the 400 free. That doesn't sound incredible, but it actually far surpasses the 3:49.42 Jaeger swam in a disappointing third-place finish in the event at Nationals last summer. He ended up rebounding to finish third at Pan Pacs in 3:45.31, and he has also swum under 3:45 in winning bronze in the event at the 2013 Worlds. If he can keep swimming 3:47s all season, he will have a shot at another medal in the event at Worlds this summer.

*Katinka Hosszu races a lot and does not lose much. But this weekend, two Americans stepped up their game to take down the Hungarian Iron Lady in an event in which she won the World Championship in 2013. Elizabeth Beisel won the 400 IM in 4:36.71, followed by Caitlin Leverenz (4:38.35) and then Hosszu (4:39.93). That doesn't beat Beisel's in-season best of 4:33.52 from last year's Santa Clara Grand Prix, but since she began training at Florida, that is her only other sub-4:40 performance outside of a championship meet.

Leverenz, meanwhile, looks like she's back after a disappointing 2014 where she finished seventh at Nationals in

4:43.23. She finished second to Hosszu in the 200 IM in Austin, but her 2:11.84 is just over a second back of her top time from last year, a 2:10.67. She demolished her times from last year's meet in Austin, 2:13.44 and 4:41.56. Bound for the Pan American Games this summer, Leverenz could be on the way returning to the elite class of IMers.

*Not too long ago, the 200 fly was one of the weakest events for the American women. Only four years ago, they were shut out of the event's final at the World Championships. The emergence of Cammille Adams helped remedy the situation, culminating with her win in the event at the 2014 Pan Pacs. Adams put up a solid 2:09.25 in the 200 fly, not far back of her 2:06.61 from her championship swim at Pan Pacs. But Adams had to settle for third this time as two youngsters each touched ahead of her.

No one can be too surprised to see Katie McLaughlin, 17, touching in 2:09.12 after her bronze medal in the event at Pan Pacs, but her co-champion, Cassidy Bayer, might be less familiar to casual swim fans. The 15 year old has only been faster once, when she won silver in the event at Junior Pan Pacs in 2:09.08.

Three 2:09s appears highly promising for the U.S., but with one of the headliners so young, there could be a breakout coming.

*Canadian Dominique Bouchard earned wins in both backstroke events this weekend, touching out one American Olympic medalist in each event. She beat Beisel in the 200 back and Natalie Coughlin in the 100. That's right, Natalie Coughlin just swam her first 100 back in almost three years. She last swam the event at the 2012 Olympic Trials, finishing third behind Missy Franklin and Rachel Bootsma.

Coughlin swam just one event, the 400 free relay, at the London Olympics, and since then, she has focused exclusively on sprint free after moving across Spieker Pool to train with the Cal men's team and coach Dave Durden. What does her return to backstroke mean for her future? Who knows for sure, but no one can deny it's exciting to see Coughlin back in an event she redefined. And for the record, her 1:00.70 from Austin is faster than the 1:00.83 she swam at the 2012 Santa Clara Grand Prix, her final in-season meet before the 2012 Trials. ◀

KATIE LEDECKY LOWERS OWN 200 FREE HIGH SCHOOL NATIONAL MARK

LAUREL – Katie Ledecky lowered her own national high school record in the 200-yard free at the Washington Metro Prep School Swim & Dive League Championships.

Ledecky clocked a scorching 1:41.82 in the 200-yard free, eclipsing her previous record of 1:42.38 as the national mark. Dagny Knutson remains in possession of the national public school record with a 1:42.81 while swimming for Minot in 2008.

That's a personal best for Ledecky, clearing the 1:42.03 she set while swimming for Nation's Capital at the 2013 Winter National Championships.

The time stands eighth all time in the event's history.

"I didn't intend to do that," Ledecky told Reach For The Wall. "My best time is from December 2013, and I've gone best times in practically every other events — I knew I was due for it. I just didn't think it would happen today."

A bit after winning the 200 free, Ledecky returned with a 1:57.88 in the 200-yard IM to lower Sarah Haase's league record in the event.

National Records for High School Are Pending Application Verification. - *Jason Marsteller*

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HISTORICALLY HOW FAST ARE THE 2016 OLYMPIC SWIMMING QUALIFYING TIMES?

Analysis by Jeff Commings

TUCSON – Can you beat Rowdy Gaines’ gold medal winning time from the 1984 Olympic Games? Starting March 1, hundreds of swimmers will try as they begin competing in meets to achieve their goal of earning a place in the 2016 Olympics. When FINA released the list of 2016 Olympic swimming qualifying times last week, the journey to the Rio Games officially began.

Many will decry that the “A” qualifying time in many events are way too fast, but the Olympics is the highest level of competition the sport has, and it’s only natural that only the very best – with a few exceptions under the universality clause – are invited to the meet. And it’s the nature of the sport. If the majority of times at the Olympic Games don’t get faster every four years, then we’ve got a very big problem in the sport.

But let’s put the qualifying times for the 2016 Olympics in perspective. Though FINA has set some very fast standards, none of the times would have won a gold medal at the past four Olympics. A few of the cuts are so “slow” that you’d have to go back as far as 1972 to find a Games that wasn’t as fast as the 2016 qualifying times. Interestingly, the longer the distance, the further back in history one must go to find a time that is slower than the 2016 Olympic swimming qualifying time.

For example, anyone wishing to qualify in the men’s 100 free-style for the Rio Games must swim faster than Rowdy Gaines’ gold medal time of 49.80 set in the 1984 Olympics. So in some ways, there is a virtual race to beat Rowdy and go a 48.99 to at least have an opportunity to qualify for 2016. (Lookout Rowdy!) Keep in mind, that not everyone who makes the cut will

go. Swimmers still have to be selected by their country and each country is limited to just two swimmers per event.

The women’s 200 IM is the only anomaly in the list. The event was not swum at the 1976 or 1980 Olympics, which is why 1972 is listed as the earliest event in which the 2016 Olympic qualifying time would have won gold.

Check out the charts to see which Olympics was slower than the current qualifying time in each individual event.

Where does your best time sit in the annals of history? Do you make the cut? Do you know how far back into the history books you have to go for your current best time to win an Olympic Gold Medal? ◀



[Photo Courtesy: Tim Morse]



[Photo Courtesy: Tim Morse]

EVENT	MEN'S 2016 OLYMPIC QUALIFYING TIMES	WHICH OLYMPICS WOULD IT WON GOLD?	WOMEN'S 2016 OLYMPIC QUALIFYING TIMES	WHICH OLYMPICS WOULD IT WON GOLD?
50 FREE	22.27	NONE	25.28	1988 (25.49)
100 FREE	48.99	1984 (49.80)	54.43	1996 (54.50)
200 FREE	1:47.97	1980 (1:49.81)	1:58.96	1984 (1:59.23)
400 FREE	3:50.40	1984 (3:51.23)	4:09.08	1976 (4:09.89)
800 FREE	N/A	N/A	8:33.97	1972 (8:53.68)
1500 FREE	15:14.77	1972 (15:52.58)	N/A	N/A
100 BACK	54.36	1988 (55.05)	1:00.25	1996 (1:01.19)
200 BACK	1:58.22	1996 (1:58.54)	2:10.60	1984 (2:12.38)
100 BREAST	1:00.57	1996 (1:00.65)	1:07.85	1992 (1:08.00)
200 BREAST	2:11.66	1996 (2:12.57)	2:26.94	1984 (2:30.38)
100 FLY	52.36	1992 (53.32)	58.74	1996 (59.13)
200 FLY	1:56.97	1984 (1:57.04)	2:09.32	1988 (2:09.51)
200 IM	2:00.28	1984 (2:01.42)	2:14.26	1972 (2:23.07)
400 IM	4:16.71	1984 (4:16.71)	4:43.46	1972 (5:02.97)



[Photo Courtesy: James Lang-US PRESSWIRE]

HUNGARY, SERBIA, CROATIA PULLING AHEAD IN FINA MEN WATER POLO WORLD LEAGUE

LAUSANNE – Unbeaten so far, Hungary, Serbia and Croatia maintain the lead of their respective group – A, B and C – after the fourth round of the European tournament of the FINA Men Water Polo World League 2015, held on Tuesday January 20 in various cities.

In group A, Greece lost to current World champions Hungary in a tight 13-15 (5-4, 3-5, 3-3, 2-3) in Athens. Meanwhile in Bucharest, Romania and visiting Slovakia drew level 9-9 (3-4, 1-3, 3-2, 2-0) with the locals winning in a final score of 14-13 after penalty shout-outs.

Defending World League champions Serbia strengthened their lead of Group B after their victory against home squad Russia 8-17 (2-4, 1-4, 2-5, 3-4) in Astrakhan City while Spain faced pressure from Germany in Bremen, winning 11-12 (2-3, 3-5, 1-2, 5-2).

In Group C, 2014 World League bronze medallists Montenegro crushed visiting Turkey 15-4 (4-0, 3-0, 3-1, 5-3) in Budva, claiming their first win in these preliminaries. In Torino, 2012 Olympic champions Croatia proved too strong for host Italy, edging the 2012 Olympic runner-ups by just one goal in a final score of 7-8 (2-3, 2-2, 1-2, 2-1).

The ten-round European tournament will continue running through April 2015. The men's Intercontinental Tournament kicks off March 30th in Corona del Mar

(USA, teams to be announced soon). The men's Super Final will take place in Bergamo (ITA) from June 23-28, 2015.

PROVISIONAL RANKINGS:

GROUP A: 1. HUN, 9 pts (3 wins); 2. GRE, 6 (2W, 1 loss); 3. ROU, 2 (1W, 2L); 4. SVK, 1 (3L)

GROUP B: 1. SRB, 9 pts (3W); 2. RUS, 6 (2W, 1L); 3. ESP, 3 (1W, 2L); 4. GER, 0 (3L)

GROUP C: 1. CRO, 12 pts (4W); 2. ITA, 5 (2W, 1L); 3. MNE, 4 (1W, 2L); 4. TUR, 0 (2L); 5. FRA, 0 (2L, did not play in this round)

The next game of round 3 will be held on February 2, 2015 with Turkey meeting France in Istanbul.

ROUND 5 ON FEBRUARY 17, 2015 INCLUDES THE FOLLOWING MATCH-UPS:

ROU vs GRE: Bucharest (ROU)

SVK vs HUN: Kosice (SVK)

ESP vs SRB: Madrid (ESP)

GER vs RUS: city tbc

TUR vs ITA: Istanbul (TUR)

MNE vs FRA: Budva (MNE)

The above article is a press release submitted to Swimming World.



RICHARD QUICK INDUCTED INTO TEXAS SPORTS HALL OF FAME

[Photo Courtesy: Kevin Gutting TX Sports Info Office]

AUSTIN – The late Richard Quick will be posthumously inducted into the Texas Sports Hall of Fame in April as one of seven inductees across four sports.

Along with Quick, the other inductees will be: the late basketball star Zelmo Beaty, former Dallas Cowboys VP of Player Personnel Gil Brandt, BYU Heisman Trophy quarterback Ty Detmer, Dallas Cowboys All Pro safety Cliff Harris, former University of Arkansas basketball coach Nolan Richardson, Dallas Cowboys All Pro DB Everson Walls and Olympic 400m champion runner Jeremy Wariner.

Though many might immediately link Quick's connection to Texas through his highly successful years as head swimming coach at the University of Texas, his history with the Lone Star State goes much further back. Quick was born in the Dallas-Fort Worth area and was a standout swimmer not only at Highland Park High School, but at Southern Methodist University. After starting his coaching career at Houston's Memorial High School from 1965 to 1971, he returned to SMU and coached the men's team until 1976, when he helped start the women's team there.

After a five-year stint as head coach at Auburn University from 1978-1982, he returned to Texas, and established himself as a living coaching legend. He guided the women's team at the University of Texas to five consecutive team titles (1984-1988) before taking his talents to Stanford University in the fall of 1988. He would become the first swimming coach to win an NCAA team title at two different schools in consecutive years when he led the Cardinal to the championship in 1989.

Six more team titles at Stanford would follow, as would six consecutive appointments to the USA Olympic coaching staff. He was picked as women's head coach for Team USA in 1988, 1996 and 2000.

Quick was diagnosed with an inoperable brain tumor in 2008. He passed away on June 10, 2009. - *Jeff Commings*

A photograph of two young men, likely swimmers, smiling and looking towards the right. They are shirtless and have wet hair, suggesting they have been swimming. The background is a soft, out-of-focus blue sky. The lighting is warm, coming from the side, highlighting their faces and hair.

[Photo Courtesy: Tori Bursell]

KEEP YOUR FRIENDS CLOSE AND YOUR RIVALS CLOSER

BY DIANA PIMER, SWIMMING WORLD COLLEGE INTERN

College swimming can be one of life's greatest experiences for swimmers. Most dream of swimming for a program where they make lifelong friends and memories. And there is nothing more calming before a big race or hard set than looking over at your friends, who are probably more confident in you than you are in yourself.

Now, as rewarding as college swimming is, I have always been a firm believer in how important high school swimming is to an athlete's career. Some students choose to only swim club, and others choose private educations, but there is something special about representing the town you grew up in.

THE BEST BRING OUT THE BEST

Personally, I got to swim my four high school seasons with girls I had been swimming with since we were four years old. It is an honor to represent your town to the best of your ability. One thing that high school and college swimming both have in common, however, are rivalries.

The term “rivalry” holds a high standard. A rivalry can be between a team, individuals, or schools. Some rivalries are cut and dry- the Boston Red Sox and the New York Yankees or Swimming’s USA versus France men’s 4×100 free relay.

The funny thing is, some rivalries are just in our heads. Sure, the swimming world sees Ryan Lochte and Michael Phelps as rivals. But to each other, they may just be really good friends who push each other. You may swim against a person you call your rival, when they may think of you as just another competitor, or the person who you always end up swimming against. Either way, whether they know it or not, the ones you think of as rivals are the ones who push you to your greatest potential and bring out the best in you.

OLD RIVALRIES

I was lucky in high school. My team had an incredible bond and a sense of pride for our town, which did not always hold the best reputation. But we worked to reverse the stereotypes and show our state what our town was made of. But in order to do this, we were pushed by some incredibly talented athletes, including one who I always considered to be my rival.

I am not sure if she felt the same way about me or not. She pushed me through four years of high school swimming, and now, four years of college swimming as well. While I chose Division III and she chose Division I, I figured senior year of high school would be the last time we’d ever race. Little did I know, we would end up racing each other later on.

This weekend, my old high school “rival” pushed me to a great race. With .1 seconds separating us in our signature event, it was just like old times. And even though I raced to a well-fought second place, this was my fastest dual meet time of the season. She brought out the best in me. In the midst of winter training, being a senior looking for jobs, and trying to motivate my team, she reminded me of the swimmer I was in high school.

SWIMMING WITH PASSION

As we grow up, we sometimes forget how much fun it is just to race, to lay it all on the line, and to swim with passion. This is how I always swam growing up, and like many other college swimmers, my passion and fire fluctuates from time to time. No swimmer is completely happy and driven 100 percent of the time.

So for the lesson I learned during that 100 breaststroke, I can say nothing but “thank you” to the swimmer who I feared but simultaneously looked up to in high school. In swimming, it is really the people who swam before you and are swimming next to you that help you become successful. Someone must have a record before you in order for you to break it. The swimmer seeded .1 ahead of you is who drives you to be victorious.

Not every swimmer is the same, but I know I swim best when the race really means something. Whether it is a dual meet, an important relay, or me swimming for me, my competitors are what drive me to perform better. It is always good to swim for yourself and have internal motivation, but sometimes you just need a little help from your friends...or your rivals. ◀



6 REASONS YOUR CHILD SHOULD LEARN TO SWIM

By Kelsey Lynch, Swimming World College Intern

The benefits of swimming are endless, and your child should learn to swim as early as possible. Here's why:

1) IT'S ESSENTIAL TO THEIR SAFETY

According to the National Safe Kids Campaign, drowning is the second leading cause of unintentional injury-related death to children ages one through 14. It is absolutely crucial that all kids know how to swim at a young age. There is water all around us, even if it's as small as a bathtub. Making sure that your child is comfortable in and around water is essential to their safety.

I've been swimming since I was three years old, and almost all of my teammates began just as early. Even if your child isn't interested in competitive swimming, ensuring your child knows how to swim should be done as early as possible. Their interest in the actual sport is just an added benefit!

2) IT'S A LOW-IMPACT SPORT

Swimming is obviously low-impact, as it's performed in water. According to Bucknell University, the body is 90 percent buoyant when in the water up to your neck, so you're not hitting the ground with the weight you carry on land. Swimming is the ideal sport for the well being of one's body in the long-run.

Yes, anything in excess can cause your body to break

down, so swimming injuries are common. But if you get a shoulder injury, you may still kick during practice to stay in shape. This isn't so easy in other sports, where you often have to stop the sport all together because of the impact.

In swimming, you can often just rest the injured part of your body, and still use the healthy part of you in the pool. The most common swimming injuries are from overuse, showing that swimming is a generally very easy on one's body as opposed to a critical injury such as a sprain or break from running or jumping.

Note: The lack of serious injuries from swimming does not include dry land training, where often clumsy and uncoordinated fish out of water (also known as swimmers) are more likely to injure themselves.

3) THE VALUE OF TEAMWORK IS LEARNED ALONG WITH INDIVIDUALITY.

Like any sport, the team atmosphere is the greatest aspect. College athletes admit that post-graduation, they miss their team and the hours spent together while training and traveling. In an article I previously wrote, I stated the significance of using your teammates to help you get through the hardest times, because your friends on the

team endure the same hard work that you do every day. From this shared experience, swimmers learn to support their teammates, which creates a positive atmosphere. This is a skill that can be carried through life into the workplace and beyond.

But teamwork is learned in plenty of sports, why is swimming special? The great thing about swimming is that there is also an individual aspect to it. In competitive swimming, you learn self-motivation and goal setting/reaching. Swimmers have their own personal set of times for their events.

At each meet, competitive swimmers try to beat their personal best times, while at the same time swimming for their team as a whole. In high school and college swimming, the primary motivation is to earn points for your team so they can win the meet. I always swam on a club team in high school instead swimming for my school. So when I reached college swimming, I realized the gravity of teamwork and support, and I was able to push myself to a new level. Swimming packages teamwork and individuality into one sport.

4) TIME MANAGEMENT IS INEVITABLY LEARNED.

Time management has been one of the most valuable skills I've attained over the past 15 years of competitive swimming. I have learned how to take the little free time I have to get what needs to be completed on time.

Especially in high school, when I was practicing nine times per week while studying an International Baccalaureate program, my free time was limited. I would wake up before school and swim, go straight to school, and then swim again after. On weekends, I practiced twice a day on both Saturday and Sunday.

I was able to train myself physically and mentally to know when it was more important to stay up and get an assignment done versus getting the sleep I needed for my brain to work properly the next day. My work ethic was often praised by my friends and teachers, and I didn't realize how well prepared I would be for college until my first year at the University of Rhode Island. I learned time management at an early age, and this skill has carried me through my four years swimming for URI.

This is a skill that swimmers will hold for the rest of their lives. Being able to divide and manage one's time, to pri-

oritize what needs to be done first, second, and last is an invaluable talent that is gained through competitive swimming.

5) SWIMMING IS AN INCREDIBLE WORKOUT.

The sport involves moving multiple muscle groups in a high-intensity, cardio workout. All four strokes involve working different muscle groups. Often times, children and adults take up swimming for weight loss. It burns calories quickly, and is easier for overweight people to pick up because it's low-impact. According to Bucknell, swimming offers 12 to 14 percent more resistance training than life on land- offering an exceptionally challenging workout.

Aside from weight loss, introducing your child to swimming early on will promote a healthy life. Once he or she learns to swim, they may hop in a pool at any point in their life to get a low-risk, high-intensity workout.

According to the Centers for Disease Control and Prevention, swimming can help with chronic diseases and mental health. Water-based exercising like swimming improves the use of joints affected by arthritis.

The CDC also states that "Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections." Swimming also releases endorphins, which aid in decreasing depression and improving moods.

6) YOU CAN SWIM FOR THE REST OF YOUR LIFE.

If your child knows how to swim at a young age, this skill is forever with them. In their later years, their longevity and quality of life will be enhanced by swimming. The CDC says that water exercising helps to decrease disability and aids in the quality of life in older adults. Since swimming is a low-impact sport, this makes it a safe option for older adults, rather than risking a fall while biking or running. Swimming feels good on joints and boosts one's mood at the same time.

It's essential that every child learn to swim, especially to be water-safe. But there are so many levels of swimming and benefits that come along the way. Introduce your child to swimming early on so that they have the skill for their whole life. This can help improve their overall physical and mental health. Hopefully, they will fall in love with the sport and lap it up for years. ◀



[Photo Courtesy: Peter H. Bick]

TWO-TIME OLYMPIAN CHLOE SUTTON ANNOUNCES RETIREMENT

by Jeff Commings

Cary - Chloe Sutton, the only American to compete in the Olympic Games in both the pool and open water, announced her retirement from competitive swimming today. The announcement comes as she celebrates her 23rd birthday, marking the start of not only a new year but a new chapter in a very accomplished life.

Sutton became internationally known at an early age, winning the inaugural 10K open water swim at the Pan Pacific championships at 14 years old. The following year, she took gold at the Pan American Games, setting herself up for an Olympic appearance at just 16 years old in the first 10K Olympic race.

Sutton did not win a medal in the 10K in Beijing, finishing in 22nd place out of 25 competitors, but she had the makings of an open water star. She surprised the swimming community the following year by focusing on pool events, making Team USA's world championship team in the 400 and 800 freestyles. She won her first national title in 2009, winning the 800 free over Haley Anderson, who was on her way to transitioning from a star pool swimmer to star open water swimmer.

Sutton made big news later that year by announcing her decision to become a professional swimmer, and at age 16 became one of the youngest professional swimmers in

the world. She immediately landed David Arluck as an agent and secured sponsorship deals.

Sutton's upward trajectory continued in the pool in 2010 when she defended her 800 freestyle national title and qualified for the Pan Pacific championships for the second time. With her focus squarely on the pool, Sutton won her first major international gold medal in the pool, taking the win in the 400 freestyle at Pan Paks.

Sutton returned to the world championships, this time making the final of the 800 free in Shanghai. She missed a place on the medal podium by just seven tenths of a second, placing fourth with an 8:24.05.

Sutton made history with a second-place finish in the 400 freestyle at the 2012 Olympic Trials, getting a ticket to London for a second Olympic appearance. In what would be her final major long course international competition, Sutton placed 10th in the Olympics in the 400 freestyle.

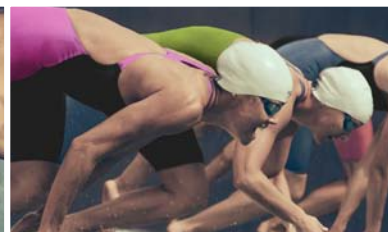
In her pursuit to appear at a third Olympic Games, she moved from the Mission Viejo Nadadores and longtime coach Bill Rose to North Carolina with the new Seal Innovation Team. Sutton will not completely disappear from the sport, as she is going to be heavily involved with the Fitter & Faster Swim Tour. ◀



Jessica Hardy
2012 Olympic medalist

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Nathan Adrian
3-time Olympic gold medalist

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CHOSEN BY THE DISTANCE SWIMMING LIFE

By Kelsey Lynch, Swimming World College Intern

I have been training and racing distance events for most of my 15-year competitive swimming career. Most distance swimmers can vouch for this, but I can't remember a time when I ever said, "Wow I love swimming the 500, the 1000 and 1650. I think I'll do it again and again."

I remember thinking my first mile that I swam as a 10-year-old was the most painful race I'd ever swum. I had wasted all my energy in the first 1,000 yards. The next 650 yards I had to check into another realm of my mind and push past the nearly unbearable physical discomfort.

Here's the thing: Sprinters will admit that they like performing their races. They don't last very long, but they're just as agonizing as a distance race. However, sprint races are over before you have time to over-think the race. Racing is fun. Any competitive person can say that. Channeling your adrenaline and using it to beat out your opponent gives you a great feeling—a sense of accomplishment and pride in yourself.

But few distance swimmers will admit that they enjoy racing 20, 40 or 66 laps, essentially sprinting the whole way. It may not be an all-out sprint, but racing is racing. Don't get me wrong here, I cannot sprint. My lack of fast-twitch muscle is evident in my start, as I am most likely seen entering the water last.

A 100 freestyle for me is especially challenging because I either use up all my energy in the first 50, or I finish the race and want to keep going for a few more 100s. Each distance and stroke in swimming is difficult in its own way. But you're born into the distance life. You learn to get a good song in your head and work the beat into your strokes. Next thing you know, the race is over.

Here's how your fate is chosen: You swim one of the distance events at a young age. Your coach most likely said that you did really well and you should consider trying it again at your next meet. You think, "OK, another time won't hurt, it wasn't that bad." So you swim a distance event at the next meet and do even better, because you knew how to pace yourself more appropriately. This gives you confidence, and the process of figuring out how you want to pace your distance evolves throughout your career.

Once you compete in distance events for several meets, the distance life has chosen you. Good luck turning back now. You may have chosen to be entered in the event, but most likely few people on your team competed in the distance freestyle events, so it seemed like a good way to stand out and find your place in your swimming community. But you did not choose to survive your first mile. Since you did not cry to your coach after to NEVER make you do that again, you became a distance swimmer.

continued >>>

I bet you had no idea what was coming at a mere 10 or 15 years old. The distance yardage that was ahead in college would have given me nightmares if I had known beforehand. But I continued throughout high school as a distance swimmer, even though every single 1000 or 1650 would push my body both physically and mentally.

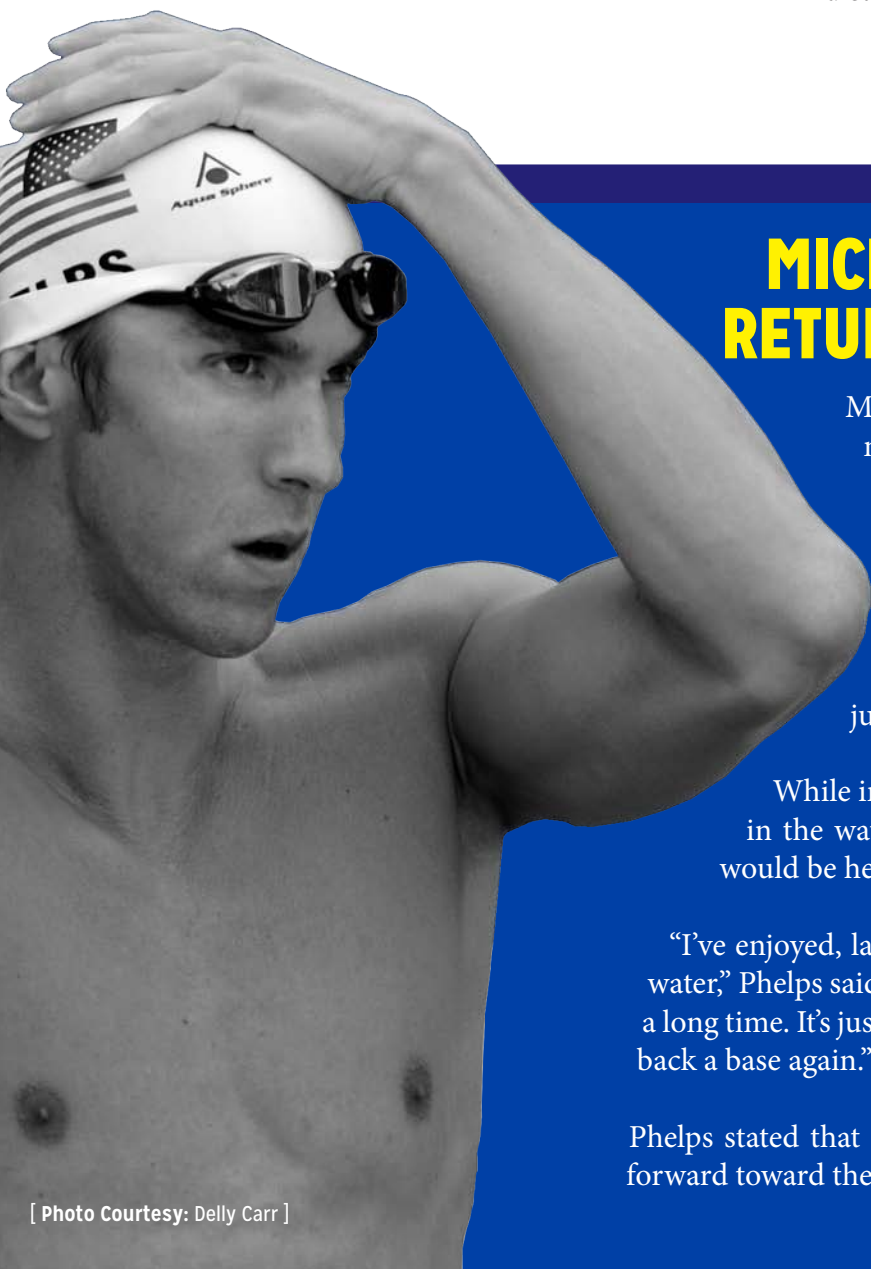
Why did I continue with the distance swimming life? Why does any distance swimmer continue? May be you really love getting into your zone during your distance events. But for me, it's the pride for my hard work that I feel during training and after these races. Knowing that so few people do what I do and race as long as I do makes me very proud.

It's important in any sport to be able to congratulate yourself along the way. Taking a moment to recognize how hard you work is essential, but also acknowledging

that you can always push harder to succeed. That's what distance swimming has done for me. And sprinters have the same feeling.

As I approach the close of my college swimming career in less than a month, I wonder if I my fate would have been different had I never done that 1650 freestyle at my home meet. But I am sure, at some point, I would have discovered that endurance is my strength. The distance life was going to choose me no matter what.

So if you're a young swimmer reading this, and you've recently discovered your talent for the long-distance events, accept your fate as a chosen one. There is nothing more rewarding than being a part of that small percentage of athletes on your team who can survive the distance swimmer life. ◀



MICHAEL PHELPS CONFIRMS RETURN AT MESA GRAND PRIX

MUNICH – Michael Phelps, currently serving a six-month suspension for a DUI arrest, confirmed to German media that his first meet back in competition will be the Arena Pro Swim Series stop in Mesa.

Phelps is in town at the ISPO sporting equipment trade show marketing his new MP/Michael Phelps line of swimming equipment in conjunction with his new sponsor Aqua Sphere.

While in town, reporters asked him when he would be back in the water following his suspension, and he stated that he would be headed to the Mesa stop of the Arena series.

“I’ve enjoyed, lately, more than I really ever have being back in the water,” Phelps said. “I haven’t had that kind of excitement that I had in a long time. It’s just me feeling I guess like me again. I’m trying to build back a base again.”

Phelps stated that he’s trying to build back a base again as he moves forward toward the 2016 Rio Olympics. - Jason Marsteller

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LASZLO CSEH, 5-TIME OLYMPIC MEDALIST, ANNOUNCES COACHING CHANGE

By Maria Dobysheva

Laszlo Cseh, a five-time Olympic medalist and one of the most well-known international swimmers representing Hungary, has announced a move to a new coach and swim club.

Cseh had spent more than a decade swimming with Gyorgy Turi at the Kobanya Sport Club, winning multiple medals, world and European title.

Cseh has decided to rejoin Plagany Zsolt as his head coach, who was his original coach in the early 90s.

In a recent interview with Hungarian press, Zsolt said he had always kept in touch with Cseh throughout his career, and when Cseh contacted him searching for some new motivation, he gladly invited him back to his old team.

Along with his new training base and different workouts, Cseh is receiving sports psychology exercises in hopes of helping him break through finishing second and third in major meets.

"I'm leaving my team which has been the key part of my life since I was a teen but neither a conflict nor disapproval was a reason," Cseh said. "I've grown up and matured, and now I really think I need a different training and someone to help me out [with it]. I've been thinking of changes in my career for a while but now the decision has been made and I'm ready to leave."

Cseh is one of the most versatile swimmers in the his-

tory of the sport, and has medaled individually at three Olympic Games in a row. An Olympic gold medal, however, has always proved illusive with Michael Phelps and Ryan Lochte regularly ahead of him.

"I have a big goal for me and it's an Olympic Gold medal," Cseh said. "I've been thinking and dreaming of it for a very long time but now I'm open to admit that I'm getting stronger and capable to win it."

The last few years have been a bit of a journey for Cseh as he's bounced around training camps to get some temporary work in from various places. He worked for awhile with Italian coach Admir Kajo Kajevec, who brought him to SwimMAC in the U.S. to train alongside his primary rival Lochte and with elite coach David Marsh.

This past year, Cseh won a trio of medals at the European Championships including gold in the 200 IM. He had initially planned on swimming at the World Short Course Championships in Doha, but elected to scratch the meet to announce his move away from Kobanya Swim Club.

Cseh could be looking at a different event slate going forward, as his Zsolt explained to the local media.

"If we look at the past 10 years, 200 and 400 IM and 200 butterfly were his main events," Zsolt said. "But, now, he's developing in the 100 butterfly and I think we'll be focusing on it. But it doesn't mean he drops those other events." ◀

GERMANTOWN ANNOUNCES CONTROVERSIAL RETIREMENT OF RICHARD SHOULBERG

BY JASON MARSTELLER

PHILADELPHIA – Late last night, Germantown Academy announced the controversial retirement of long-time head coach Richard Shoulberg, who is currently employed by Germantown as coach emeritus.

The news is a bit of a surprise to Shoulberg, who was still in talks with Germantown to extend his contract that ends June 2015.

“I will be coaching somewhere in June,” Shoulberg told Swimming World. “I’m not ready to give up coaching. I just want to help kids swim faster.”

Shoulberg explained that he recently had a contract extension conversation with Germantown headmaster Jim Connor this past December, and was told that Connor would get back with him as soon as they made a decision.

Shoulberg took last night’s news in stride, however, as he’s prepared to move on from Germantown if the retirement truly does take place.

“I will leave and be coaching the very next day in the Philadelphia area,” Shoulberg told Swimming World about his “retirement,” “An administrator is not stopping me from coaching, although I’d prefer to be coaching at Germantown.”

Shoulberg also told Swimming World this morning that Germantown head coach Jeff Thompson had voiced a desire to have Shoulberg on staff through the 2016 U.S. Olympic Trials due to his experience at such a big meet. But, Connor is the final authority on the matter.

Connor and Thompson have not responded to a request for comment from Swimming World.

With Shoulberg likely leaving at the end of his contract on June 2015, that's nearly a century of combined coaching knowledge gone from Germantown.

The Eastern Interscholastic Swim Championships at LaSalle University, which will be webcast live by SwimmingWorld.TV on Feb. 20-21, has already been dedicated to Shoulberg with news of his retirement. There will be a presentation during finals on Saturday evening.

Here's the full retirement notice as posted by Germantown Academy last night:

The quotes from Shoulberg shown below were acquired in December 2014 for "whenever" a retirement occurred.

Tenure & Positions Held:

46 years, Director of Aquatics, Physical Education Teacher, Director of the Germantown Academy Aquatics Club, Director of Aquatics for the Day Camp (18 years)

Honors Conferred:

- *Class of 1760 Honorary Alumnus*
- *Led the girls' swimming program to every Inter-Academic Athletic League Championship from 1972 to 2013*
- *Led the women's GAAC team to the USA Swimming Spring National Championship in 2007*
- *Twice named American Swimming Coaches Association Coach of the Year*
- *Led Patriots to eight women's and two men's Swimming World Magazine national prep school titles*
- *Three-time Olympic and five-time Pan Am Games coach*
- *2011 Recipient of the USA Swimming Award, the organization's highest honor*
- *Recipient of the International Swimming Hall of Fame Paragon Award*
- *Past president and a board member of American Swimming Coaches Association*
- *Committee member of Olympic International Development, Olympic International Operations, USS (United States Swimming) USS Rules and Chair of the Steering Committee*
- *Has placed 16 athletes on various Olympic teams*
- *Coached more than 280 All-Americans and numerous Senior and Junior National champions and finalists*
- *Member of the GA Athletic Hall of Fame*
- *Member of the National Interscholastic Swimming Coaches Association Hall of Fame*
- *Member of the PA Aquatics Hall of Fame*
- *Member of the PA Hall of Fame*
- *Member of the Norristown High School Hall of Fame*

- *Member of the American Swimming Coaches Association Hall of Fame*
- *Past President of the American Swimming Coaches Association*
- *Recipient of the two highest awards of the National Federation of State High Schools Association*
- *Presented workshops in over thirty states, in ten countries in Europe, and in Thailand, Hong Kong, China, and Japan*
- *Lectured in three countries in South America*
- *Lectured in New Zealand and Australia numerous times*
- *Lectured on every continent that participates in the Olympics*

Why Dick Stayed:

"GA is in my blood!"

"I came here in 1969 to run the Aquatics Program, and GA didn't have first, second, and third grades on the swimming instruction schedule. I asked Sam Stroud 1760 and Jack Turner '56 if I could get some high school kids to help teach, and they agreed to six to eight weeks in the fall and six to eight weeks in the spring. And then Bobbie Crane 1760 and Joanne Finegan said, 'What about Kindergarten?' And Mrs. Weems asked about PreK. And the program went on to include every grade after that. I stayed to build that program."

"I stayed because I love being a part of school life every day. I love talking to kids like Chris Nunes '14, a kid who never swam on a team. It was just a joy to chat with him. I speak with the kitchen guys and the maintenance guys every day. Jimmy Stewart from our kitchen being inducted into 1760 at graduation ~ now that was a special moment."

"I am grateful to GA for the opportunity."

Lasting Memories:

"I love the early AM swim. I encourage Jeff (Thompson, the new Director of Aquatics at Germantown Academy) to stay home once a week to have breakfast with his kids, and I come in and do that practice/swim. Those parents that participate in the early AM swims are very important to me."

"Losing Fran (Crippen '02) was one of the worst days of my life. I have used those circumstances in which he passed as my next cause to champion – open water swimming safety for the world."

Gifts to the Community:

Quite simply, Dick taught the school to swim.... and to respect all aquatic environments.

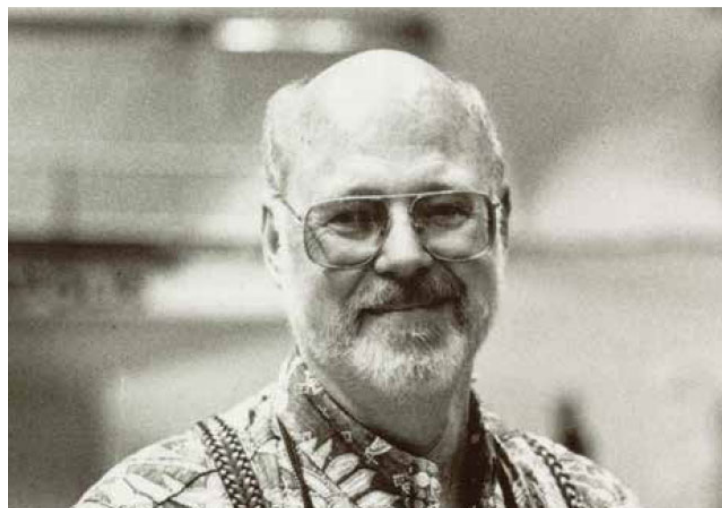
Dick has given a lifetime of coaching excellence to our school.

He has reached out to the most timid of swimmers as well as to Olympians, providing each the support they needed to be one with the water.

Dick has brought international recognition to our school by sharing his knowledge and skill with coaches and swimmers around the world.

By starting the Germantown Academy Aquatics Club, Dick made GA available to the wider community. He introduced GA to many children who wouldn't otherwise have been able to experience our school.

Dick has reached out to the community beyond GA, writing practice sheets for other Inter-Ac schools to ensure the improvement of the whole league, sharing design training techniques and programs, and lecturing (pro bono!) on every continent on the planet, sharing his expertise unselfishly



Dick graciously opened the GA pool to everyone in the community from the youngest children to their grandparents for exercise and rehabilitation. He encouraged swimming as a life-long pursuit of health. Jim Connor has often remarked that Dick made the pool the center of community life. Opening at 5:30 a.m. ~ closing at 9:30 p.m. Serving the needs of GA swimmers, GAAC swimmers, GA students and those from other schools, water polo players, divers, master swimmers, and GA alums. Dick welcomed everyone to the pool!

Dick co-authored two editions of the book 'The Coaches' Bible of Swimming.

For many GA students and alums, many swimmers and many not, Dick served, in their words, as a "second father," providing discipline, guidance, and love over the years.

What Jim Connor Remembers Most:

"A number of years ago, Audrey Schnur (Director of Insti-

tutional Advancement) and I were in Northern California meeting with a group of GA alumni, several of them former swimmers for Coach Shoulberg. During the course of our gathering, one of these swimming alums said: 'Let's call Coach Shoulberg. He will never believe that we are all having lunch together.' She pulled out her cell phone and, (you have to remember that this occurred before cell phones were encoded with call recognition software) dialed his school phone. As soon as she said, 'Hello, Coach Shoulberg...' he knew exactly who was calling. Wow, I thought! Coach Shoulberg really knows his kids. And I marveled as the phone was passed, and we listened to Coach Shoulberg speak in a highly personal way to every swimming alumnus or alumna sitting around the table. His swimmers are family forever."

Memorable Quotes:

"I told Jack Turner that the safety of the kids in the pool is the most important thing. If we have a swim team that can win a meet, fine. But we will teach all of our kids how to swim. I loved seeing Dave Wharton or Dave Berkoff break world records, but the most important thing is safety."

"I have gotten lucky that we had some really good teams."

"You have to be able to balance family life and work life."

Next Adventure:

"I have been involved in Red Cross for a long time, and I will teach lifesaving until I die. I enjoy teaching the AED to faculty. Safety is equally as important as getting international medals."

"I'm going to take my wife to Florida during the school year!"

"I will use the circumstances of Fran's death to champion open-water swimming safety in every country in the world."

"No matter what doors close and what doors open, I will always continue to coach!"

What Dick Will Miss the Most:

"Who will teach my second graders? That is the grade that I have loved the most every year. They are the only group to just lay their towels out on the deck...like they own the place!"

"Those, 'Hey, Shoulberg,' shouts from the kids."

"The wins and losses have never been important; it's the interaction with the kids – now and years later – that I cherish." ◀



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MICHAEL SCOTT, SWIMMING AUSTRALIA'S HIGH PERFORMANCE DIRECTOR, QUILTS 18 MONTHS BEFORE RIO

This article is a press release submitted to Swimming World.

BELCONNEN – After almost two years working for Swimming Australia Michael Scott will be leaving the organisation after accepting a position as the Chief Executive Officer at Rowing Australia.

Swimming Australia has begun the search for a new Director of Performance following this decision with the role sure to attract a highly competitive field. Scott, who returned to Australia in 2013 after five years working for British Swimming, took on the role of Director of Performance at Swimming Australia in April 2013.

A former Director of the AIS and NSWIS, and CEO of the organising committee for the 2007 FINA World Swimming Championships, Scott brought with him a wealth of professional and high performance experience to help in the build up towards the Rio 2016 Olympic Games.

Swimming Australia CEO Mark Anderson said that Michael has achieved a significant amount since his appointment. His leadership of the high performance department and across the system has laid a tremendous base for the future success of the team.

“In his time at Swimming Australia Michael has led significant change across our sport at the elite level. This has resulted in a clear direction and well developed plans targeted at attaining success in Rio 2016 and beyond. In addition to Michael’s role we have developed a very strong and professional team that will ensure we stay focussed on delivering the plan leading into the Rio Olympics.

Michael will continue to work with us over the next three months to ensure a smooth transition. We have already commenced the process of finding a replacement and we are developing a target list of potential replacements. I am confident that with our team progressing well, the High Performance Director role for Swimming Australia will attract a highly competitive field, Anderson said.

We strive for world class and we have world class people within Swimming Australia. These individuals will be targeted and from time to time they will be recruited to higher places.

“On behalf of the Australian Swim Team, staff and board I would like to wish Michael all the best with his new position as the Chief Executive Officer of Rowing Australia. Michael is a talented and respected sporting professional and we congratulate him on attaining this key role in Australian sport. We thank him for his significant contribution to Australian swimming. He has laid a strong base for future success.”

The team has already continued its successful build up to 2016 with some outstanding performances to beat the USA, China and Japan in the BHP Billiton Aquatic Super Series in Perth last weekend.

While under Michael’s guidance as the Director of Performance, the Australian Swim Team walked away from the 2013 FINA World Championships with a total of three gold and ten silver medals, then in 2014 picked up a record 57-medal haul including 19 gold at the Glasgow Commonwealth Games and finished off the year with a total of 26 medals including ten gold from the Pan Pacific Championships on the Gold Coast.

Scott said he will take great memories away from his time at Swimming and was looking forward to new opportunities with Rowing.

“I thoroughly enjoyed my time at Swimming Australia and seeing the progress the team made in my short time with them. Seeing the swimmers step up and perform at the Pan Pacific Championships on the Gold Coast and having the national anthem played numerous times in front of a home crowd was a just one of many highlights.

This new role will no doubt present some exciting opportunities as I move into the next phase of my career as CEO,” Scott said.

Scott will officially begin with Rowing Australia in May and will continue to work with Swimming until the conclusion of the National Championships and the selection of the World Championship team in April.

Scott has had a busy few years. He left British Swimming to head to Australia just two years ago after having taken the Britain’s top swimming job in 2008. ◀

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NICK THOMAN RETURNING TO TUCSON TO TRAIN ALONGSIDE MATT GREVERS

[Photos Courtesy: Rob Schumacher/USA Today Sports]

TUCSON – Nick Thoman, the 2012 Olympic silver medalist in the 100 backstroke, is returning to Tucson to train for the 2016 Olympic Trials and will have the reigning Olympic champion in the lane next to him.

Thoman's agent David Arluck confirmed the move to Swimming World via email today. Thoman will be a part of the small postgrad group at the University of Arizona, which includes 100 back Olympic and world champion Matt Grevers as well as sprint freestyler Margo Geer and others. It will be a homecoming of sorts for Thoman, who competed for the Arizona Wildcats from 2004 to 2006 before embarking on a quest to find a training group that would help him make the 2008 Olympic team. He didn't qualify for the Beijing Olympics, but in 2009 he became the fastest short course meters 100 backstroker in history, posting a 48.94 as the leadoff for Team USA's 400 medley relay that still stands as the world record. Before landing at SwimMAC Carolina in 2009 he spent time with Longhorn Aquatics and North Baltimore Aquatic Club.

Under David Marsh's guidance, Thoman secured a spot on the 2012 Olympic team in the 100 backstroke and won a silver medal in the event behind Grevers. Grevers arrived in Tucson to train under Rick DeMont after Thoman's departure, so this will be a new venture for the two backstrokers as they look to return to the Olympics in 2016 to maintain the United States' dominance in the event. An American has won the 100 backstroke in the past five Olympics.



Thoman dislocated his shoulder almost one year ago, just two months after breaking the short course yards American records in the 50 and 100 backstrokes. The injury set back his training a bit in 2014. He placed third in the 100 backstroke at the 2014 summer nationals and will compete at this summer's Pan American Games in Canada. ◀