

RICHARD SHOULBERG | MICHAEL PHELPS ENGAGED | FIVE STEPS TO FAILURE

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SWIMMING WORLD

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### ON THE COVER - MISSY FRANKLIN BY PETER H. BICK







[ Photo Courtesy: Nicole Johnson - Instagram ]

## MICHAEL PHELPS AND NICOLE JOHNSON GET ENGAGED, SHARE NEWS ON INSTAGRAM

Michael Phelps continued his journey to redemption after last year's DUI arrest and subsequent punishment with yesterday's announcement that he is engaged to longtime girlfriend Nicole Johnson.

Phelps shared a photo of him lying in the Maryland snow with Johnson on his Instagram account. Johnson can be seen wearing a shiny ring on her left ring finger.

Johnson, crowned Miss California USA in 2010, started dating Phelps in 2007 but the two experienced a few breakups in the ensuing years. Johnson was thrust into the sports spotlight in 2011 when she was photographed at the 2011 FINA world championships cheering for Phelps alongside his mother, Debbie.

The 29-year-olds were reportedly dating last year when Phelps was arrested for driving under the influence in late September. He received a suspended sentence and was banned from competition by USA Swimming for six months while also withdrawing from the world championship team. Phelps is scheduled to return to racing in April at the Arena Pro Swim Series in Arizona.

Phelps and Johnson have not publicly announced a date. If the two are married before Phelps announces his next retirement, he will not be the only married athlete on USA Swimming's national team list. Matt Grevers, David Plummer, Michael Klueh, Tom Shields, Natalie Coughlin, Jessica Hardy and Caitlin Leverenz each have spouses supporting them as they continue to excel as professional athletes. Breeja Larson is set to join that group in May. - *Jeff Commings*



[ Photo Courtesy: Allison Schmitt - Instagram ]





[ Photo Courtesy: Griffin Scott ]

## MICHAEL PHELPS COULD BE REINSTATED TO WORLDS ROSTER

COLORADO SPRINGS – It is still somewhat of a long-shot, but USA Swimming’s Chuck Wielgus told ESPN’s Bonnie Ford today that there have been preliminary conversations with Michael Phelps about him potentially rejoining the World Championship roster.

The quotes used in the article about the 18-time Olympic medalist were pretty vague, but there is at least a glimmer of hope for the Greatest of All Time to be allowed back on the Worlds roster after voluntarily withdrawing himself from it.

*“It’s complicated, but there are ways in which it could happen,”* Wielgus told ESPN. *“There’s a pathway for things to be reconsidered — or considered.”*

While that isn’t a definitive response regarding the likelihood of Phelps coming back, Wielgus certainly revealed that USA Swimming has been looking into its bylaws as well as FINA’s bylaws in terms of a process by which Phelps could be put back on the squad. FINA likely would not turn down such a box office draw, since it’s definitely shown a proclivity to make choices that are best for television.

USA Swimming’s spokesperson Scott Leightman further put the brakes on the story with even more language de-

signed to reduce anyone’s expectations regarding Phelps.

“At this point, it’s premature to discuss any specifics about next steps,” Leightman said.

In October, Phelps was suspended through April due to being charged with driving under the influence in Baltimore. At the time, Phelps also agreed to withdraw from the Worlds roster. Phelps has since entered rehab, kept his head down and trained, and became engaged.

Phelps is slated to return to competition at the Arena Pro Swim Series set in Mesa, April 15-18, and members of Phelps’ management team have refused to comment on Wielgus’ comments.

While Tim Phillips was added as a replacement for Phelps in the 100 fly, Phelps could find his way back on the squad via the 200 IM or 100 free. Tyler Clary was added in the 200 IM, while Ryan Lochte claimed the 100 free spot vacated by Phelps. Clary spoke with Ford stating that he would have no problem to give up his 200 IM step to put Phelps back on the roster.

“He’s vital,” Clary said. “I don’t see myself as being a competitor at his level in the 200 IM, and I don’t have the same chance of getting a medal. - Jason Marsteller



[ Photo Courtesy: JD Lasica ]

# SPECTACULAR EXHIBITION

MICHAEL PHELPS RETURNS TO THE POOL IN EXHIBITION EVENTS AND POSTS SOME INCREDIBLE TIMES

by Jason Marsteller

AUSTIN – Michael Phelps swam an unofficial time of 1:40.84 in the 200-yard IM on the first night at the American Short Course Championships, but it won't count as it wasn't in a time trial capacity and Phelps will not return from his suspension until next month.

Phelps, who is with the North Baltimore contingent at the American Short Course Championships, put up a sizzling 1:40.84.. He did the swim five minutes prior to the start of finals last night as an exhibition for those in attendance.

If the time has been official, it would have been the seventh-fastest swim of all time.

Phelps split the race: 21.58, 46.87, 1:16.63, 1:40.84

The swim happened earlier in the evening before Stanford's David Nolan clocked the fastest time ever with a 1:40.07 at Pac-12s.

Phelps' time is his second best ever, behind his lifetime best of 1:40.58 set while swimming for NBAC at the 2010 Maryland Swimming Championships.

NBAC must have fed off Phelps' performance as teammate Allison Schmitt, who took Phelps' engagement pictures last month, vaulted to fifth all time in the 500-yard free last night.

Phelps was at it again on the second and third nights of the meet where he blasted through the 45-second barrier for the first time in the 100-

yard fly and posted 42.17 in the 100 freestyle. The 100 fly was the first time the Greatest of All Time has broken 45 seconds in the 100-yard fly. His previous best is a 45.40 from way back at the 2008 Toyota Grand Prix. If the time had counted, he would have moved to 10th all time in the event.

On the third night in 100 freestyle, he unofficially clocked his second-fastest 100-yard freestyle time ever with a 42.17.

He split the race: 9.59, 20.28, 31.39, 42.17

That's just off his personal best of 41.93 also from the 2008 Toyota Grand Prix that nearly ranks him among the top 20 of all time.

All of these times are unofficial because Phelps has yet to finish his six-month suspension following his DUI arrest.

Michael Phelps will be done with his DUI suspension and have his first official swims next month at the Arena Pro Swim Series in Mesa, Ariz.

USA Swimming made some news recently as Executive Director Chuck Wielgus told ESPN that there might be a path for Phelps to regain a spot on Team USA for the World Championships this summer. Following his DUI arrest, Phelps withdrew from the meet that will take place after the conclusion of his six-month competition ban. ◀

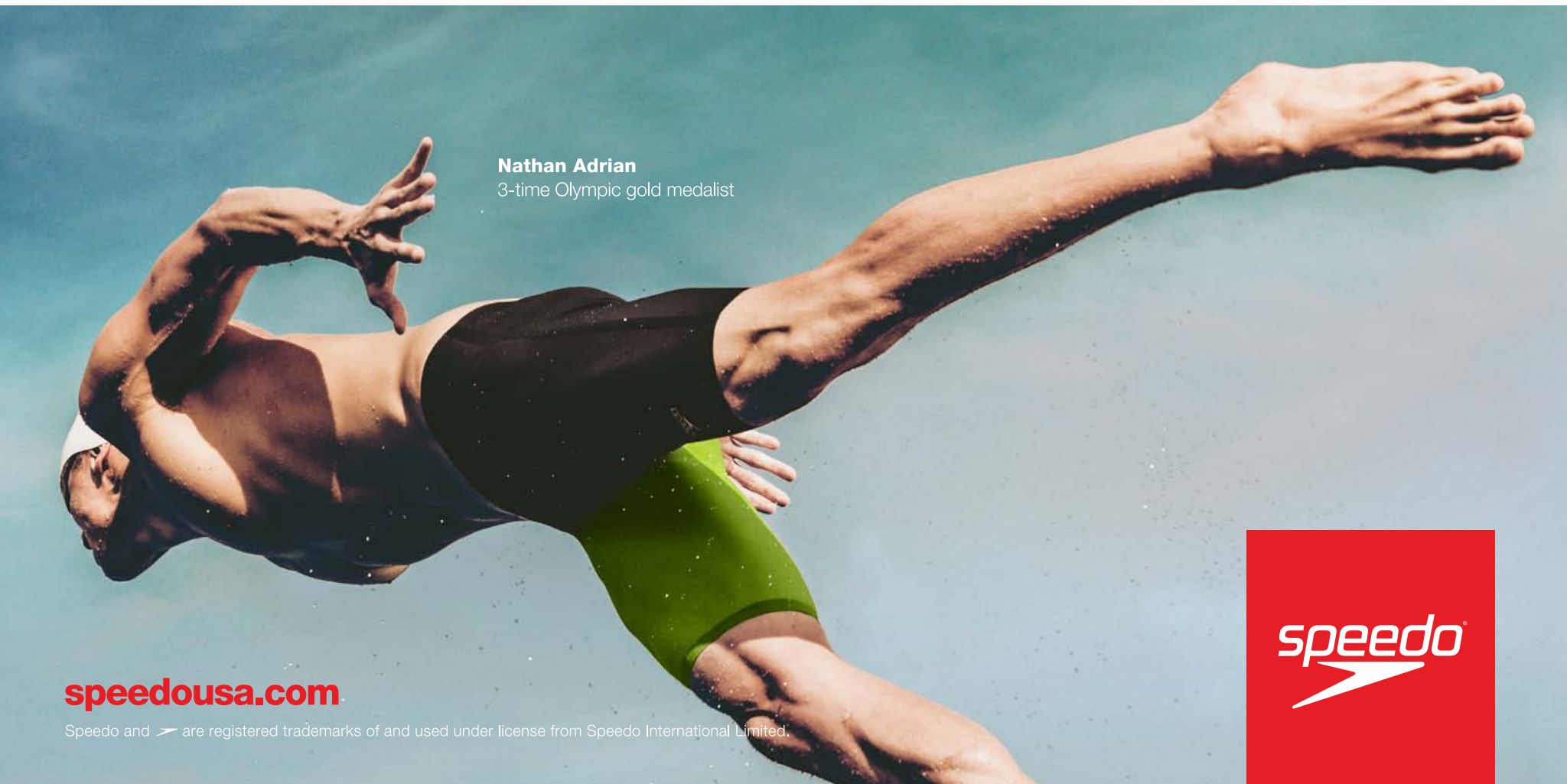




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# WHEN MONEY AND SPORT SHAKE HANDS, CLOSED EYES AND TURNED CHEEKS FOLLOW

Commentary by Brent T. Rutemiller

PHOENIX – With the withdrawal of Mexico from hosting the 2017 FINA World Long Course Championships due to financial limitations, three things stood out in my mind that tied the present to the past and future.

1. That Mexico was going to have to spend \$100 Million dollars to host the championships. Evidently, as a democratic country, the financial responsibility to the people was more important than the glory of hosting a sporting event.

2. That in the words of John Leonard, Executive Director for the American and World Swimming Coaches Association...

“FINA will be mired forever into using facilities in autocratic countries where a ruling elite can make a decision to over-spend for the ‘sporting prestige’ of hosting such an event, which means that FINA and the democracies are finished with each other.”

A recent article by Joshua Yaffa from Bloomberg Business confirmed Leonard’s belief.

“At \$51 billion, the Sochi Games are the costliest ever, surpassing the \$40 billion spent by China on the 2008 Summer Olympics. The suicide bombings in the Russian city of Volgograd on Dec. 29 and 30 have heightened fears of terrorism and given a renewed focus to security concerns as well as questions of cost. How the Sochi Games grew so expensive is a tale of Putin-era Russia in microcosm: a story of ambition, hubris, and greed leading to fabulous extravagance on the shores of the Black Sea. And extravagances, in Russia especially, come at a price,” wrote Yaffa.

Yaffa’s article is suggested reading for all concerned about the future of sports

It is not too far of a reach for one to believe that host countries like Russia and China will be rewarded for their support of these grand events. When big money and sport make deals, closed eyes and turned cheeks often follow. With Russia in the midst of a doping scandal and China now being accused of covering up a doping case, sport executives are already being called upon for stronger ethics, polices and greater transparency.

3. My third thought was a recent comment by Cornel Marculescu, FINA Executive Director that appeared in a public correspondence between Marculescu and Leonard where Marculescu tried to reassure Leonard that the FINA World Championships in Kazan, Russia would be free of doping issues.

It was not the reassurance that caught my eye, although the results are still left to be seen, it was the second sentence that said, “We expect to increase the number from Barcelona 2013 of 4.5 billion worldwide tv viewers in Kazan.”

That sentence had zero relevance to the doping question put forth

by Leonard. However, simply by its mere inclusion, Marculescu was sending a strong message that viewership of the event was equally, if not more important to FINA, than the real issue of systematic doping.

What I read was (In My Words), “John, don’t worry about the doping, be very excited that we are going to put on a great sporting event in front of billions of people.’ Subtle as that sentence was to some, glaring as hell it was to me! Money, Events and TV Viewership trump all issues.

I sense a steady drumbeat, from the entire swimming community, calling for change in the leadership and governance of our sport. *Swimming World* was privy to an email (see below) sent today to over 17,000 swim coaches from around the world as a call to action.

## “WE ALL DESERVE BETTER”

*Everywhere I travel I hear from Coaches and Athletes that there is building frustration with FINA and its decision making process. I see FINA as a Fake Democracy. Fake because the Congress makes rules (often “guided” by the Bureau) and then the FINA office appears to ignore those rules...in Anti-Doping, in award procedures, and various other operations.*

*But, 208 of 208 Federations are “happy” with FINA...IF the “Federation” is defined as the 2-3-4-5 people at the top who benefit directly from FINA largesse on travel, accommodations and assistance. UNTIL THE FEDERATIONS express discontent with the FINA culture and operation, NOTHING WILL CHANGE.*

*Each day, for the past month, I have emailed the details of all communications expressing discontent with FINA to the International Relations Committee and the Board of Directors of USA Swimming, who, in my country, will ultimately decide whether or not to Confront FINA with our dissatisfaction. I do this so those bodies are FULLY INFORMED ON ALL THINGS FINA and thus can make appropriate decisions.*

*I ask each of you to consider WHO is doing that in your country?*

*Send the materials to your Board of Directors! IF you are unable to do so for security or similar reasons, feel free to send ME the email list of your own Board of Directors and I will send materials to them similar to what I am doing in the USA.*

*BUT, it is much more powerful if in each country, a coach takes the responsibility of educating his/her countrymen.*

*We need to educate those who can make change. If they refuse to see the truth and act on it, they will eventually find themselves in the dustbin of sports history.*

WE ALL DESERVE BETTER. - John Leonard ◀







# CAMERON VAN DER BURGH BREAKS INTO **TOP 15** IN 100 BREAST IN DURBAN

*by Jason Marsteller*

The final day of competition at the South African Grand Prix in Durban featured a world-class time by breaststroke star Cameron van der Burgh.

Van der Burgh moved up to 15th in the world in the men's 100-meter breast with a time of 1:01.79 for the win. Notably, 15-year-old pro Michael Andrew, who clocked a 12th-ranked 1:01.67 at the Austin Arena Pro Swim Series, took fourth in 1:04.21.

Ricky Ellis then touched out Andrew, 26.19 to 26.29, in the men's 50-meter backstroke event.

Andrew bounced back in the men's 50-meter free with a 23.34 for the win. That's a bit off his personal best time of 22.82 from the 2014 Junior Pan Pacific Championships.

Serbia's Velimir Stjepanovic raced his way to the men's 200-meter free title in 1:50.45.

Daniel Ronaldson touched out Nico Meyer, 55.31 to 55.33, for the men's 100-meter fly.

Brent Szurdoki took home the men's 1500-meter

freestyle title in 15:55.62.

Adam Stevenson took home the men's 200-meter IM title in 2:08.48, while Martin Binedell snared the men's 200-meter back crown in 2:04.46.

Rene Warnes pocketed the women's 400-meter IM crown in 4:51.79. Warnes doubled up with a 2:18.51 in the women's 200-meter fly.

Tatjana Schoenmaker claimed the women's 50-meter breast in 33.08. She doubled up with a 2:32.58 in the women's 200-meter breaststroke.

Erin Gallagher topped the women's 100-meter free in 56.38, while Mariella Venter won the women's 100-meter back in 1:03.43.

Marlies Ross captured the women's 400-meter free in 4:27.75, while Hannah McLean-Leonard won the women's 50-meter fly in 28.78.

Notably, superstar Chad le Clos swam the first day of prelims then scratched the last two days due to a flu. ◀



# FINA CONFIRMS OPEN WATER RACE IN UAE WHERE FRAN CRIPPEN DIED; *TRIPLES* PRIZE POOL

by Jason Marsteller

FINA has stripped the “to be confirmed” tag from the Abu Dhabi, UAE open water event that is part of its FINA 10K Marathon Swimming World Cup schedule.

The event, scheduled for March 13 just a bit more than four years after the death of Fran Crippen in a FINA open water race in Fujairah, UAE at the age of 26, has already been part of a firestorm of controversy.

Last month when FINA officially released the schedule with a potential UAE stop, USA Swimming engaged in what for all intents and purposes is a boycott of the event.

USA Swimming has been careful regarding the verbiage of a boycott for various reasons. First and foremost, USA Swimming really can't engage in a boycott of a professional event. If U.S. pro swimmers want to compete somewhere, USA Swimming cannot legally deny them the right to pursue wages. What USA Swimming can and did do, however, is state that it would not be providing any support to anyone going to the competition in the UAE.

Additionally, FINA has been extremely vocal that any and all boycotts of FINA events could come with punishments as it is against FINA recommendations as stated in a recent FINA Bureau Declaration:

“The FINA Bureau makes a strong appeal to the participation of its 208 National Federations at FINA events. The strength and popularity of our Sport, Aquatics, is based on the values of Universality, Excellence, Friendship and Fair-Play. That is why FINA does not tolerate any form of political motivation to justify the non-participation in our events, as this is clearly incompatible with the FINA Rules, the Olympic Charter, the Resolution of the United Nations General Assembly and the values of Aquatic sport.”

Underneath those veiled threats is the undertone of Olympic qualification. Put simply, FINA is the final arbitrator for all Aquatics qualification under the International

Olympic Committee. A definitive boycott against FINA's regulations could come with some stiff punishments.

Although, it's not likely that any American open water swimmer would have attended anyway. Every single American open water dignitary we spoke to said there was no way they would compete in the UAE.

Coincidentally, the Crippen Cup 10K event had already been planned for just two weeks later March 28 in Florida. After the controversy broke surrounding the FINA UAE stop, efforts were made to make the Crippen Cup a financial option for any-and-all open water swimmers who elected not to compete in Abu Dhabi.

At last check, the Crippen Cup had raised enough money to offer a prize pool of \$22,000, which was to be \$2,000 more than would typically be on offer for a FINA 10K Marathon Swimming World Cup stop.

But, FINA has decided to triple the prize pool at the event to a hefty \$60,000 including \$7,000 for the first-place winner for both genders. This is obviously an attempt to entice some people who were on the fence about which stop to attend.

In the latest update to this story, we have learned through an anonymous source that the man in charge of the meet where Fran Crippen died, Ayman Saad asked the FINA Technical Open Water Swimming Committee (TOWSC) back in September whether they could triple the prize offerings. Yes, Saad has been promoted as part of the FINA TOWSC since being the person ultimately responsible for swimmer safety at Crippen's final event.

Saad was told at that meeting that tripling the prize money would be against the rules of the FINA 10K Marathon Swimming World Cup. ◀





[ photo courtesy: TYR ]

*“FINA has been extremely vocal that any and all boycotts of FINA events could come with punishments as it is against FINA recommendations as stated in a recent FINA Bureau Declaration.”*



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# PENN'S CHRIS SWANSON BREAKS OLDEST RECORD IN IVY LEAGUE BOOKS

by Jason Marsteller

Penn's Chris Swanson lowered the oldest Ivy League record, while Princeton continued to march its way to the Ivy League Men's Championships title.

Princeton kicked off the night with an Ivy League and pool record in the 200-yard medley relay. Michael Strand (21.50), Jack Pohlmann (23.67), Connor Maher (20.96) and Harrison Wagner (18.82) turned in a scorching NCAA A cut time of 1:24.95.

That performance cleared the previous record set by Princeton in 2012, which stood at 1:25.89.

Columbia's David Jakl (21.92), Stanley Wong (24.63), Kevin Frifeldt (20.96) and Alex Ngan (19.61) touched second in 1:27.12.

Harvard's Jack Manchester (22.39), Shane McNamara (24.71), Steven Tan (20.70) and Griffin Schumacher (19.34) claimed third in 1:27.14.

Penn's Chris Swanson lowered a historic Ivy League record with an 8:49.55 in the 1000-yard freestyle. That performance took down the 1983 mark of 8:52.75 set by Columbia's Tony Corbisiero 32 years ago. That was the oldest record on the Ivy League books.

Incidentally, it also crushed the meet record of 8:52.88 set last year by Yale's Brian Hogan and the pool record of 8:54.86 set by Princeton's Paul Noelle.

Hogan, meanwhile, claimed second overall in 8:54.32, while Penn's Taylor Uselis picked up third-place with a time of 9:02.89.

Another Ivy League record fell as Princeton's Corey Okubo charged his way to victory in 3:43.95. That performance beat the previous Ivy League standard of 3:4.39 set by Dartmouth's Nejc Zupan in 2013. It also lowered the meet record of 3:45.85 set by Princeton's Samuel Smiddy this morning.

Smiddy took second tonight in 3:45.62, while Harvard's Christian

Carbone finished third overall in 3:46.76.

Columbia's David Jakl raced his way to the men's 100-yard fly title in 46.05, while Harvard's Max Yakubovich touched second overall in 46.88. Princeton's Zach Buerger also cleared the 47-second mark with a third-place 46.99.

Penn's Eric Schultz tracked down the men's 200-yard free win in 1:34.80. Princeton's Teo D'Alessandro took second with a time of 1:35.63, while Yale's Rob Harder rounded out the top three in 1:36.05.

Cornell's Alex Evdokimov picked up the men's 100-yard breaststroke win with a time of 53.12. Princeton went 2-3 with Byron Sanborn (53.41) and Jack Pohlmann (53.47) taking second and third.

Columbia's David Jakl doubled up with a 45.98 in the men's 100-yard back. That swim beat Alex Righi's Ivy League record of 46.32 from 2009. Princeton's Michael Strand took second in 46.47 with Cornell's Dylan Sali earning third in 46.82. ◀

TEAM SCORES		
RANK	TEAM	SCORE
1	PRINCETON	1026
2	HARVARD	874.5
3	YALE	764
4	PENN	725.5
5	COLUMBIA	636
6	CORNELL	450
7	BROWN	413
8	DARTMOUTH	289





# 5 THINGS YOU **MUST** DO IF YOU WANT TO FAIL AT SWIMMING

by Wayne Goldsmith

There's a lot of swimming articles about how to be successful: bet you've never read one that will tell you 5 Things You Must Do If You Want to Fail at Swimming.

There must be a lot of swimmers who prefer to fail than to succeed.....because in every squad, in every city, in every nation it seems like a lot of swimmers are doing just that – ***choosing to fail.***

Coaches say the word “streamline” tens of thousands of times a year but does every swimmer in the team do it off every wall? No. We all know streamlining is important. We all know that the best swimmers in the world streamline off every wall every time. We know it works. So why doesn't every swimmer do it all the time? ***They choose not to.***

Coaches plead with swimmers to attack every wall with speed and aggression and to never slow down inside the flags but does every swimmer do it every time? Uh Uh.

Coaches beg swimmers to think “technique” all the time – even during warm up and swim down but does everyone do it? Not even close.

So, the only conclusion must be, that many swimmers actually choose to be less successful than they can be.

To help all of those swimmers who actually prefer failure to being fast, fantastic and fabulous, here's ***The 5 Things You Must Do If You Want to Fail.***

## TURN UP LATE OR NOT AT ALL

# 1

***The most important part of failing is giving up.***

This is essential if you really love losing. Be late for every workout. When the alarm goes, roll over and go back to sleep. Make sure you skip sessions – particularly when there's something interesting on TV or there's a new game app just released that you just have to play. And most importantly, if you're a bit tired or a little sore or feeling a flat and unmotivated, take the day off and just hang out at home eating pizza and chocolate and drinking extra-large jumbo size sodas.



## ALLOW OTHER PEOPLE TO TAKE RESPONSIBILITY FOR YOUR SWIMMING

2

Now this tip is really important. Allow other people to take responsibility for your swimming. Tell mom to make your breakfast. Make dad empty your swim bag at the end of the day and tell your sister to wash and dry your swimming gear. Swim slowly and with poor skills until coach yells and screams at you for the 30th time during the workout. Allowing other people to do it all for you is great. You don't have to lift a finger and if you swim awfully at your next swim meet, you've got lots of people to blame. It's wonderful.

## DON'T BE COMMITTED

3

And you must remember this tip. Don't be committed! Finish your workout early. Don't finish your repeats on the wall. Forget your goggles a few times a week. Don't bother hydrating during training. Eating the right foods – forget it. Giving everything you've got to all that you – who needs it? All that commitment will ever get you is hard work, the relentless pursuit of excellence and the achievement of your full potential. Blah – blah – blah.

## LOOK FOR SHORT CUTS

4

This is another essential lesson in our list of learning to lose. Training at maximum speed during sprints training is for the birds. Working hard consistently – that's something they did in the “old-days”. Finishing every free repeat not breathing inside the flags – not for you. Those dummies who train hard every day and give all they've got to their workouts have got it wrong. There's an easier way – a much much better way. Keep looking for short cuts, cutting corners and keep believing you can swim faster with less effort, less energy and with much less training time.

## FORGET ALL ABOUT YOUR SKILLS – UNTIL IT'S ACTUALLY RACE DAY

5

A big one! Make sure your skills (starts, turns, underwaters, finishes) in training are terrible, your turns are slow, your underwater work loose and sloppy and your starts tediously lazy.

Just cruise along in training everyday. Don't give your skills work a thought – it will be all ok on race day. Perfect practice? Waste of time! Just do whatever you feel like, don't spend another moment thinking about consistently training everyday with race quality skills and when you get to your next meet, you'll get exactly what you deserve.

*There it is.*

Your free learner's guide to losing: *The 5 Things You Must Do If You Want to Fail.*

If you'd prefer to fail – then, please read and follow the steps outlined in this article and there's no doubt you'll achieve it. ◀





[ Photo Courtesy: Angus Smith ]

## PALO ALTO STANFORD AQUATICS RUNS AWAY WITH TEAM TITLES AT COLLEGE STATION SECTIONALS *by Emily Sampl*

Palo Alto Stanford Aquatics' Bobby Bollier took home his fourth individual victory of the meet, while his team ran away with the combined, men's and women's team titles as the College Station Sectionals meet came to a close at Texas A&M University's Student Recreation Center Natatorium.

Palo Alto Stanford racked up 1,141 points to dominate the combined team standings; Cypress Fairbanks took second with 542 points, followed by Sierra Marlins in third with 507 points. The PASA men scored 682 points to top Sierra Marlins (260) and Cypress Fairbanks (241), while the PASA women recorded 459 points to finish ahead of Cypress Fairbanks (301) and Texas Ford Aquatics (292).

Cypress Fairbanks' Taylor Wohrley took home the first title up for grabs, posting a 1:02.68 in the women's 100 back final. Longhorn Aquatics' Victoria Edwards earned a top three finish in yet another event, placing second in 1:03.19. Texas Ford Aquatics' Destiny Nelson rounded out the top three in 1:03.49. Palo Alto Stanford's Bobby Bollier wrapped up his fourth individual title of the meet in the men's 100 back with a 56.40, not far in front of Sierra Marlins' Bryce Mefford (56.82). Benjamin Ho, also from Palo Alto Stanford, swam a 57.21 to occupy third.

After finishing second in the 200 breast yesterday, Palo Alto Stanford's Grace Zhao moved up a spot tonight in the 100, clocking a 1:11.15 for the win. Metroplex Aquatics' Vanessa Pearl swam a 1:12.48 to sneak into second position ahead of Cypress Fairbanks' Victoria Roubique (1:12.75). Meanwhile, in the men's 100 breast, Palo Alto Stanford's Brandon Fischer and Streamline Aquatics' Thiago Parravicini flip-flopped their places from the 200 as Fischer touched first in 1:03.60 and Parravicini second in 1:03.65. Jeremy Babinet of Palo Alto Stanford was right in the mix as well, placing third in 1:04.00.

Fourteen-year-old Isabelle Henig of Palo Alto Stanford proved to be the fastest swimmer in the field in the women's 50 free final as she rocketed to a 26.06, nearly half a second in front of Texas A&M's Kelli Benjamin, who touched in 26.52. Grace Zhao of Palo Alto Stanford had a quick turnaround after the 100 breast but still pulled out third in 26.59. In the men's 50, Eagle Swim Association's Steven Richardson and Palo Alto Stanford's Albert Gwo swam identical 23.44s to share the victory. Crawfish Aquatics' Colin Bone garnered third place honors with his 23.52.

Texas Ford Aquatics' Destiny Nelson earned her second top three finish of the evening in the women's 200 IM final, stopping the clock at 2:18.82 to demolish her competitors. Palo Alto Stanford's Chloe Kennedy Isleta chased down second in 2:21.17, with Longhorn Aquatics' Victoria Edwards in third at 2:21.73. Pack Swimming's Benjamin Walker denied Palo Alto Stanford's Bobby Bollier his fifth individual victory of the meet in the men's 200 IM, as Walker topped the championship final in 2:04.49. Bollier finished second in 2:06.91, while Texas A&M's Gonzalo Carazo Barbero placed third in 2:07.45.

In distance freestyle action, Texas Ford Aquatics' Gabrielle Kopenski dominated the women's 800 free final with an 8:41.77. No one finished within about 11 seconds of her as Magnolia Aquatic Club's Joy Field got to the wall second in 8:52.73. Katy's Hanna Huston claimed third in 8:53.94. Meanwhile, Alamo Area Aquatic Association's Hunter Lane tracked down the men's 1500 free win in 16:36.76, only a touch faster than Texas Ford Aquatics' Samuel Kline (16:37.10), who gave Lane a run for his money with a nine second time drop. Michael Calvillo, 14, gave AAAA a 1-3 finish with his 16:40.50 for third. ◀



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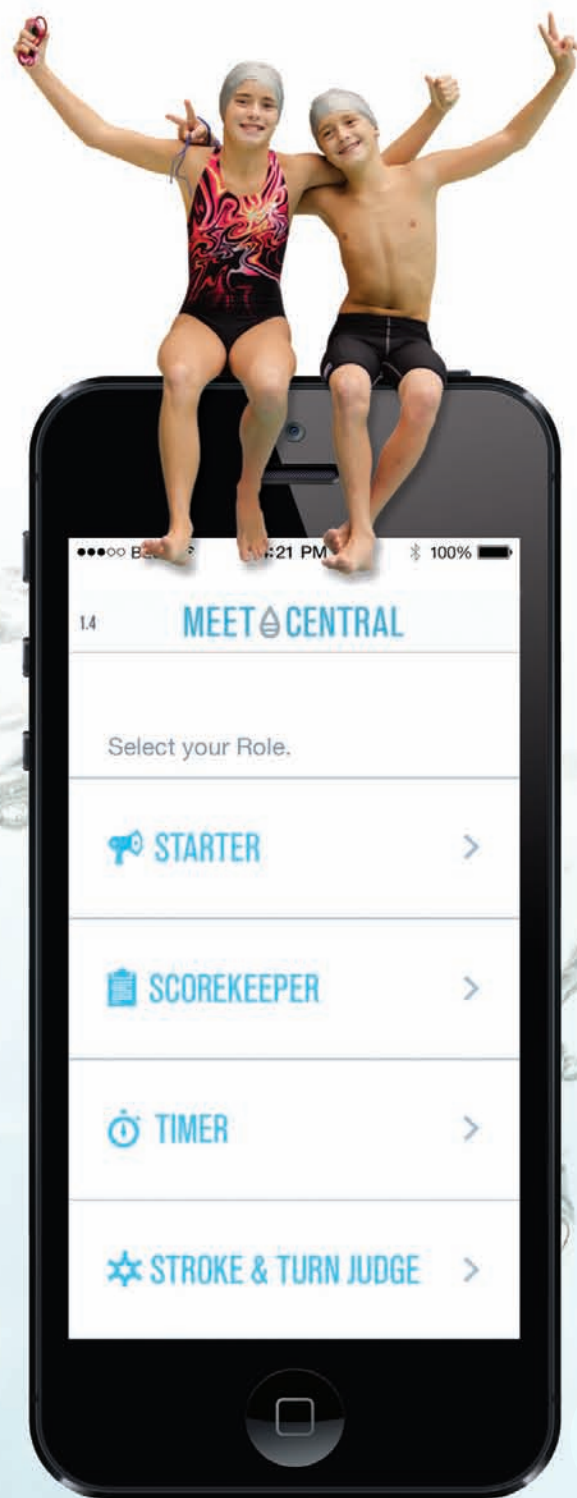
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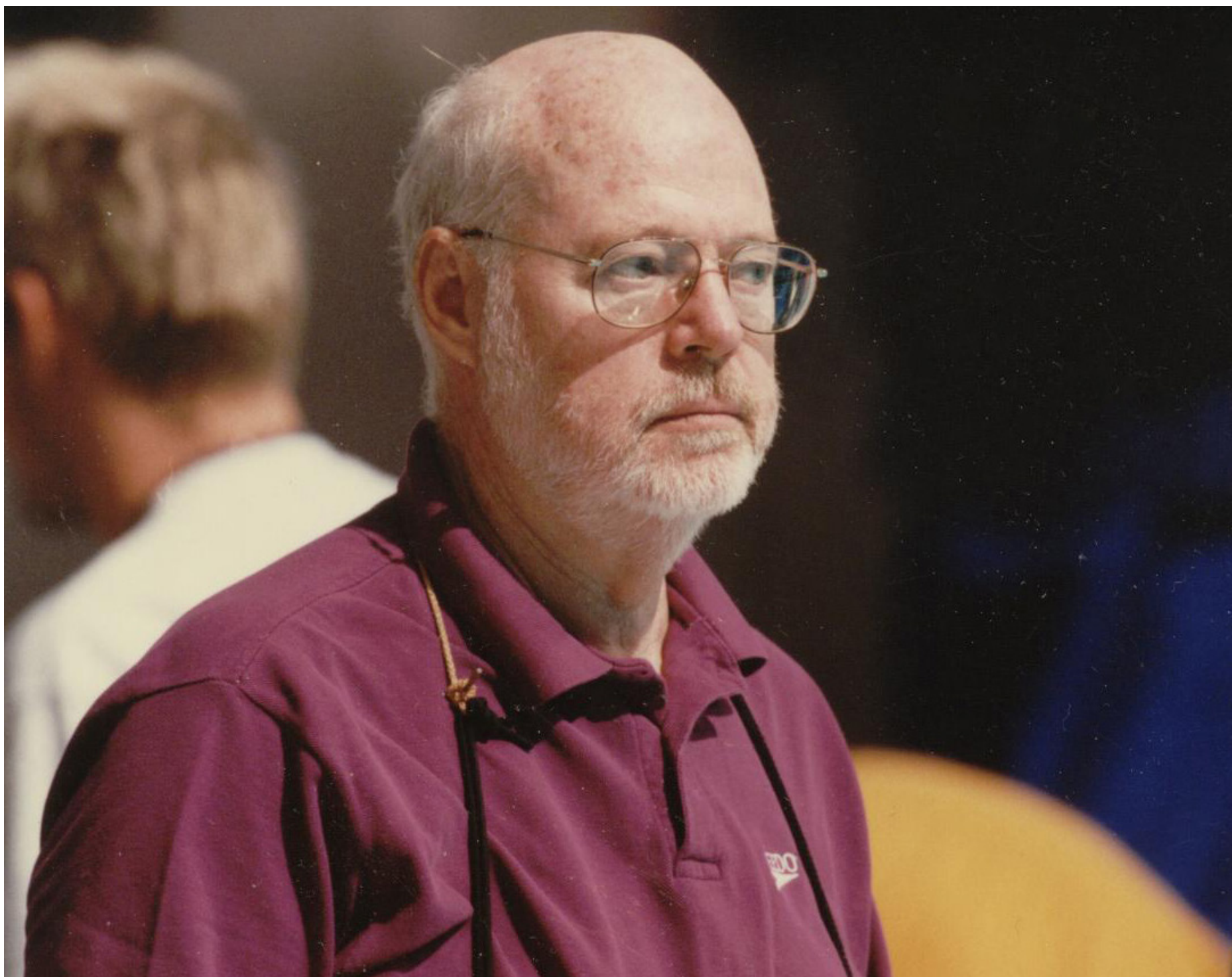
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# SHOULBERG'S WORLDWIDE IMPRINT

by: Matthew De George | Photos Courtesy of Peter H. Bick | Originally appeared on GametimePA.com, reprinted with permission



WHITEMARSH – Dick Shoulberg's office long ago conceded the battle of containing his memories.

Pictures and mementos plaster every nook and cranny of the corner of the deck at Germantown Academy. Every inch of wall space, even the row of cinder blocks above the picture windows that overlook the pool Shoulberg has called home for 46 years, is festooned with accomplishments.

There are collages from memorable meets, team pictures so faded that the only discernable characteristics are dark polygons vaguely recognizable as swimsuits. There are plaques commemorating national-record

breaking relays and titles from Swimming World Magazine's mythical national high school meet.

Stacked near the floor are certificates recognizing world records of David Wharton. A 5x7 from one of American swimming's most luminous days — Aug. 20, 1989, when Wharton joined Mike Barrowman, Tom Jager and Janet Evans as one of four Americans to set world records in the Tokyo sun — sits in a spartan wooden frame, perched on an electrical outlet. From the opposite wall, portraits of two American presidents standing with Shoulberg smile back. Wooden plaques and glass trophies are banished to cases lining a long hallway. Commemoration of GA's 16



Olympians snake out of the office like ivy, adorning the top of the doorway as you enter.

From the myriad images of a half-century living a coach's dream, the selection of Shoulberg's favorite takes an instant. He ambles over to the wall of team pictures, stacked eight high and six across, and taps on the glass guarding a black-and-white snapshot in a nondescript frame.

There are no Olympians pictured, no All-Americans. Just a girl about to jump into a pool populated by several peers. The caption reads, "1969 Learn to Swim. Lower School: Grades 1-3."

"That's what this is all about," Shoulberg said.

Since that class, Shoulberg proudly proclaims, he's never had a job interview, never had the inclination to be anywhere but at GA, 72 hours a week, rain or shine. And while the accomplishments of his swimmers and, by extension, him (he'll never let you forget that is the proper order) are cemented in American swimming lore, his legacy as he approaches his 46th and final Eastern Interscholastic Swimming Championships is far less certain.

The announcement of Shoulberg's retirement from GA and Germantown Academy Aquatic Club came earlier this month, the culmination of 18 tumultuous months that have featured a suspension, a leave of absence, the transitional elevation of Shoulberg to "coach emeritus" and the hiring of a successor.

Through it all, Shoulberg has maintained his innocence in the face of accusations of improperly handling a hazing incident, allegations he prefers not to talk about. "The only thing I've done is look people in the eye and tell them they're wrong," is all he'll say on the matter.

Shoulberg, 75, vows that he'll coach "until the undertaker comes." But for a man so adept at charting the futures of countless athletes, what lies ahead for Shoulberg remains uncomfortably uncertain.

• • •

Attempting to condense the enormity of Shoulberg's accomplishments is a herculean task, as his office testifies. He's served as an American coach at three Olympics and been the head man at numerous international meets, from Pan-American Games to Pan Pacific Championships. Shoulberg has trained 16 Olympians at GAAC for five countries. His tiny outpost flies the flags of 37 nations represented in his teams, all seeking some small share of the magic he's conjured in legions of swimmers.

The cornerstone of his approach, though, has nothing to do with swimming, per se. While a handful of athletes have earned him international acclaim, Shoulberg's satisfaction seems equally derived from helping kids find their "Olympic moment" in any discipline. As often as he mentions Olympians like Wharton, Trina Radke and Maddie Crippen, he also invokes countless elementary school swimmers he's cured of fear of the pool. He fondly remembers when Joe Frazier's daughter, as an eighth-grader with no aquatic experience, swam a length of the pool while her legendary father, big hat and all, watched.

His coaching ideology is as simple as his beginnings in the sport, a Norristown High grad who started at Mermaid Swim Club in the early-60s after leaving the military. Shoulberg's goal was to help kids reach their maximum; for those who aspired to greatness in the pool, his primary motivation was to buck the trend of few competing beyond high school. That fact that his methods included the gospel of mega-yardage and dry-land training was tangential to the core emphasis. While the delivery was occasionally brusque and always demanding, the rewards were usually commensurate with the work put in.

"My thinking was, overwork them," he said. "And I've never had an athlete come back to me, from a Texas, from a Stanford, from a Southern Cal, from a Michigan and say, 'I was so unprepared; I couldn't do the work.' Every athlete who comes back, I ask them two questions: 'Academically are you prepared for your university? Yes. Athletically, are you prepared for your team? Yes.'"

The anchor rooting him at GA, through overtures from colleges and national teams, wasn't the elite. It was rotted in getting kids acquainted with the water. Shoulberg has long been a water-safety advocate and for decades taught four to five swim classes per day, including personalized lessons for older students. He's urged the administration to make water safety, a leading cause of death among adolescents, a priority. One of his passions is a lifeguarding course he instituted four decades ago, working with USA Swimming and the American Red Cross on a variety of initiatives.

Where Shoulberg has garnered the most attention, though, is in the elite ranks, which blossomed in the mid-1970s. By 1980, he had his first Olympian in Karin LaBerge on the team that boycotted the Moscow Games.

That drew the attention of the eccentric John du Pont, then collecting the greatest sporting minds at his Newtown Square estate. After persistent requests for years, Shoulberg finally relented to being his "weekend warrior," fitting in time with du Pont's wrestlers and modern pentathletes around his GA schedule. Eventually, GAAC and du Pont's Foxcatcher team folded into one, the squads practicing separately but competing in tandem at the senior level.

So fruitful was the arrangement that Shoulberg, out of respect for a man he often visited in prison and served as a pallbearer for, retained the Foxcatcher name through 2000, four years after du Pont's infamous killing of wrestler Dave Schultz.

The regional reach of Foxcatcher gave Shoulberg a vast imprint on the Philadelphia swim scene. So many of those he once coached are now his peers in the coaching profession, and the influence is undeniable.

"When Shoulberg came in with his reputation, he demanded A) respect, and B) that you worked hard," said Haverford School coach Sean Hansen, who swam for Foxcatcher from ages 13-15. "It didn't matter how you trained, you were going to get faster because you wanted to swim fast for him. He'd be barking, yelling, then you'd get out of the pool and it's, 'hey Sean, how are you?' like he's your grandfather. ... He's the reason why we've had success, (brother) Brendan in swimming and me in coaching."

"When you do something like a 16,000(-yard) IM, there are very few things in life that you feel like you can't do," said Kevin Berkoff, the Penn Charter director of aquatics who swam for Shoulberg and served as his assistant for seven years. "If you put your mind to something, you can reach the stars."

There's no shortage of honorifics for Shoulberg's impact. His GA program has long been the model to emulate, and many coaches are unashamed to say that they've coopted many of his techniques. More often than not, they've done so with Shoulberg's blessing and support.

"When I started (in 2000), he said to me, 'I was there. I was where you are. The same way you trained as a swimmer, that's how to do it. You have them work hard. Don't shop around for all-star team. Work with your kids here and it will come,'" Hansen said. "Every year, he'd come in and ask, genuinely wanting to know, 'how is it going?' And then you'd go compete, and he'd be yelling and screaming out on the deck."

"Single-handedly what he's done is placed Pennsylvania swimming on the map," Malvern Prep coach Jay Schiller said. *continued on pg. 22*



*continued from pg. 21* “GA has put our league on the map, with the mythical Swimming World titles and the kids going to Olympic Trials and the Olympics and such. To this day, I think our league is one of the most competitive leagues not just in this area, but across the nation. And that’s the foundation laid by Dick back in the day.”

• • •

Any discussion of Shoulberg’s tenure is incomplete without describing the departure that will be marked this week.

The school announced in early February that Shoulberg would be retiring after the 2014-15 academic year. The non-sequitur in the delivery — that Shoulberg’s retirement was announced not by the coach but by Maggie McVeigh, Germantown Academy’s Director of Professional Development, in a letter to students and parents — speaks volumes.

It’s the continuation of a theme of ambiguity and mystery that has marred the latter stages of his tenure. Shoulberg was placed on administrative leave in the fall of 2013 for a still unspecified incident (reported by the Philadelphia Inquirer as a hazing incident, the nature or scope of which was never elucidated by GA). The manner of that announcement, a letter to swimmers and parents that didn’t mention Shoulberg by name, but only stated that Claire Crippen and Chris Lear had been promoted to head the girls and boys teams, respectively, is indicative of the cryptic messaging surrounding the situation.

Shoulberg was reinstated in December 2013 and helped hire his successor, Jeff Thompson, in June. The agreement was that 2014-15 would be his last season, but Shoulberg told Swimming World in early February that he and GA Head of School Jim Connor had discussed a contract extension as recently as December.

In a conversation Feb. 16, the issue remained unsettled, with Shoulberg saying that he wanted to stay at GA, but “that’s not my call or (Thompson’s); that’s the administration’s.”

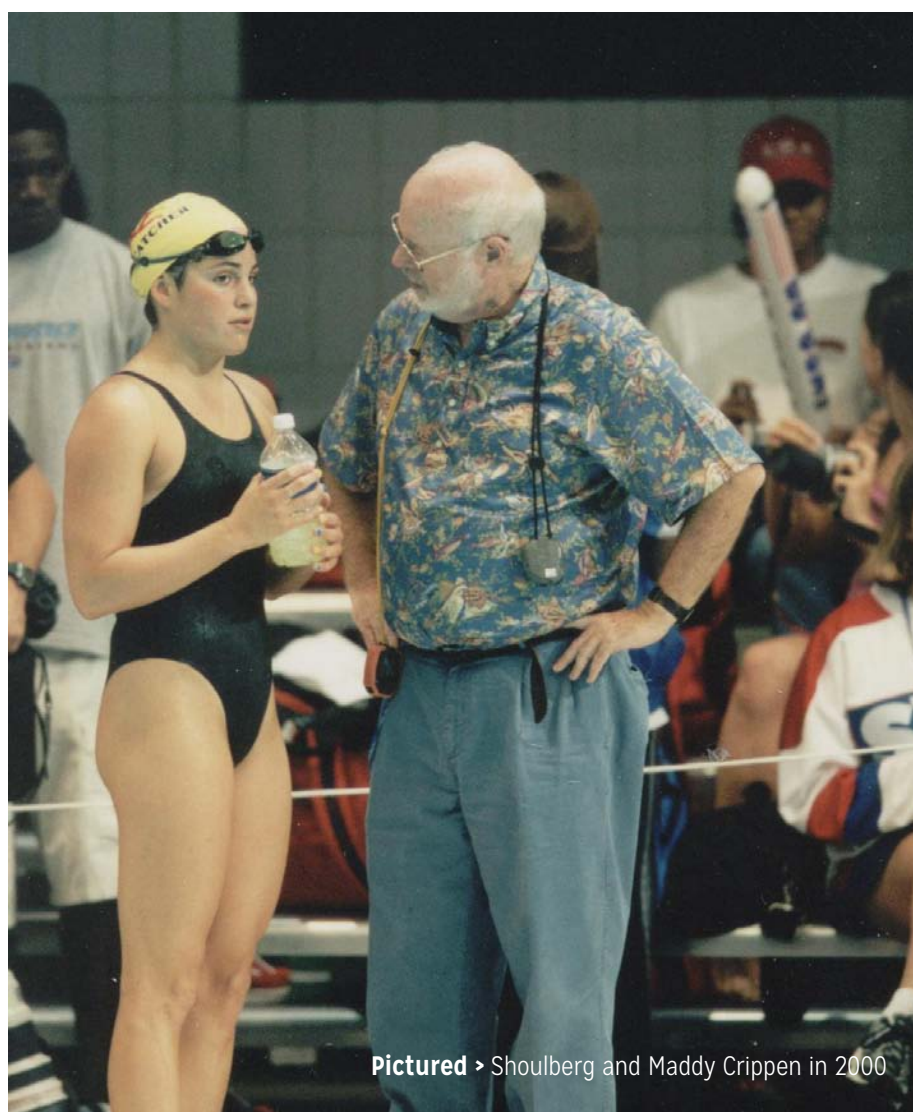
Repeated attempts to reach Connor, who has led GA since 1990 and will retire in June 2016, for comment and clarification were not returned.

Thompson fully understood the enormity of the situation he inherited, but he said he and Shoulberg have co-existed well. He’s had to contend with hurt feelings from the community over the ordeal, and there’s been turnover in the coaching staff (Lear and two club coaches departed last fall), but Thompson remains laudatory about his relationship with Shoulberg.

“He has never once tried to impose his will on me and force me maybe to do something that’s not within my coaching philosophy or something that I’m comfortable with,” said Thompson, who previously coached in Indiana. “... I specifically remember one of the first things I said to Coach Shoulberg when we spoke on the phone was that it’s always been said that it’s professional suicide to follow in the footsteps of a legend. And he quickly threw cold water on that and said that it doesn’t have to be that way here and that he would do anything he could to help me. And he’s done that.”

• • •

Dick Shoulberg will coach his final high school meet at Germantown Academy, a national event that Shoulberg was instrumental in landing for the Philadelphia area in 1985. At the end of February, he’ll travel to India to deliver a workshop on his renowned training methods. Over spring break — before he celebrates his 76th birthday and 57th wedding anniversary to his wife, Molly — he’ll travel to Trinidad and Tobago for



Pictured > Shoulberg and Maddy Crippen in 2000

another talk.

He’ll continue coaching, anticipating no shortage of offers, a statement that would sound like hubris from anyone else. Shoulberg won’t kid you into thinking he’s leaving Germantown Academy on his terms, but he’s also found some semblance of peace with it.

“It’s not what I wanted, but I’m OK with it,” he said. “My wife’s OK with it. It’s OK, because people reach out to me to help kids in their environment. And as long as I know that I will have the opportunity, I’m fine. ... I really feel as though I’ve given this school 100 percent of my energy, my passion, my time. I was working a 72-hour week until Oct. 13, 2013. And I loved it. It was never work. I never went to work.”

With peace comes perspective. Many of the photos will remain in the office after Shoulberg has vacated it. There are a few he’ll cherish — those of the late Fran Crippen, the presidential photos, a picture of him coaching in Kiev, Ukraine, in a dual meet with the Soviet Union in 1981, the first American competition with the Eastern bloc in any sport after the 1980 American Olympic boycott.

The memories are portable, as is Shoulberg’s zest for coaching, qualities no office can contain.

“I’m just a guy from Norristown that wants to help kids swim fast and learn how to swim,” he said. “I have a very simple life. I’ve lived all my life in two-and-a-half square miles. I’ve been to every continent talking about swimming. But I have a simple life.” ◀

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Matthew De George is a writer for the Delaware County Daily Times. He is the author of two swimming books, *Duels in the Pool: Swimming’s Greatest Rivalries* and *Pooling Talent: Swimming’s Greatest Teams*. Follow him on Twitter @sportsdoctormd.



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# CAL'S GOLDEN BEARS COME AWAY WITH SECOND STRAIGHT CONFERENCE CHAMPIONSHIP

By James Sica, Swimming World Intern

*The Pac-12 Championships concluded this past Wednesday, with Cal's Golden Bears defending their title from last year to grab their fourth overall conference championship. This was a very fast conference meet that saw several school, meet, and even an NCAA record fall during competition.*

## THE RELAYS

Cal started the meet off with a bang, capturing both the 200 medley and 800 free relays on the first night of competition, the latter in American record fashion. In fact, Cal won the first 3 relays of the meet (200 medley, 800 free, 200 free), with Stanford fighting back and taking both the 400 medley and 400 free relays.

Notable splits included Cal sophomore Farida Osman splitting a 21.19 in the 200 medley to make-up a half second deficit over Stanford, Cal freshman Cierra Runge leading off the 800 free relay in a personal best of 1:42.73, and Stanford freshman Simone Manuel splitting a 46.15 to chase down Cal in the 400 medley relay.

These relays were fast: Cal's 200 Medley Relay (1:35.24) is the number one time in the country and broke Cal's own meet record from 2011, and their 200 free relay (1:27.18) is ranked #1 and broke Arizona's meet record from 2009. Stanford's 400 free relay (3:10.69) was also a meet and school record and just under their #1 ranked time from the Art Ad- amson Invite. Perhaps the most impressive was Cal's 800 free relay, which set the Amer- ican record and had four incredible splits from the Golden Bears, including a 1:40.68 from sophomore Missy Franklin.

## WOMEN'S PAC-12 SCORES

	California Berkeley - 1629.5
	Stanford - 1401
	Southern California - 1109
	Arizona - 954.5
	UCLA - 951.5
	Utah - 652
	Arizona State - 610
	Washington State - 369.5
	Oregon State - 286





[ Photo Courtesy: Pac-12 Conference ]

## 200 IM

As predicted, this event was grudge match between Cal teammates Missy Franklin and Elizabeth Pelton, with Franklin coming away with the win 1:53.47 to 1:53.80. Both swimmers split the race similarly, distancing themselves from the rest of the field on the backstroke leg.

Pelton actually turned slightly ahead of her teammate after the breaststroke, but she couldn't match Franklin's closing split of 26.90. While both these times were slightly off of their top ranked times from the Georgia Invite (Pelton has the top time in the country with a 1:52.93 to Franklin's 1:52.99), this was a great preview of what we can expect on the first day of NCAAs now that Franklin seems to have shifted away from the 500 freestyle.

## 200 FREESTYLE

Aside from grabbing the top 2 spots, this was a huge event for Cal, with sophomore Celina Li touching third (1:55.52) and junior Kelly Naze grabbing fifth (1:57.01).

This event had a definite Golden Bear feel, with 5 of the top 8 in the A final of the event representing Cal. Come race time, however, all eyes were on Missy Franklin and Stanford freshman Simone Manuel, the top two seeds in the event. Franklin actually led the race at the 100, splitting a 49.72 to Manuel's 50.19.

But Manuel stayed in the race with an incredible back-half, coming home in 50.96 only to run out of room at the very end. Franklin came away with a meet record

1:41.09 while Manuel was only .06 back in 1:41.15. These are by far the two fastest times in the country, and come NCAAs, this could be the race to watch as both of these women surely have their eyes set on Franklin's American and NCAA record of 1:40.31.

## 100 BREASTSTROKE

This was the sole event of the meet that lacked a Cal Bear in the top 8, and the Stanford Cardinal took advantage by placing three swimmers in the A final of the event. Junior Sarah Haase, freshman Heidi Poppe, and senior Katie Olsen were all top 8 in the event, with Haase coming away with the win with a 58.60.

That time moved Haase to second in the country in the event behind Patricia Burchell of Alabama. Expect this to be another event for Stanford to capitalize on at NCAAs as they look to improve on their second place finish from last year.

## 200 BACKSTROKE

Similar to the 200 IM, this event was all about Missy Franklin and her teammate Elizabeth Pelton. The two came into the meet with the top two times in the country (Pelton – 1:49.00, Franklin 1:49.23), and while neither eclipsed those times they still gave us a great race.

Both were out about a second ahead of the field, with Pelton leading in 54.11 to Franklin's 54.55. However, Pelton couldn't hold off her teammate in the second 100, with Franklin taking the lead the last 50 with a



[ Photo Courtesy: Kayla Simon ]

Stanford's Simone Manuel continued her incredible freshman campaign with another set of records in the 100 free. After lowering Missy Franklin's meet record of 47.17 this morning with a 47.01, Manuel flew to a 46.70 in finals, taking down her own meet record and Natalie Coughlin's 2002 Pac-12 record of 47.00 in the process. Manuel went out in 22.61 and came home in 24.09 tonight. She just missed the NCAA record by .09, as Auburn's Arianna Vanderpool-Wallace swam a 46.61 in 2012. Manuel will have another shot at that record at NCAAs in a couple of weeks. Stanford teammate Lia Neal took second in 47.16, while California's Farida Osman also cracked 48 with a 47.96 for third.

- Emily Sampl

monstrous 27.45. Franklin won in 1:49.94 to Pelton's 1:50.27 to secure her third individual Pac-12 title of the meet and her sixth overall individual conference title in her collegiate career. Teammate Melanie Klaren captured third for the Golden Bears, securing a 1-2-3 sweep of the event while fellow Bear Kelly Naze was sixth overall in 1:54.73.

## OTHER STANDOUT PERFORMANCES

We would be remiss if we did not mention Cal freshman Cierra Runge, who had an absolutely stellar meet. Runge claimed individual titles in the 500 (4:31.90) and 1,650 (15:40.17) freestyles, was fourth in a packed 200 free final (1:43.31), and led off the American record-setting 800 free relay (1:42.73). Runge's time in the 500 free was a new NCAA record and her 1,650 time was just a second off of legendary Janet Evans' Pac-12 record.

Other notable performances included Farida Osman's win in the 50 freestyle (21.65), Rachel Bootsma's win in the 100 backstroke (50.84), and Kendyl Stewart's win in the 100 butterfly (51.10). ◀





# THE DROUGHT IS OVER! USC WINS FIRST MEN'S PAC-12 CHAMPIONSHIP TITLE IN 36 YEARS

By Jeff Commings | Photos Courtesy: Peter H. Bick

*It was a claw-and-scratch battle that wasn't decided until the final event, but the men of the University of Southern California swimming and diving claimed the Pac-12 swimming and diving team trophy, the first for the Trojans since 1979.*

Buoyed largely by wins from senior Cristian Quintero and major depth in the freestyle events, USC only took over the lead after the 200 breaststroke tonight and held on to the end with 810.5 points to Stanford's 809.5. California, which had won the past two years, could not match the depth of Stanford or USC this year, falling to third with 673 points.

With a win each from Brad Tandy and Kevin Cordes, Arizona placed fourth for the third-straight year with 508 points. Arizona State followed with 309 points for fifth while Utah placed sixth with 283 points.







The last time USC won the men's Pac-12 team title, Peter Daland was head coach and the Trojans only won the 200 backstroke and 400 medley relay at the 1979 meet. It was the eighth consecutive team title for USC, though the conference was split into north and south divisions in 1976, 1977 and 1978.

## 200 BACKSTROKE

Ryan Murphy made it known that he's going to be untouchable in three weeks in the 200 backstroke at the NCAA championship by putting up a 1:38.34 in tonight's final. That's .99 slower than the time he swam to win the NCAA title last year, and just misses making the list of the top 10 performances of all time, as Drew teDuits sits 10th with a 1:38.27.

Murphy also beat his meet record of 1:39.21 from last year. He had already been the top swimmer in the event this season with a 1:39.32, and now is a full second ahead of the rest of the nation on his quest to break Ryan Lochte's American record of 1:36.81.

David Nolan wrapped up his individual races with a 1:40.02 for second place. He put together a 25.04 in the final 50 yards to run down California's Jacob Pebley, who settled for third with a 1:40.48. This marks Nolan's third "A" cut this week, and Pebley's first.

MEN'S PAC-12 SCORES	
	Southern California - 818.5
	Stanford - 809.5
	California Berkeley - 673
	Arizona - 508
	Arizona State - 309
	Utah - 283



## 100 FREESTYLE

Cristian Quintero is one of the few who excels in sprint and distance freestyle, and he made that clear tonight with a close win in the 100 freestyle to give the Southern California senior his third individual win of the meet. He trailed teammate Santo Condoirelli for most of the race, but charged home to take the win, 42.21 to 42.27. Both were under the NCAA "A" cut and sit fourth and fifth nationally.

With the win, Quintero becomes the first man to win the 100, 200 and 500 freestyles at the Pac-12 meet. A few have won the 50, 100, and 200 in one meet previously (including Joe Hudepohl and Nathan Adrian), but Quintero's accomplishment is truly unique.

Three others broke 43 seconds in the championship final. Seth Stubblefield of California (42.69), Utah's Nick Soedel (42.86) and USC's Ralf Tribuntsov (42.88) might get the invite to swim the 100 free at NAAs based on those times.

## 200 BREASTSTROKE

After an impressive prelim swim that put him in lane four for the final, USC sophomore Steven Stumph followed through with a win in the 200 breast with a stunning 1:52.50. In the course of one day, Stumph has lowered his lifetime best by 3.5 seconds, and will go into the NCAA championships ranked third. Stumph had heavy expectations put on him in his freshman year at USC after he broke the national high school record in the 100 breast in 2013, and didn't perform well in his freshman year. Now, he's on track to give the Trojans a big boost in the Big Meet, and could be one of the catalysts for helping the Trojans to one of its best conference meets in recent history.

Stumph led from the start, but had California's Josh Prenot on his shoulder the entire time. Prenot was second with a 1:52.61, good enough for fourth in the nation. Kevin Cordes, the American record holder who was third nationally before today, placed fourth with a 1:53.55. Cordes swam a 1:52.65 at the Texas Invitational last December for his fastest swim so far this season.

Chuck Katis, swimming in lane eight, managed to place fourth with a 1:54.30, while USC's Ridge Altman out-touched Arizona State's Thibault Capitaine for fifth, 1:55.04 to 1:55.07. USC teammates Andrew Malone (1:55.66) and Morten Klarskov (1:55.84) rounded out the top eight.

## 200 BUTTERFLY

Though the discussion was turning to the close team battle between USC and Stanford, California continued to make some noise with a 1-2 finish in the 200 butterfly to continue the tradition in the event for the Golden Bears. Long Gutierrez won his first Pac-12 title with a 1:43.23. Adam Hinshaw made a bid for the win, leading after 150 yards but fell short with a 1:43.61. Those times rank in the top 25 nationally, which puts them on the bubble for an NCAA invite.

After qualifying first in prelims with a 1:42.75, USC's Michael Domagala was unable to replicate this morning's swim and placed third with a 1:43.74. He just beat out Stanford's Gray Umbach by one hundredth of a second, a crucial finish in the scheme of the overall team race.



Arizona's Justin Wright put up a 1:43.85 to finish fifth, while Tom Kremer of Stanford placed sixth with a 1:44.10. Arizona's Rasmus Skjaerpe (1:45.16) and Arizona State's Patrick Park (1:45.81) rounded out the top eight.

## PLATFORM DIVING

Kristian Ipsen swept the diving events at the Pac-12 meet for the first time, scoring 434.05 points to give Stanford some life going into the 400 free relay. Ipsen, who specializes in springboard diving, outscored platform specialist Rafael Quintero of Arizona, who scored 403.50. USC's Collin Pollard scored 395.60 for third

## 400 FREESTYLE RELAY

All the Trojans had to do to win the team title was win the 400 free relay or place no lower than one place behind Stanford. After the first leg, the Trojans put away the victory on both counts and never looked back with a 2:49.50. Safe starts were likely on the minds of Tribuntsov (42.69), Condoirelli (41.92), Malone (42.87) and Quintero (42.02), and might have a faster swim in them in three weeks. Right now, it's third behind NC State and Auburn.

Stanford couldn't use David Nolan on the relay, as he had competed in his maximum four relays. But his contributions would not have mattered, as the Cardinal posted a 2:52.63 for second. Notably, California appeared to finish second, but was disqualified when Seth Stubblefield left four hundredths of a second too early for his anchor-leg swim.

Arizona (2:54.22), Arizona State (2:54.30) and Utah (2:56.15) rounded out the "A" teams in the race. ◀



# THE ULTIMATE GUIDE TO FIXING SWIMMER'S POSTURE

By Dr. G. John Mullen

Reducing drag in the pool is paramount for swimming improvement, as drag is the biggest deterrent of swimming speed. However, long periods of poor posture out of the water will force any swimmer into poor posturing in the pool, especially during fatigue. If you take a look at a group of swimmers, you'll certainly see many hunched over with rounded shoulders in the stereotyped "swimmers posture." This posture has the cervical spine slightly extended, the upper thoracic spine in flexion, the lower thoracic straight, the lumbar straight (flexed) and the pelvis tilted backwards. Not only does this poor posturing increase the risk of swimmer's shoulder, but impairs body alignment and increases drag. Whether I'm with a personal trainer, physical therapist or entire swim team, I'm frequently correcting poor resting posture.

The normal lumbar spine (lower back) has a slightly extended inward curve, called lordosis. In individuals with the flat back posture, the pelvis is tilted toward the rear and the lumbar has lost this lordosis, causing it to be flat, which is actually a flexed position for this portion of the spine. People with flat back will tend to stand with their hip and knees hyper-extended and their head forward.

This deviation from ideal spinal alignment is marked by and sometimes called posterior pelvic tilt. This describes the backwards rotation of the superior iliac spine (ASIS) in relation to the pubic bones of the pelvis. A good visualization of this is thinking of the "top" of the pelvis tilting toward the rear.

Individuals who display this posture, besides having the appearance of a very flat back, will also show the appearance of a flat buttocks that is tucked under. (fig.1)

Some of you may think poor posture isn't a big deal and wonder why swimmers should fix this. There are a couple of reasons. Rounded shoulders and a flat back limit overall spinal motion, a necessary motion during swimming. This poor positioning also puts you into a bigger risk for injury, including shoulder impingement and herniated discs.

How do you go about fixing this? Understanding the tight and weak muscles are key. This ultimate guide for swimmers' posture breaks down strengthening and soft tissue exercises for fixing your poor posture.

The most commonly tight muscles are the hip flexors, rectus abdominis, glutes, hamstrings, pectoralis, and suboccipitals. One very important side note about the hamstrings – they lie between the glutes (pelvis) and the calves. It's a tug of war between the glutes and the calves, and the hamstring is the rope. It's not the rope's fault that it's stretched out, it's the pullers. Most people feel like they have tight hamstrings and stretch them. While it is an OK thing to do, most of the time it's not going to work because tight hamstrings are a symptom, and not a cause. It's like getting headaches and popping Advil every day, instead of finding the root cause of the headache.

Overall, we're going to put some curves back into the spine. I should mention at this point that the pelvis needs to be in a bit of an an-



[ Photo Courtesy: Azaria Basile ]

<b>Head:</b>	Forward
<b>Cervical Spine:</b>	Slightly Extended
<b>Thoracic Spine:</b>	Increased Flexion
<b>Lumbar Spine:</b>	Flexed (straight)
<b>Pelvis:</b>	Posterior Tilt (tilted backwards)
<b>Knees:</b>	Hyperextended



terior tilt for optimal performance. That's how the spine gets its 'S' shape. The problem arises when that 'S' is too curved or is more like an 'I' or 'C.'

Here is a breakdown to improve your rounded and flat back posture! Time to break down the body parts from the head to the low back.

## NECK

One of the most effective postural exercises for combating neck pain is the chin tuck exercise. This exercise not only helps strengthen the muscles that pull the head back into alignment over the shoulders (upper thoracic extensors) but it also stretches the scalene and suboccipital muscles.

The chin tuck exercise can be done numerous times throughout the day, such as while sitting in the car or at the desk at work. The repetition of this exercise throughout the day also helps develop good postural habits. It is especially important to perform this exercise when the neck and shoulder blades first begin to hurt.

### CHIN TUCKS

*Lie on your back with your knees bent. Next, create as many double chins as possible at your neck, without lifting your head off the ground. Next, lift your head slightly off the ground, while maintaining the double chins. (fig. 2)*

## SMR SCALENES

The scalenes and suboccipitals are often overactive during poor posture. Perform these self myofascial releases (SMR) and reduce tension in the neck.

*While sitting, gently use your index, middle, and ring finger as you apply pressure to the side of the neck. Make sure you study the position of these muscles first! (See video 1 - pg. 30)*

### SMR SUBOCCIPITAL MUSCLES

*Lie on your back with your knees bent, then place a tennis ball right next to the bump on the back of your skull. Next, press your head into the ball gradually. (See video 2 - pg. 30)*

## SHOULDERS AND THORACIC SPINE

For the neck and shoulders, reprogramming the neural system is key and often underdiscussed. If you are looking for some soft-tissue and strengthening techniques, I've written about them in detail in the return to swimming protocol; for USA Swimming; and Understanding the difference between shoulder pain and injury. Instead of repeating my work, here is another technique to be used in combination of the other exercises. This is a set of arm movements for mobilizing the brachial plexus, the nerves which run through the arms. This set of mobilization helps restore motion in the nerves, reducing neurosensitivity and arm carrying position (shoulders rounded, etc.). In combination of this, it helps strengthen the back muscles and neck muscles, which are the result of swimmers' posture. (See video 3 - pg. 30)

*Continued on pg. 30*



fig. 1



fig. 2

## PSOAS ( ANTERIOR HIP MUSCLE )

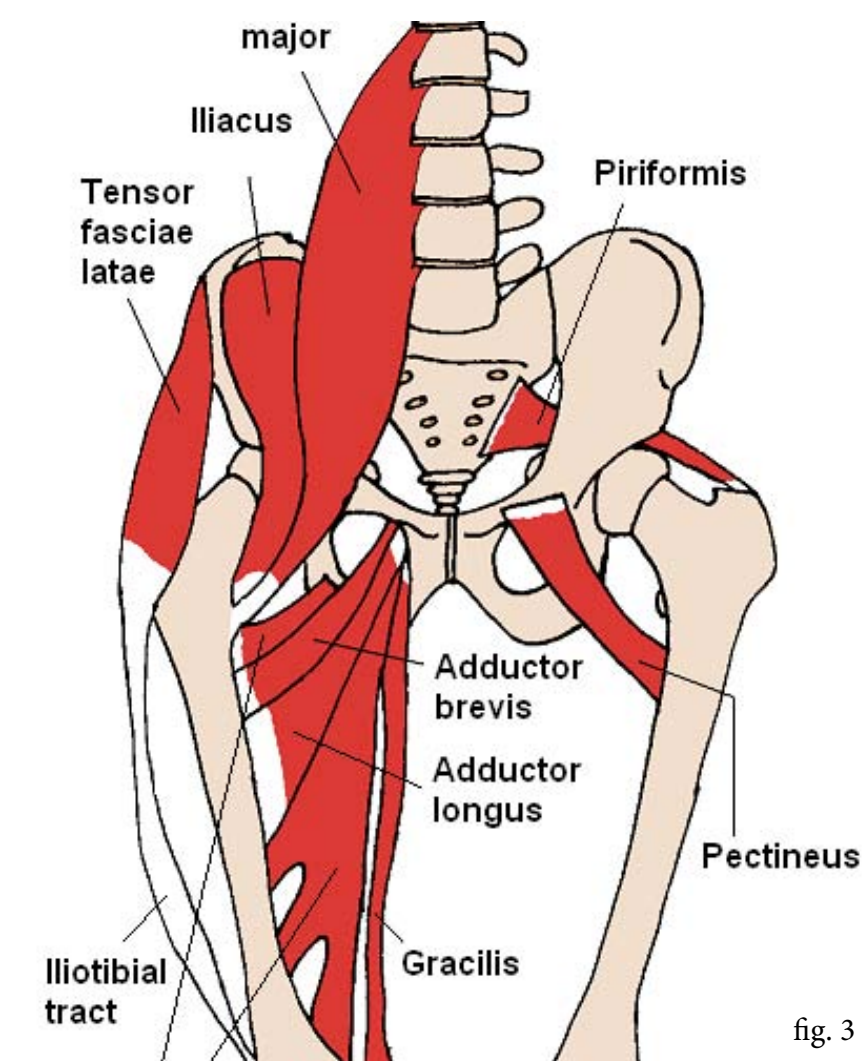


fig. 3



Continued from pg. 29

#### FOAM ROLL THORACIC SPINE

Lie on your back with your knees bent and place a foam roll parallel to your spine. Make sure your head and tailbone are on the foam roll and your head is relaxed. Place your arms on the ground for support and roll back and forth at your desired speed and amplitude. (see video 4)

#### LOW BACK

Having a flat lower back can be a result of many things, including a compensatory result of the above issues. Nonetheless, we are building a complete program here, so here are some recommendations for those with a flat low back. (fig. 3)

Lie on your back with your legs on a bench or leg rest (elevated approximately 45 degrees). Next, with one end of a mobility stick perpendicular to your body, press into the muscle. You can flex your hip to see if the stick moves, but once in the correct position, hold.

#### QUADRATUS LUMBORUM

Lie on your back, approximately 30 degrees from vertical with the tennis ball on your side between your rib cage and pelvis.

#### PIRIFORMIS

Sit with one leg straight and the other bent. Put the tennis ball on the outside of your glute of the straight leg and roll the tennis ball on the outside of your hip.

#### TENSOR FASCIA LATAE

Lie on your side and put the tennis ball directly behind your hip. To find the proper position, find your hip bone and place the ball two finger breadths behind it, then lie directly on your side with the tennis ball directly behind this bone. (see video 5)

#### ILIOTIBIAL BAND

Lie on your side with a tennis ball under your lower thigh, on the bottom leg just above your knee. Bend the top leg's knee and place it flat in front of the bottom leg. Push through your top leg and forearms to move the tennis ball down the length of the lower leg. (see video 6)

#### GLUTE ACTIVATION

Warming up before a workout is crucial. It's also a good time to make sure that you're lengthening and activating your dormant muscles. I've written more extensively about it here. (see video 7)

Before training, consider adding your these exercises before your in-water dynamic warm-up. Also, a proper strength and conditioning program can help improve your poor swimmers posture, so ensure your dryland for swimmers is a well-balanced program, addressing your needs! ◀

Video 1 >>



Video 2 >>



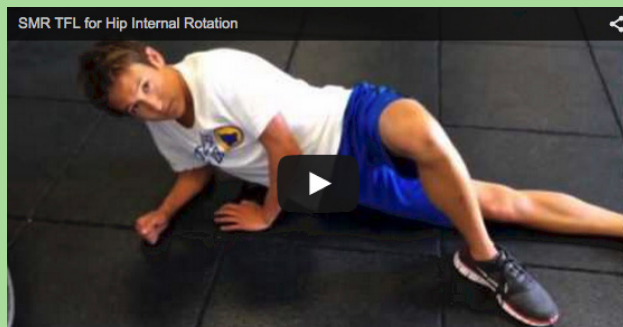
Video 3 >>



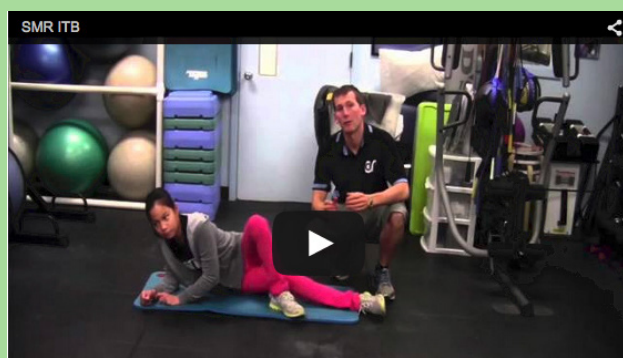
Video 4 >>



Video 5 >>



Video 6 >>



Video 7 >>







# CUSTOM DYED SWIMWEAR





## CAMILLE MUFFAT

OCTOBER 28, 1989 – MARCH 9, 2015

Camille Muffat, a French Olympic gold medalist, died in a helicopter crash on March 9th, 2015.

The crash occurred as part of a reality television show being filmed in northwestern Argentina, where two helicopters collided in mid-air.

Muffat retired last year at the age of 24, finishing her swimming career with a trio of Olympic medals (gold, silver, bronze) at the 2012 London Olympics. She also won a short course world title in the 200 free at the 2010 Dubai World Championships.