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SWIMMING WORLD

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STANFORD'S DAVID NOLAN SETS AMERICAN
& NCAA RECORD IN THE 200 IM

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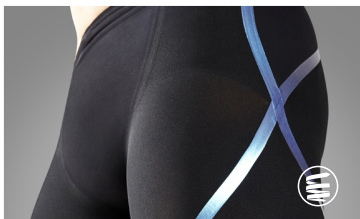
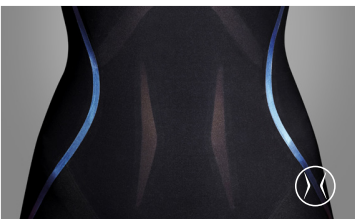
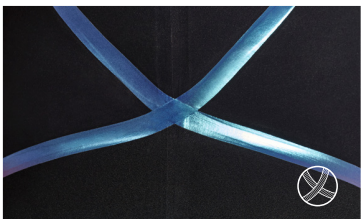
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FEATURES

004 CAL CLAIMS FOURTH WOMEN'S NCAA TITLE

By Jeff Commings

California won its fourth NCAA women's team title with a dominant three days of competition at the Division I Championship..

005 HISTORIC TRIFECTA AT NCAA CHAMPIONSHIP

By Jeff Commings

The 1-2-3 finish marked the first time that three swimmers of African descent took those places in one event at a major swimming meet.

006 VIRGINIA'S LEAH SMITH VAULTS TO 5TH ALL TIME IN 1650

By Jason Marsteller

Virginia's Leah Smith added the 1650-yard freestyle title to her win in the 500-yard free at the NCAA Division I Women's Championships.

007 MISSY FRANKLIN WINS HONDA AWARD AS TOP FEMALE COLLEGE SWIMMER

By Jeff Commings

Missy Franklin was picked as the Honda Sports Awards winner — as the top collegiate swimmer of the 2014-2015 season.

008 SIMONE MANUEL ANCHORS STANFORD TO AMERICAN RECORD IN 400 FREE RELAY

By Jason Marsteller

Stanford's Simone Manuel delivered another NCAA and American record with a scorching anchor during the 400-yard free relay.

009 KELSI WORRELL VAULTS TO 3RD ALL TIME IN 200 FLY

By Jason Marsteller

Louisville's Kelsi Worrell is now Louisville's first two-time NCAA champion.

012 USOC CONCERNED ABOUT FUTURE OF NCAA OLYMPIC SPORTS

By Jason Marsteller

United States Olympic Committee CEO Scott Blackmun is legitimately concerned about the future of Olympic sports at the NCAA level.

014 10 THINGS PARENTS DO THAT COACHES CAN'T STAND

By Wayne Goldsmith

Many coaches will tell you that their biggest problem — the greatest challenge they face — working with difficult and sometimes destructive swimming parents.

017 3 REASONS WHY EDDIE REESE WON HIS 11TH NCAA TITLE

By Chuck Warner

Recently Eddie Reese tied Mike Peppe for the most men's NCAA team championships in history, holding his 11th team trophy in 34 years

021 6 "A" FINALISTS FOR TEXAS BREAKS MEN'S NCAA MEET WIDE OPEN

By Jason Marsteller

Texas absolutely unloaded on the rest of the teams with one of the most dominant single events of all time.

023 DAVID NOLAN SMASHES NCAA, AMERICAN RECORD IN 200 IM

By Jason Marsteller

David Nolan crashed through the 1:40 barrier in the men's 200-yard IM as he demolished his NCAA and American record.

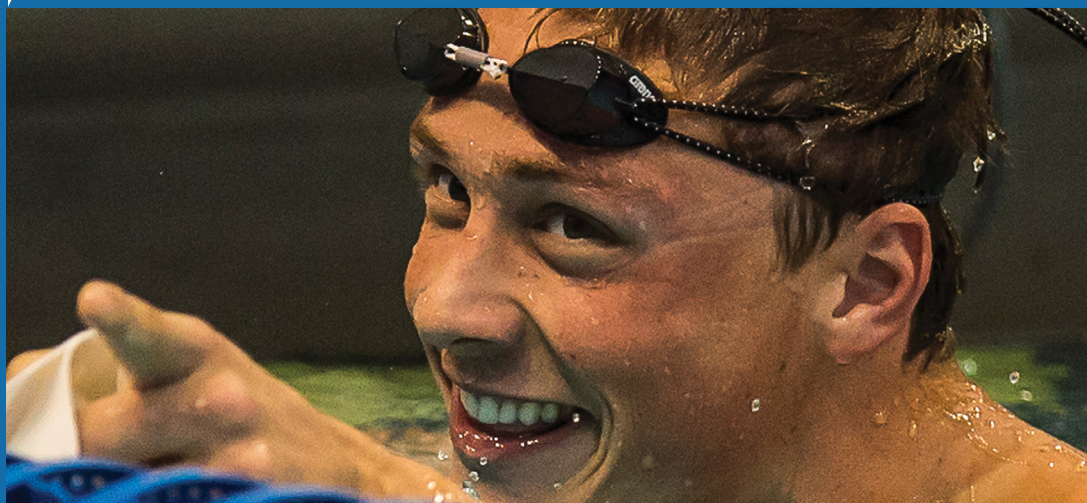
028 3 REASONS WHY IT'S OK TO BE DISAPPOINTED IN A BEST TIME

By Diana Pimer

"You got a best time, why are you upset? That doesn't make any sense."

SEE OUR NCAA PHOTO GALLERY STARTING ON PAGE 30

ON THE COVER - DAVID NOLAN BY PETER H. BICK



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Peter H. Bick, USA Today Sports Images,
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Cal Claims 4th NCAA Women's Title

BY JEFF COMMINGS | PHOTO BY PETER H. BICK

California won its fourth NCAA women's team title with a dominant three days of competition at the NCAA Division I Championship.

The Golden Bears delivered head coach Teri McKeever her fourth career coaching title with a 513-452 victory against defending champion Georgia, and sent Olympic gold medalist Missy Franklin off to professional swimming as a winner.

McKeever now stands fourth all time for the most career women's coaching titles. Richard Quick (12), Jack Bauerle (6) and David Marsh (5) are the only coaches ahead of her. She broke a tie with Mark Schubert, who had three.

Georgia, meanwhile, became the highest finishing team to not win an individual event at the women's NCAA championships.

That broke a seven-way tie for the previous NCAA record of third-place held by 1985 Stanford, 1988 Stanford, 1993 Texas, 1995 Texas, 1996 Michigan, 2000 Stanford and 2003 Southern California. Stanford wound up taking third overall with 363 points, while Texas A&M clipped Virginia for fourth, 231-229. <





MANUEL, NEAL & HINDS FORM HISTORIC TRIFECTA AT NCAA CHAMPIONSHIP

BY JEFF COMMINGS | PHOTO BY PETER H. BICK

Before the start of the women's 100 freestyle on Saturday at the women's NCAA Division I championships, the focus was squarely on Simone Manuel. Would she regain her American record in the event, and by doing so, would she go under 46 seconds?

The spotlight stayed on Manuel for pretty much the entire race, though Stanford fans were also looking for Lia Neal to give the Cardinal a 1-2 finish. When the times flashed on the scoreboard, the cheers went up for Manuel, who did break the American record, and for Neal, who gave Stanford that 1-2 finish.

It didn't happen immediately, but the general attention began to take note of the lady who finished third. After a rocky start to the meet, Florida's Natalie Hinds found a "3" next to her name, which made history for swimming in Greensboro.

The 1-2-3 finish marked the first time that three swimmers of African descent took those places in one event at a major swimming meet. Previously, the best finish for black swimmers came at the 2011 men's NCAA championships where

200 free winner Brett Fraser and runner-up Dax Hill made big inroads for minorities in swimming. This spells good things in the future for USA Swimming, which could be adding these three ladies to the Olympic roster next year. Could we see Manuel, Neal and Hinds create three-fourths of a medal-winning 400 free relay in Rio?

The sport has come a long way since Enid Brigitha of the Netherlands became the first black swimmer to win an Olympic medal in 1976. In that time, dozens have made national and international finals, found themselves on U.S. national teams and discovered the joy of making swimming a lifelong sport.

Though much has been made about the 100 free final, we should also point out that three minority swimmers also appeared in the final of the 200 freestyle. Manuel (second), Neal (third) and Chelsea Chenault (sixth) could be on their way to creating three-fourths of Team USA's relay next year at the Olympic Games as well. ◀



Virginia's Leah Smith Vaults to 5th All Time With Dominant 1650 Free

BY JASON MARSTELLER | PHOTOS BY PETER H. BICK

Virginia's Leah Smith added the 1650-yard freestyle title to her win in the 500-yard free at the NCAA Division I Women's Championships.

Smith uncorked a dominant time of 15:34.46 for the victory. That's Virginia's third title in the mile with Cara Lane going back to back in 2000 and 2001. Before Smith's 500-yard free title, those had been the only NCAA titles for the female Cavaliers.

Smith vaulted to fifth all time in the event's history. She had been 11th all time with a 15:42.04 last year.

Smith won the title by exactly 12 seconds as California's Cierra Runge finished second in 15:46.66. Florida's Jessica Thielmann managed to take third in 15:46.68 in what proved to be a close battle for second.

Smith's 12-second victory is pretty impressive, but doesn't come close to Janet Evans' NCAA record for the largest margin of victory.

"I owe it all to my coaches and teammates. They push me every day, and I think last year left me a little bit hungry. I was out for redemption because I didn't have the best meet. So, this year, my teammates and I have all been really positive, and we're trying to make history."

- Leah Smith, on winning two titles

In 1990, Evans of Stanford threw down a 15:39.14, still ranking her eighth all time, to beat Texas' Andrea Hayes (16:04.08) by 24.94 seconds.

Surprisingly, defending NCAA champion and NCAA record holder Brittany MacLean wound up taking ninth overall in 15:59.12. ◀

ALL TIME 1650 FREESTYLE

1 Katie Ledecky - 15:13.30

2 Katie Hoff - 15:24.35

3 Brittany MacLean - 15:27.84

4 Kate Ziegler - 15:29.15

5 Leah Smith - 15:34.46



Missy Franklin Wins Honda Award As Top Female College Swimmer

BY JEFF COMMINGS | PHOTO BY DELLY CARR

Missy Franklin was picked as a Collegiate Women Sports Awards winner — better known as the Honda Sports Awards — as the top collegiate swimmer of the 2014-2015 season. She was also picked as the Pac 12 swimmer of the year.

Franklin's exploits in the pool two weeks ago continue to create conversation among swimming fans. She became the first to break the 1:40 barrier in the 200-yard freestyle with a 1:39.10, breaking her own American record. She also won the 200 individual medley and 200 backstroke, becoming the first woman in five years to win three individual events at the Division I championships. She was also a part of the winning 200 free relay and 800 free relay for the California Golden Bears.

Franklin turned professional after the meet, something that she had intended to do long before she signed on to compete for any college. She was nominated for the swimmer of the year award along with Stanford's Simone Manuel, Virginia's Leah Smith and Louisville's Kelsi Worrell, all of whom set major records in individual events.

As she begins the path toward a second Olympic appearance, Franklin will see if she will be voted as the top collegiate female athlete and win the Honda Cup. She'll "compete" with 11 other women for the coveted Honda Cup, which has been won by five women, including a fellow Golden Bear. ◀





Simone Manuel Anchors Stanford to American Record in 400 Free Relay

BY JASON MARSTELLER | PHOTO BY PETER H. BICK

Stanford's Simone Manuel delivered another NCAA and American record with a scorching anchor during the 400-yard free relay at the NCAA Division I Women's Championships.

Manuel threw down a 45.79 anchor as Lia Neal, Janet Hu, Lindsey Engel and Manuel turned in a stunning time of 3:08.54 for the NCAA and American record and the title.

That swim crushed the NCAA record of 3:09.40 set by Georgia in 2013 as well as the American record of 3:10.63 set by Arizona also in 2013.

Smith's 12-second victory is pretty impressive, but doesn't come close to Janet Evans' NCAA record for the largest margin of victory.

8 - SWIMMING WORLD BIWEEKLY

That's Stanford's NCAA record 11th victory in the 400 free relay:

- 1982 - (Marybeth Linzmeier, Isabel Reuss, Kelly Asplund, Barb Major), 3:20.98
- 1987 - (Jenna Johnson, Laurie McLean, Susie Rapp, Aimee Berzins), 3:17.69
- 1992 - (Mary Edwards, Summer Sanders, Janel Jorgensen, Jenny Thompson), 3:16.41
- 1994 - (Michelle Jespersen, Mary Edwards, Jessica Tong, Jenny Thompson), 3:15.80
- 1995 - (Claudia Franco, Becky Bicknell, Jessica Tong, Jenny Thompson), 3:17.17
- 1996 - (Jessica Tong, Elin Austevoll, Lisa Jacob, Claudia Franco), 3:18.28
- 1997 - (Gabrielle Rose, Jessica Amey, Claudia Franco, Catherine Fox), 3:16.72
- 2010 - (Kate Dwelley, Samantha Woodward, Elizabeth Webb, Julia Smit), 3:12.32
- 2012 - (Samantha Woodward, Madeline Schaefer, Andrea Murez, Elizabeth Webb) 3:10.77
- 2014 - (Maddy Schaefer, Felicia Lee, Maya DiRado, Lia Neal) 3:10.83

California, with Missy Franklin swimming her final time collegiately, leadoff Cal with a 46.66 as Franklin, Rachel Bootsma, Camille Cheng and Farida Osman took second in 3:09.76.

Georgia's Madeline Locus, Olivia Smoliga, Lauren Harrington and Chantal Van Landeghem placed third in 3:12.08. ◀

Kelsi Worrell Vaults to 3rd All Time in 200 Fly With Fly Sweep

BY JASON MARSTELLER | PHOTO BY PETER H. BICK

Louisville's Kelsi Worrell is now Louisville's first two-time NCAA champion after sweeping the butterfly events with a 200-yard fly victory at the NCAA Division I Women's Championships.

Worrell uncorked a smoking time of 1:51.11 for the win. That swim vaulted her to third ever in the 200 yard fly.

Entering the meet, Louisville had never had a female NCAA champion, and now Worrell is a two-time victor after becoming the first woman to break 50 seconds in the 100-yard fly.

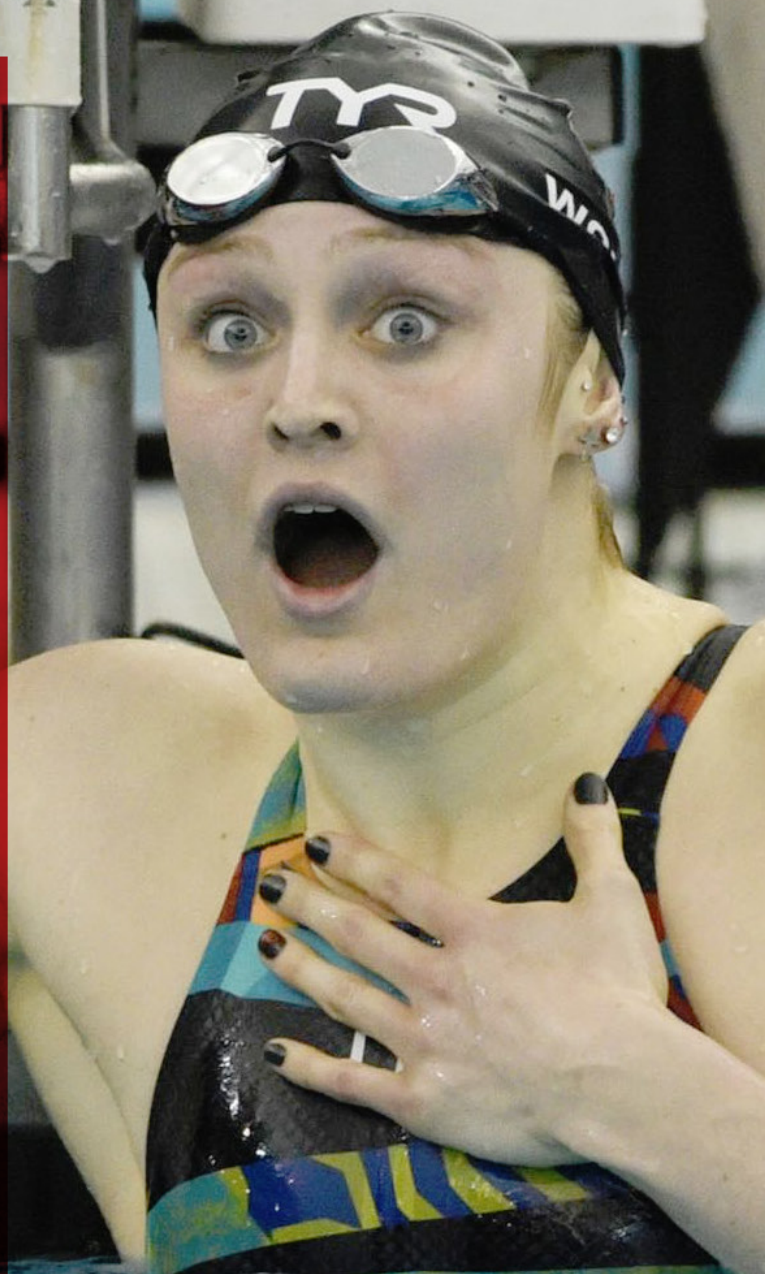
"I'm so shocked...my time! I'm just so shocked."

"Oh, it's all Jesus right now, that's for sure. My leg's hurting and this was like the 13th swim or something so it's all... Jesus, my legs, my body... Just get to the wall, I didn't want to t-rex it like this morning." - Kelsi Worrell

Kentucky's Christina Bechtel hit the wall second in 1:52.08 to jump to seventh in the all time history, while Georgia's Hali Flickinger placed third in 1:52.73. ◀

ALL TIME 200 BUTTERFLY

- 1 Elaine Breeden - 1:49.92
- 2 Katinka Hosszu - 1:51.02
- 3 Kelsi Worrell - 1:51.11
- 4 Kathleen Hersey - 1:51.18
- 5 Mary DeScenza - 1:51.28





REESE, DUGDALE, MCKEEVER NAMED CAPTAINU SWIMMING COACHES OF THE YEAR

BY JEFF COMMINGS

The same coaches that the College Swimming Coaches Association of America picked as the Division I and Division II swimming coaches of the year were also honored this week by CaptainU.

Texas men's head coach Eddie Reese, California women's head coach Teri McKeever, and Queens University of Charlotte men's and women's head coach Jeff Dugdale were among the 26 coaches selected as winter coaches of the year. Miami diving coach Randy Ableman was picked as diving coach of the year.

All three coaches celebrated record-breaking seasons, as well as a team championship. Reese won his 11th career team title at last week's men's NCAA Division I meet, while McKeever picked up her fourth title.

Dugdale would help guide Queens to the first team titles in Division II, ending long streaks by Drury University.

As for Ableman, he celebrated a win by Sam Dorman in 3-meter diving at the men's Division I meet, while Chyenne Cosineau and Thea Vock each earned All-America honors at the women's meet.

CaptainU is a website offering one-stop recruiting information for coaches and athletes in 20 sports, including swimming. ◀



ARIZONA STATE BEGINS SEARCH FOR HEAD COACH

BY JEFF COMMINGS

*“Our athletics department, university and community expect our swimming program to compete for individual, conference and national titles”
- Ray Anderson*

After five seasons as head coach of the Arizona State swimming and diving program, Dorsey Tierney-Walker will not be on deck for a sixth season, the university’s athletic department announced today.

Full statement by ASU Vice President for University Athletics Ray Anderson:

“I have informed Dorsey Tierney-Walker that she will not be retained as the head swimming coach at Arizona State University. I want to thank Dorsey for her service to ASU. As it is with all changes in leadership, this decision was not made without a lot of thought and care. Our athletics department, university and community expect our swimming program to compete for individual, conference and national titles, and produce All-Americans and Olympians. We will conduct a national search for a new head coach that is the best fit for our program, university, and community.”

Associate head coach Greg Earhart told Swimming World today that he has been placed on administrative leave after just one season with the Sun Devils, but was not told the exact reasons. “I’m assuming it’s about performance,” he said. Assistant coach Dan Kessler has been appointed as the interim head coach, Earhart said. Mark Bradshaw appears to remain as diving coach. Swimming World’s calls to Tierney-Walker were not answered Tuesday morning.

Arizona State has routinely placed in the bottom tier at the Pac 12 swimming and diving championships and has placed in the top 15 as a team at the NCAA championships only once, in 2012. Swimmers such as Rebecca Ejdervik and Tristan Baxter were named NCAA All-Americans in their respective events under Tierney-Walker’s guidance, though the divers are routinely among the top 10 each year.

Arizona State’s swimming and diving programs dodged a bullet in 2008 when the university announced it was cutting the teams due to the rising operating costs. But, the support of alumni such as Nick Brunelli helped create an endowment for the team and keep it alive for the foreseeable future. ◀



USOC Concerned About Future of NCAA Olympic Sports

BY JASON MARSTELLER

PHOTO: KYLE TERADA-USA TODAY SPORTS

In an article written by swim dad Pat Forde of Yahoo Sports today, United States Olympic Committee (USOC) CEO Scott Blackmun told Forde that he was legitimately concerned about the future of Olympic sports at the NCAA level.

"We are, candidly, very concerned. We're not against giving college athletes much-improved medical care, four-year scholarships, full cost of attendance. Our concern is that the inevitable impact of these changes is coming down on Olympic sports. We've seen estimates that athletic departments will have to spend an additional \$2 million to \$3 million per year to cover these costs. That's the cost of operating two or three Olympic sports programs. If you're looking at your options, they are: raising more money or cutting more programs. If the answer is the transfer from the men's gymnastics program to fund these mandates, men's gymnastics is in trouble."

– USOC CEO Scott Blackmun

As has been previously expressed by American Swim Coaches Association (ASCA)'s John Leonard and Swimming World contributor George Block, the threat is definitely there for Olympic sports throughout the entire NCAA landscape.

With revenue sports athletes attempting to unionize to turn scholastic athletics into a minor league professional sports system, to the larger college football-driven athletics departments trying to enhance how much they can compensate what is supposed to be an amateur athlete, sports like swimming are being left to find new alternatives.

The threat has hit so close to home within the sport of swimming that USA Swimming took unprecedented steps to fund a position at the College Swim Coaches Association of America to the tune of \$125,000 a year to help the CSCAA

find ways to save college swimming as we know it.

"USA Swimming needs to take more of a role in promoting college swimming," USA Swimming Executive Director Chuck Wielgus told Yahoo Sports. "We've always been a little reluctant. We've seen our role as supporting club swimming. ... We felt it was time for us to get involved in a supporting role. Those of us who care about Olympic sports realize they are at greater risk than they ever have been before."

While there has been a steady decline in NCAA Division I swim teams, with programs like the College of Charleston being cut at least once a year, it is only a matter of time before the floodgates are opened on college programs getting cut unless they can find a way to fund themselves. The arms race in big time college sports, that includes more than \$1 billion in broadcast rights fees for the men's basketball championship tournament is not going to end. And, the athletes that help NCAA programs make this type of money are demanding a cut of the proceeds.

The primary question is just how far different Olympic sports will go to remain a part of the NCAA system. Forde also reports that the CSCAA has fielded suggestions of changing the NCAA Championship structure into a dual meet tournament that is friendlier to television.

"Swimming coaches have even discussed changing the format of their championships into a three-week, tournament-style series of dual meets (more TV-friendly) to crown a champion."

Yes, what was once an April Fool's Day joke on CollegeSwimming.com, is being seen as a potential way to help solve college swimming's revenue issues. ◀

A swimmer is shown underwater, wearing a black swim cap, blue-tinted goggles, and a colorful patterned swimsuit. She is using yellow FINIS Agility Paddles on both hands. The water is clear blue, and there are lane lines visible in the background. The overall scene is dynamic and focused on the swimmer's technique.

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10 THINGS PARENTS DO THAT COACHES CAN'T STAND

BY WAYNE GOLDSMITH | PHOTO COURTESY: HEIDI TORREGROZA

A close friend and one of the giants of world swimming coaching has a saying:

“My idea of coaching heaven is to have a ten lane, world-class swimming facility, with a fully equipped, professional quality gymnasium and a state of the art recovery centre built right alongside the world’s biggest orphanage.”

Why would someone with Olympic Gold medal, world record and world championship level coaching credentials feel so strongly about the challenges of working with swimming parents?

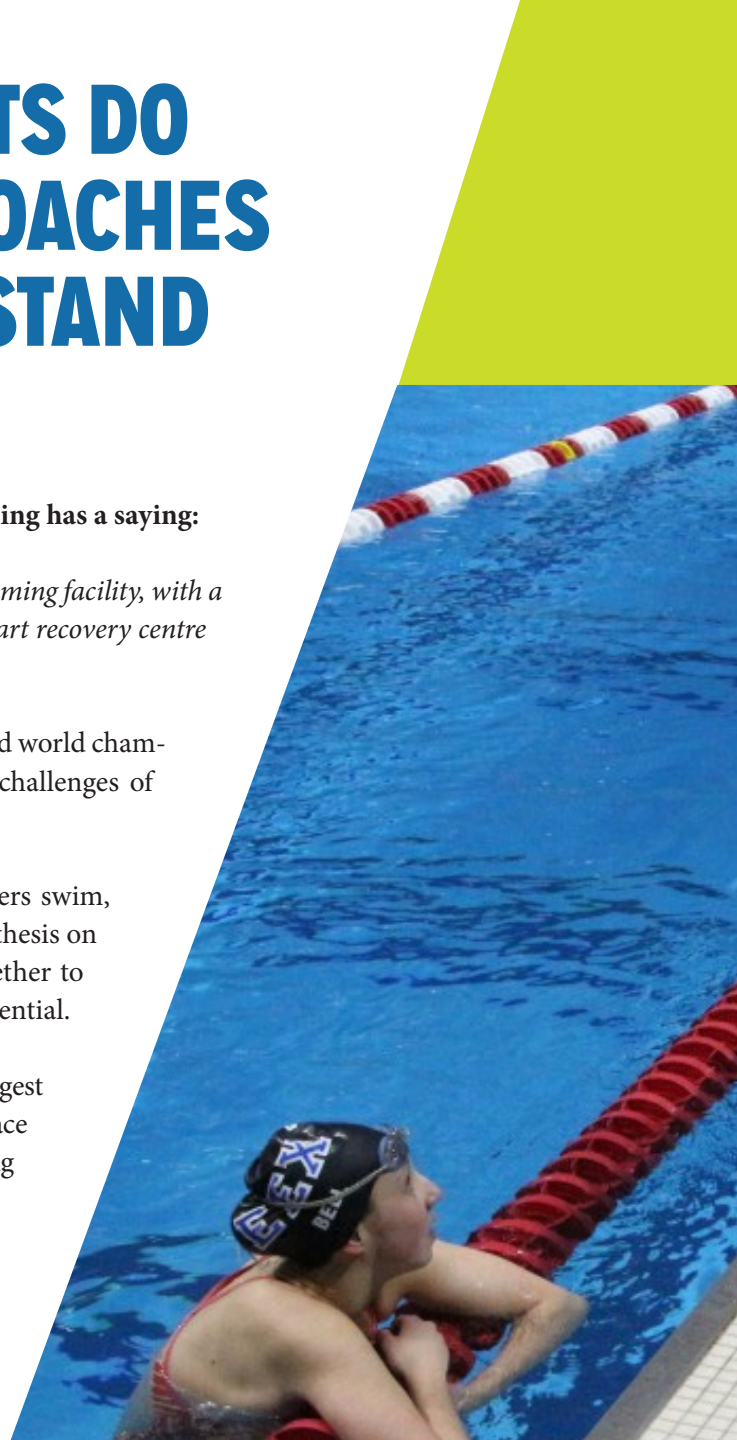
It should be relatively straight forward: coaches coach; swimmers swim, parents parent. Not that all that complicated really. This is not a thesis on thermodynamics – it’s just three groups of people working together to achieve a common goal – to help a swimmer realise their full potential.

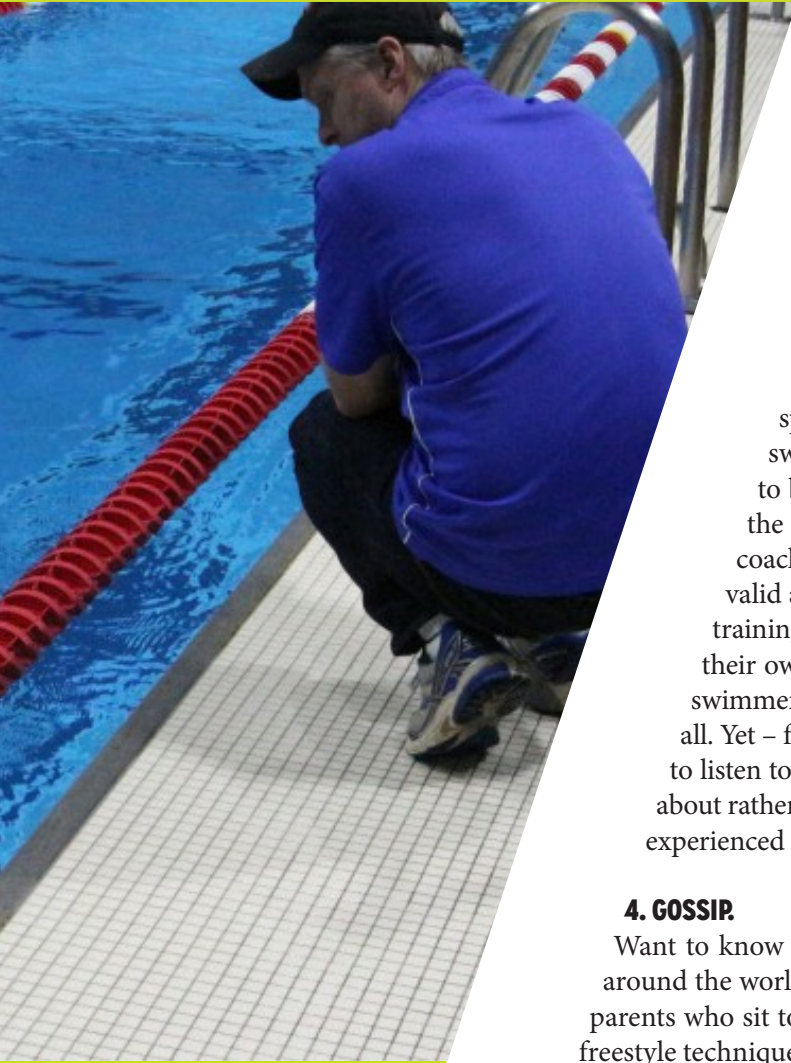
So why is it that so many coaches will tell you that their biggest problem – the greatest challenge they face – is not finding pool space or identifying talented swimmers or battling bad weather or being able to buy the latest and greatest swimming training equipment: it’s working with difficult and sometimes destructive swimming parents?

Maybe this might explain it:

I. DOING IT ALL FOR THEIR KIDS.

Confidence is the essential ingredient in all great swimming success stories. Confidence comes from knowing: i.e. knowing you can do it. Swimming parents think they’re helping by doing all the little things for their kids but the parents who pack their child’s swimming bag, empty it for them, make their breakfast, carry their swim gear, fill their water bottles etc. are doing the exact opposite. They are creating dependent swimmers – instead of independent young people and that’s not going to result in developing teenagers who possess a strong sense of confidence, self-belief, resilience and self-reliance.





2. INSIST ON COACHING THEIR KIDS IN TECHNICAL AREAS.

Coaches coach. Parents parent. That's it. It's that simple. Coaches help swimmers develop things like physical skills, technical skills, turns, dives, starts, finishes, kicking, pulling – all that stuff. Swimming parents help their children learn values and virtues and help their children to develop the positive character traits that will sustain them throughout their lives. If everyone stays focused on doing their job well – everyone wins – particularly the swimmer.

3. LISTEN TO OTHER PARENTS TALK ABOUT TECHNICAL ISSUES.

Swimming parents listening to other swimming parents about technical issues really annoys coaches. For example: “My friend, Susie, whose child swims at another program told me that they do a lot more breaststroke than we do. Can we start doing a lot more breaststroke?” Coaches spend years learning how to write programs, how to enhance swimming skills, how to improve stroke technique and how to build an effective training environment. Unless “Susie” has the same skills, experience, knowledge and commitment to coaching, it is unlikely her opinions on technical matters are as valid as the coach's. Sitting on the side of another pool, watching training from a distance (and let's face it – parents only really watch their own child anyway), then making assumptions to apply to all swimmers at all pools is so ludicrous it is incredible that it happens at all. Yet – for some reason – some swimming parents find it necessary to listen to the views of people who have no idea what they're talking about rather than have faith and trust in their child's highly trained and experienced professional coach.

4. GOSSIP.

Want to know why swimming parents are banned from so many pools around the world – Gossip. Coaches hate those little groups of swimming parents who sit together comparing “John's freestyle technique” to “Mary's freestyle technique” and then criticise the coach because neither child swims as fast as Michael Phelps, even though they're only six years old and train once a month. Got a problem with the coach – go to the source and talk to the coach – not to other swimming parents.

5. EXPECT PRs EVERY TIME THEIR CHILD SWIMS.

No one swims PRs every time they swim. No one. Re-read this line ten times. No one. Coaches cringe when swimming parents approach them saying “Steve didn't do a PR in his butterfly today – what's wrong? What's the problem?” The child might have done a PR in seven other events, have done five football practices through the week and sat for four school exams but because they didn't do a PR in one event, there's a problem?! Trust in the coach to do his or her job. *continued >*



continued from pg. 15

6. TALK SWIMMING ALL THE TIME TO THEIR KIDS.

We all love this sport. But it's just a sport. There are movies, art, music, politics, literature, theatre, other sports, rest time, going to the beach, hiking, learning another language.... the world is full of millions of wonderful experiences and children need the opportunity to be exposed to as many of them as possible. There is no need to talk swimming all the time. All it will do it increase the likelihood that the child will walk away from the sport in their mid teens and frankly – this “teenage retirement” syndrome is a worldwide swimming epidemic that we all have to work together and try to stop.

7. DEMAND ACCELERATED DEVELOPMENT.

Coaches design and develop their program structures with a lot of thought, research and experience behind it. This long-term development pathway concept has its roots in mainstream education. For example, children aged 5 are introduced to basic mathematics at school. When they turn 8 years of age, they are exposed to long division. When they're 15 they can do trigonometry, calculus and advanced geometry. Similarly, there's a logical, purposeful process of developing athletes from learning to swim their first stroke to being able to win a national swimming title. Swimming parents who try to force coaches to push their kids ahead to the next level of development before they're ready, are not helping the child (or the coach).

8. GIVE RACE INSTRUCTIONS TO THEIR KIDS.

Just don't do it. No need to comment further on this – just don't.

9. TREAT THEIR CHILDREN ACCORDING TO THEIR CHILD'S SWIMMING PERFORMANCES.

This happens everywhere in the world and for some reason some swimming parents just don't get it. Child wins – love them with all your heart. Child loses – love them with all your heart. Child does ten PRs – love and support them unconditionally. Child doesn't do a PR for six months – love and support them unconditionally. How fast a child swims should have no bearing on how they are treated, spoken to or loved. When it comes to loving and supporting your child – particularly in public – winning and losing make no difference.

10. TRY TO TALK TO THE COACH ON DECK DURING WORKOUTS.

There's a really good reason why coaches don't like this. Safety. If a coach turns their head to talk to a swimming parent about “Billy's backstroke turns” or “Jenny's butterfly splits” and there's a safety issue in the pool, the coach is legally responsible and liable. Put it another way, if another swimming parent was talking with the coach on deck during workout and that meant your own child's safety was compromised, how would you feel?

When coaches, swimmers and swimming parents work together as partners in performance – 100% committed and focused on helping the swimmer to realise their full potential, amazing – incredible things are not only possible – but inevitable.

A positive, constructive, successful swimming program is very possible when swimmers, coaches and swimming parents work together honestly, respectfully and with integrity. ◀



3 REASONS WHY EDDIE REESE WON HIS 11TH NCAA TITLE

COMMENTARY BY CHUCK WARNER

PHOTO BY PETER H. BICK

Recently Eddie Reese tied Mike Peppe for the most men's NCAA team championships in history, holding his 11th team trophy in 34 years in a coaching career that has spanned more than a half century. Including the 11 wins, his teams have finished in the top three 28 times in one of the sport's most intense competitive arena.

Why is Coach Reese so good at what he does? The most succinct answer is probably: "how he ties his shoes."

A student in the clergy was once selected to represent his class with a visit to a Master. This student asked his friends for their opinions on what questions he should ask, and received many suggestions. After filtering through all their advice, he told his classmates: "I am going to see how he ties his shoes."

The fortunate student understood that what made the Master so unique, effective and wise was the small details of the way he conducted himself, even tying his shoes. There isn't one big trait that is special about Coach Reese, but many small ones – the most powerful of which are love and passion. *Here are three examples:*

EDDIE REESE LOVES PEOPLE. He loves to help others laugh, and laughs with them. He breathes them in and breathes them out, and like air, his interactions with most

people energize him. And because he gives people joy and respect, he attracts young men to swim for him that treat him, and others, the same way.

EDDIE REESE LOVES THE SPORT. Eddie enjoys the complexities of preparing individuals to swim fast, as well as finding and developing young people to progress in the sport and in life after their final races.

EDDIE REESE HAS A PASSION FOR CREATIVITY. The self-described "intuitive coach" is always searching for new ideas, and a different and better way for his swimmers to get faster. Because of this passion, he has been able to stay at the cutting edge of a dynamic sport with the ability to adjust and improve in his long coaching career.

For example, this year he says his swimmers started every practice (after warm-up) with a dolphin kick set. The results showed up in that 100 butterfly final, where six of eight swimmers wore a cap with the Texas Longhorn symbol on it, and went on to take the top four places.

Watch the rest of the world follow his lead on placing the value of dolphin kicking even higher and continue to get faster.

Is success easy? Nope. As Edwin C. Reese likes to say, "If it was easy, everyone would do it." In his first season at Texas in (1978-79), he had to change the team's culture and while not known to rule by anger very often, he finished a tongue lashing to his inherited charges with a terse, "I am prepared to lose anyone but me!"

The team finished 21st that year. The Longhorns were second the next year, and first the following year.

Wasn't the consensus that the Texas program looked like it was finally falling from the elite college swimming teams when they finished fifth at the 2013 NAAs? Flash forward two years, and the 2015 team is one of the very best in the coach's history.

The greatest proof of Reese's care in "how he ties his shoes" is in his family relationships. Those are not only with his children and grandchildren, but also the boys he coaches to be young men with his longtime sidekick Kris Kubik.

His most important family member however is his wife, Elinor, who describes herself as the "President of the Eddie Reese Fan Club." As he does at the end of every meet, the Reeses will end the meet hand in hand after Eddie spends a long time shaking hands with teammates and peers. The rest of us just get to be members of "The Eddie Reese Fan Club," a great honor when you watch how the man ties his shoes. ◀



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WILL LICON JUMPS TO 2ND ALL TIME IN 200 BREAST

BY JASON MARSTELLER | PHOTO BY PETER H. BICK

After prelims of the men's 200-yard breaststroke, just three men have cleared 1:51 in the history of the stroke. All three swam in finals at the NCAA Division I Men's Championships.

Texas' Will Licon, who upset American-record holder Chase Kalisz in the 400-yard IM, clocked a scorching 1:49.54 to lead qualifying.

That swim put him second all time behind American and NCAA record holder Kevin Cordes' 1:48.66 from last year. Overall, Licon's time is the fourth-fastest ever behind a trio of Cordes times.

Cordes, meanwhile, qualified second this morning in 1:50.02, his seventh time in the 1:50 range.

California's Chuck Katis clocked in with a 1:50.71 to move to third all time in the event's history. ◀

ALL TIME 200 BREASTSTROKE

- 1 Kevin Cordes - 1:48.66
- 2 Will Licon - 1:49.54
- 3 Chuck Katis - 1:50.71
- 4 Cody Miller - 1:51.03
- 5 Clark Burckle - 1:51.20



RYAN MURPHY DEFENDS 100 BACK TITLE WITH 3RD FASTEST TIME EVER

BY JASON MARSTELLER | PHOTO BY PETER H. BICK

Out under American record pace, California's Ryan Murphy settled for defending his 100-yard back title with the third-fastest time ever at the NCAA Division I Men's Championships.

Murphy, who set the NCAA record with a 44.17 relay leadoff for California yesterday in the 400-yard medley relay, topped the finale in 44.21. Nick Thoman's American record of 44.07 for SwimMAC in 2013 still remains in the books.

Murphy joined Tom Shields as the only California Golden Bears to win the 100-yard back in two straight years. Shields won in 2011 (45.02) and 2012 (44.86).

Stanford's David Nolan, who won in 2013 with a 44.99, clocked a 44.78 for second to also move into a tie for seventh all time with Shane Ryan.

Ryan, meanwhile, snared third overall tonight in 45.24, while BYU's Jake Taylor picked up fourth overall in 45.45.

Jack Conger added to Texas' leading tally with a seventh-place 45.76. The Longhorns had 362 points after the 100 back with California standing second with 249 points. ◀





6 “A” FINALISTS IN 100 FLY FOR TEXAS BREAKS CHAMPIONSHIP MEET WIDE OPEN

BY JASON MARSTELLER | PHOTO BY ANDY RINGGOLD/ARINGO

Texas absolutely unloaded on the rest of the teams with one of the most dominant single events of all time. The Longhorns placed six A finalists in the 100-yard fly at the NCAA Division I Men’s Championships. It is fitting that this type of butterfly outcome occurred in 1935 as Iowa is the birthplace of the modern day butterfly stroke, created by former Iowa coach David Armbruster.

Joseph Schooling (45.04), Jack Conger (45.17), Tripp Cooper (45.33), Will Glass (45.40), John Murray (45.89) and Matt Ellis (45.92) treated NCAAAs like the Big 12 Championships, claiming the 1-2-3-4-7-8 seeds to guarantee a huge point swing for the Longhorns.

North Carolina’s Sam Lewis (45.60) and Ohio State’s Matt McHugh (45.82) will join the Longhorns in the finale.

The best single event team efforts since the NCAA moved to eight lanes in 1985 are USC’s 1987 and Michigan’s 1994 and 1995 500-yard frees.

USC had four A finalists with Daniel Jorgensen (4:16.25), Thomas Fahrner (4:16.31), Mike O’Brien (4:17.01) going 1-2-3 with Chris Chalmers taking eighth in 4:21.99. Chris Hansen also took 15th overall in 4:22.50.

Michigan had four A finalists with Tom Dolan (4:08.75),

John Piersma (4:16.06), Chris Rumley (4:17.35) and Owen Von Richter (4:18.34) placing 1-3-4-5 in the A final with Dolan being the first man under 4:10. Thomas Blake, meanwhile, took fourth in the B final with a 4:22.71 for a total of five finalists.

Michigan also claimed four A finalists and a B finalist in 1994 in the 500-yard free. Tom Dolan (4:12.30), John Piersma (4:17.13), Chris Rumley (4:19.11) and Marcel Wouda (4:25.26) placed 2-3-5-8. Rodney Van Tassell took 16th overall in 4:27.46.

1995 proved to be truly dominant for Michigan as it also claimed four A finalists in the 400-yard IM. Tom Dolan (3:38.18), Owen Von Richter (3:44.81), Royce Sharp (3:46.27) and Marcel Wouda (3:46.45) went 1-3-4-5.

Additionally, Stanford had four A finalists in the 1992 100-yard back. Jeff Rouse (46.12), Brian Retterer (46.51), Drew Weatherford (47.80) and Josh Mikesell (48.29) went 1-2-5-7 that year for the Cardinal. Texas had four A finalists in the 2009 200-yard free. Dave Walters (1:32.59), Ricky Berens (1:32.74), Michael Klueh (1:34.25) and Peter Jameson (1:34.52) went 2-3-7-8 that year. Auburn also picked up four A final spots in the 50-yard free in 1997. Nick Shackell (43.07), Brock Newman (43.23), Scott Tucker (43.35) and Brett Hawke (43.41) went 2-3-5-6 for the Tigers. ◀



Caeleb Dressel Sets 17-18 U.S. NAG to Win 50 Free

BY JASON MARSTELLER | PHOTO BY PETER H. BICK

Florida's Caeleb Dressel lowered his 17-18 U.S. National Age Group mark in the 50-yard free again with a winning effort at the NCAA Division I Men's Championships.

Dressel turned in a sizzling time of 18.67 for the win. That's better than the 18.86 he posted a pair of times this morning for the 17-18 U.S. NAG.

His time vaulted him into a sixth-place tie all time with Fred Bousquet, and Dressel is the first Florida Gator to ever win the 50-yard free.

Alabama's Kristian Gkolomeev (18.74) and Arizona's Brad Tandy (18.91), who tied for the title last year with 18.95, finished second and third with Tandy actually tying NC State's Simonas Bilis (18.91) for third-place points.

The last time four men cleared 19 seconds at NAAs was in 2009 during the techsuit years. <



ALL TIME 50 FREESTYLE

- 1 Cesar Cielo - 18.47r
- 2 Matt Targett - 18.52
- 3 Vlad Morozov - 18.63
- 4 Kristian Gkolomeev - 18.64
- 5 Nathan Adrian - 18.66
- 6 Fred Bousquet - 18.67
- 6 Caeleb Dressel - 18.67

DAVID NOLAN SMASHES THROUGH 1:40 WITH NCAA, AMERICAN RECORD IN 200 IM



Stanford's David Nolan crashed through the 1:40 barrier in the men's 200-yard IM as he demolished his NCAA and American record at the NCAA Division I Men's Championships.

Nolan blasted his way to a stunning effort of 1:39.38, crushing his former record of 1:40.07 set during the Pacific 12 Championships earlier this month. Nolan absolutely blasted the front half of his earlier record, and held on for the rest of the new record.

That win adds to Stanford's NCAA record amount of 200 IM victories, raising the total to 11.

Other Stanford wins:

1959 George Harrison 2:06.7
1967 Dick Roth 1:56.09
1985 Pablo Morales 1:46.08
1986 Pablo Morales 1:45.43
1987 Pablo Morales 1:45.42
1992 Jeff Rouse 1:45.81
1998 Tom Wilkens 1:45.16
2002 Markus Rogan 1:44.03
2011 Austin Staab 1:41.57
2013 David Nolan 1:41.21

Texas' Will Licon gave Nolan a race most of the way, but settled for moving to third all time with a 1:40.09 for second. California's Josh Prenot placed third overall in 1:42.34. ◀

- Jason Marsteller



KENYON MEN & EMORY WOMEN DOMINATE DIVISION 3 CHAMPIONSHIPS

BY JAMES BOSSERT

The 2015 NCAA Division III Championships is one that Kenyon Lords and Andrew Wilson of Emory will surely remember for a long time.

Kenyon racked up 468 points to tally the national title for the third year in a row.

Denison swam to second place in the team title with 383 points.

Williams (292), Emory (233) and CMS (204) round out the top five teams that all broke 200 points for the weekend.

Wilson, a junior from Emory, charged his way to three individual national titles all of which were swam in NCAA D3 record time.

For each event, he would break the D3 record in prelims and secure the top seed going into finals. Then he would go even faster at night.

This weekend belonged to Andrew Wilson. With one more year left of swimming, who knows what this young man can do. The sky is the limit. Watch and see

if he can go even faster next year and break all his records again.

Not to be outdone by Wilson, Kenyon's Harrison Curley broke two national records himself, the 400 IM and the 200 back. But similarly to Wilson, Curley broke the records in both prelims and finals. A special way for the senior to end his collegiate career.

WOMEN'S MEET

The Emory Eagles women's swim and dive team won the 2015 NCAA Division III National title for the sixth year in a row.

Emory racked up 603 points to beat the Big Red of Denison who scored 457.5 points.

Williams finished in third with 434 points and Kenyon took fourth with 457.5 points.

Two D3 national records were broken. Kenyon went 1:40.58 in the 200 Medley Relay to break the existing mark and Sarah Thompson of Williams broke the record in the 1650 freestyle with a time of 16:21.44. <

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IN THE BLINK OF AN EYE

COMMENTARY BY MICHAEL J. STOTT

Relays at any level of competition are often decided in the blink of an eye — especially at NCAA championships. Last year at the men's meet six teams were DQ'ed in the opening session. This year, just three (Georgia Tech, Louisville, Tennessee) all by premature jumps of .04.

The morning began with top finisher NC State, whose meet hopes ride largely on sprinters and relays, earning a disqualification. After following appropriate procedures coach Braden Holloway had the infraction overturned after officials detected an equipment malfunction. That was not the only equipment issue of the morning and the last timing problem occasioned a ten minute delay prior to the 400 medley relay.

USA National Team Director Frank Busch calls the opening event the “most testosterone-fueled of the meet.” And the masculinity was clearly on display with the second (Southern Cal) and third place (Texas) teams trailing the Wolfpack 200 free quartet by .14 and .12 respectively. Busch always preached good starts in prelims. “You don't have to be great,” he says “just good enough”. The former Arizona coach he still recalls heartbreak when a backstroke flinch ruling against his top seeded Wildcats resulted ultimately in a lost 2009 team title.

Holloway fought the good fight and won his bout with officials this morning. Louisville coach Arthur Albiero was not as lucky. A newcomer to ACC wars this year his Cardinal men and women have continued an upward NCAA trajectory. He too filed a protest against the DQ of second swimmer Thomas Dahlia in the medley relay. When not reversed he could only reiterate the concern he expressed when he launched the protest. “Unfortunately we had malfunctions with the system all morning, including a 10 minute break before the 400 medley relay, to fix the system. It makes the system very unreliable and the fact that both judges need to agree (and didn't he notes) had him questioning the process to the student-athletes.

“In all fairness I thought it was a good start and I didn't think it was that close. The precedent has been set and, unfortunately the machine has been malfunctioning all session. To me that is alarming and I think that needs to be taken into consideration” Albiero said.

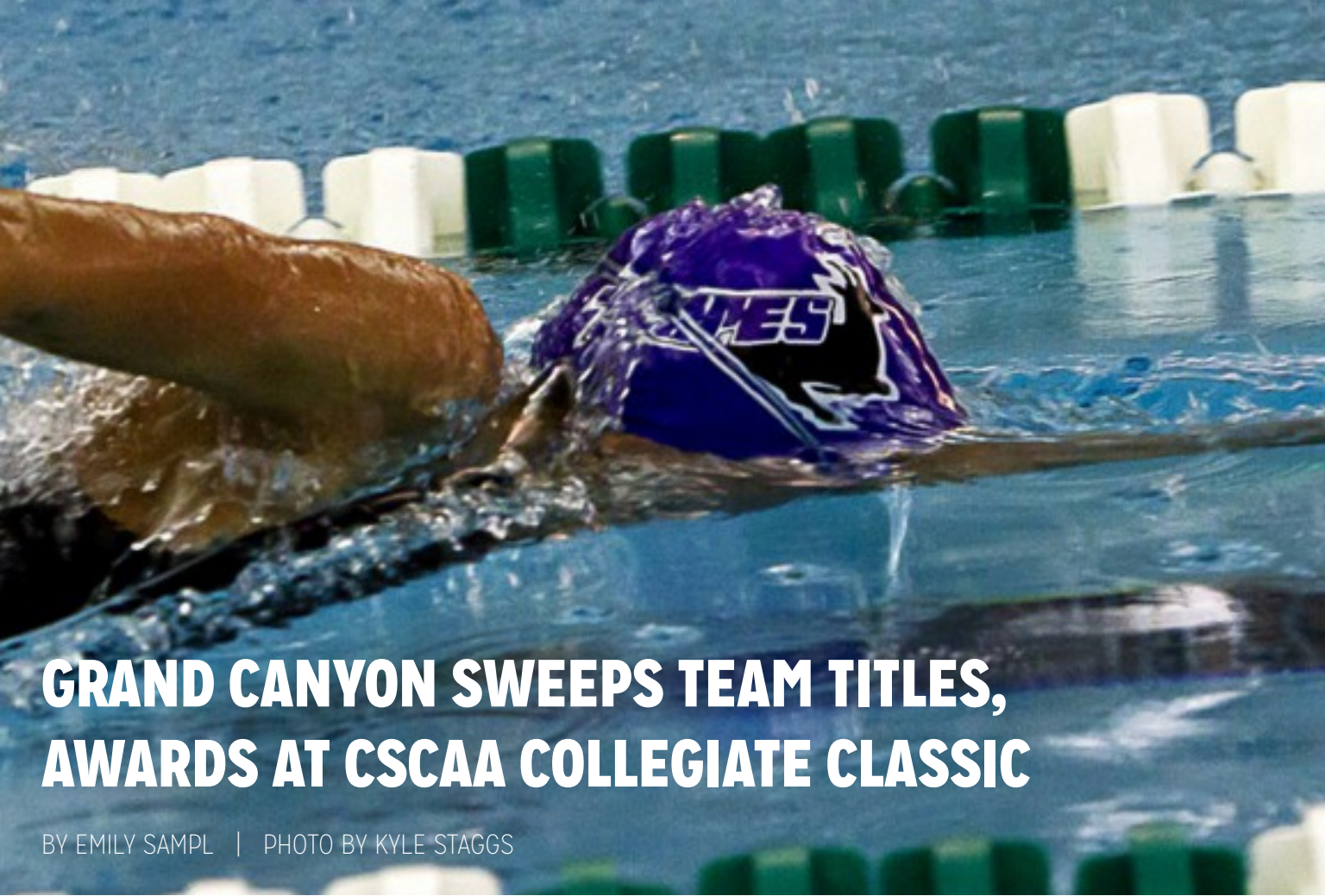
The 10 minute delay certainly interrupted the flow of a very fast meet that saw freshman Caeleb Dressel (18.86) best last year's co-medalist Kristian Gkolomeev by .06 for top seed in the 50 free. The other 50 free co-champ Arizona's Brad Tandy finished seventh in 19.17. The delay actually provided a settling effect for some athletes.

Virginia Tech coach Ned Skinner remarked that “typically as a coach you want a rhythm. You want that race to go. This time it is weird because I think it worked to our advantage. At the time of the delay the natatorium was flat, the crowd was dry and there wasn't much energy. Our guys used that delay to loosen up. I went over to them and had a few choice words. I may have used a little colorful language to fire them up. I said reset, recharge, re-energize; we can do this. We are not going to let anything to get in our way. We are going to draw on the things we have done all year long.”

Skinner's Hokies returned in the 16th spot. “We got a fortuitous bounce that three of the teams ahead of us were DQ'ed., but I've been on that side too. It's just part of the sport. You just have to move on.”

“Tonight we have three seniors and one sophomore and we're just going to throw caution to the winds, outside smoke. Let's go after them and race people. We are going to be confident with our relay takoffs. We don't want to do anything stupid, but why not go for it. It's the NCAA championships.”

Indeed it is. ◀



GRAND CANYON SWEEPS TEAM TITLES, AWARDS AT CSCAA COLLEGIATE CLASSIC

BY EMILY SAMPL | PHOTO BY KYLE STAGGS

Grand Canyon University swept the men's and women's team standings, Swimmer of the Year and Coach of the Year awards as the CSCAA Collegiate Classic came to a close at the Rockwall ISD Aquatic Center in Rockwall, Texas.

Hannah Kastigar and Iegor Lytvenok took home the women's and men's Swimmer of the Year awards, while GCU head coach Steve Schaffer was recognized as both the men's and women's Coach of the Year during the final day of racing at the Division I invitational meet.

Kastigar had an outstanding meet for the Antelopes, setting meet records in the women's 200 IM (1:58.36), 400 IM (4:10.77), 200 fly (1:57.36) and 100 breast (1:01.02). She won the first three events and competed as an exhibition swimmer in the 100 breast.

Lytvenok picked up individual wins in the men's 200 IM (1:47.13) and 400 IM (3:48.74) and also swam legs

on Grand Canyon's meet record-setting medley relays. He joined Youssef El Kamash, Illya Glazunov and Ma-zen El Kamash to break the 400 medley relay record with a 3:14.03. Then, Lytvenok, Youssef El Kamash, Glazunov and Jacob Lambros teamed up to set a new 200 medley relay record at 1:27.56.

Seven other meet records fell at the meet:

- Women's 500 free: Erin Flanigan, Rice, 4:48.59*
- Men's 500 free: Connor Hennessy, Incarnate Word, 4:25.15*
- Women's 50 free: Lana Nguyen, Incarnate Word, 22.86*
- Women's 100 fly: Haley Bertoldo, Brigham Young, 54.21*
- Men's 100 breast: TJ Bland, Western Kentucky, 53.42*
- Women's 1650 free: Mollie McNeel, Western Kentucky, 16:40.73*
- Men's 200 fly: Stanislav Saiko, Grand Canyon, 1:46.89*

Grand Canyon won the women's meet with 618 points, ahead of Rice (550) and BYU (440). The Antelopes also took home the men's team title, scoring 788.5 points to top Incarnate Word (559) and Western Kentucky (413). ◀



3 REASONS WHY IT'S OK TO BE DISAPPOINTED IN A BEST TIME

BY DIANA PIMER | PHOTO BY PETER H. BICK



All swimmers know what it's like to have that glorious moment when you get a best time, achieve your goal time, and place where you wanted in a race. For some of us, this may not have been this season, this year, or even the last few years. But we all know what that sense of relief and joy feels like.

More often than not, we do not have these moments. Especially as swimmers grow older, best times sometimes become a foreign concept, and off swims become the norm. Nonetheless, we know how to handle these swims.

Unfortunately, there are also those in-between races. The ones where you hit your time or drop a little bit of time. Sometimes swimmers even drop a lot of time, but for some reason, just aren't satisfied. And I can say from experience, it is incredibly frustrating to hear "You got a best time, why are you upset? That doesn't make any sense."

It is important to appreciate any drop in time, whether it is .01 or 10 full seconds. This means that you are improving, and that you are doing things right. However, even when you do, it is okay to not always have that incredible grin on your face and feeling of satisfaction.

Here are 3 reasons why it's okay to be disappointed in a best time:

1. IF SOMETHING WENT WRONG.

If you're as big of a swim nerd as I am, you may remember the 2008 Olympics when Michael Phelps won a gold medal and broke his own world record in the 200 butterfly. What more could a swimmer ask for? Is there really any better accomplishment than this?

You may also remember his reaction. Unlike his usual post-race celebrations, he tossed his goggles out of the pool in frustration. In the race, his goggles filled up with water and he could not see.

Even though he accomplished so much, he knew he could have gone faster. An uncontrollable factor affected his race, preventing him from accomplishing his goal. This can happen to anyone. Many things can go wrong in a race at no fault of the swimmer.

You can swallow water, your suit could fill up with water, and you could miss a wall or misjudge an open turn. Even though you may be successful, sometimes you just know you could have done better.

2. IF YOU DIDN'T ACCOMPLISH A BIGGER GOAL.

Sometimes, you simply don't swim as fast as you want. Think of an age group swimmer trying to break 1:00 in the 100 freestyle, the first big feat in swimming. If a swimmer goes into the race with a 1:01 and then swims a 1:00.00, there is going to be some disappointment. In college or high school swimming, you could swim your best, but still not make a cut time or place as high as you wanted to. This is okay. It is not greedy to want a little bit more. It is human nature.

If I had a dollar for every collegiate swimmer who just missed qualifying for their respective NCAA Championship, I would probably be rich. With these meets getting faster and faster, being selected becomes more and more challenging.

There are swimmers who won their conference, set a school record, made the invite time, and still, missed making the meet. This process can be traumatizing to some swimmers.

Even worse, imagine being the third place swimmer at the U.S. Olympic Trials. Best time or not, this swimmer is not going to be that happy. Swimming is a mental game, but these setbacks make us the tough athletes and people of character.

3. IF YOU PUT A LOT OF PRESSURE ON YOURSELF.

Swimmers put an insane amount of pressure on themselves. We dream, expect, and accomplish great things. But when we don't, swimmers are typically very hard on themselves. When we don't perform, we can't blame a referee or foul-play from an opposing player.

Somewhere in the race, we did not do what we were supposed to do. This is hard for a lot of swimmers to digest. We become very disappointed in ourselves when we do not achieve what we set out to.

Whether you break a world record or break a minute, it is okay to be disappointed. Try not to show it, this can make other swimmers feel uncomfortable or upset. But when you are alone or deep in your thoughts during warm-down, know that a little sadness is okay. Disappointment is natural, and no one should make you feel like you are ungrateful.

Some moments are more detrimental than others, but accept your emotions, learn from your mistakes, and try to keep in mind all the things that went right in your race. After all, you did get a best time, right? <

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SWIMMING WORLD BIWEEKLY - 31



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SWIMMING WORLD BIWEEKLY - 33



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SWIMMING WORLD BIWEEKLY - 35



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SWIMMING WORLD BIWEEKLY - 37



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