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SWIMMING WORLD
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DEVIL OF A JOB

BOB BOWMAN STUNS SWIMMING COMMUNITY
BY BECOMING HEAD COACH AT ARIZONA STATE



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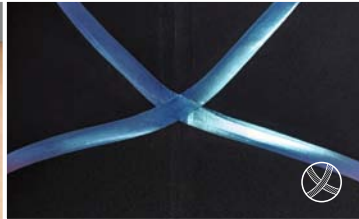
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[Photo Courtesy: Peter H. Bick]



ARENA **PRO SWIM** SERIES RECAP

SOME OF SWIMMING'S BIGGEST STARS CONVERGED IN MESA, AZ TO COMPETE
IN THE ARENA PRO SWIM SERIES. BY JASON MARSTELLER



[Photo Courtesy: Kara Sekenski]

LEDECKY CLOCKS 2ND BEST 400 FREE OF YEAR

Katie Ledecky snagged her third title of the meet with a winning 400-meter free at the Arena Pro Swim Series Mesa.

Ledecky unleashed a winning time of 4:01.95 as she won by more than eight seconds. That swim is off her world-best time of 4:00.47 from the Austin stop of the Arena Pro Swim Series, but still is her sixth-fastest time all time.

Ledecky has already won the 200 free and 1500 free, and will be looking for more in the 800 free tomorrow.

This morning, Ledecky and Michael Phelps tied each other in the 400-meter free with matching 4:02.67s. The two joked a possible swimoff in the post-race interview as Phelps was up in the broadcast booth.

NBAC's Lotte Friis took second in 4:10.34 with teammate Allison Schmitt earning third in 4:13.21.

Vien Nguyen picked up fourth overall in 4:15.08, while Chile's Kristel Kobrich posted a fifth-place 4:16.74.

Hungary's Katinka Hosszu (4:17.45), Gator's Elizabeth

Beisel (4:19.86) and The FISH's Madelyn Donohoe (4:22.09) also competed for the title tonight.

Patricia Castro Ortega, fresh off a strong NCAA season with Queens of Charlotte, took the B final in 4:16.75. Bonnie Brandon wound up second in 4:19.02. ◀



[Photo Courtesy: Brad Jaques]

McBROOM CRUSHES 1500 FREE FIELD FOR 2ND GOLD

The Woodlands' Michael McBroom collected his second title of the meet with an easy win in the men's 1500-meter free at the Arena Pro Swim Series Mesa.

McBroom put up a time of 15:09.20 for the win to move to 16th in the world in the metric mile.

Mission Viejo's Nick Norman placed a distant second in 15:29.39 with Louisville's Marcelo Acosta taking third overall in 15:37.04.

Club Wolverine's Michael Klueh (15:40.19), Mission Viejo's Daniel O'Connor (15:43.77), Tucson Ford's Ty Fowler (15:49.48), Chile's Felipe Tapia (15:52.36) and Seminole's Mateo De Angulo (15:57.32) finished in the top eight in the timed final event.

Notably, Katie Ledecky would have taken fifth in the men's 1500-meter free with her 15:42.23 to win the 1500 free on night one. ◀



PHELPS CLIPS LOCHTE FOR 100 FREE VICTORY

Michael Phelps called it “just a 100” this afternoon, but he sure didn’t approach it that way as he captured the men’s 100-meter free title at the Arena Pro Swim Series Mesa.

Phelps threw down a sizzling 49.72 to touchout long-time rival Ryan Lochte, who placed second overall in 49.77. They both still have plenty of time to drop to catch up to the top 20 times in the world currently anchored by Calum Jarvis’ 48.93.

Conor Dwyer snagged more podium points with a third-place effort of 50.02, while Venezuela’s Emmanuel Vanluchene touched fourth in 50.22.

Renzo Tjon A Joe (50.26), NYAC’s Josh Schneider (50.34), Tucson Ford’s Matt Grevers (50.73) and SwimMAC’s Tim Phillips (50.73) placed fifth through eighth.

Scottsdale’s Ryan Hoffer earned the B final win in a time of 50.82, while AJAX’s Javier Acevedo touched just behind in 50.90 for second. Chris Szekely (50.93) and Frank Dyer (50.95) also had a shot at the end. ◀



VANDERPOOL-WALLACE DOMINATES 100 FREE FINAL

SwimMAC’s Arianna Vanderpool-Wallace raced her way to 16th in the world in the 100 free to win at the Arena Pro Swim Series Mesa.

Vanderpool-Wallace popped a winning time of 54.18 tonight to move into the top 20 in the world.

This event was decimated with five of the top 20 qualifiers scratching tonight’s finals, including the top two seeds in Natalie Coughlin and Simone Manuel.

NBAC’s Allison Schmitt hit the wall second with a time of 55.35, while Canyons’ Abbey Weitzeil wound up third in 55.59.

Tucson Ford’s Margo Geer took fourth in 55.61 with SMU’s Nina Rangelova earning fifth in 55.69.

Mission Viejo’s Katie McLaughlin (55.70), SwimAtlanta’s Amanda Weir (55.85) and SMU’s Isabella Arcila (56.44) comprised the rest of the A final this evening.

Louisville’s Andrea Kneppers topped the B final in 56.22 with Stanzi Moseley taking second in 56.31. ◀



LOCHTE TRUMPS STACKED 200 IM FINAL WITH SWIFT 1:58

Ryan Lochte emerged victorious from a loaded men's 200-meter IM finale with a near season best at the Arena Pro Swim Series Mesa.

Lochte clocked a winning effort of 1:58.70, just off his eighth-ranked time of 1:58.57 from the BHP Super Series. That's his first win of the meet after a pair of silvers so far here in Mesa.

Conor Dwyer, the series leaders, piled on some more podium points with a silver-winning time of 1:59.04 to rank 13th in the world.

Superstar Michael Phelps moved to just outside the top 20 in the world with a third-place effort of 2:00.01.

Uvis Kalnins (2:02.50), Matt Josa (2:04.19), Louisville's Carlos Claverie (2:05.45), SwimMAC's Marko Blazevski (2:05.58) and NBAC's Austin Surhoff (2:05.64) rounded out the rest of the finale.

Simon Frank topped the B final in a time of 2:05.56, while NBAC's Alpan Ornek took second in the consolation heat in 2:06.03 ◀



HOSSZU CAPTURES 3RD GOLD WITH 200 IM TRIUMPH

Iron Lady Katinka Hosszu captured her third win of the Arena Pro Swim Series with a strong effort in the women's 200-meter IM.

Hosszu hit the wall in 2:11.40 for the title, just a second off her third-ranked season best of 2:10.36 from the Speedo Flanders Cup. That's a strong time considering she has battled a stomach illness this weekend in Mesa.

California's Caitlin Leverenz, who is looking to catch up to Elizabeth Beisel in the series rankings, took second in 2:12.59, while Hurricane's Katie Hoff raced her way to third-place money in 2:13.82.

SwimMAC's Kirsty Coventry managed to take fourth overall in 2:14.32 with Louisville's Tanja Kylliainen earning fifth in 2:15.93.

Mission Viejo's Katie McLaughlin (2:18.09), Vien Nguyen (2:19.85) and Grand Canyon's Hannah Kastigar (2:21.03) closed out the rest of the finale.

SoFlo's Alia Atkinson won the B final out of lane 1 with a time of 2:17.28. Regan Barney of Nitro placed second in 2:20.02. ◀



LARSON TRACKS DOWN 200 BREAST VICTORY

Hometown girl Breeja Larson picked up a big victory in the women's 200-meter breast at the Arena Pro Swim Series Mesa.

Larson, an Olympic gold medalist who first began swimming in Mesa, took the title in 2:27.82.

"It really helps to have the crowd pull you along. I tried to hold back a bit on the first 100, even when you see someone far ahead of you. I am in complete panic mode in that race. All the sisters, all the aunts and uncles (were cheering)."

SwimMAC's Katie Meili, who won the women's 100-meter breast with a lifetime best, took second in 2:28.53 with that being another personal best for Meili.

SwimMAC's Micah Lawrence, who stands 13th in the world with a 2:25.19 season best at the BHP Super Series, took third in 2:28.73.

Minnesota's Haley Spencer (2:30.06), Hurricane's Katie Hoff (2:30.75), Tucson Ford's Emma Schoettmer (2:31.96), Louisville's Andee Cottrell (2:34.19) and Badger's Emily McClellan (2:35.73) also competed in the championship finale. ◀

DO SLOW TIMES IN MESA MEAN USA SWIMMING TEAM IS IN TROUBLE?

Commentary by Jeff Commings

Looking at the times from the past two days of the Arena Pro Swim Series in Mesa, Ariz., it's understandable if you worry that USA Swimming's world championship squad won't be competitive when the rolls around in a little more than three months.

Tyler Clary's 4:19.59 to win the 400 IM isn't even in the top 25 globally. The same goes for Breeja Larson's 2:27.82 in the 200 breast. Kelsi Worrell's 58.24 in the 100 fly and Cammille Adams' 2:08.80 are in the top 20, but the times aren't likely to make their competition very nervous.

The reason is simple: The United States has already picked the world championship squad, and the 47 members of the team are in the throes of hard training. In order to qualify for their respective countries' teams, most of the non-Americans who are likely to contend for medals at worlds had to put in a full taper and shave these past few weeks. Japan's team had some very tough standards to beat in order to make the team, which explains the quick swims from the likes of Kosuke Hagino and Kanako Watanabe. The same goes for Australia, Germany, Great Britain and France, just to name a few.

If the United States had held its world team selection meet this month, we'd see a lot more Americans than Katie Ledecky at the top of the world list. Missy Franklin would be at or near the top in backstroke. Matt Grevers might be the world No. 1 in the 100 back. Elizabeth Beisel would likely be the best 400 IMer in the world at this point in 2015.

But Beisel didn't make the championship final of the 400 IM here in Mesa. Tom Shields placed 10th overall in the 200 fly tonight. And right now, that's OK. Most of the athletes here shrugged off their times as pretty standard fare, even if they were in some cases almost 10 seconds slower than their end-of-season goal.

"You have to keep your head down and what we do," Clary said about the times the global competition is putting up this spring. He noted that he doesn't pay too much attention to the times posted around the world, even the ones that are as fast as his goal time of 4:08-plus for worlds. "It's not out of the ordinary for them to be going that fast right now."

Nothing's wrong. The Americans will be the dominant force they've always been at the world championships. The world is closing in, which is why many on the national team spent more than three weeks training at altitude before arriving in Mesa. It's a perk the national team members enjoy more than once a year, and all of them know it will pay off when world championships begin in Kazan in August. ◀

LEDECKY CONTINUING TO MAKE HISTORY IN DISTANCE FREESTYLE



Commentary by Jeff Commings | Photo Courtesy: Arizona Republic-USA TODAY Sports

Watch out, world. If you thought Katie Ledecky couldn't top the amazing performances she put up in 2014, you're going to be stunned by what you see this summer when she races at the world championships.

As I watched her churn through the 800 freestyle tonight at the Arena Pro Swim Series in Mesa, Ariz., a thought came into my head: She's going to break 8:10 this year. Out under world record pace for 500 meters, Ledecky kept churning out splits that would outlast 98 percent of the male swimming population to post an 8:13.01. Her splits in the middle 500 meters ranged from 30.83 to 31.39. Taking note of those splits at the turning end of the pool was coach Bruce Gemmell, who also recorded her stroke rates and studied her stroke with the same intent as nearly every swimmer in attendance. Gemmell, who shed the business suits in his days as an engineer for a hoodie and shorts tonight in Mesa, joined the crowd in applauding her effort at the end of the race. Then, he walked away and studied the splits, thinking about what sets he could give Ledecky to get her paces a little faster.

Ledecky said she's been putting in the best training of her life these past two months since her last record-setting performance, an American record in the 500-yard freestyle this past February. Even some of the men who attended the altitude training camp in Colorado Springs recently were amazed by the work Ledecky was putting in against them.

"She did some ridiculous stuff up there," Conor Dwyer

said. "She was on our heels going some times that Ryan and I were going. I've never seen a female do that in training before. She's obviously the top female in the world right now at what she does."

And that's not going to change for quite some time. Her fastest 800 free of the season – 8:11.21 – is 10 seconds faster than anyone has gone this year, and pretty much all of them did their times shaved and tapered. In the 400 free, she's three seconds ahead of the field, though her 4:00.47 is still two seconds slower than her world record. Ledecky won't say what her goals are, but you can tell by the smile on her face that she's right on track.

"I just try to be consistent and get as close to good times as I can," Ledecky said.

To put tonight's "good time" into perspective, no one else has gone faster than that. It's the fourth-fastest performance in history. And it was done less than a week after completing some of the toughest swimming she's done in her career. While most would be happy to get within 10 seconds of their best time at a meet of this type, Ledecky is rewriting history.

"It's amazing how you go so long with (a world record) not changing, and then somebody can break through and do it, and do it so many times," said Bob Bowman, the guide behind Michael Phelps' history-making performances. "It's great to see that breakthrough." ◀

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SPITZ ALLEGEDLY CLAIMS PHELPS DID NOT WIN 2008 100 FLY OLYMPIC GOLD

by Jeff Commings

Mark Spitz, the man who held the record for most individual Olympic gold medals at a single competition before Michael Phelps in 2008, has called into question Phelps' record during a press tour in China.

Speaking to Express Sports UK during a press tour that is part of the Laureus World Sports Awards in Shanghai, China, Spitz allegedly said:

"I was sent an email posted by Omega that said he had lost the race. If they were the official time keeper why wasn't that available moments after the race? I don't believe he won the race but he's still the greatest swimmer in the world, with or without that medal."

Spitz allegedly continued to make statements questioning whether he could have had a greater career than Phelps under different circumstances.

"Statistically he's the greatest Olympian of all time. He was in twice as many Olympics as I was – he was in four and I was in two. He has 18 gold medals and I have nine. He has two silvers, I have one. He has two bronzes, I have one. So he has doubled everything I did. In his first Olympics he didn't get a medal at all, which means he's done it in three Games."

Spitz originally set the record with seven gold medals at the 1972 Munich Olympics before Phelps broke it with eight victories at the 2008 Beijing Games. The 100-meter fly victory has always been the conversation of conspiracy theorists that Milorad Cavic won even though the Omega timing system recorded Phelps winning 50.58 to 50.59. That was Phelps' seventh gold, which tied him with Spitz before the 400-meter medley relay delivered the eighth gold.

The swim was so close that some believe that Cavic may have "touched" first, but that Phelps was the one that had the most force to actually trigger the touchpad device first.

However, having someone of Spitz's cache go public to doubt the win casts a different light on what remains one of the most iconic moments in sports history.

At Swimming World's request, Spitz's agent Evan Morgenstein is currently checking on the validity of the quote with his client. However, due to the time difference in China, the confirmation may take some time. Swimming World is also requesting comment from representatives at USA Swimming and Omega.

Back in 2009, Omega General Manager Christophe Bertaud said in a video interview that Cavic did indeed touch the wall first, but did not indicate that meant Cavic was the winner. He goes on to say that Phelps' force on the touchpad was the key to stopping the clock one hundredth of a second faster.

Spitz allegedly went on to talk about what he believes Phelps will do in his comeback, and his thoughts on Phelps' career up until now.

"Rio will definitely be his last Olympics. I believe he will try and swim in the 100m butterfly, 100 and 200m freestyle, the medley and sprint relays."

"It's hard being Michael Phelps – like anyone who's young, he has learnt from his mistakes and there's a lot left in him that's positive not just for swimming but for himself and his legacy."

"People must realise there's a lot of pressure on him. I lived with the same issues he does – but I took a different route in weathering those storms."

Swimming World caught up with Bob Bowman and Michael Phelps tonight to ask them about Spitz's comments. Here's what they said:

Bowman: *"The only thing that makes swimming objective is the touchpad, and the touchpad is an electric circuit that when hit is shut off. It's not a topic for me. I was there. I saw the whole thing."*

Phelps: *"I have nothing to say to that. There's no need to say anything to a comment about that." ◀*



CHAD LE CLOS TOPS 100 FLY TO CAP SOUTH AFRICAN NATIONALS

By Evan Dulaney | Photo Courtesy: Joao Marc Bosch

Chad le Clos' victory in the men's 100-meter fly final came as little to no surprise at the South African Nationals.

The Olympian is now 10th in the world following his 52.03. Nico Meyer finished second in 53.68, and George Du Rand ended up third in 54.88.

Sebastien Rousseau took the crown in the 400-meter IM in 4:16.07. That put Rousseau 14th in the world rankings. Michael Meyer has finished in the top three in most of his races and cruised to second place in 4:19.48. Jarryd Baxter rounded up the top three in 4:26.92.

Aryton Sweeney took advantage of Cameron van der Burgh's scratch in the 200-meter breast final to win in 2:11.64. Sweeney now finds himself 26th in the world rankings. Jarred Crous nabbed second in 2:17.50 while Francois Theron wound up third in 2:17.75.

The top three finishers in the men's 50-meter free matched their semi-finals order at finals. Roland Schoeman held on in 22.50 to get first. Douglas Erasmus (22.93) outlasted Shaun Harris (22.96) to finish second. Schoeman, Erasmus, and Harris were the only three swimmers under 23 seconds for the second consecutive session.

René Warnes carried momentum from her 200-meter fly victory earlier in the meet to a wire-to-wire win in the women's 400-meter IM. Her time of 4:49.04 just missed cracking the top 50 in world rankings. Kirsty McLauchlan finished second in 4:51.22.

After capitalizing off Karin Prinsloo's semi-final scratch in the women's 100-meter free, Erin Gallagher held on to her top spot at finals in 56.46. Marlies Ross (57.34) touched out Jessica Ashley-Cooper (57.96) for second place.

Tatjana Schoenmaker exhibited her breaststroke prowess in the women's 200-meter breast final by winning in 2:29.23. Kaylene Corbett came in second after posting a 2:31.31. Kelly Gunnell followed her for third in a 2:32.27.

Vanessa Mohr busted out a 27.29 to blow away the women's 50-meter fly final. Hannah McLean-Leonard touched second in 28.40 with Bailey Desmarais right behind her in 28.56.

In the men's 1500-meter free final, Matthew Meyer was able to pace 1:02s and 1:03s throughout much of the race to seize first place in 15:38.82. Danie Marais swam a 15:38.02 to get second, and Josh Dannhauser came in third after his 15:38.64.

Martin Binedell dropped enough time to win the men's 200-meter back final in 2:00.79 and position himself 46th in the world rankings. Ricky Ellis improved nearly three seconds to get second in 2:01.71. Darren Murray earned third in 2:04.59.

Myles Brown received some much deserved rest on the sixth day of South African Nationals. He set the pool ablaze earlier in the week winning the 100, 200, 400, and 800-meter free. ◀



BOWMAN & PHELPS HEADING TO ARIZONA STATE UNIVERSITY

by Jason Marsteller

Bob Bowman, the head coach and CEO of North Baltimore Aquatic Club and Michael Phelps' mentor, has taken the vacant Arizona State University head coaching position. Additionally, Michael Phelps will be following Bowman to Tempe as part of the move.

Arizona State announced the decision at a press conference at Noon Pacific time. Swimming World will be posting video of the press conference.

With the men's basketball position filled by former Duke great Bobby Hurley, ASU athletic director Ray Anderson swung for the fences to replace Dorsey Tierney-Walker, who was let go on March 31 from the head coaching position.

Bowman not only has been at the helm of Phelps' tremendous career that includes 22 Olympic medals, Bowman's swimmers have also set 43 world records under his tutelage.

Bowman also has coached in college when he followed Phelps to the University of Michigan for four years. He coached the Wolverines during that time period, and won Big Ten Coach of the Year in 2007 and 2008, be-

fore returning to NBAC with Phelps.

Bowman is in a unique position where he could bring his stable of pro athletes with him to Arizona, Phelps included, since these athletes do not have commitments to a university. Their presence would only enhance the college program. Bowman owns the North Baltimore Aquatic Club, so he could hire coaching replacements for that program and a Chief Operating Officer to oversee its operations. The hiring of Bowman would certainly jump start the Arizona State program immediately.

Bowman explained that the Arizona State men's swimming program is fully funded and safe. He said he would not have taken the job any other way.

Bowman and Arizona State will also be heavily involved in the Make a Splash learn-to-swim initiative first developed by the USA Swimming Foundation. Anderson is fully invested in using Arizona State University to help create what he called the "most expansive learn-to-swim program in all of collegiate sports" in an article reported by Metcalfe.

Arizona has the second-highest child drowning rate in the United States. Also a national research study commissioned by the USA Swimming Foundation and conducted by the University of Memphis in 2010 found that 70 percent of Black children, 60 percent of Latino children and 42 percent of White children have low or no swimming ability.

"We want to serve our community," Anderson told Metcalfe. "We have four campuses all equipped with really high-level swimming venues. We can really help serve a need by utilizing our venues for learn-to-swim programs."

Learn-to-swim and water safety is definitely something near and dear to Bowman, as he has become a champion of education regarding Shallow Water Blackout after NBAC swimmer Louis Lowenthal died due to the SWB.

Arizona Republic's Jeff Metcalfe recently made news by reporting that Bowman took a campus visit while out in Arizona for the Arena Pro Swim Series in Mesa.



Here is the ASU press release posted following the press conference:

Arizona State University has hired Bob Bowman, mentor of the world's most decorated Olympian and two-time Big Ten Coach of the Year, as head men's and women's swimming coach, Vice President for University Athletics Ray Anderson announced Friday.

"Today marks a seminal moment in the Sun Devil Swimming program," Anderson said. "Bob is an icon in this sport and one of the most respected coaches in the industry. Under Bob's guidance we will compete for individual, conference and national titles, produce All-Americans and Olympians, and create the most expansive developmental swim program in all of collegiate sports. His experience at every level of competition will allow him to grow our swimming program into an elite team and an invaluable community asset."

Bowman is the third head coach in ASU history to direct both the men and women's swimming teams, and is the sixth head coach of the men's program and the seventh of the women's program.

Bowman is the longtime coach of 18-time Olympic gold medalist Michael Phelps and has served as assistant coach in three different Summer Olympics, including 2004 in Sydney, 2008 in Beijing and 2012 in London. He was the U.S. men's head coach at the 2007, 2009 and 2013 FINA World Championships and was an assistant at the 2001, 2003, 2005 and 2011 World Championships. Bowman's swimmers have set 43 world records and more than 50 American records under his guidance.

"I am very honored and excited to lead the Sun Devil Swimming program," said Bowman. "The leadership and vision of excellence established under Ray Anderson is impressive, and is matched by the enthusiasm and support of the entire Athletic Department. I look forward to returning to coach at the collegiate level and be part of the great community that Arizona State University has to offer. I am motivated by the opportunity to help develop student-athletes as individuals and I am confident that we can build a swimming program that will be a source of pride for all ASU students, faculty and alumni." Bowman is heavily involved in a number of community-driven swim initiatives, including his work with the Michael Phelps Foundation and its signature program "im" that provides underserved children with water safety, recreational aquatic activities, and goal setting programming. The Michael Phelps Foundation, for which Bowman serves as a board member, currently implements the "im" program in 35 Boys & Girls Clubs of America in 29 states as well as 160 teams through the Special Olympics in 34 countries.

A 2010 inductee into the American Swimming Coaches Association (ASCA) Hall of Fame, Bowman is a five-time ASCA Coach of the Year and is the most-honored coach in the 40-plus years of the award. He has earned USA Swimming Coach of the Year honors six times, the USA Swimming Foundation's Golden Goggle Award four times, and was the 2002 USA Swimming Developmental Coach of the Year.

Bowman most recently served as the Chief Operating Officer and Head Coach for the North Baltimore Aquatic Club, where he oversaw a number of high-performance swimmers and Olympic medalists. In addition to Phelps, Bowman guided Allison Schmitt to five medals, including three gold, at the 2012 Olympics, and coached 13-time international medalist Conor Dwyer.

The Big Ten Coach of the Year in 2007 and 2008, Bowman was the head coach for the men's swimming and diving program at the University of Michigan from 2005-08. He led the Wolverines to a top-eight finish nationally in all four years at UM, including sixth in 2005 and 2008, and guided them to the 2008 Big Ten Conference title. He coached three swimmers to six NCAA individual titles and put together a 30-8-1 record in dual meets, including a 21-1-1 mark against conference opponents. ◀



[Photo Courtesy: Joao Marc Bosch]

SUN YANG SWIMS A WORLD-TOPPING 200 FREE IN CHINA

by Jason Marsteller

Sun Yang threw down a world best in the men's 200-meter free at the Chinese Nationals.

Sun Yang jumped to the top of the men's 200-meter free world rankings with a time of 1:45.75. That swim cleared the 1:45.82 set by Kosuke Hagino earlier this week at the 2015 Japan Swim. Xu Qiheng took second overall in 1:47.87, while Shang Keyuan snared third in 1:48.54.

Fu Yuanhui touched out Chen Jie in a barnburner in the women's 100-meter back, 59.41 to 59.78. That put the two fourth and fifth in the world rankings with Emily Seebohm (58.89), Madison Wilson (58.94) and Mie Nielsen (59.14) the only swimmers faster this year. Cheng Haihua placed third tonight in China with a 1:01.02.

Xu Jiayu moved into fifth in the world rankings in the men's 100-meter back with a time of 53.47. Li Guangyuan placed second in 54.80, while He Jianbin wound up third tonight in 55.02.

Shi Jinglin provided another fifth-ranked swim tonight as Shi clocked a 1:07.03 in the women's 100-meter breaststroke for the win. He Yun earned second tonight in 1:07.96 with Zhang Xinyu touching in 1:08.16.

Xin Xin turned in the fourth fifth-ranked swim of the night with a 16:23.47 to win the women's 1500-meter free. Wang Guoyue placed second in 16:25.41 for eighth in the world with Bi Yirong taking ninth in the world with a third-place 16:28.94. ◀



[Photo Courtesy: Qatar Swimming]

FINA PRESIDENT JULIO MAGLIONE ADDS PASO PRESIDENT TO DUTIES

by Jeff Commings

Julio Maglione will be very busy in 2015, as the president of the global swimming federation has also accepted a post as interim president of the Pan American Sports Organization. The PASO Extraordinary General Assembly took place Saturday in Miami, where the organization will set up new headquarters.

The Uruguayan takes the position just as FINA, the top swimming federation, prepares for this summer's aquatics world championships in Kazan, Russia. That is the biggest competition that FINA solely organizes, and the event is swirling with controversy among headlines of doping scandals in Russia and financial back-alley dealings.

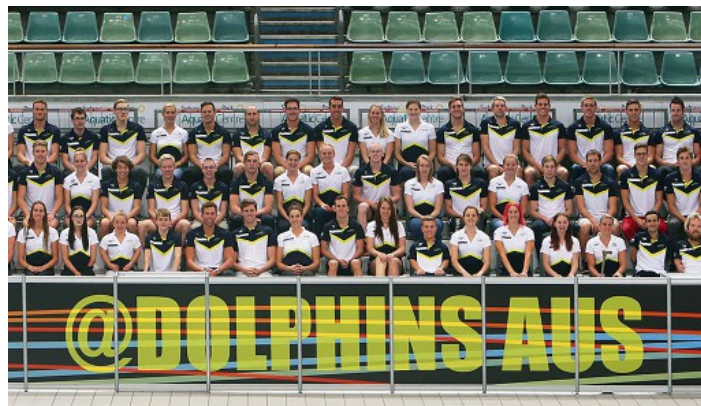
As president of PASO, Maglione said his primary duty is to draft a new constitution for the organization that acts as the conglomerate for all National Olympic Committees in North and South America. That constitution, according to an article by Inside the Games, is set to be presented before a meeting during the Pan American Games this July. The PASO General Assembly would vote on the new constitution in 2016. PASO reports directly to the International Olympic Commit-

tee and is responsible for putting on the Pan American Games, which will take place a week before the start of the aquatics world championships.

Maglione said one of the primary aspects of the new constitution will be to set term limits for PASO president, though the actual limit has not been specified. Maglione is stepping in as president to fill the vacancy left by the death of Mario Vazquez in February. Vazquez was PASO president for 40 years.

The term limit on the Paso presidency is slightly ironic, given that Maglione has succeeded in convincing FINA to eliminate the age limit for members of that organization's presidency. Maglione, 79, has been quoted as saying he wants to serve as FINA President until he is 85. His current FINA term ends at the end of 2016, when he will be 81.

Maglione is also head of the Uruguayan Olympic Committee and is at the end of his term as a member of the International Olympic Committee. The IOC requires members to step down when they reach 80 years old. ◀



SWIMMING AUSTRALIA ANNOUNCES 2015 WORLD CHAMPIONSHIPS ROSTER

This article is a press release submitted to Swimming World

Led by three defending World Champions and a host of the world's best swimmers, a team of 38 athletes for Swimming Australia are set to contest the 2015 FINA World Championships in Kazan, Russia.

The team was selected after eight days of intense competition at the 2015 Hancock Prospecting Australian Swimming Championships, and will see a powerful blend of seasoned veterans, rising stars and debutants take to the blocks.

"We have had a great week," Head Coach Jacco Verhaeren said.

"Lots of great qualifications and that's what it's all about. Of course it's about national titles and making national podiums, but ultimately it is a great opportunity to select a great team and that's what has happened."

James Magnussen, Cate Campbell and Christian Sprenger will all have the opportunity to defend their world titles after securing their spot on the Australian Dolphins Swim Team, which was announced at the Sydney Olympic Park Aquatic Centre tonight.

Despite coming second to Cameron McEvoy in the men's 100 freestyle, Magnussen remains confident in his ability to win the blue-ribbon event in Kazan.

"That's what we are working towards now," Magnussen said of his goal to win his third consecutive World title.

"No one has ever done it and I guess it is something that keeps me motivated because pretty much everything in a 100 freestyle has been done at some stage. You can't even say you want to be the first person to crack 47 [seconds for the 100 metres] because it has been done. So this is a pretty special legacy type goal, I guess, to show that I have been able to stay at the top of world swimming for a number of years."

In the corresponding women's event, Cate Campbell booked her ticket to Russia with an equal best time in the world this year – a truly remarkable result for the 22-year-old who had shoulder surgery just six months ago.

"It was a smart swim more than anything else," Campbell said after her 100m victory. "I used every bit of the training I had done and that's what got me that time. I just swam my own race and made sure I attacked all the things that I needed to attack and I'm very, very pleased with that result."

For Sprenger, the opportunity to defend his 100m breaststroke world crown didn't come easily. The 29-year-old came into the meet with just six weeks of breaststroke training under his belt after undergoing radical shoulder surgery in 2014.

Sprenger came second behind 20-year-old Jake Packard in the final, with both athletes just a fraction outside the qualifying time. Both Sprenger and Packard have been selected for the 4 x 100m medley relay.

"Our experience from 2014 showed us that we need two swimmers in each of the form strokes and given that Kazan serves as a springboard meet for the Olympic Games, we can't take any chances," Verhaeren said.

"I feel very lucky to be on this team," Sprenger said.

"They've really given me a chance to have the time I need to get my body prepared. I look forward to the next three months where I can show them that they made the right decision."

The team boasts another remarkable comeback story in Grant Hackett.

At 34 years of age, Hackett qualified for his sixth World Championships team. More than six years after retiring from swimming, and after just six months back in the pool, Hackett surpassed all his own expectations to grab a bronze medal in the 400m freestyle. He then went on to place fourth in the 200m freestyle, securing a relay spot on the team for Worlds in the process.

“It’s a different sort of achievement,” Hackett said. “If you’d asked me 10 years ago about making a relay team and that being the only thing I was on the team for, I would have been bitterly disappointed but now it’s like one of the biggest achievements of my life to make that team.”

Hackett competed at his first World Championships in 1998, a year before rookie Kyle Chalmers was even born.

Chalmers is one of three young athletes who will make their Australian Dolphins Swim Team debut. The 16-year-old, who will contest the 4 x 100m freestyle relay, said he surprised even himself.

“Leading in for me, I had no idea I would even make the final so I was happy to make the final and then I was really happy to make the team,” Chalmers said.

“I was just trying to stay calm and take it all in. I was between McEvoy and Magnussen who are the two fastest men in the world so I was a bit nervous but I just tried to do my own thing and stay under control. I just tried to do my race plan which I think I executed pretty well.”

Chalmers’ fellow debutants include Kurt Herzog and Hayley Baker. Additionally, it is the first long course Australian Swim Team for David Morgan, Leah Neale, Daniel Smith and Brianna Throssell who have all represented Australia at a World Short Course Championships previously.

Kazan also serves as an important stepping stone for a host of young athletes on the team who are making the progression towards Rio 2016. At just 18 years of age, Mack Horton will head to the World Championships with three 2015 national titles under his belt in the 400m, 800m and his pet event, the 1500m freestyle.

“I think I made my senior debut at exactly the right time,” Horton said.

“I made the team for the Commonwealth Games last year which is probably the easiest big international meet to debut at. Now I have progressed in my performance and will go towards Worlds and then that is building towards the Olympics. It’s time to start getting up on that international stage, working towards next year.”

Further athletes are set to be named to the team following the Open Water World Cup which will take place in Mexico on 2 May. ◀

THE AUSTRALIAN DOLPHINS SWIM TEAM FOR THE 2015 WORLD CHAMPIONSHIPS

NAME	AGE	CLUB	STATE
Matthew Abood	28	Sydney University	NSW
Jessica Ashwood	21	Chandler	QLD
Hayley Baker	19	Melbourne Vicentre	VIC
Bronte Barratt	26	St Peters Western	QLD
Joshua Beaver	22	Tigersharks	VIC
Bronte Campbell	20	Commercial	QLD
Cate Campbell	22	Commercial	QLD
Kyle Chalmers	16	Marion	SA
Ashley Delaney	28	Nunawading	VIC
Tommaso D’Orsogna	24	Commercial	QLD
Brittany Elmslie	20	St Peters Western	QLD
Thomas Fraser-Holmes	23	Miami	QLD
Madeline Groves	19	St Peters Western	QLD
Grant Hackett	34	Miami	QLD
Jayden Hadler	21	Commercial	QLD
Kurt Herzog	23	SOPAC	NSW
Mack Horton	18	Melbourne Vicentre	VIC
Grant Irvine	24	St Peters Western	QLD
Mitchell Larkin	21	St Peters Western	QLD
James Magnussen	23	Ravenswood	NSW
Cameron McEvoy	20	Palm Beach Currumbin	QLD
David McKeon	22	Chandler	QLD
Emma McKeon	20	Chandler	QLD
Taylor McKeown	20	Indooroopilly	QLD
Keryn McMaster	21	Waterworx	QLD
David Morgan	21	TSS Aquatics	QLD
Leah Neale	19	Indooroopilly	QLD
Jake Packard	20	Indooroopilly	QLD
Kylie Palmer	25	Indooroopilly	QLD
Emily Seebohm	22	Brothers	QLD
Daniel Smith	23	Miami	QLD
Christian Sprenger	29	Commercial	QLD
Brianna Throssell	19	Perth City	WA
Lorna Tonks	26	Brothers	QLD
Benjamin Treffers	23	Burley Griffin	NSW
Tessa Wallace	21	Pelican Waters Caloundra	QLD
Madison Wilson	20	St Peters Western	QLD
Melanie Wright	28	Southport Olympic	QLD

CATE CAMPBELL BLASTS WORLD BEST 100 FREE IN AUSTRALIA

by Jason Marsteller

Another handful of world-bests went up on the board at the Australian Swimming Championships in Sydney, including a barn burner from Cate Campbell.

Cate Campbell tied Femke Heemskerk for the top time in the world in the women's 100-meter free with a 52.69 for the victory. Heemskerk posted her effort back at the Eindhoven Swim Cup.

Campbell's sister Bronte posted a second-place time of 53.04 to move to third in the world behind Cate and Heemskerk, while Melanie Wright finished third in 53.50 for fifth in the rankings.

Brittany Elmslie (53.66) and Emma McKeon (53.68) also posted top-10 ranked times as they took fourth and fifth.

Mitch Larkin vaulted to second in the world rankings in the men's 200-meter backstroke with a top time of 1:55.52 for the win. Only Ryosuke Irie has been faster with a 1:54.62 at the BHP Super Series event. Larkin just missed his Commonwealth record of 1:55.26 from last year.

Josh Beaver moved to third in the world rankings in the 200-meter back with a time of 1:56.48, while Ashley Delaney wound up third overall in 1:58.84.

Madison Wilson skyrocketed to the top of the women's 200-meter back rankings with a semifinal time of 2:08.27 to clear Elizabeth Simmonds' previous world best of 2:08.32 from the Edinburgh International meet.



Emily Seebohm qualified second out of semis with a 2:10.36, while Hayley Baker earned the third seed in 2:11.01.

Cameron McEvoy continued his success in the sprint frees as he topped the men's 50-meter semis with a time of 22.24. James Magnussen qualified second in 22.31 with Matt Aboud earning the third seed in 22.34.

Tessa Wallace captured the women's 200-meter breast title in 2:23.34 to move to third in the world rankings. Only Rikke Moller Pedersen (2:21.60) and Kanako Watanabe (2:23.03) have been faster. Taylor McKeown placed second in 2:23.77 to move to fifth in the world, while Sally Hunter rounded out the podium with a third-place 2:24.38 for eighth in the world.

Jayden Hadler jumped to third in the world rankings in the men's 100-meter fly semis with a 51.66. That swim put him behind only Konrad Czerniak (51.37) and Jack Conger (51.64) this year. Tommaso D'Orsogna qualified second in 51.90 for fifth in the world, while Grant Irvine picked up the third seed in 52.52.

Elmslie returned in the women's 50-meter fly semis with a top-seed 26.32, while McKeon posted a 26.69 for the second seed. Marieke D'Cruz posted a third-seeded time of 26.80.

Nicholas Schafer closed out the night with a 2:12.47 for the men's 200-meter breaststroke victory. Lennard Bremer placed second in 2:13.63 with Josh Tierney taking third in 2:13.66. ◀



[Photo Courtesy: Dolly Cair]

DO AUSSIES HAVE THE METTLE TO RULE AT WORLD CHAMPIONSHIPS?

Commentary by Jeff Commings

Never count out the Australians when it comes to international meets. Looking at the roster for world championships, the Australians have the names in place to do some major damage in Kazan this August. Not only are reigning world champions Cate Campbell, James Magnussen and Christian Sprenger on the list, but major medal possibilities exist in the likes of Mack Horton, Emily Seebohm and Emma McKeon. On the right day, those three could step up and win gold.

Not many people expected Australia to win 13 medals at the 2013 worlds. That was three more than they won at the 2012 Olympics, and probably twice as much as pundits thought the Green and Gold could muster. But rallying behind the likes of the Campbell sisters (Cate and Bronte), Magnussen and many more, Australia began to swing the pendulum back in the right direction after out-of-the-pool scandal rocked the team in 2012. Great performances in 2013 gave Australia momentum for a great showing at the 2014 Pan Pacific championships.

Cate Campbell and Magnussen could repeat as world champions in the 100 freestyle, and looking at the world standings at this point in the year, the only competition looks to come from their own squad. Cate's little sister Bronte and Cameron McEvoy pose the biggest



[Photo Courtesy: Joao Marc Bosch]

challenges. As for Sprenger, the aftermath of a serious shoulder injury has affected his breaststroke training. It was pure luck that he was selected for the world championships team, since his team in the 100 breast was slower than the qualifying time. Sprenger must get back into 2013 form if he wants to even win a medal. Jake Packard is making huge strides, and might be a worthy backup for the Aussies if Sprenger is not in his best shape. *continued on pg. 22 >>>*

continued from pg. 21 Though we haven't seen too much of Sun Yang since the Asian Games last fall, there's no doubt he's the one to beat in distance freestyle. But Mack Horton has transitioned from guppy to full-grown shark in the span of two years, and he will be dangerous in the 800 and 1500 freestyles. The last time Australia won a world title in distance freestyle was in 2005, when Grant Hackett won the 400, 800 and 1500 freestyles. Ten years is a long drought for a country that used to drop everything to watch the 1500 at the Olympics.

Speaking of Hackett, his presence on the team will provide a much-needed boost. His experience at the in-



ternational level is invaluable, especially for the younger athletes on the team. Since he only has the 800 free relay to swim in Russia, it's likely he'll be voted team captain and provide the morale that Australia needs. Horton will likely get a tip or two from Hackett on racing against the best on the biggest stage.

Emily Seebohm looks better and better each time she swims. The 22-year-old hasn't won an individual gold medal at the world championships, but things are looking good for her in the backstroke events. With Missy Franklin's back injury keeping her from her best in 2014, we have no gauge on how the reigning world champion will fare in August. But Seebohm put forth some challenging times last week and that not only gives her confidence, but alerts the rest of the world



that Seebohm is hungry for gold.

Relays still appear to be the sticking point for Australia. The men are not going to win gold in any relay, based on the times posted at nationals. Australia will need a leadoff swimmer in the 47-mid range and three others swimming 47.5 or better to win the 400 free relay, and that might not happen. The same goes for the women, who will have to contend with a very deep American squad that includes Franklin, Simone Manuel and Abbey Weitzeil. The Aussie women might win the 400 medley relay, but it's the breaststroke leg that suffers. The Americans lost to Australia in the women's medley relay at Pan Pacs last summer for the first loss in many years, and it appears that the race will come down to whatever happens on butterfly. Though she's likely to swim stunningly fast, Simone Manuel will need a slight lead over Cate Campbell to keep the world championships streak alive.

A lot of credit for the great swimming going on Down Under goes to Jacco Verhaeren, who has been the head coach of the Australian national team since October 2013 after more than a decade leading the Dutch to great success. When I was at the Pan Pacific championships last August, the Australian team seemed to be more jovial and relaxed than before. Swimming in their home country might have something to do with that, but a great leader can help raise the mood as well. Australia is in good position to beat its 13-medal haul from 2013, but some will have to be much faster than they were at trials last week to make that happen. ◀

A swimmer is shown underwater in a pool, wearing a black swim cap, blue 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 text "no strings attached." is written in yellow and black in the upper right corner.

no strings attached.

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6 EVERYDAY STRUGGLES OF A SWIM PARENT

By Diana Pimer, Swimming World College Intern

There is a lot of pressure on swimmers. The training, the suit, the mentality all has to be perfect. However, behind every great practice, every great race, and every great swimmer is a great swim parent, even when the kids leave for a collegiate pool instead of the local YMCA.

As swimmers' pre-meet meals evolve from hot dogs and nachos, to pasta with meatballs, to grilled chicken and vegetables, swim parents must evolve with their surroundings and their new teams. However, no matter how many times you have driven your carpool to the pool or have packed for travel meets, some things never change. You may be a pro swim parent, but some things just never get any easier! Sometimes swim parents struggle just as much as the swimmers, but with far less credit.

Here are 6 everyday struggles of a swim parent:



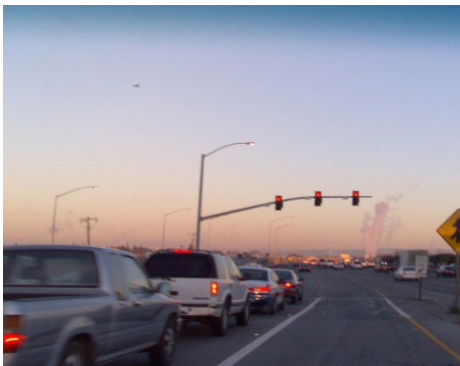
1 BEING ASKED TO TIME

If you're my dad, you love being asked to time at swim meets. If you're the majority of other parents, this is not your idea of fun. Some parents like to give their kids space, others like to get work done when their child isn't swimming for 30 seconds. Either way, most swim parents try to avoid doing this chore.



2 FIGHTING FOR SEATS IN THE STANDS

So you got out of timing. Yes! Unfortunately, so did a couple hundred other parents. Some parents share the wealth of the pool view when their child is swimming. But there is always that one person standing in the way or trying to take a video of the race by holding their iPad up in front of everyone. Just watching your own child swim can be a struggle sometimes!



3

COMMUTING

Early high school is a time when almost all swimmers change their routines, and so do their parents. Middle school is pretty easy, with one commute a day. And senior year, most athletes have the responsibility of driving themselves to practice. Before this glorious time for parents, there is that 14-16 age, when doubles start and your swimmers all of sudden make it back to finals in just about everything. Swim parents spend way too many hours in a car to count, listening to what mean thing the coach did or how hard the set was.



4

PERFECTING MEALS

When I was an 8 and under swimmer, feeding me was easy. A couple of granola bars and nachos after my 100 IM were all it took to make me happy. Easy. But as swimmers get older, their “lucky” meals and pre-practice requirements become much more complicated. And nothing makes a swimmer happier than a hot meal after a long day of school and practice. But preparing these meals after your own day of stress and work? It just never seems to end!



5

TRYING NOT TO COACH

For some lucky swimmers, their parent is their coach. For most, this is not the case. All parents want what is best for their child, swimmer or not. It is difficult for parents to let the coach do their job sometimes, especially when your child isn't swimming well or is frustrated. Deciding on whether or not to lend your words is hard enough, let alone dealing with the aftermath if things don't go as you thought they would.



6

WASHING TOWELS

No matter how many times you do laundry, there never seems to be enough towels! Especially for swim parents with more than one swimmer, keeping a fresh supply of clean towels is a huge chore! Let's say there are two in your family, that's easily at least 14 towels a week (five days of practice and a two-day meet...everyone takes two towels to meets, right?) Now add in double sessions, showers, and the rest of your non-swimming family and you've basically picked up washing towels as a second job.

At the end of the day, going through all these struggles is stressful, but probably worth it. While your swimmer may not say it everyday, there is a certain sparkle in the grin after a lifetime best that makes the statement for them loud and clear: thank you Mom and Dad. ◀

HOW TO “FLIP THE SWITCH” BEFORE A RACE

FEATURE BY GRAHAM BODNER AND J. MAX GINSBERG



[Photo Courtesy: Peter H. Bick]

Speedo recently released a video series called “Fueled by Water” that serves as a tribute to the athletes that are part of the Speedo family. The series contains interviews with world-class athletes, triathletes, lap swimmers, Masters swimmers, high school swimmers, free divers, and even a few surfers.

Speedo wanted to touch on every aspect of aquatic competition and find out why water fuels these athletes. One quote sparked an interesting mental phenomenon. Olympian Ryan Lochte, known for being as laid-back out of the water as he is fast in it, brought up a very interesting topic: an athlete’s mental switch. Lochte says: “Before a race, I’m not thinking of much. Maybe what am I going to eat after the race. But when I step up on the block, I flip a switch and I am a racer.” What is this mental switch that many athletes possess, and why is it so sought after?

Swimming is a sport made up of many different aspects: training, learning, growing, and most importantly, racing. Racing is why swimmers all over the globe participate in this sport. There isn’t much that can match the feeling a swimmer gets when behind the blocks. The nervous butterflies in their stomachs. The pure adrenaline pumping through their veins. The thrill of competition. All of these aspects combine to make a tangibly vibrant atmosphere. But how does a swimmer mentally prepare for a race?

Great athletes often speak of the mental switch that has helped make them successful. An innate ability

to become a different person when the time calls for it, to become something better than themselves, is the key to becoming mentally ready to race. Once that switch is flipped, the swimmer or athlete is able to access an inner strength to propel them forward into competition.

What is this switch? David Kutrufis, head swim coach of Bethel Park Recreation Swim Team, describes the switch as “becoming primal. When you flip that switch, it’s not you anymore. You become someone else.” Much of what Lochte says rings true in that statement. An athlete taking themselves out of their normal personality and transcending into another mental state is the hallmark of any great racer. Once in this “primal” mental state, an athlete can reach their fullest potential through the power of their own mind and being.

Brian Blackwell, head coach of the Seneca Valley Swim Club, defines the switch as a shift in what the athletes are to themselves. “To flip the switch,” Coach Blackwell says, “is to go to a different mode, a different mindset to be able to maximize your body to its fullest potential.” That can mean many different things to many different people. For some, it might mean finally achieving that elusive time standard or beating a long-term rival. To others it can be just as simple as getting your hand on the wall first. But how does activating the mental switch allow an athlete to reach their fullest potential?

As we have seen, this switch is a complex personality shift where

the competitor inside the athlete is turned on. Can this be a learned mental tool that you as an athlete harness?

Tyler Stevenson, a junior at Franklin Regional High School, recounts when he first learned about his capacity to activate the mental switch. Stevenson was competing at Eastern Zones his freshman year when his goggles broke behind the blocks. Instead of letting that incident faze him, as many in his position would, he instead channeled that anger he felt into what he did in the water. Stevenson attributes this single incident to him having a greater understanding of his own mental switch. Looking back at that incident, Stevenson can now evoke and replicate those emotions to attain the switch. Flipping the switch to him means, as Coach Kutrufis says, “becoming primal.” Stevenson evokes emotions from deep within his own consciousness that he knows will fuel his fire to race beyond what was expected. Over the course of a few years, Stevenson was able to learn how to recreate the emotions he felt at that Eastern Zone meet and develop a firm grasp on flipping his own mental switch.

Jarod Crowell, a teammate of Stevenson’s, had a slightly different experience learning about his switch. For Crowell, his switch is attributed to the people around him, especially in a relay format. At this year’s Western Pennsylvania Interscholastic Athletic League Championships, Stevenson and Crowell were on a relay together that qualified for the Pennsylvania high school state meet. *Continued on pg. 28 >>>*



continued from pg. 27 “Before we got up on the blocks,” Crowell said, “we were just yelling and screaming at each other. I ended up dropping a full second off of my split. But it was really (senior) Nick Snyder (that motivated us). We really wanted to do well for his last relay at WPIALs.”

Picture the last large meet you went to. What did it sound like? What did it look like? What were you feeling? The energy at large meets is very palpable, filled with cheering teammates, nervous coaches, and worried but supportive parents. Blackwell attributes this type of atmosphere as a strong external factor of flipping the switch: “I would say swimmers as a whole perform better when they have large supporting groups.”

Crowell and Stevenson each have completely different views on what

their switch is and how they activate it. One is motivated by events surrounding the race; the other by the people with whom he surrounds himself. In swimming, as in life, one mental tool or strategy will not work for everyone.

“In life, you cross paths with people, then in turn you understand something at a higher level,” said Lucas Marsak, Head Coach of Franklin Area Swim Team. “What works for (Stevenson) doesn’t work for me, but from learning about that, you then can document it and continue on this path of learning about yourself and about this internal switch.”

To obtain the ability to flip the switch, a swimmer must be aware of his or her emotions and learn to control them. Whether that is taking control of negative thoughts or emotions and replacing them, or tapping into the moment and using

people around you, a swimmer must become comfortable taking that energy and using it to their mental advantage. Although they had different experiences discovering their own switch, both Stevenson and Crowell gained an edge from it. Success in swimming can relate to a multitude of aspects, mainly a swimmer’s aerobic training and overall capacity to sustain a high level of exertion over a period of time. However, that is not the only type of training that is necessary. When this mental switch is learned, it can help to amplify what a swimmer’s body is capable of doing.

Consider the following scenario: Two similar swimmers are racing. It doesn’t matter what event they are doing. Both swimmers were trained specifically for this event in the exact same way. The only difference: one swimmer has the ability to flip their switch into race mode, and the other is there to go through the motions. Who wins?

Nine times out of ten, the swimmer who can fully embrace what is going on and focus all of their energy into the race will have a significant competitive advantage. By tapping into this mental resource, an athlete can fully exploit their training in a way they might not even have previously perceived. In comparison, the athlete who simply goes through the motions and doesn’t fully engage themselves in the present moment will not be able to maximize the effects of their training to the same extent. Without being fully engaged, even a simple chore or activity will not produce the best results. This does not differ at all from competing to reach an athlete’s fullest potential.



As a coach, you want to prepare your athletes to be able to compete at their fullest potential. This switch that many great swimmers have is another tool that can be useful in reaching that potential. But, can it be taught?

In speaking with other coaches, the answer to this question is complicated. According to Blackwell, the skill is attributed to a swimmer's self-awareness. "The athlete has to be aware of themselves," he says, "and be able to separate themselves and stay in that present moment." Being self-aware of one's emotions is an integral part of flipping this switch. After all, it is an emotional shift that takes an athlete to a different place. Operating under the principle of self-awareness, as Blackwell describes, can be one useful tool in gaining the switch. Calling forth such memories off-hand may be difficult in the heat of the moment. However, keeping a journal of your experiences may prove helpful. By logging your emotional, physical and mental states before,

during and after an event, you can help create a more clear picture of what triggers your switch.

Kutrufis, on the other hand, attributes the switch to a swimmer's self-confidence. "By teaching our athletes to be confident," he says, "or training them in a way that makes them more confident, you provide them with the opportunity to learn how to flip the switch."

During the course of a practice, remind yourself of why you are doing what you are doing. That constant reminder of a championship meet months away, or that elusive time standard that remains just out of reach, will constantly keep you pushing forward. Another useful tool are words of affirmation. You hear stories of professional athletes writing these powerful and positive words on the brim of their hat, socks, hands, and anywhere it can be viewed. With these constant reminders of how great you are and can be, you will boost your confidence over time.

This enigmatic switch crosses the boundaries of all sports, affecting all athletes. Not only does it cross boundaries, it can be found in all of us. We as athletes, coaches, spectators, employees, and human beings all possess the ability to flip a switch and become something better than ourselves. The journey to find one's switch may take years, or it may just show up in the heat of competition. Be sure that when it does you take note of how you feel, what led up to that event, how it affected your performance, and how it made you feel. Through revisiting times like those described, an athlete can learn to flip this switch with little difficulty. ◀

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OPEN WATER NATIONAL CHAMPIONSHIP RECAP

by David Rieder & Jason Marsteller

A pair of 10-kilometer open water races at Miromar Lake in Florida marked the first step for Americans seeking to qualify for the Olympic Open Water race next summer. And with their top-two finishes today, Becca Mann, Haley Anderson, Jordan Wilimovsky, and Sean Ryan have each moved on to the next stage in Olympic qualifying.

Mann edged Anderson and Ashley Twichell for the women's 10k national title in the morning race, touching the pads in 2:02:38.344, just a few tenths of a second ahead of Anderson (2:02:38.709), with Twichell finishing just a second further back (2:02:39.903). Mann and Anderson will each qualify for the World Championship team in the 10k, and they will swim the event this summer in Kazan.

Emily Brunemann, Eva Fabien, Tristian Baxter, Christine Jennings, and Stephanie Peacock completed the top eight in the event, all finishing the grueling race within 30 seconds of the winner.

On the men's side, Wilimovsky pulled ahead on the final lap to take the national crown with a time of 1:54:27.928. He finished about 13 seconds clear of an epic race for the second spot on the World Championships team, as the battle between Ryan and Alex Meyer came down to six one-thousandths of a second – closer than any margin used to measure times in pool swimming.

After a photo finish, officials determined that Ryan edged Meyer, 1:54:40.334 to 1:54:40.340. Ryan thus joins Wilimovsky in the 10k race this summer in Russia. David Heron, Andrew Gemmell, Chip Peterson, Cameron Stitt, and Arthur Frayler were also among the top eight finishers.

Mann, Anderson, Wilimovsky, and Ryan will each compete in the 10k race at the World Championships this summer, hoping to finish in the top-ten, which would earn an automatic qualification for the Olympic 10k race. A second qualifier a year later will also be used for selection for Rio, but a country can only put two swimmers in the field of 25 if both finish in the top-ten at Worlds.

Meyer finished fourth in the World Championship race in 2011, booking his spot in the Olympic Games, where he took tenth. However, after his third place finish today, Meyer will not have the opportunity to return to the Olympics.

Anderson, meanwhile, will be gunning for her second-straight Games after she was the silver medalist in London in 2012, finishing less than a half second behind gold medalist Eva Risztov. Anderson qualified by way of the official selection event held in the summer of 2012 in Setubal, Portugal, after no American woman finished in the top-ten at the 2011 World Championships.



5K RACE RECAP

Alex Meyer, now swimming for Tennessee Aquatics, led a Tennessee 1-2 in the men's 5K open water event at the 2015 Open Water Nationals held at Miromar Lakes in Florida.

That's Meyer's second win in the event, having won a year ago.

Meyer snagged the victory today in 57:43.94 after taking third in the 10K event behind Northwestern's Jordan Wilimovsky and Club Wolverine's Sean Ryan. Meyer missed out on second place during the 10K in a photo finish with Ryan by six one-thousandths of a second.

Tennessee's David Heron placed second today in the 5K with a time of 57:44.229, while NCAP's Andrew Gemmell finished just outside the top two with a 57:44.393.

Meyer clinched a berth on the World Championship roster with the win.

Trojan's Haley Anderson followed up a second-place effort in the 10K on Friday with a victory in the 5K event today at the U.S. Open Water Nationals at Miromar Lakes in Florida.

Anderson topped the field with a time of 1:01:51.291. Anderson is an Olympic silver medalist, having taken second in the 10K event at the 2012 London Olympics. She has a chance at making the 2016 Rio Olympics with her inclusion on the Worlds roster in the 10K this summer. She also could add a second world 5K title to her resume after winning the event in 2013.

Ashley Twichell, now representing Triangle Aquatics in North Carolina, took second today in 1:01:53.638, while 10K victor Becca Mann of NBAC wound up third overall in 1:01:56.668.

Eva Fabian of Greenwood Swimming led the rest of the pack of swimmers with a fourth-place 1:02:09.274, while RallySports' Christine Jennings earned fifth in 1:02:09.771.

Badger's Lindsay Vrooman, NCAP's Kaitlin Pawlowicz and Trojan's Tristan Baxter all rounded out the top eight finishes in what proved to be an packed second bunch of swimmers. ◀



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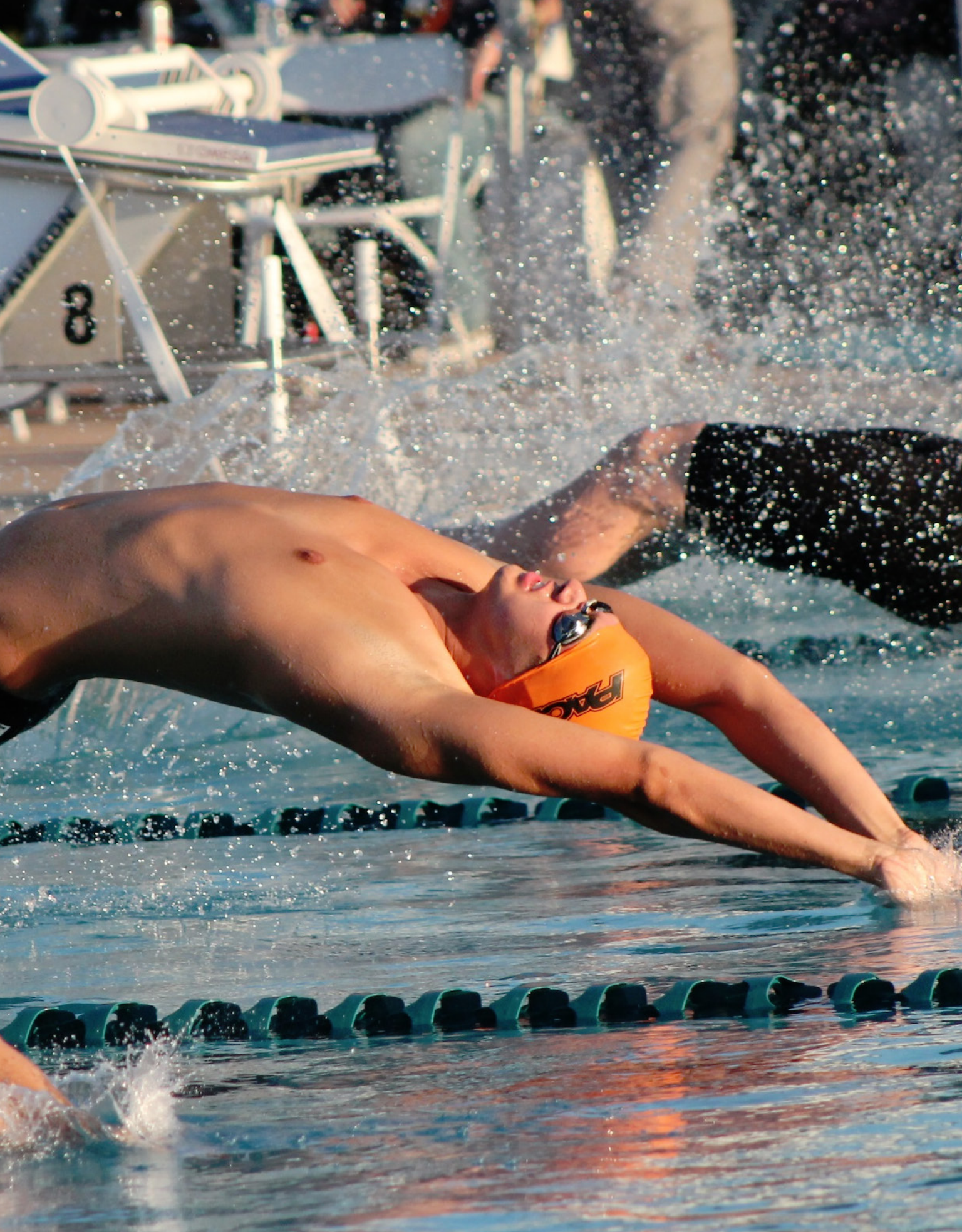




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