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MEN'S NCAA PG. 44
 BY PETER H. BICK



SR NATIONALS - PG. 22
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COVER PHOTOS BY PETER H. BICK & SHANDA CROWE





CSCAA OF AMERICA ANNOUNCES ANNUAL AWARD WINNERS

The College Swimming Coaches Association of America (CSCAA) announced the 2015 recipients of its five annual major awards. The awards were presented at the CSCAA Annual Banquet on Thursday, May 7, 2015 held in conjunction with the CSCAA Convention at the Hilton Orrington in Evanston, Illinois.

The National Collegiate and Scholastic Swimming Trophy
Jon Howell, Emory University

The Benjamin Franklin Award
Robert Clauson

The Speedo Lifetime Achievement Award
Jim Steen, Kenyon College

The Richard E. Steadman Award
C. Rob Orr, Princeton University

The Charles McCaffree Award
Dr. James DeBord, University of Illinois

THE NATIONAL COLLEGIATE and SCHOLASTIC SWIMMING TROPHY

The National Collegiate and Scholastic Swimming Trophy is the highest award of its kind in the United States. It is presented to an individual or organization for having contributed in an outstanding way to swimming as a competitive sport and as a healthful recreational activity at schools and colleges. The 2014 Recipient of the Collegiate Trophy is Jon Howell of Emory University.

In 17 seasons at Emory, Jon Howell has guided the Eagles to 33 top-10 finishes at the NCAA Division III men's and women's national championships and 34 conference team

titles. In 2015, he led the Emory University women to their sixth-straight NCAA Division III Championship and eighth total under his tutelage, while the men finished fourth in the Nation. It marked the 16th-consecutive campaign that the men's program had finished fifth or better, while the women, now have a 15-year streak of finishing fourth or better at the National Championship.

Howell was honored as the CSCAA Women's Swimming Coach of the Year in 2002, 2005, 2009 and 2011. He and his assistants have been honored seven times as conference Coaching Staff of the Year, most recently in 2014. In addition, he coached Liz Horvat to the CSCAA Division III Swimmer of the Year honors in 2009 and this year Andrew Wilson was named the CSCAA Division III Men's Swimmer of the Year.

Since his arrival at Emory, the Eagles have recorded over 26 individual and 16 relay national champions and over 900 All-America certificates awarded to their swimmers. He has overseen 14 conference swimmers of the year, seven conference divers of the year, 14 conference rookies of the year and had led both the men's and women's team to a UAA title in each of his 16 seasons with the team.

Howell was an assistant at Clemson for two seasons and helped the Tigers set 14 school records and win an Atlantic Coast Conference women's championship. Previously, Howell was the interim head coach at Kenyon College in which his teams won the NCAA Division III national men's and women's championships. That season Kenyon won 14 national titles, produced a Division III national record, and swept the men's and women's conference titles.

Howell is a 1990 graduate of Kenyon, where he was 21-time All-American, including eleven individual national titles. Howell helped Kenyon to four national team championships and was twice voted the team's Most Valuable Performer. At the completion of his senior season, Howell was voted the school's Athlete of the Year.

BENJAMIN FRANKLIN AWARD

Awarded to the individual, or organization, whose efforts best promote the integrity and enhancement of the student-athlete ideal. The 2015 recipient of the Benjamin Franklin Award is Robert Clauson.

Bob Clauson has over 35 years of experience with sports data management. Bob's career began while he was working on several large swim meets at Brown University. In the early days, those meets were managed by pencil and paper. After numerous complaints about how labor intensive this

process was, Bob designed a computer program that could handle the data and streamline the process. Bob's innovations allowed meet directors to manage data accurately by avoiding the typos and misreads that occur with human transcription.

In 1976, Bob began running the majority of large swimming events in the United States and sought out by the NCAA to manage the data for the 1976 Men's NCAA Swimming and Diving Championships. It was a role he continued for the next thirty-five years. Bob was also hired to manage the AIAW (Association for Intercollegiate Athletics for Women) National Swimming and Diving Championships at Brown University in 1977. He managed the data for the Women's AIAW/NCAA Swimming and Diving Championship meets for over 30 years. Use of a computer revolutionized meet management and took away the host institution's possibility of miss-seeding and other errors.

In addition to college swimming, Bob managed data at several other large aquatic events during his career. These meets included the 1979 World University Games in Mexico City, Mexico (Bob managed the data for all 10 sports at that competition); the 1982 FINA World Aquatic Championships in Guayaquil, Ecuador; and, the United States Swimming Olympic Trials for a period expanding over 20 years.

Managing data for the college swimming and diving championships was something that Bob had a very strong passion for. He loved working with the coaches from around the country and enjoyed every minute of being on site with them. Bob treasures the memories and friendships that he has made with all of the coaches and staff that make up this great sport.

Bob graduated from Tufts University in 1966 with a degree in Electrical Engineering. He currently lives in Windsor, Colorado with his wife Linda.

SPEEDO CSCAA LIFETIME ACHIEVEMENT AWARD

Awarded to the individual whose efforts best exemplify the integrity and ideals of collegiate swimming and who has achieved significant success in the sport while still imparting the educational and character building qualities of the collegiate swimming experience. This year we honor and celebrate Speedo Lifetime Achievement Award winner Jim Steen of Kenyon College.

Under the tutelage of head coach Jim Steen, the Kenyon College Swimming and Diving team developed into the most successful program in collegiate athletics

history. One of the most respected coaches in the nation, Steen directed the Kenyon men's team to 29 of its record 31 consecutive NCAA national championships, while at the same time, he's guided the Ladies to 21 of their 23 national titles. Steen has won more NCAA national championships (50) than any other coach in any NCAA sport.

Steen's contributions have been consistent and innovative, and the results have been quite simply unparalleled. He is a 14-time winner of the CSCAA Division III Coach of the Year award, a seven-time winner of the American Coaches Association Award for Excellence and the 1994 recipient of the National Collegiate and Scholastic Swimming Trophy.

Steen, who in his 37 years at Kenyon, coached well over 300 men and women All-America swimmers who have together earned nearly 2,700 All-America awards, since his arrival on campus in the 1975-1976 academic year.

At the conference level, Steen's impact was just as impressive. Since joining the North Coast Athletic Conference in 1984-85, both of Kenyon's swimming programs captured 23 of the 27 conference championships. His teams won more NCAA events and set more national records than any other school in history.

He is perhaps even more proud of the fact that his swimmers compiled a record number of academic postgraduate scholarship awards. Steen is energetic, dynamic, committed, and deeply interested in his athletes – interested in them as swimmers, scholars and simply as young men and women living full, rich, multifaceted lives.

A 1971 graduate of Kent State University, Steen was an All Mid-American Conference swimmer as a sprinter and backstroker. He moved on to earn his master's degree in education from Miami University before accepting his position at Kenyon. Steen is recognized as a national leader in swimming and has served on the NCAA Rules Committee and the CSCAA Executive Committee. He has conducted swim clinics throughout the United States. His articles, training program, and energetic style, to say nothing of Kenyon's unrivaled success, have gained him national and international acclaim. *continued on pg. 6 >>>*

THE RICHARD E. STEADMAN AWARD

The Richard E. Steadman award is conferred annually to a swimming or diving coach in high school, club, or university ranks who, in the opinion of the CSCAA, has done the most to spread happiness in Coach Steadman's beloved sport of swimming and diving. Our 2014-2015 recipient of the Richard E. Steadman Award is C. Rob Orr of Princeton University.

The third-winningest active coach in the Princeton athletic department, Rob Orr has won over 300 swim meets and 22 EISL/Ivy League Championships during an illustrious career that shows no signs of slowing down anytime soon. He will begin his 37th season this fall with the program on one of its most impressive stretches.

Over the course of his career Orr has coached 59 All-Americans, two NCAA Championship relays and several Olympians and NCAA champions, including 1992 Olympic gold medalist Nelson Diebel '96 and Doug Lennox, who competed in the 2008 Olympics. Orr has compiled a very impressive .872 career dual meet mark, including a 209-25 (.886) record in the Ivy League.

A 1972 graduate of Southern California, Orr has been the EISL/Ivy Coach of the Year seven times, most recently in 2015. In 1990 he received the Master Coach Award from the College Swimming Coaches Association for his contributions to collegiate swimming. Orr has a master's degree in physical education from USC and served as an assistant coach with the Trojan program for three years.

CHARLES McCaffree AWARD

The Charles McCaffree Award is presented annually to an individual linked to collegiate aquatic sport that has achieved outstanding success in life and has contributed greatly to society. . The 2014-15 Charles McCaffree award is presented to Dr. James DeBord.

Dr. James DeBord was born in Chicago and grew up in Peoria where he was an All-American swimmer for Richwood High School. He attended the University of Illinois at Champaign-Urbana. At Illinois he was a

three-time letter winner in swimming from 1967-69 and was the freshman swimmer of year. After receiving his undergraduate degree at Illinois he earned his medical degree from the University of Illinois College of Medicine at Chicago and completed a Surgical Internship and General Surgery Residency at the University of Illinois Hospitals in Chicago.

In 2004 The University of Illinois Varsity "I" Association bestowed their highest honor, The Award of the Year, upon Dr. DeBord. The award recognizes select individuals for their achievements and their contributions to Illinois athletics and post graduation achievement. Dr. DeBord and his wife, Margaret have been actively involved in the I FUND since 1979.

Dr. DeBord is board certified in General Surgery by the American Board of Surgery. He also has a Certificate of Special Qualifications in General Vascular Surgery from the American Board of Surgery. He holds memberships in various surgical and vascular societies and currently holds the office of President of the Midwest Surgical Association.

Dr. DeBord is Professor of Clinical Surgery, Vice-Chair of the Department of Surgery, and Director of the Vascular Conference. He was the recipient of the 2000-2001 UICOMP 'Outstanding Service Award' and the 1996 and 1999 resident-elected UICOMP Department of Surgery 'Faculty Teaching Award'.

He is on the active staff of all three Peoria hospitals and is on the consulting staff at four hospitals in surrounding areas. He is also a member of the Board of Directors at the University of Illinois Foundation, the OSF St. Francis Foundation and the Central Surgical Association Foundation. He is a founder and principal shareholder in First Capital Bank.

Dr. DeBord and his wife Margaret reside in Peoria and are the parents of two sons and two daughters, including University of Iowa Associate Head Coach Frannie Malone. ◀

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

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SWIMMING WORLD PRESENTS

PURSLEY'S PEP TALKS

COACHING LESSONS FROM DENNIS PURSLEY



Pursley Pep Talks are a collection of coaching perspectives written by Alabama head swimming coach Dennis Pursley. This is the 26th installment of a series that will be rolled out throughout the coming months.

Pursley Pep Talks: Unity and Focus

Times have changed in competitive swimming. Gone forever are the days when we could wait until a few weeks before the championship competition to focus on preparation for success.

It is now necessary to unite behind a strategy focused on success much farther in advance and to evaluate everything we do in and out of the pool in light of its impact on performance.

It is important to remind ourselves that our toughest opponents are doing the same. Their planning, training and even their personal lives are all focused on achieving the desired results in championship competition.

Even more important than the approach we take to preparation is the extent to which we unite behind and support that approach. No program will succeed at the championship level unless it is fully supported. This applies to support for aspects of the program that don't suit our personal preferences as well as for those that do. It is this unity and unconditional support that often distinguishes the successful teams from those that fail.

Those who believe that swimming is not a team sport and that the team concept is not appropriate are missing out on

one of the most powerful and rewarding aspects of participation. With strong team support, most of us can more effectively overcome the many obstacles, challenges and frustrations that stand between us and success.

Team goals combined with individual goals will provide twice the incentive and rewards of individual goals alone. Most of us can more easily perform up to the best of our ability in a positive and spirited team atmosphere. This is what can set us apart from our competitors.

In the competitive world of swimming today, we are faced with the challenge to respond with a higher level of unity, support and spirit than ever before. If we meet this challenge, we will be rewarded with championship success.

About Dennis Pursley

After getting his start as a volunteer coach on Don Gambrell's first Alabama staff, current Alabama head coach Dennis Pursley has gone on to one of the most extraordinary careers in the sport of swimming, a career that led him to be named one of the 25 most influential people in the history of USA Swimming in 2003.

Pursley has helmed coaching staffs throughout the world, including stops as the first head coach of the Australian Institute of Sport, the inaugural director of the United States National Team and most recently the head coach of Great Britain's 2012 Olympic squad. Pursley returned to the deck in 2003 as the head coach of the Brophy East Swim Team in Phoenix Ariz., before becoming the head coach of British Swimming in 2008. ◀

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8 THINGS YOU'LL LOVE AND HATE IF YOU QUIT SWIMMING

By Abby Boone, Swimming World College Intern

You can take the swimmer out of the pool, but you can't take the pool out of the swimmer... Or something like that.

1. THE SMELL OF CHLORINE. THE SMELL OF CHLORINE.

This one goes both ways. We all secretly love the refreshing smell of chlorine and the way it burns our skin, but not smelling like it and not sweating it from your pores every day is a pretty nice feeling too.

2. CLOTHES FIT ON YOUR SHOULDERS. CLOTHES MIGHT NOT FIT IN THE WAIST.

Your body shape is going to change if you quit swimming. In due time your shoulders will get smaller and many of your muscles will even out. But if you aren't careful, you might find that the fat you swore you lost in middle school is slowly coming back.

3. YOU NO LONGER WANT TO EAT ALL DAY. YOU NO LONGER HAVE AN EXCUSE TO EAT ALL DAY.

Surprisingly, your body can survive without a full meal every two hours. However, that also means that you don't need that slice of pie or bag of chips. Still, eat a cookie every once in a while in remembrance of the days you could come home from practice and eat a dozen cookies before you sat down to a Thanksgiving-sized dinner.

4. YOUR HAIR ISN'T WET ALL DAY. YOU NO LONGER HAVE A REASON TO WEAR A MESSY BUN.

Suddenly your hair is going to be a lot healthier. Unfortunately, that means people expect you to wear it in a style that isn't a knot on top of your head or a frosted shaggy mess men like to call the "chlorine-kissed" look.

5. YOUR COACH DOESN'T TELL YOU WHEN YOU CAN SHAVE. YOU HAVE TO TELL YOURSELF THAT YOU NEED TO SHAVE.

As every swimmer knows, there are certain expectations in the "real world." The swim world knows why men and women wait six months before they shave their legs, but everyone else seems to think women should shave a



little more often than that. Men, it's your choice when you do or don't shave your legs. Your beard is another story though. Consider trimming that every so often.

6. YOU HAVE FRIENDS WHO AREN'T YOUR TEAMMATES. YOU'LL MISS TALKING ABOUT NOTHING BUT SWIMMING WITH YOUR TEAMMATES.

Again with that "real world." Out there, they talk about things like politics, basketball and technology. Words like Lezak, Speedo, and hypoxic training are a foreign language to them.

7. YOU'LL NEVER HAVE TO PUT ON ANOTHER RACING SUIT. WHEN YOU PUT ON YOUR OLD PRACTICE SUIT IT WILL FEEL LIKE A RACING SUIT.

Don't swim for a month and you will be surprised at how tight that loose practice suit is. You won't be sure if you grew or if the suit shrank, but just to be safe...blame it on the suit.

8. YOU DON'T HAVE TO GO TO 6 A.M. PRACTICE. YOUR BODY STILL WAKES UP FOR 6 A.M. PRACTICE.

You will forever be a morning person. Even if you aren't a morning person, you will wake up like you are. "Sleeping in" consists of not waking up until 7:30. You will view that extra hour as a personal success.

However, since you're still waking up early and since you still have that practice suit, why stop swimming?

You don't have to be in the water every day and you don't have to train for any specific meet or for a race at all, but don't forget why you love the sport. Don't forget what it's like to tighten your arms in a streamline or to come to the wall out of breath.

Swimming isn't life, but it's a way of life. And if you're reading this, it's probably a part of who you are. Don't forget that, even if you vow never to wear another racing suit. ◀

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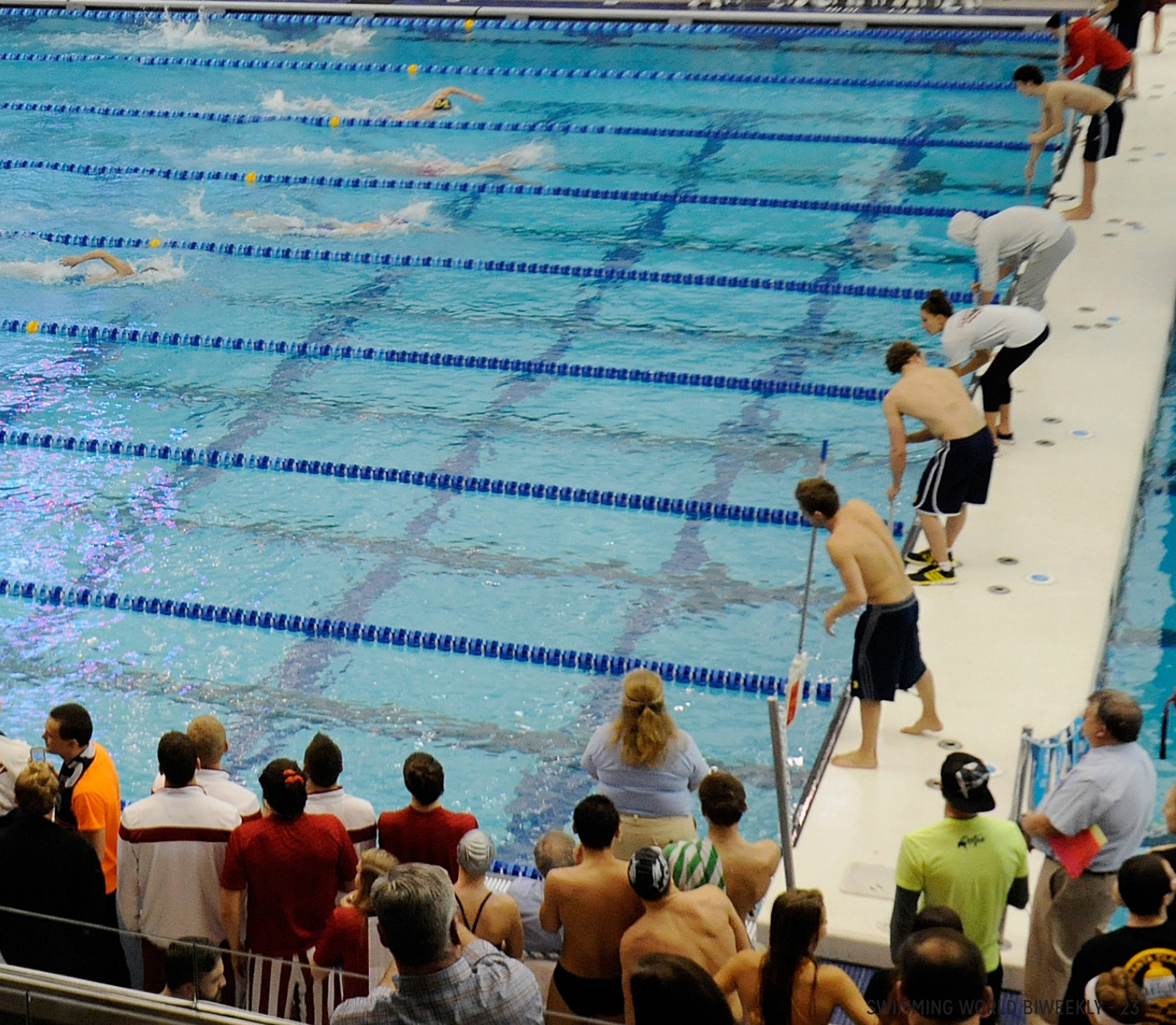
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NBC Sports logo and event information for the 2014 Winter National Championships.

USA Swimming logo.

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Scoreboard area with various advertisements and event information, including NBC Sports and USA Swimming logos.

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 and feet. The water is clear blue, and there are lane lines visible in the pool. The text "no strings attached." is written in yellow and black in the upper right corner.

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WOMEN'S NCAA CHAMPIONSHIP

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MEN'S NCAA CHAMPIONSHIP

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