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SWIMMING WORLD
BIWEEKLY

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THE FIVE BEST MEN'S NCAA SWIMS OF THIS DECADE

ARIZONA'S KEVIN CORDES

Cullen Jones
4-time Olympic medalist




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SEE OUR AQUATIC DIRECTORY ON PG. 29

ON THE COVER - KEVIN CORDES BY PETER H. BICK





5 THINGS TO KEEP IN MIND WHILE BEING RECRUITED

by Nikki Cannon , *Swimming World Intern*

July 1 is rapidly approaching us and we all know what that means....time for the college recruitment experience to kick off! The time leading up to when college coaches can officially contact you is a moment filled of joy and excitement, but one that can be plagued with anxiety and fear as well.

Here are five things to remember as you go through this nerve-wracking, but exciting time...

1. GET A HEAD START

This is an important tip, especially right now. Don't sit around idly waiting for your dream school to call you on July 1. Be proactive! There are so many things YOU can do to put your name out there to coaches and programs. Email potential coaches, and show genuine interest in the team. Look into junior days or see if it's possible to visit the school before an official visit.

Along with these ideas, social media allows us the ability to see what others are all about. So do a little sleuthing! Will team members be at any of the same meets as you this summer? Do they seem to be having a fun time while swimming fast?

2. USE YOUR RESOURCES

Your club coach most likely has coached many swimmers who went on to continue their career at the college level. Their opinions are important because they reflect real experiences! Who does your club coach know? Who do their colleagues know? What about older teammates from your team? Where did they go to school and what was their experience?



3. PUT YOUR BEST FOOT, AND YOUR TRUE FOOT, FORWARD.

It's important to know that throughout this process you are continuously being evaluated by potential schools. This means it's time to put your best you forward. Smile and be the best you, you can be! First impressions are so important, so making sure to do the little things, like saying thank you and being excited go a long way.

But in saying this, I do NOT mean to be fake! It's important to be your authentic self. If you are representing a fake or altered self you will not relate as well. The important thing to remember here is that you want to connect with a team and coaching staff, and the easiest way to do that is to be the best version of you!

4. KNOW YOUR CRITERIA

There are SO many choices in college swimming! Remember, if you want to swim in college there is a place for you- From Division I to NAIA , and everything in between, there is a gigantic amount of fantastic opportunities awaiting you. Want to be close to home or far away? On a big team with men and women or a smaller team? Where swimming is a huge focus or more for fun?

While having so many options is great, it can also be difficult when deciding where to find what is right for you. So decide upon your criteria. If swimming at the Division I level is your main concern, move from that point. If you want to stay in state, evaluate your options from that perspective. There are not “wrong” choices, just chose a school that meets YOUR guidelines!

5. RELAX...YOU WILL FIND THE RIGHT FIT!

I remember while being recruited, someone told me, “When you know....you know.” It felt like I was being given advice on marriage instead of a school. But the truth is, throughout the recruiting process, I knew when a school wasn't right for me.

However saying no to schools is often just as hard as saying yes. We are afraid to give up an opportunity. Know that the right fit is out there for you! Save yourself the worry and stress (as much as you can) and be excited about finding the school that is perfect for you! ◀

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AUSTRALIAN DISTANCE SWIMMING ACE KATIE GOLDMAN RETIRES

Commonwealth Games, World and Pan Pacific Championship representative Katie Goldman from the St Peters Western Podium Centre in Queensland has officially announced her retirement from the sport of swimming.

The dual Australian Champion in the 800m freestyle (2010 and 2011) represented Australia at the 2010 Commonwealth Games in Delhi, the 2011 World Championships in Shanghai as well as both the 2010 and 2014 World Short Course Championships in Dubai and Doha respectively.

Goldman, who also trained at Miami under Denis Cotterell, made her debut in Delhi at the Commonwealth Games where she only narrowly missed a place on the podium finishing fourth in the 800m freestyle final.

The 22-year-old, then went on to win silver in the 400m freestyle and the 4x200m freestyle relay as well as a bronze medal in the 800m freestyle at the 2010 Pan Pacific Championships in Irvine California and stamped herself as one to watch on the Australian Swim Team. Speaking about her decision to officially retire, Goldman said it did not come easily.

“This has been a tough decision for me to make. That

being said, I feel like it is time to say goodbye to a sport that has brought me so much. Nothing will diminish the amazing memories and experiences I have had with the Australian Swim Team and I will always cherish these.

To be able to represent my country at Commonwealth Games, Pan Pacs and World Championships alongside some of the most incredible people really has been a dream come true!” Goldman said.

Over the years I have had the absolute privilege of training alongside some of the most amazing people at St Peters and before that at Miami. I just wanted to thank you all for always being there for me, making me smile and helping push me to be my best.

I also cannot thank my amazing coach Michael Bohl enough. He has helped me in so many ways not only as a swimmer but as a person – I will always be truly grateful to him. I also have to thank Denis Cotterell, who made me believe I could one day represent my country and helped me accomplish so much! Finally I want to thank my family and friends for their continuous support; and most importantly my parents. The greatest gift they ever gave me was their unwavering belief in me and I am forever grateful for them,” Goldman said.

Her coach Michael Bohl echoed the positive sentiment.

“Katie has been a valued member of St Peters Western Swimming Club over the past 3 seasons,” Bohl said.

“She achieved great success over her career, with selection at Pan Pacs, Commonwealth Games, World Short Course Championships and World University Games.

Katie was a great team member and her vibrant personality and great work ethic will be sorely missed by not only her club mates but by her former Australian team mates as well.”

On behalf of Swimming Australia and the entire swimming community, we wish Katie all the best with her future endeavours. ◀

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



GARY HURRING LOOKING TO REBOOT NEW ZEALAND SWIMMING

by Dave Crampton

Swimming New Zealand's new national talent identification and development coach, Gary Hurring, now has a dual focus.

He is not only identifying youth talent, he will be the head coach of the New Zealand team at the world champs in Russia in August.

"I've just been asked to be the world champs coach – and only two swimmers are based in New Zealand," he says.

He aims to develop a team culture from afar in preparation for the champs.

He helped set up the Capital Swimming Club, where he was head coach for 22 years, and head coach of the Wellington Regional Performance Centre, in New Zealand's capital city. His position was restructured in December when the centre closed due to lack of money.

His development role – a newly-created position – focuses on working with regions, clubs and coaches on development pathways for talented youth.

He said as a young coach he was left to his own devices in developing young swimmers to the best of his ability.

"I often wished there was someone in a guiding role that I could ask for advice and provide processes and data to more accurately plot that development. I hope

I can play that sort of role to other coaches and young swimmers."

No-one will ever know if Hurring, a top backstroker, could've been an Olympic medallist in 1980 because of the Moscow boycott. He had already won Commonwealth Games gold medal and a world championship medal.

His parents, Lincoln and Jean, were both Olympic swimmers, with Jean winning an Olympic backstroke medal in 1952.

One aspect of Hurring's new role is encouragement and passing his knowledge to other coaches.

"I actually like giving back information – it's great that younger coaches come and ask me questions," he says.

He also enjoys working with younger teens, and recently took a New Zealand team to Australia where they performed well amongst swimmers of a higher level, setting national and regional age-grade records. Many have improved their times since.

"I find that younger swimmers are very moldable and very adaptable," he says. "There's not so much pressure."

His challenge now is to help produce a new batch of New Zealand swimming champions. ◀



[photo courtesy: Peter H. Bick]

5 BEST MEN'S NCAA SWIMS OF THE 2010s (SO FAR)

By Andy Ross, Swimming World College Intern

The decade is about half-over and it is time to do some reflecting. We are about five and a half years from the start of the 'jammer era' and swimming has progressed so much since then. We did not expect a lot of the fast swimming that has happened in the last half decade. Seemingly untouchable records from the rubber suit days have fallen.

The NCAA Championships are an incredible swim meet. It is the meet that made me fall in love with swimming when I was nine years old. I've been analyzing the meet for eleven years now and I have always wanted to compile a list like this.

So here it is...the top 5 men's NCAA swims from the first half of this decade.

5. DAVID NOLAN'S BREAKTHROUGH IN THE 200 IM

When Ryan Lochte went 1:40.55 in the 200 IM in the '06 NAAs, many wondered when someone would go under 1:40 in the event; a barrier that seemed unfathomable at the time. Lochte got as close as 1:40.08 in the 2007 USA Winter Nationals, but he would not be the first one to break the barrier. Bradley Ally of Florida eventually broke Lochte's NCAA record of 1:40.49 at the 2009 NAAs, but still nobody had broken the barrier.

When David Nolan of Stanford went 1:40.07 un-tapered at the Pac-12s in 2015, many thought this would be the year someone could finally go under 1:40, no matter how scary it sounded. It would not be an easy task for Nolan to do come NAAs.

Sophomore Will Licon from Texas was on fire and went 1:40.68 in prelims. Nolan had qualified second at 1:41.37 and Ryan Murphy of California was third. In the final, Nolan jumped on his strengths right away. He led at the halfway point at 45.99 with Murphy in second (46.73) and Licon in third (47.07). Licon used his strong breaststroke to pull close to Nolan at the 150, but could not catch him on the freestyle leg. Nolan pulled away and touched the wall first at a 1:39.38.



[photo courtesy: Peter H. Bick]

It almost seemed surreal to see someone break 1:40 in the 200 IM for the first time. But Nolan did it while Licon was second at 1:40.09. This was almost expected for Nolan as he came out of high school with a 1:41, but he finally broke through his senior year, breaking the stubborn barrier.

4. CHASE KALISZ'S UNBELIEVABLE 400 IM

At the 2009 NAAs, Tyler Clary did the unthinkable when he beat Michael Phelps' American record going 3:35.98. Over the years, it was unclear if that record would get touched again. Connor Dwyer from Florida was the closest person to the record at the 2011 SECs when he went 3:37. He fell ill with a stomach virus at the NAAs that year so he would not get a crack at Clary's record there.

The landscape changed when a young man from Baltimore won the 2013 NAAs as a freshman. Chase Kalisz, representing the University of Georgia, won the NCAA title as a freshman going 3:38.05. He won silver at the World Championships that summer and he had the momentum going into the college season in the fall. Swimming in his home pool at the 2014 SECs, Kalisz went 3:36.89, the fastest time anyone had gone since Clary's 3:35. Kalisz was unrested at SECs and ready to drop a huge swim at NAAs that year.

As the race unfolded, Dan Wallace, Dylan Bosch, and Kalisz were ahead after the fly leg. Kalisz started to extend the lead in the backstroke leg, which was a death sentence for the rest of the field. Kalisz had won the race a year prior based on his incredible breaststroke leg.

In 2013, he turned in seventh at the 200. In 2014, he turned first. Game over. Kalisz uncorked a 59.41 breaststroke split to propel himself into the lead. His freestyle leg was the fastest in the field and when he touched the time was 3:34.50. Not only was it the fastest time in history, but also was the fastest time by 1.5 seconds. The crowd could not believe it as Kalisz had vaulted himself to number 1 all time.

3. MARTIN GRODZKI AND CHAD LA TOURETTE'S EPIC 1650 DUEL

Chris Thompson set the NCAA and American record in the 1650 at the 2001 NAAs with a 14:26.62. Little did anyone know that that would be one of the long-standing records in short course yards.

There were many challengers over the years who tried, but failed in surpassing Thompson atop the all-time standings. One of the first to come close to the record was Larsen Jensen of USC who missed the record by .08 seconds at the 2007 NAAs. The next year, Sebastien Rouault of Georgia was only .24 back at the 2008 NAAs.

Ous Mellouli went 14:27.33 at the 2010 Minnesota Grand Prix. In an interview on the Morning Swim Show, Mellouli dubbed the record “cursed” in reference to all the swimmers that got close to the record, but could not surpass it. That all changed at the 2012 NAAs.

Going into the race, the favorite was Stanford senior Chad La Tourette who won the event in 2010. The field also included a rapidly improving sophomore from Michigan in Connor Jaeger, the defending champion in Texas Junior Michael McBroom, and Georgia junior Martin Grodzki. Grodzki had tied for second with La Tourette at the 2011 NAAs and Grodzki had already won the 500 at the meet.

Early on, Grodzki and La Tourette took the race out, distancing themselves from the field and putting them on track to break Thompson’s record. La Tourette started to take the lead around the 1000 mark and it looked like he would start to run away with it as Grodzki started to fall off. Grodzki put the pedal down and took the lead at the 1300 (It was around that time that announcer Sam Kendrick called it a ‘classic in the making.’).

Grodzki took a big lead towards the end of the race but La Tourette was still right there. As the two swimmers raced down the last 25, Grodzki touched in a new NCAA record of 14:24.08. Chad La Tourette was second in a new American record (Grodzki is German) at 14:24.35. The curse was broken.

2. KEVIN CORDES’ MIND-BOGGLING 200 BREASTSTROKE

At the 2012 USA Winter Nationals, Kevin Cordes recorded the fastest time in history in the 200 breaststroke at 1:50.73. Before that, the record was 1:51.40. A sub-1:50 200 breast was in the making that season, but nobody could have expected what Cordes was going to do at the 2013 NAAs.

On the first night of competition, Cordes unleashed a 49.56 100 breast split on the 400 medley relay en route to Arizona winning that relay. It was the fastest split in history and it was scary to think what Cordes could do from a flat start in the individual events.

During the prelims of the 200, Cordes had extremely easy speed and broke the American record with a 1:49.79 (I believe this was the spawning of the ‘Boom Shockalocka!’ from Sam Kendrick). Everyone in the venue was expecting him to be faster in finals.

In the final, Cordes still looked like he was cruising. His first 100 split of 52.19 would have put him sixth in the individual 100 and he wasn’t done. Did I mention he only took 16 strokes the first 100? He built on his lead and the entire venue was in shock. Cordes cruised down the last 25 and finished at 1:48.68.

He was the first swimmer to ever break 1:50 (and 1:51 for that matter) and he did it by almost two full seconds. I remember making eye contact with Kendrick after the race was over and we both just shook our heads, in shock of what just happened. He took the race to a whole new level, including going .02 faster in 2014.

But this swim ranks in our top 5 because of the revolution that Cordes had started to this event. Nobody thought it was conceivable at the time to swim under 1:50 and he made it look easy. Lost in the race was Carl Mickelson, Cordes’ teammate, getting second at 1:51.90 out-touching Trevor Hoyt of California at 1:52.19.

1. VLAD MOROZOV’S 17

In 2005, Fred Bousquet of Auburn became the first man to ever go under 19 seconds in a 50 free in short course yards. After that swim, many swim fans were left wondering, “Will anyone every break 18 seconds?” Well, the



[photo courtesy: Peter H. Bick]

question was answered in 2013.

Throughout the 2012-2013 season, Vlad Morozov had a slew of swift 50 free splits. He had gone sub-19 on a relay in-season. That is a feat in itself and there was talk all season whether or not he could do the unthinkable and go sub-18.

In the prelims of the 200 free relay at the 2013 NAAs, I remember watching the swimmers and soon as Kendrick had announced that Vlad Morozov was in the water, almost everyone stopped to watch if he could do it. He managed an 18.22 in the prelims going third for USC. The final would be a different story.

Auburn had managed to take the lead at the halfway point when Morozov dove in for the third leg. He was swimming faster than anyone had ever gone and touched the wall, and there was a little bit of a delay before the digits '17.86' flashed on the board. The fastest split in history had been swum before my very eyes. I remember screaming and the entire anchor leg felt like it didn't even matter anymore because of what had just happened.

The crowd erupted after Morozov touched the wall and Twitter blew up. The swimming community was in disbelief, and that is why this is the #1 swim from the last 5 years, and it would certainly make a case for the #1 swim all-time, but that is a story for another day.

Oh and by the way, Auburn won the relay at 1:15.48. USC was second at 1:16.22 and Michigan was third at 1:16.49.

HONORABLE MENTION GOES TO:

Ryan Murphy's 1:36- How many people can go that freestyle?

The Ohio State sickness- An illness picked up from an airplane causes the meet to be delayed 24 hours.

Mark Dylla's redemption- A year after touching first but getting disqualified, Dylla finally wins the 200 fly title he had taken away a year prior.

Brett Fraser and Dax Hill's color-barrier breaking swim- The first time two black men clinch first and second in an American-based event. ◀



BOB BOWMAN'S ARIZONA STATE STAFF STARTS TO TAKE SHAPE *by Jeff Commings*

Bob Bowman now has someone to oversee the day-to-day operations of the new regime of Arizona State University swimming, hiring Tim Hochradel as the program's director of operations.

When Hochradel officially begins work in July, the University of Michigan graduate will handle much of the administrative duties for the team, including arranging travel and acting as a liaison with the ASU athletic department. He'll also run the new summer swim camps and work with the elite postgrad team that so far includes Michael Phelps and Allison Schmitt. Much of his work will be familiar, as he served as program director at Michigan for six years. His work stood out so much that he was nominated as Michigan Swimming's Sportsman of the Year in 2013, the year the Michigan men's team would win the NCAA championship title.

"I first want to express my gratitude to Coach Mike Bottom and the rest of the team and coaching staff at Michigan," Hochradel said. "Their support, guidance, and mentorship has been a crucial part of my personal and professional development, and I will always be a proud (alumnus) of the University of Michigan and the swimming and diving program."

Hochradel will be leaving his native Michigan, where he graduated from Milan High School as an All-State freestyler and runner on the school's cross country and

track and field teams. Though he never swam on the Michigan team, he was an integral part of the program immediately as team manager, capturing race footage and handling the minutiae of the program's operations.

Hochradel arrived in Ann Arbor a year after Bowman left the program at Michigan to return to Baltimore, so this will mark their first working experience together.

"I'm excited and honored by the opportunity to work with Bob Bowman and the rest of the world class staff he is assembling in Tempe," Hochradel said. "The opportunity to work with these individuals and the team at ASU presents a new challenge which we are all very excited to take on. It is a great opportunity to reinvent this program to better serve the student-athletes with the ultimate goal of their development into well-rounded and world-ready adults. The support from the ASU administration for this mission is truly inspiring, as well as the support from the proud alumni base and the community."

Bowman also made a big addition to his coaching roster for the Arizona State University swimming teams, and he didn't have to look far beyond the ASU campus. Olympic champion Misty Hyman will join his already impressive list as assistant coach, marking her debut in college coaching.

"I tried to look for assistant coaches who each could bring something very unique to the program," Bowman said. "When I started my search, I didn't know that we could get a candidate that is this exceptional."

Hyman won the 200 butterfly at the 2000 Olympics in dramatic fashion, upsetting prohibitive favorite Susie O'Neill in the process and breaking Mary T. Meagher's legendary American record in the process. She was a multiple NCAA champion for Stanford University and set two revered national high school records in the 100 butterfly and 100 backstroke.

Hyman's been spending the past few years as a motivational speaker, appearing at swim clinics and teaching swimming lessons in the Phoenix area. She was also instrumental in creating the St. Croix Coral Reef open water swim 20 years ago. ◀



[photo courtesy: Paul Cunningham-USA TODAY Sports]

JESSICA LONG, PARALYMPIC GOLD MEDALIST, TRANSFERS FROM NBAC TO LOYOLA

by Jason Marsteller

Jessica Long, a 12-time Paralympic gold medalist, is now training at Loyola University in Baltimore, Md.

Long, who had been part of the North Baltimore Aquatic Club's high performance group under head coach Bob Bowman, has decided to stay close to her family instead of making the move to Arizona State with Bowman as he takes over as the Sun Devils' head coach.

"I'm happy for Bob," Long told *Swimming World*. "It is a phenomenal opportunity, and is going to be a great job for him, but a move to Tempe wasn't in the cards for me. I had trained away from my family while swimming at the Olympic Training Center in Colorado, and wanted to be home heading into Rio."

For the past three weeks, Long has trained with a handful of other Paralympians as part of Brian Loeffler's team at Loyola University. This group includes Naval hero Brad Snyder and Long's Paralympic roommate Cortney Jordan.

"I've known Brian for about 6-8 years, and he's heavily involved in Paralympics," Long said. "He has been phenomenal to work with so far. I have the World Championships coming up in July, and it's been great to have Brian immediately jump in as my coach. He's done a lot of video work with me and is starting to push me in the IM again. He has such high goals and big dreams for

me. It's only been three weeks, but I already feel like a better swimmer."

Long is definitely focusing on the positives of the move, although she does look back on the NBAC changeover with a bit of melancholy. Long grew up in Baltimore, and swimming with NBAC had always been a dream of hers.

"I feel like I left on a really good note with Bob, but the hardest thing for me was leaving that team," Long said. "I had wanted to swim with NBAC all my life, and it was an honor when Bob welcomed me there and allowed me to fulfill that dream. I was able to swim at the highest level the sport can offer by swimming alongside great people like Michael Phelps, Allison Schmitt and Lotte Friis. I was able to prove to myself I am a good athlete, and I could keep up with these guys."

Long will be looking to add to an illustrious career already spanning three Paralympics as she focuses on the 2016 Rio Games. In 2012, she won five gold medals, two silvers and a bronze.

Long is the latest of the NBAC dominos to fall in Bowman's transition from Maryland to Arizona. Phelps, Schmitt and Chase Kalisz are confirmed to be headed to Tempe, while Becca Mann and Lotte Friis have yet to go public with their decisions. ◀



[photo courtesy: Delly Carr]

COURT FINDS NAOYA TOMITA GUILTY OF CAMERA THEFT

by Jeff Commings

Naoya Tomita has been found guilty of stealing a professional photographer's camera at last fall's Asian Games, but will avoid jail time by paying a fine.

Tomita, who had been one of Japan's top breaststrokers with wins at the 2010 Asian Games and short course world championships, will have to pay 1 million won – about US\$890 – for the crime, and said he plans to appeal the decision.

“The surveillance camera footage is unclear and I can't accept this ruling,” he told reporters after the ruling.

Tomita is currently serving a 17-month competition suspension by the Japanese swimming federation for the crime, even though Tomita had backed away from his initial admission of guilt shortly after the incident. The suspension takes Tomita all the way to the Japanese Olympic Trials in April 2016.

According to an article in the Japan Times, the presiding judge found Tomita's claim of innocence “difficult to believe.”

Tomita's fine might be difficult to pay, as he has lost his major sponsorship with apparel company Descente. ◀

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[Photo Courtesy: CrossFit Fever]

SWIMMING AND CROSSFIT: AN ENDURING CONTROVERSY

By Seren Jones, *Swimming World Intern*

It is a universal tradition that as swimmers, we train aerobically to build the endurance needed to perform at an optimal level. According to Dr. Melanie Lang from Edge Hill University, UK, by the age of 14 we swim at least 64k/40 miles a week, which is the equivalent of running 257k/160 miles.

How much yardage must we complete until our bodies become immune to it, until it is no longer beneficial, and we no longer see improvements in results? When is it that we cross the fine line that floats between yardage and the excessive amount of training known as “garbage yardage”? Is it high time that we perhaps steered away from the aerobic foundation of training and toward a more anaerobic base?

Of course, anaerobic training methods have existed and have increasingly developed in swimming over the past decades. Sprint swimming has taken on its own method of training: less yardage, greater intensity, more interval training, more recovery, and so on. Even dry-land training has earned itself a significant role in

the sport, by proving that there is more than one way to improve in swimming, not just excessive laps. Many teams today complete at least three dry-land sessions a week on top of their highly demanding pool time.

But can we do more with our dry-land programs? Can we push its concept even further? Is there a certain type of dry-land training that specifically focuses on the sport’s key fitness components of strength, power, and endurance, which could potentially benefit the performance of swimmers?

WHAT ABOUT CROSSFIT?

By now, CrossFit is known as one of the most controversial activities in the sporting industry. CrossFit is a form of exercise that focuses on all fitness components, primarily muscle strength, cardiorespiratory endurance, and power. Although it advocates functional movements and Olympic weightlifting, it is also considered contentious for its reputation of triggering injuries such as shoulder impingement, lower back problems, and knee fragilities.

But before you totally dismiss the idea, know that these injuries are not solely caused by CrossFit. As athletes ourselves, we are aware that injuries occur due to a combination of over-training and poor technique. Thus, the only way you can get yourself really injured, is by rushing through the movements incorrectly with excess weight. It's like with any other sport, you have to train smart.

When CrossFit is practiced with sound technique, it appears that it actually may complement and correlate with swimming.

PARALLELS

Like swimming, CrossFit is a total body exercise where your entire body is working simultaneously and repeatedly for no longer than 20 minutes. This means that instead of working one set of muscle groups at a time, we are working multiple, which is where the parallel between the two sports emerges. Why focus on only strengthening our arms when we can strengthen our arms and legs while engaging our core? Isn't that what we do when we're racing?

The intention of CrossFit is to exercise our bodies to such a high intensity and attempt to maintain that intensity for as long as possible. This means working until we physically (and mentally) reach the brink of exhaustion. And even then, we keep going. Isn't this an experience swimmers are familiar with? The feeling of oxygen debt, lactic acid, and muscle fatigue? Doesn't this parallel the last 50 meters/yards or 25 meters/yards of a race?

EXERCISES

According to Hannah Caldas, a former athlete on the Portuguese National swim team, many Crossfit movements correlate with those of swimming, and can lead to dramatic improvements in the water. Three of which are listed below.

The Thruster is an alternation of a front squat and a push press. Caldas believes that the movement translates its explosiveness into the explosion used to dive from the blocks and push off the wall, as well as providing leg power.

The Kipping Pull Up resembles the butterfly stroke. As

well as upper body strength, it requires rhythmic coordination and engaged core stability, including mid-line and lower back. When the movement is performed correctly and efficiently not only does it provide intense core control, which is an overlooked aspect? in swimming, but it also emphasizes the downward and upward butterfly kick.

The Hang Power Clean is a movement that Caldas states uses multiple muscle groups to work simultaneously. The movement moves the barbell from the hang position to the shoulder level (as though about to front squat) in one swift explosive movement. Even Dan McCarthy, the USA National Swim Team Consultant claims that it may be "the missing piece to many swimmers' strength and conditioning program."

"Swimming is the definition of a total body exercise," McCarthy said. "Numerous muscles and muscle groups working synergistically to move an athlete through the water. Mimicking a complete swim stroke in the weight room has yet to be accomplished, but forcing the body to execute a movement which requires multiple muscle groups to work together dynamically is as easy as picking up a barbell and performing the Hang Power Clean."

Sean Allen, coach at Dragon CrossFit Cardiff, also agrees that there is an overlap between the sports.

"As a CrossFit coach, we actively encourage our athletes to vary their training protocols and the demands they place on their body. Swimming, a multi-joint discipline that places high demand on both the aerobic and anaerobic energy systems, is a good fit for CrossFitters as many of the physical attributes required in the water are also applicable to CrossFit, such as coordination, speed, endurance, strength, and so on. Likewise, swimmers would benefit from incorporating low-impact CrossFit workouts into their programming too."

Perhaps the addition of CrossFit type movements to swimmers' dry-land programs is worth considering for a number of reasons. Firstly, to increase muscle strength endurance. Secondly, to increase the social cohesion of the group. And finally, to fight the villain of a potentially monotonous routine. ◀



MECKLENBURG COUNTY AQUATIC CENTER CLOSING FOR RENOVATION

The Mecklenburg County Aquatic Center will be closing its doors for effectively for an entire year. According to an article from WCNC in Charlotte, the pool will be closed until June 1, 2016 while it undergoes an \$8.6 million renovation.

The facility was constructed in 1991, and has not undergone any major renovations since that time. James Alsop, the Division Director of Enterprise Services, cited the large amount of superior facilities that have opened since Mecklenburg as a reason for the renovations: “Larger and better pools are coming online all the time, so it was time.”

One major question still in the air is the fate of the Pro Swim series meet scheduled in Charlotte prior to the June 1 deadline. While Alsop admits there will never be a perfect time to close the facility, David Marsh, the Head Coach at SwimMac, hopes that the renovations can be done early so the meet can stay in Charlotte.

Marsh says “USA Swimming will want assurance” that the renovations will be completed in time, but seemed confident that it would be able to be done: “Hopefully we can get that renovation done in time, and I’m sure with a deadline Charlotte will rally.”

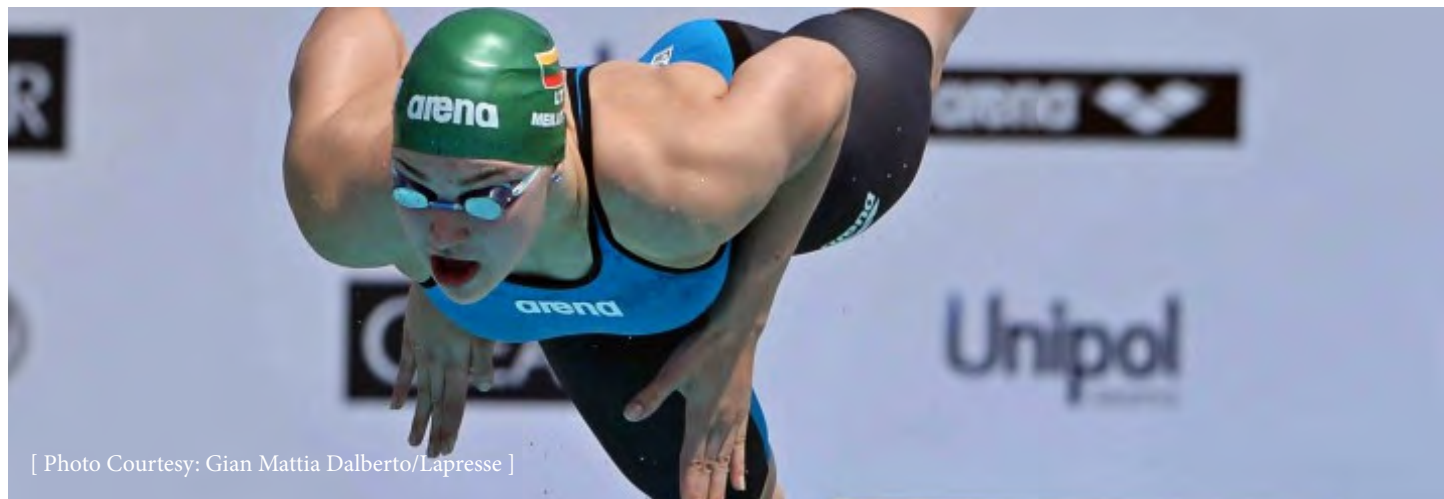
As one of the major stops on the Arena Pro Swim Series, these renovations will be a project to watch next spring as many national-level athletes (including those at SwimMac) will be using the series as a tune-up for the 2016 Olympic Trials. ~ *James Sica*

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[Photo Courtesy: Gian Mattia Dalberto/Lapresse]

RUTA MEILUTYTE UNCORKS WORLD BEST BREASTSTROKES IN CANET

By Jason Marsteller

During the first day of competition at the Mare Nostrum meet in Canet, Lithuania's Ruta Meilutyte cranked out a world best in the women's 100-meter breast.

Meilutyte took down Yuliya Efimova for the top time in the world in the women's 100-meter breast. Meilutyte blasted a 1:05.46. That swim cleared Efimova 1:05.89 from the Mission Viejo Invitational, and is just a second off Meilutyte's world record of 1:04.35.

Denmark's Rikke Moller Pedersen snared silver in 1:07.01 to move to seventh in the world rankings, while Spain's Jessica Vall Montero placed third in 1:07.69. USA's Micah Lawrence also cleared 1:08 with a fourth-place 1:07.86.

Meilutyte thrn kicked off the second night of the meet with a world best in the women's 50-meter breast.

Meilutyte unleashed a sizzling time of 29.88 for the win, barreling past Yuliya Efimova's 30.39 from Russian Nationals as the top time in the world this year.

That swim finished only half-a-second off Meilutyte's world record of 29.48 from the 2013 World Championships, and is just a day after Meilutyte blasted a 1:05.46 world best in the 100-meter breast in Canet.

The Netherlands' Moniek Nijhuis finished second in the 50 with a time of 30.77 to move up to seventh in the world, while Australia's Sally Hunter posted a 31.36 for third tonight.

Great Britain's Adam Peaty just missed his world best in the men's 50-meter breast with a scorching time of 26.89 for the win. Peaty previously clocked a 26.88 during the British University Championships, which is not far off his world record of 26.62 from last summer.

South Africa's Cameron van der Burgh placed second in the sprint breast tonight with a time of 27.35, while Japan's Yasuhiro Koseki wound up third in 27.56. ◀



JOSEPH SCHOOLING CRACKS 33 YEAR OLD SINGAPORE RECORD

By Jason Marsteller

Singapore's Joseph Schooling continued his run of success at the 2015 Southeast Asian Games by dropping an historic 33-year-old national record in the men's 50-meter free.

Schooling blazed his way to a top time of 22.47 in the sprint free, lowering the Singapore mark of 22.69 set by Ang Peng Siong back in 1982. The time also downed the Games record of 22.62 set by Daniel Coakley in 2009.

Thailand's Napat Wesshasartar took second in 23.08 with Indonesia's Triady Fauzi Sidiq earning third in 23.11.

Schooling doubled up with a blistering time of 1:55.73 in the men's 200-meter fly. That swim vaulted him to seventh in the world rankings, and downed his national record of 1:56.27 set at the 2013 World Championships. It also wiped out his Games record of 1:56.67 from 2011.

Teammate Zheng Wen Quah placed second in 1:56.79, while Philippines' Jessie Khing Lacuna took third in 2:00.89.

Quah had a strong swim in the men's 200-meter back with a 2:00.55 for the win. That time undercut the Games mark of 2:00.96 set by Raymond Papa way back in 1997. It also lowered Quah's Singapore record of 2:01.18 from the 2012 Singapore Age Group Championships.

Vietnam's Duy Khoi Tran placed second in 2:02.44 with Indonesia's Ricky Anggawidjaja earning third in 2:03.03.

Schooling and Quah now own 11 of the 17 available long course Singapore national records.

Schooling is the fastest Singapore swimmer ever in the 50 free, 100 free, 200 free, 50 fly, 100 fly, 200 fly and 200 IM. Quah, meanwhile, owns the records in the 50 back, 100 back, 200 back and 400 IM.

Singapore's Ting Wen Quah topped the women's 100-meter free finale in 55.93, clearing her own Games mark of 56.03 from 2009. Vietnam's Vien Nguyen, who is slated to swim in every event, took silver in 56.05. Philippines' Jasmine Alkhaldi placed third in 56.10.

Malaysia's Jinq En Phee won the women's 100-meter breast in 1:10.47. Singapore's Ru'en Roanne Ho finished second in 1:11.78, while teammate Samantha Louisa Ginn Yeo took third in 1:11.87.

Singapore's Tao Li put up a 28.90 to win the women's 50-meter back. That swim undercut her Games record of 29.14 from prelims. That swim downed the 2011 record of 29.37 set by teammate Shana Lim. Lim placed second in finals in 29.36 with Vietnam's Nguyen earning another medal with a bronze-winning 29.40.

Singapore's Christie Chue (2:04.63), Xiang Qi Lim (2:04.40), Rachel Tseng (2:04.02) and Quah (1:59.90) won the women's 800-meter free relay with a time of 8:12.95. ◀



JACK BAUERLE SPEAKS OUT REGARDING SUSPENSION AND RETURN TO COACHING

By James Sica

University of Georgia Head Coach Jack Bauerle spoke out earlier this week regarding the NCAA investigation and following suspension that kept him off of the pool deck for much of 2014.

In a piece released through the Associated Press (which you can [read here](#) courtesy of The News Tribune), Bauerle commented on his life during the suspension, how the time away from the pool deck affected him, and how he now views the circumstances surrounding the investigation.

Many know Bauerle as the longtime coach of the Georgia Bulldogs, leading the women's team since 1979 and the men since 1983. During that time, he has led the Lady Bulldogs to six NCAA team championships, including back-to-back wins in 2013 and 2014. Bauerle has also been a prominent figure on the national stage, serving as the Head Coach for the U.S. Women's Olympic team at the 2008 Olympic Games.

However, that impeccable resume came under threat when in early 2014 the university began investigating a situation involving star student-athlete Chase Kalisz. The investigation centered around whether Bauerle made special arrangements for Kalisz to get into a class that would ensure his eligibility, a violation of NCAA rules.

In the piece, Bauerle spoke of the anxiety he felt being away from the pool deck: "This sport envelopes you," he says in the piece. "You live and breathe what the kids do. Yeah, you're coaching them, but they also become really important to you day to day."

For the better part of 2014 Bauerle was kept off of the pool deck, and only this December did the NCAA rule that the coach "did not promote an atmosphere for compliance," while issuing a public reprimand as well as restrictions on recruiting. Finally, given the ruling of the NCAA, Bauerle was allowed to resume his coaching role.

The investigation came as a surprise to many, as Bauerle has been known as a coach whose high standards extend to his athlete's performance in the classroom. "It was pretty upsetting," Bauerle said with regards to the investigation. "It got pretty offensive in some ways, being questioned about things when people know what I've stood for my entire life."

Looking back on the situation, the coach noted that time has given him some perspective on the incident: "If I could go back in time," Bauerle said, "...maybe I would have encouraged him to do it on his own...The biggest thing you have to realize, at no time was I trying to get something without doing the work. We were going to hold our student's feet to the fire." ◀



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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 27th installment of a series that will be rolled out throughout the coming months.

Pursley Pep Talks: We Can All Contribute

Not all of us have the talent to win medals at the highest levels of competition, but we can all contribute to the success of the team.

The age group coach who is finding the time and patience to teach our future Olympians to swim, the parents who are driving them to morning workouts, the teammates who are challenging them in training, the officials who are spending their weekends running swimming meets, the admin staff who are handling all of the logistics, the sport science staff who are supporting the national team and the coaches who sacrifice weekends, holidays and any semblance of a “normal” life are all making invaluable contributions to the success of the national team.

Without the top-to-bottom team effort, there wouldn't be any national team program nor any medals for USA Swimming. As important as they are, however, isolated individual efforts in and of themselves will not result in the level of success that we aspire to achieve.

It is equally important that we work together in a unified team effort. We will all have different opinions as to how to go about achieving any given objective, and we will all be presented with countless opportunities to support or resist the team approach.

When we are willing to make personal sacrifices for the sake of the team effort, we become a formidable team. It is this kind of environment that produces gold medals and personal best performances.

Each time we make the positive choice to support the team effort, we are contributing to the success of the program and everyone in it. When this happens—and our objectives are accomplished—everyone involved can take special pride in their personal contributions.

About Dennis Pursley

After getting his start as a volunteer coach on Don Gambrill'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.

Pursley and his wife Mary Jo have five children, Lisa, Brian, David, Steven and J.J. Lisa has joined him on the Alabama staff. ◀

[Photo Courtesy: Andy Meng]



DUNCAN SHERRARD JOINS UNC COACHING STAFF

Duncan Sherrard, former head swimming coach at Florida Southern College and an All-America swimmer at the University of Florida, has joined head coach Rich DeSelm's staff as an assistant coach at the University of North Carolina.

"I am excited to join Coach DeSelm's staff and the UNC community. UNC has a great tradition in the sport of swimming," says Sherrard. "I'm looking forward to working with the student-athletes and continuing to build upon the excellence that is already here. My wife Diane, my kids and myself are excited to be a part of the Tar Heel family."

Sherrard, who earned a Bachelor of Arts degree in history from Florida in 2002 and a M.Ed. in educational leadership and higher education administration from Florida Atlantic in 2009, has been the head coach at Florida Southern in Lakeland since 2009.

"Our team members and coaches are extremely excited to have Duncan join our staff at UNC. I have known Duncan and his wife, Diane, since they were swimmers at Florida when I joined the coaching staff there in 2000. Duncan was a hard worker and tough racer as a swimmer and he has transferred those personal qualities into his coaching," says Coach DeSelm. "As a coach, Duncan has proven that he can lead, motivate and coach swimmers to improvements, championships and great careers. His head coaching experience will enhance our efforts in administration, recruiting, coaching and nurturing our team members here in Chapel Hill."

Sherrard comes to Chapel Hill after a distinguished tenure at Florida Southern where he was named the Sunshine State Conference Men's Coach of the Year three times. He led the Moccasins to Sunshine State Conference titles each of his last three years there (2013-15).

In both 2013 and 2014, Florida Southern finished as the NCAA Division II runner-up after grabbing third place in 2012. His women's team also excelled as they finished in the Top 10 of the NCAA Division II Championships four years in a row from 2011-14 while the men were in the Top 10 five successive seasons (2011-15).

Thirty-three different Moccasin swimmers accounted for 278 All-America honors during his tenure, including nine NCAA champions (eight individual swimmers and four national champion relay teams).

The team broke NCAA Division II records in two individual events and three relays. Sherrard also coached student-athletes to the 2012 Olympic Games and to the 2011 and 2013 FINA World Championships.

Sherrard's tutelage at Indian River State was also key to the teams' success there as they won the 2007 and 2008 women's and men's National Junior College Athletic Association crowns. Over two years, the school produced 76 national championship swimmer and established 29 national records.

Sherrard also served as head coach for Buchholz High School in Gainesville from 2004-06 and was an age group swim coach with Gator Swim Club from 2002-05.

He was a decorated collegiate swimmer at Florida where he swam from 1998-2002. He was a 14-time NCAA All-America his final three years and was named Southeastern Conference first-team selection each of those seasons. He captained the Gators as a senior in 2001-02.

Sherrard is married to Diane Tennison Sherrard, a NCAA All-America swimmer at the University of Florida. The Sherrards have two children, Reagan Sherrard, eight, and Nathan Sherrard, six. ◀

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



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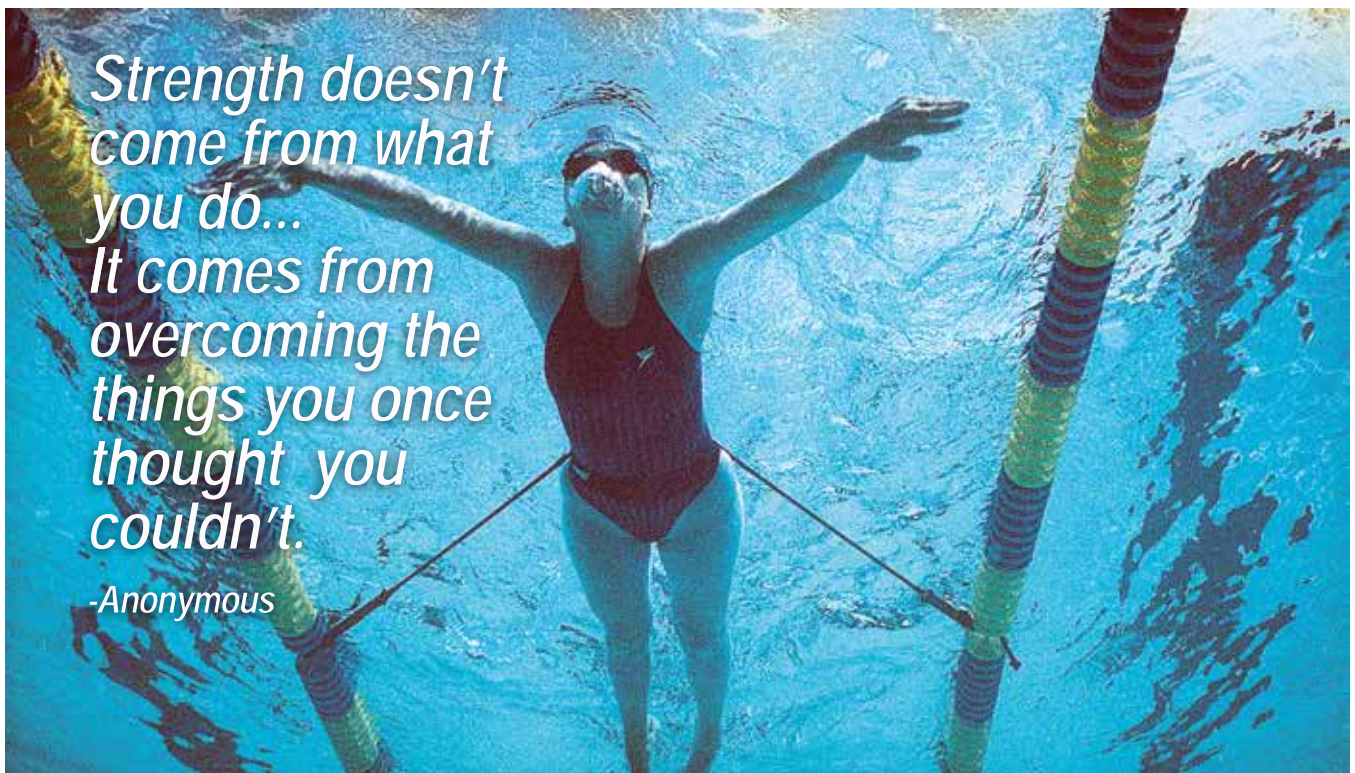
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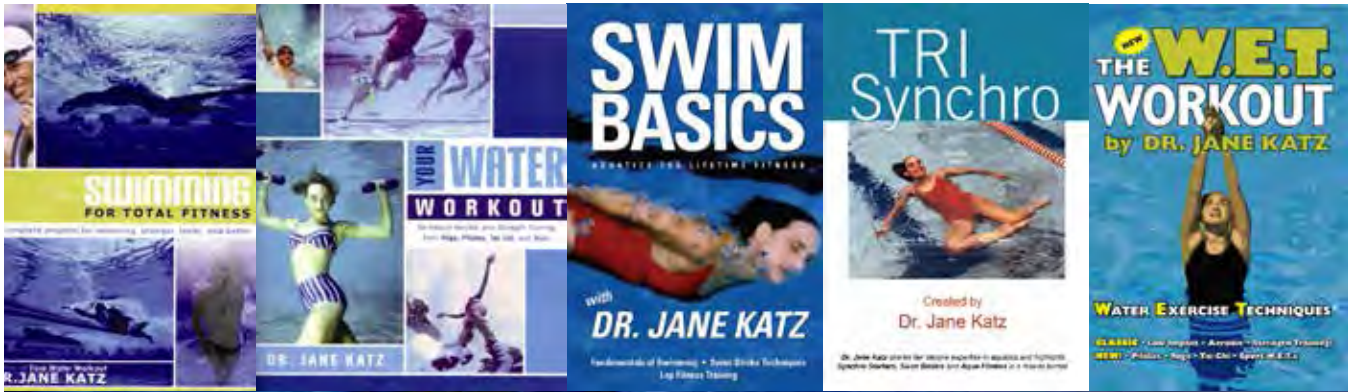
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