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018 3 SWIMMERS WHO STOOD OUT IN THE POOL IN SANTA CLARA

By Jeff Commings

The Arena Pro Swim Series in Santa Clara was one of the last opportunities to see so many of the world's best in one place before this summer's big competitions.

020 KATINKA HOSSZU, CONOR DWYER CLINCH ARENA PRO SWIM SERIES MONEY WINS

by Jason Marsteller

Conor Dwyer and Katinka Hosszu won the overall Arena Pro Swim Series points battles, securing \$10,000 each for their consistent efforts this season.

021 PERDEW NAMED HEAD COACH OF UC SAN DIEGO SWIMMING & DIVING

Daniel Perdeu has been named the head coach of the UC San Diego men's swimming and diving program. Perdeu, a UCSD alum and arguably the greatest sprinter in Triton history, spent the 2014-15 season as interim head coach.

022 3 REASONS WHY 100 IM SHOULD NOT BE SWUM AT NCAA CHAMPIONSHIPS

Commentary by Jeff Commings

I love the 100 IM. It's the primary reason why I signed up for Masters swimming 16 years ago. It's the perfect marriage of all-out sprinting ability and stroke versatility. It's also wrong for NCAA championships.

024 SCHUYLER BAILAR TO BE FIRST OPENLY TRANSGENDER DI NCAA SWIMMER

By Emma Merrill

Schuyler Bailar is an extremely talented rising freshman on the Harvard men's team. He is also transgender.

026 5 REASONS TO CONSIDER MASTERS SWIMMING

By Seren Jones

Masters swimming can be enjoyed for the rest of your life. Seren Jones lays out 5 reasons why you should consider it.

028 PREVENTING SWIMMER SHOULDER INJURIES

By G. John Mullen

Rotator cuff strengthening is an important aspect of shoulder injury prevention. I've written about activating the posterior rotator cuff muscles, while not overemphasizing strengthening the rotator cuff muscles.

030 PURSLEY'S PEP TALKS

By 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.

ON THE COVER - MICHAEL PHELPS BY ROBERT STANTON/USA TODAY SPORTS IMAGES



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ARENA PRO SWIM SERIES

SANTA CLARA RECAP *by Jason Marsteller*





[Photo Courtesy: Robert Stanton/USA Today Sports Images]

DAY ONE FINALS

WOMEN'S 1500 FREE

New Zealand's Lauren Boyle threw down a sizzler in the women's mile as she moved into third in the world rankings.

Boyle clocked a time of 16:03.73 to win by a wide margin, and move behind only Katie Ledecky (15:42.23) and Lotte Friis (16:00.32) this year.

Boyle had been fourth in the world with a season best time of 16:06.72 from the Australian Championships, but vaulted ahead of Mann's time with the swim.

Club Wolverine's Gillian Ryan placed second in the first heat with a 16:33.74, while NCAC's Madison Homovich posted a 16:37.16.

Danielle Valley (16:42.81), Brooke Zeiger (16:44.31), Olivia Anderson (16:49.11), Natalia Jaspeado Becerra (16:51.97) and Lindsey Clary (16:52.04) rounded out the top 8.

MEN'S 800 FREE

The Woodlands' Michael McBroom held off Club Wolverine's Connor Jaeger for the men's distance freestyle victory of the night.

McBroom clocked a time of 7:54.21 for the win, finishing a bit outside the top 10 in the world currently anchored by Wojciech Wojdak's 7:53.23 from Poland. Jaeger, meanwhile, snared second with a 7:54.47.

Trojan's Ous Mellouli also cleared 8:00 with a third-place time of 7:56.00.

Lucas Kanieski (8:02.01), Miguel Valente (8:30.69), Zane Grothe (8:04.61), Marcelo Acosta (8:04.97) and Matias Koski (8:05.99) closed out the top eight. ◀



[Photo Courtesy: David Farr]

DAY TWO FINALS

WOMEN'S 200 FREE

The Netherlands' Femke Heemskerk asserted herself as the top-ranked 200 freestyler in the world with a victory in the event at the Arena Pro Swim Series Santa Clara.

Heemskerk raced her way to a winning time of 1:55.68. That swim is a bit off her top-ranked 1:54.68 from the Eindhoven Swim Cup, and is the third-fastest time this year behind a 1:54.77 from Sarah Sjöström.

Hungary's Katinka Hosszu, who set a U.S. Open mark in the 400 IM this morning, claimed silver with a time of 1:56.88. That's a bit off her fourth-ranked season best of 1:55.89 from the Charlotte stop of the Arena Pro Swim Series.

Colorado Stars' Missy Franklin, swimming in her first meet as a professional, took third in 1:57.02 to move to 12th in the world. NBAC's Allison Schmitt snared fourth in 1:57.29.

California's Elizabeth Pelton (1:58.30), Hong Kong's Camille Cheng (1:59.60), Ozaukee's Katie Drabot (1:59.66), Stanford's Simone Manuel (1:59.82) and West Vancouver's Emily Overholt (2:01.10) also battled in the A final.

MEN'S 200 FREE

Club Wolverine's Connor Jaeger turned on the jets down the stretch to win the men's 200-meter free at the Arena Pro Swim Series Santa Clara.

Jaeger clocked a time of 1:48.66 for the victory to claim the top prize money, but was well off the top 10 in the world currently anchored by Calum Jarvis' 1:46.65 from British Nationals.

Trojan's Nikita Lobintsev finished second in 1:48.86 with NBAC's Michael Phelps looking stronger than in Charlotte off the walls with a third-place time of 1:49.03.

Club Wolverine's Kyle Whitaker snared fourth in 1:49.24 with Longhorn's Clark Smith earning fifth in 1:49.35.

Dynamo's Matias Koski (1:49.42), Gator's Mitch D'Arri-go (1:49.92), Club Wolverine's Michael Klueh (1:50.36) and California's Ryan Murphy (1:50.59) rounded out the championship nine.

Club Wolverine's Anders Lie Nielsen turned in a 1:49.27 to win the B final. Pleasanton's Maxime Rooney hit the wall second in 1:49.50 with 800 free winner Michael McBroom placing third in 1:50.07.

WOMEN'S 100 BREAST

Trojan's Yuliya Efimova, just months removed from a doping ban, does not seem worse for the time off after winning the women's 100-meter breast at the Arena Pro Swim Series Santa Clara.

Efimova hit the wall in a time of 1:06.13, just off her second-ranked season best of 1:05.89 from Mission Viejo in March. Her time tonight is the third best in the world this year. Only Ruta Meilutyte has been faster this year with a 1:05.46 from the Canet stop of the Mare Nostrum.

Trojan's Jessica Hardy captured silver tonight in 1:07.53, off her sixth-ranked best of 1:06.97 from the Charlotte stop.

SoFlo's Alia Atkinson, ranked fifth in the world with a 1:06.79 from Orlando, snared bronze with a time of 1:08.21.

Gator's Hilda Luthersdottir (1:08.40), BlueFish's Laura Sogar (1:08.83), Calgary's Fiona Doyle (1:08.94), Canton City's Laura Lindsay (1:09.04), Stanford's Sarah Haase (1:09.04) and Minnesota's Haley Spencer (1:09.11) closed out the A final.

MEN'S 100 BREAST

Badger's Cody Miller raced his way to third in the world in the men's 100-meter breast with a lifetime best at the Arena Pro Swim Series Santa Clara.

Miller blazed his way to a top time of 59.51, moving himself to third in the world behind only Adam Peaty's world record of 57.92 and Ross Murdoch (59.13).

That's better than his previous lifetime best of 59.91 that he just missed with a ninth-ranked 59.92 from the Orlando stop earlier this year.

FIAT's Felipe Lima, ranked fifth in the world with a 59.78, took second tonight in 1:00.66.

California's Josh Prenot threw down a time of 1:01.21 to take third overall.

Michael Andrew, the 16-year-old professional swimmer, just missed lowering his 15-16 U.S. National Age

Group record of 1:01.67 with a fourth-place 1:01.70. Andrew was looking towards the record after shaving for this meet.

SoFlo's Jorge Murillo Valdes (1:02.13), Trojan's Glenn Snyders (1:02.18), Grand Canyon's Youssef El Kamash (1:02.59), NYAC's Mike Alexandrov (1:02.74) and Louisville's Carlos Claverie (1:02.97) placed fifth through ninth.

WOMEN'S 50 BACK

California's Natalie Coughlin is the next swimmer to prove that age is just a number as she took down the American record in the women's 50-meter back at the Arena Pro Swim Series Santa Clara.

Coughlin scorched the finale with a time of 27.51, downing Rachel Bootsma's American and U.S. Open mark of 27.68 from 2013 in Indianapolis. That's a huge personal best for Coughlin, clearing her previous mark of 28.09 from the Golden Tour this year.

Coughlin moved to third in the world with her swim as Etienne Medeiros (27.38) and Emily Seebohm (27.47) have both been faster.

Bootsma wound up taking second in the event with a time of 28.05 to jump to 10th in the world rankings.

Medeiros managed to place third in 29.20, while Mexico's Fernanda Gonzalez Ramirez finished fourth in 28.86.

California's Elizabeth Pelton (29.05), Grand Canyon's Iryna Glavnyk (29.22), Stanford's Maya DiRado (29.28), Colorado Stars' Missy Franklin (29.33) and Stanford's Janet Hu (29.76) closed out the top nine.

MEN'S 50 BACK

Club Wolverine's Junya Koga picked up the men's 50-meter back victory at the Arena Pro Swim Series Santa Clara.

Koga, ranked third in the world with a 24.73 from the Japan Open, sprinted his way to a 25.02 for the win. That swim was enough for the triumph tonight.

Trojan's Vlad Morozov touched second in 25.19, off his ninth-ranked 24.93 from Russian Nationals.

NYAC's David Plummer managed to take home third-place honors in 25.33 with Tucson Ford's Matt Grevers taking fourth in 25.35.

California's Ryan Murphy (25.61), Tucson Ford's Nick Thoman (25.61), Schroeder's Adam Mania (25.81), Club Wolverine's Miguel Ortiz (25.91) and Guy Barnea (26.09) also made a run at the title in the A final.

Michael Andrew downed his personal best in the event with a 25.72 to win the B final. The time crushed his previous best of 26.04 from April. Gator's Corey Main took second in the B final in 26.00.

WOMEN'S 100 FLY

Daynara De Paula took home the title in the women's 100-meter fly at the Arena Pro Swim Series Santa Clara.

De Paula touched in a time of 58.98, off the top 10 in the world currently anchored by Lu Ying's 57.96 from Chinese Nationals.

California's Farida Osman finished second tonight in 59.05 with Stanford's Felicia Lee finishing in the money with a third-place 59.51.

NCAC's Hellen Moffitt (59.52), California's Kelly Naze (59.69), Gold's Lauren Case (59.84), Aliena Schmidtke (59.93), Wisconsin's Ivy Martin (1:00.85) and Longhorn's Lisa Boyce (1:00.93) all competed for the championship as well.

MEN'S 100 FLY

California's Tom Shields clips Phoenix's Giles Smith for the men's 100-meter fly title at the Arena Pro Swim Series Santa Clara.

Shields touched out Smith in a close call, 52.22 to 52.27. Both times are a bit of world class currently anchored by Tommaso D'Orsogna's 51.90 from Australian Nationals.

FIAT's Henrique Martins claimed third with a time of 52.56, while Argentina's Santiago Grassi finished fourth in 52.71.

The Woodlands' Tripp Cooper (53.18), California's Seth Stubblefield (53.41), California's Seth Stubblefield

(53.41), California's Justin Lynch (53.68), FIAT's Kaio Almeida (53.79) and PASA's Eugene Godsoe (53.85) placed fifth through ninth.

WOMEN'S 400 IM

Hungary's Katinka Hosszu cruised to victory in the women's 400-meter IM, but was unable to replicate her U.S. Open record speed from the morning at the Arena Pro Swim Series Santa Clara.

Hosszu, who clocked a blazing 4:31.07 to break Katie Hoff's U.S. Open mark this morning, took the 400 IM title tonight in 4:34.04.

Hosszu still managed to win tonight by more than five seconds as West Vancouver's Emily Overholt placed second in 4:39.47.

California's Caitlin Leverenz wound up third with a time of 4:39.55 to collect another paycheck

NBAC's Becca Mann (4:42.10), Madisyn Cox (4:45.11), Ohio State's Lindsey Clary (4:46.46), California's Celina Li (4:49.09), Argentina's Virginia Bardach (4:49.86) and Club Wolverine's Marni Oldershaw (4:51.19) placed fourth through ninth.

MEN'S 400 IM

Dynamo's Gunnar Bentz turned on the afterburners down the stretch to capture the men's 400-meter IM at the Arena Pro Swim Series Santa Clara.

Bentz hit the wall in 4:17.73 for the win, while Stanford's Max Williamson placed second in 4:18.22.

SwimMAC's Tyler Clary closed out the top three with a time of 4:20.54.

Wisconsin's Michael Weiss (4:23.55), Yale's Kei Hyogo (4:23.76), Stanford's Curtis Ogren (4:23.96), Alex Lebed (4:24.74), Club Wolverine's Ian Rainey (4:24.91) and California's Adam Hinshaw (4:25.42) placed fourth through ninth.

Etobicoke's Tristan Cote touched out Tucson Ford's Michael Meyer, 4:24.14 to 4:24.19, for the B final win. ◀

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DAY THREE FINALS

WOMEN'S 200 FLY

Iron Lady Katinka Hosszu won the women's 200-meter fly by a second at the Arena Pro Swim Series Santa Clara.

Hosszu powered her way to a top time of 2:09.77, adding .07 to her time from this morning.

She's been much faster with a 10th-ranked 2:08.00 from the Charlotte stop of the Arena Pro Swim Series.

West Vancouver's Emily Overholt turned in a second-place time of 2:10.75, cutting four-and-a-half seconds off her time from this morning.

Gold's Lauren Case rounded out the top three with a third-place time of 2:11.06.

Noelle Tarazona (2:11.97), Argentina's Virginia Bardach (2:12.82), Mexico's Diana Luna Sanchez (2:13.28), Kelsey Leneave (2:13.34), Stanford's Ally Howe (2:13.43) and Gator's Andreina Pinto (2:13.46) closed out the A final.

California's Caitlin Leverenz cruised in the B final with a winning time of 2:11.80.

MEN'S 200 FLY

NBAC's Michael Phelps withstood a tough final 25 meters to secure the men's 200-meter fly title at the Arena Pro Swim Series Santa Clara.

Phelps uncorked a winning time of 1:57.62 after going out in 55.56. That's Phelps' best 200 fly time since his comeback, clearing the 1:58.90 he clocked this morning during prelims.

He still has some time to drop to get into the world-class range as Laszlo Cseh is 10th in the world with a 1:55.95. Andrew Seliskar is still the top-ranked American with a ninth-ranked 1:55.92 from Austin.

Phelps' teammate Chase Kalisz checked in with a second-place time of 1:58.06, while California's Tom Shields settled for third with a time of 1:58.28.

FIAT's Kaio Almeida (1:58.98), SwimMAC's Tyler Clary (1:59.62), Club Wolverine's Kyle Whitaker (1:59.66),

California's Justin Lynch (1:59.73), Dynamo's Gunnar Bentz (2:00.20) and Stanford's Bobby Bollier (2:01.16) placed fourth through ninth in the finale.

Mexico's Long Gutierrez touched out Club Wolverine's Dylan Bosch, 2:00.63 to 2:00.66, for the B final victory.

WOMEN'S 50 FREE

Stanford's Simone Manuel nearly moved into the top 10 in the world with a win in the women's 50-meter free at the Arena Pro Swim Series Santa Clara.

Manuel raced her way to a 24.75 to move to 11th in the world. That's her third-fastest time ever, behind a lifetime best 24.56 from last summer's nationals.

The Netherlands' Femke Heemskerk nearly chased her down with a second-place time of 24.79. She's been faster this year with an eighth-ranked season best of 24.57 from the Eindhoven Swim Cup.

California's Natalie Coughlin, the veteran of the bunch at 32 years old, nearly popped another lifetime best here in Santa Clara with a third-place 24.97. That's just off her 24.90 from the 2013 Mesa stop of the Arena Pro Swim Series.

SwimMAC's Madison Kennedy touched fourth in 25.13 with California's Farida Osman turning in a fifth-place 25.20.

Tucson Ford's Margo Geer (25.21), Etienne Medeiros (25.21), Lia Neal (25.35) and Wisconsin's Ivy Martin (25.52) also competed for the title.

Daynara De Paula continued her strong meet with a 25.60 to top the B final. FIAT's Lorrane Ferreira finished second in the consolation with a time of 25.64.

MEN'S 50 FREE

California's Nathan Adrian grabbed eighth in the world rankings in the men's 50-meter free at the Arena Pro Swim Series Santa Clara.

Adrian threw down a 21.97 against a loaded A final. That swim jumped Adrian into eighth in the world rankings ahead of a 21.98 from the injured James Magnussen.

Auburn's Bruno Fratus, who stands third in the world with a 21.74, wound up second tonight in 22.02. Trojan's Vlad Morozov, ranked second in the world with a 21.65, wound up third in 22.27.

Tucson Ford's Brad Tandy (22.28), California's Anthony Ervin (22.43), Auburn's Marcelo Chierighini (22.63), FIAT's Henrique Martins (22.71), FIAT's Italo Duarte (22.73) and Trojan's Nikita Lobintsev (22.79) also turned in times in the A final.

Trojan's Alexander Sukhorukov clipped SwimMAC's Cullen Jones, 22.72 to 22.73, for the B final win.

WOMEN'S 100 BACK

Iron Lady Katinka Hosszu doubled up with a sizzler in the women's 100-meter back at the Arena Pro Swim Series Santa Clara.

Just minutes after winning the 200 fly, Hosszu returned with a near-Hungarian record time of 59.69. That time is just off her fifth-ranked season best of 59.47 from the Charlotte stop, and her Hungarian mark of 59.36 from 2014.

California's Elizabeth Pelton chased down second tonight with a time of 1:00.31, while Colorado Stars' Missey Franklin wound up taking third overall in 1:00.65.

Franklin is swimming her first meet since turning professional following NCAAs in March, and has been open that she's knocking off some cobwebs here in Santa Clara.

Mexico's Fernanda Gonzalez Ramirez (1:01.41), Club Wolverine's Ali Deloof (1:01.59), Erin Voss (1:01.63), Etienne Medeiros (1:02.09), Gisela Morales (1:02.19) and Tasija Karosas (1:02.56) finished fourth through ninth tonight.

Grand Canyon's Iryna Glavnyk chased down the B final title with a time of 1:02.24. North Carolina's Hellen Moffitt turned in a second-place time of 1:02.48.

MEN'S 100 BACK

California's Ryan Murphy threw down a sub-54 to win the men's 100-meter back at the Arena Pro Swim Series

Santa Clara.

Murphy raced his way to a time of 53.83, nearly moving into the top 10 in the world held by Camille Lacourt with a 53.60.

That's near his in-season best of 53.57 set at the 2013 Georgia Long Course Sectionals, and just missed his best time this year of 53.82 from Austin.

Tucson Ford's Matt Grevers, the top ranked American of the year with a fifth-ranked 53.27 from the Austin stop, ran into the lane line with 15 meters left and still managed to hold on to silver with a 54.45.

NYAC's David Plummer checked in with a bronze-winning time of 54.55, while Club Wolverine's Junya Koga also cleared 55 seconds with a fourth-place 54.88.

Tucson Ford's Nick Thoman (55.25), California's Jacob Pebley (55.34), PASA's Eugene Godsoe (55.79), RAC's Mohamed Hussein (55.88) and Gator's Corey Main (55.93) closed out the rest of the championship heat.

Michael Andrew, the 16-year-old national age group record hunter, nearly popped a lifetime best in the B final with a 55.78. Andrew, who shaved for this meet, just missed his 55.73 best swam at both the Senior and Junior Nationals last summer.

WOMEN'S 200 BREAST

Trojan's Yuliya Efimova turned on the jets down the stretch to win the women's 200-meter breast at the Arena Pro Swim Series Santa Clara.

Efimova, who stunned many by cruising into finals with a 2:30 this morning, dominated the finale in a time of 2:23.64. That's not near her season best of 2:22.12 from Russian Nationals that ranks fifth in the world, but was nearly two full seconds clear of the field.

Gator's Hilda Luthersdottir claimed second tonight in a time of 2:25.61, while BlueFish's Laura Sogar snared third overall in 2:27.04.

Auburn's Annie Lazor (2:28.10), Minnesota's Haley Spencer (2:28.39), Stanford's Sarah Haase (2:31.37), SoFlo's Alia Atkinson (2:31.47), Mexico's Melissa Ro-

driguez Villanueva (2:31.53) and Tucson Ford's Emma Schoettmer (2:32.88) rounded out the championship nine.

Argentina's Julia Sebastian dropped six seconds from her prelim swim to win the B final in a time of 2:30.70.



MEN'S 200 BREAST

Badger's Cody Miller cracked 2:10 for the first time in his career in the men's 200-meter breast at the Arena Pro Swim Series Santa Clara.

Miller touched out California's Josh Prenot, 2:09.71 to 2:09.91. This swim follows Miller putting up a lifetime best in the 100 to win last night. Miller's time downed his previous best of 2:10.28 from the Orlando stop of the Arena Pro Swim Series, and moved him to 13th in the world rankings.

Prenot, who has been 2:09 before with a 2:09.30 lifetime best, became just the 15th swimmer to break 2:10 this year as he moved to 15th in the world.

FIAT's Thiago Pereira wound up third in a time of 2:14.11, while Wisconsin's Nick Schafer finished fourth in 2:14.80.

Louisville's Carlos Claverie (2:15.05), SoFlo's Jorge Murillo Valdes (2:17.30), Louisville's Thomas Dahlia (2:17.47) and NBAC's Chase Kalisz (2:18.83) also vied for the title, while Scottsdale's Carl Mickelson drew a disqualification.

PASA's BJ Johnson crushed the B final with a time of 2:14.55, downing the rest of the field by more than a second.

WOMEN'S 50 FLY

California's Farida Osman set an African record in the women's 50-meter fly for the win at the Arena Pro Swim Series Santa Clara.

Osman hit the wall in a personal best 26.08 to break her own record of 26.12 from the 2013 World Championships in Barcelona. The swim moved her to 16th in the world rankings.

SESI's Daynara De Paula finished second tonight in 26.37 with Wisconsin's Ivy Martin taking third in 26.42.

Aliena Schmidtke (26.55), SoFlo's Alia Atkinson (26.65), Stanford's Felicia Lee (26.98), North Carolina's Hellen Moffitt (27.04), Stanford's Simone Manuel (27.39) and Stanford's Lia Neal (27.45) also battled in the finale.

Longhorn's Lisa Boyce tracked down the consolation heat win in 27.12, while PASA's Leah Goldman placed second in 27.21.

MEN'S 50 FLY

Phoenix's Giles Smith turned in a personal best to win the men's 50-meter fly at the Arena Pro Swim Series Santa Clara.

Smith clocked a time of 23.30 to blast his previous top time of 23.65 from prelims. Coming into today, his personal best had been a 23.88 from last summer's nationals.

Smith's time tonight vaulted him to fourth in the world.

FIAT's Henrique Martins touched second tonight in a time of 23.57, while Tucson Ford's Masa Kishida placed third in 23.92.

16-year-old Michael Andrew downed his personal best with a fourth-place time of 24.00. That's better than the 24.22 he clocked in South Africa in February.

Trojan's Dylan Carter (24.01), Argentina's Santiago Grassi (24.06), Hong Kong's Geoff Cheah (24.31), Puerto Rico's Erik Risolvato (24.37) and Glauber Silva (24.49) also competed in the A final.

Auburn's Arthur Mendes and North Carolina's Sam Lewis shared the B final win with 24.36s.

WOMEN'S 400 FREE

NBAC's Lotte Friis charged her way to the finish to win the women's 400-meter free at the Arena Pro Swim Se-

ries Santa Clara.

Friis, who is still considering exactly where she will end up after Bob Bowman left NBAC to Arizona State, won the finale in a time of 4:07.17. That's still a bit off the world top 10 of 4:05.86 held by Cao Yue, but was enough to claim the first-place check tonight.

West Vancouver's Emily Overholt placed second tonight in 4:07.93, while NBAC's Cierra Runge checked in with a third-place time of 4:08.38.

Completing a difficult triple, Katinka Hosszu wound up taking fourth in 4:08.77 after winning the 200 fly and 100 back earlier in the evening.

Badger's Lindsay Vrooman (4:10.73), NBAC's Becca Mann (4:11.07), Club Wolverine's Gillian Ryan (4:11.46), Minnesota's Kiera Janzen (4:13.02) and NBAC's Sierra Schmidt (4:13.19) comprised the rest of the championship heat.

Gator's Andreina Pinto edged Granite Gators' Kennedy Goss, 4:13.83 to 4:13.85, in an incredibly close B final.

MEN'S 400 FREE

The Woodlands' Michael McBroom added the 400 free to his 800 free victory at the Arena Pro Swim Series Santa Clara.

In an intense battle with Club Wolverine's Connor Jaeger, McBroom edged Jaeger, 3:48.59 to 3:48.75. That's McBroom's second win of the weekend thus far.

Trojan's Mads Glaesner finished third tonight in a time of 3:49.51, while Longhorn's Clark Smith picked up fourth in 3:49.72.

Trojan's Ous Mellouli (3:50.57), Dynamo's Matias Koski (3:51.96), Gator's Mitch D'Arrigo (3:52.82), Zane Grothe (3:53.94) and FIAT's Lucas Kanieski (3:55.66) rounded out the A final.

Club Wolverine's Michael Klueh raced his way to the B final win in 3:53.73. Gator's True Sweetser claimed second in 3:54.19. ◀



DAY FOUR FINALS

WOMEN'S 800 FREE

NBAC's Lotte Friis nearly cleared her seventh-ranked season best to win the women's 800-meter free at the Arena Pro Swim Series Santa Clara. In the end, NBAC went 1-2-3-4.

Friis popped a winning time of 8:25.33, just off her top time this year of 8:25.07 from the Charlotte stop of the series.

She's in a solid spot considering she's about to head back up to altitude in Colorado Springs before traveling to Europe to prepare for the World Championships in Russia.

NBAC's Sierra Schmidt, the dancing queen who always dances like no one is watching at the starting blocks during introductions, crushed her lifetime best with a time of 8:28.91. That swim demolished her previous top effort of 8:34.58 from junior nationals last summer. Schmidt jumped to 12th in the world with that swim.

NBAC's Becca Mann took third in 8:30.02 with Ciera Runge putting in a labored 8:31.55 as she definitely looked to be uncomfortable at the end of the race.

Gator's Andreina Pinto (8:32.94), Club Wolverine's Gillian Ryan (8:42.11), Minnesota's Kiera Janzen (8:42.28), North Carolina's Madison Homovich (8:49.67) and Olivia Anderson (8:52.31) rounded out the top nine in the timed final.

WOMEN'S 200 IM

Hungary's Katinka Hosszu just missed her U.S. Open record in the women's 200-meter IM at the Arena Pro Swim Series Santa Clara.

Hosszu, who set the mark with a top-ranked time of 2:08.66 at the Charlotte stop of the Series earlier this year, put up the second-fastest time in the world this year with a 2:09.19 for her fourth gold of the meet.

California's Caitlin Leverenz raced her way to second tonight in a time of 2:11.52, just off her seventh-ranked season best of 2:11.40 from the Orlando stop of the Series.

Trojan's Yuliya Efimova, breaking out from her breast-stroke speciality, took third in 2:12.91.

Madisyn Cox (2:14.51), PASA's Karlee Bispo (2:14.82),

California's Celina Li (2:15.08), Hong Kong's Siobhan Haughey (2:15.95), Argentina's Virginia Bardach (2:17.29) and Ozaukee's Katie Drabot (2:17.79) also vied for the IM title.

California's Kelly Naze won the B final in a time of 2:16.38, while Crimson's Brooke Zeiger placed second in 2:16.80. North Carolina's Madison Homovich turned around from eighth in the 800 free to swim in the same lane for last in the consolation heat with a 2:23.08.

MEN'S 200 IM

NBAC's Michael Phelps collected his second victory of the meet as he topped a loaded field in the men's 200-meter IM at the Arena Pro Swim Series Santa Clara.

Phelps was the only swimmer to clear 2:00 as he clocked a 1:59.39 to drop a second from his preliminary swim. It's still a bit outside the top 10 in the world currently held by Daniel Tranter with a 1:58.73 from the Australian Nationals. But, the time is his first under 2:00 this year after dropping as long as a 1:56.04 to take silver at the 2014 Pan Pac Championships during his comeback.

California's Josh Prenot turned in a 2:00.43 to finish a comfortable second, while NBAC's Chase Kalisz managed to take third overall in 2:02.33.

Stanford's Max Williamson (2:02.55), Dynamo's Gunnar Bentz (2:02.60), Alex Lebed (2:03.59), RAC's Mohamed Hussein (2:03.67), Tucson Ford's Michael Meyer (2:04.38) and Club Wolverine's Dylan Bosch (2:04.52) also battled in the A final.

WOMEN'S 200 BACK

Hungary's Katinka Hosszu powered her way to her second win of the night with a title in the women's 200-meter back at the Arena Pro Swim Series Santa Clara.

Hosszu had to hold off a hard-charging Maya DiRado, but she remained composed and managed to touch in 2:07.93 for the win. That swim is off her second-ranked season best time of 2:06.81 from the Golden Tour in Nancy, but is still among the top five times swum this year. Hosszu had been gunning for the final old-school Hun-

garian record left of a 2:06.62 from Krisztina Egerszegi from back in 1991. But, she's been unable to cross that goal off her list just yet.

DiRado destroyed her personal best of 2:10.40 from the BHP Super Series with a second-place time of 2:08.50 to vault to eighth in the world rankings.

Colorado Stars' Missy Franklin rounded out a loaded podium with a third-place time of 2:09.84 as she continues to find her form after three months away from racing.

California's Elizabeth Pelton (2:11.26), Mexico's Fernanda Gonzalez Ramirez (2:11.36), Meryn McCann (2:13.53), Guatemala's Gisela Morales (2:14.32), Erin Voss (2:14.36) and Grand Canyon's Iryna Glavnyk (2:14.43) snatched the rest of the championship finishes.

MEN'S 200 BACK

California's Ryan Murphy smoked the men's 200-meter back final for the win at the Arena Pro Swim Series Santa Clara.

Murphy, ranked ninth in the world with a 1:56.91 from the Austin stop of the Series, wound up just off that time with a 1:57.06 this evening.

SwimMAC's Tyler Clary hit the wall second tonight in 1:59.32, while California's Jacob Pebley snared third in 1:59.82 to close out the sub-2:00 times.

Omar Pinzon finished fourth in 2:00.02 with Club Wolverine's Tristan Sanders taking fifth in 2:01.60.

Tucson Ford's Matt Grevers, who ranks 10th in the world with a 1:57.43 from Austin, took sixth this evening in 2:01.89.

BlueFish's Connor Green (2:01.99) and Dynamo's Michael Taylor (2:03.56) placed seventh and eighth.

NBAC's Michael Phelps, shortly after winning the 200 IM tonight, still decided to swim in the A final after a ninth-seed swim this morning instead of scratching like many other did this evening. He took ninth tonight in 2:04.11 to give the fans another chance to watch.

Just minutes after taking third in the 200-meter IM,

NBAC's Chase Kalisz nearly popped a lifetime best in the B final with a 2:02.84 to win the consolation heat. That's just off his 2:02.33 from the 2014 Bulldog Grand Slam.

WOMEN'S 50 BREAST

Trojan's Yuliya Efimova swept the breaststroke titles at the Arena Pro Swim Series Santa Clara with the second-fastest women's 50-meter breast of the year.

Efimova clocked a time of 30.37 for the victory, moving under her previous second-best time of 30.39 from Russian Nationals. Only Ruta Meilutyte has been faster this year with a 29.88.

Trojan's Jessica Hardy also cleared 31 seconds with a second-place time of 30.94 tonight, a bit off her fourth-ranked season best of 30.61 from the Charlotte stop of the Series.

SoFlo's Alia Atkinson, the third-ranked swimmer in the world with a 30.54 from Charlotte, took third tonight in 31.01.

Canton City's Laura Lindsay placed fourth in 31.26 with Stanford's Sarah Haase earning fifth in 31.42.

Clovis' Danielle Herrmann (31.97), Argentina's Julia Sebastian (32.55), BlueFish's Laura Sogar (32.69) and Tucson Ford's Emma Schoettmer (33.14) also swam in the A final.

MEN'S 50 BREAST

Brazil's Felipe Lima grabbed the men's 50-meter breaststroke title tonight at the Arena Pro Swim Series Santa Clara.

Lima, representing FIAT, touched in 27.65 for the win. That's a bit off his ninth-ranked season best of 27.39 from the Maria Lenk Trophy, but more than enough to top tonight's field.

WOMEN'S 100 FREE

The Netherlands' Femke Heemskerk cleared 54 seconds to win the women's 100-meter free at the Arena Pro Swim Series Santa Clara.

Heemskerk, who is tied at the top of the world rankings with a 52.69 matched by Cate Campbell of Australia, blazed her way to a 53.64 to win the freestyle crown

this evening.

Stanford's Simone Manuel raced her way to second in 54.29, adding .03 to her time from this morning's prelims.

NBAC's Allison Schmitt snuck her way into third with a strong 54.85 to cash a placement check.

Tucson Ford's Margo Geer (54.92), Stanford's Lia Neal (55.15), Colorado Stars' Missy Franklin (55.49), SwimMAC's Madison Kennedy (55.59), SESI's Daynara De Paula (56.24) and Trojan's Jessica Hardy (56.38) finished fourth through ninth.

MEN'S 100 FREE

Trojan's Vlad Morozov, the top-ranked swimmer in the world in the 100 free, topped the event at the Arena Pro Swim Series Santa Clara.

Morozov had just enough in the tank to win in 49.28, well off the 47.98 he used to set the world best at Russian Nationals.

The event was definitely missing some serious star power as top-seed Nathan Adrian scratched finals. Adrian clocked a 49.36 in prelims, and definitely would have helped push Morozov this evening.

Argentina's Federico Grabich placed second in 49.50 with FIAT's Nicolas Oliveira taking third in 49.60.

Trojan's Alexander Sukhorukov (49.62), Brazil's Joao De Lucca (49.63), Auburn's Marcelo Chierighini (49.74), Trojan's Dylan Carter (49.81), Hong Kong's Geoff Cheah (49.99) and Club Wolverine's Anders Lie Nielsen (50.49) also competed tonight.

MEN'S 1500 FREE

Club Wolverine's Connor Jaeger posted the third-best 1500 free of the year as he won the title at the Arena Pro Swim Series Santa Clara.

Jaeger put up a top time of 14:56.43 for the win, bettering his third-ranked 14:58.13 from the Charlotte stop of the Series. ◀

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3 SWIMMERS WHO STOOD OUT IN THE POOL IN SANTA CLARA

Commentary by Jeff Commings, Swimming World Senior Writer

The Arena Pro Swim Series in Santa Clara was one of the last opportunities to see so many of the world's best in one place before this summer's big competitions. With the exception of those looking to race in French Open a couple of weeks from now, everyone else is now ready to put in their final weeks of training before the crucial taper period for the World University Games, Pan American Games and world championships.

We got to see pretty much all the top Americans, except for Katie Ledecky, Elizabeth Beisel, Conor Dwyer and a few others. Katinka Hosszu, Vlad Morozov and Femke Heemskerk were a few foreigners who provided some great competition. While the times on the scoreboard weren't expected to be spectacular, there were three athletes who got everyone talking about the possibilities for later this summer.

YULIYA EFIMOVA

According to swimming superfan Bill Bell, Efimova's sweep of the breaststrokes in Santa Clara was a first for the Arena Pro Swim Series and its previous iterations. It is indeed difficult to find someone with sprint and endurance talent in breaststroke. Efimova is on track to take all three breaststrokes in front of a home crowd in Russia, which would also be a first. She almost did it in 2013, winning the 50 and 200 breast while taking silver in the 100. Efimova's race strategies in all three races in Santa Clara showed that she knows when to turn on the necessary gears and get to the wall first. All

eyes will be on her as she comes off a 16-month doping suspension, but it appears any doubts about her ability to race after a long hiatus have been erased.

CODY MILLER

The field of male breaststrokes in the United States continues to grow each year, and Cody Miller is working his way to the top of the heap. He'll be racing the 100 breast at the world championships, and after swimming a lifetime best 59.51 in Santa Clara, he puts himself in a good position to qualify for the championship final in Kazan. Hopefully, his best swim of 2015 will happen in six weeks. But don't pigeonhole him as just a sprinter. During his four years at Indiana University, he excelled in the 200 breast as well and could join the likes of Brendan Hansen and John Moffet as Americans who qualify for both breaststroke events at the Olympics.

RYAN MURPHY

After last March's NCAA championships, it became apparent that Murphy was going to be a major force in backstroke this year and next. But his dominating swims in the 100 and 200 backstrokes in Santa Clara sent a very clear message: Murphy will be the one to beat in Omaha next year. He's only swimming the 200 back at worlds, where he is a serious medal favorite. The ease in which he won both races in Santa Clara has to give him plenty of confidence as he heads into the final phase of training. ◀



USA

custom



KATINKA HOSSZU, CONOR DWYER CLINCH ARENA PRO SWIM SERIES MONEY WINS

By Jason Marsteller

Conor Dwyer and Katinka Hosszu won the overall Arena Pro Swim Series points battles, securing \$10,000 each for their consistent efforts this season.

Dwyer finished with \$12,200 in race winnings and 61 points to win the men's title for the second year in a row, while Tyler Clary finished second with \$8,800 and 44 points. Connor Jaeger placed third overall with \$8,600 and 43 points.

Hosszu, who dominated on four of the six stops, wound up with \$18,600 in race winnings and 93 points to win the big check for the second in as well. Hosszu, however, was unable to win the BMW lease as an international swimmer.

Caitlin Leverenz, however, won the lease for another year as the top American with \$8,600 in winnings and 43 points. Elizabeth Beisel, who wound up leaving the series after the Orlando stop, took third with \$7,700 and 38.5 points.

This year, the Arena Pro Swim Series gave out approximately \$300,000 in prize money, double last year's edition.

The per-event prize money and Arena Pro Swim Series scoring system awards swimmers prize money and points based on first-, second-, and third-place performances at each meet in the Championship final only. The prize money and scoring system is as follows:

- First place = \$1,000 (five points)
- Second place = \$600 (three points)
- Third place = \$200 (one point)

There will be separate Arena Pro Swim Series standings for male and female swimmers. To be eligible for the BMW lease, a swimmer must (i) be a U.S. citizen, (ii) be a USA Swimming member, (iii) possess a valid U.S. driver's license, and (iv) no longer be NCAA eligible. The BMW prize will be offered to the highest finishing eligible male and female athlete who meets all the criteria, even if he/she is not the overall points winner for the series. ◀



[Photo Courtesy: Ken Grosse/UCSD Athletics]

PERDEW NAMED HEAD COACH OF UC SAN DIEGO SWIMMING & DIVING

Daniel Perdeu has been named the head coach of the UC San Diego men's swimming and diving program.

Perdeu, a UCSD alum and arguably the greatest sprinter in Triton history, spent the 2014-15 season as interim head coach. He joined the staff in September of 2011, returning to his alma mater just one year after earning his degree, and was promoted to the position of top assistant in late May of 2013. He now takes the permanent reins of the program he once starred for.

"It is with great excitement that I accept the position of head men's swim coach at UCSD," said Perdeu. "I want to thank (Director of Athletics) Earl Edwards, Ken Grosse, and the entire administration, for the confidence they have in me to lead this program. I am looking forward to continuing to push it to new heights while working with the outstanding student-athletes we have at UCSD."

Perdeu and Corrie Falcon, who completed her fourth season in charge of the Triton women in March, guide both the UCSD men and women in a combined training atmosphere at the Canyonview Aquatic Center in La Jolla. In the 2014-15 campaign, the Tritons extended their runs of consecutive Pacific Collegiate Swimming & Diving Conference titles to seven in a row on both the men's and women's sides. A total of 20 student-athletes qualified to make the trip to Indianapolis, Ind., for the 2015 NCAA Division II Swimming & Diving Championships. Twelve garnered All-America distinction with top-eight finishes, while six others picked up All-America honorable mention. Six school records were broken a total of nine times.

Perdeu swam for the Tritons for four outstanding seasons from 2006-10. As a team captain, he was a five-time NCAA champion, sweeping the 50 and 100 free events as a sophomore in 2008 and again as a senior in 2010, around a title in the 100 free in 2009. He has the most national crowns by a Triton male during the NCAA Division II era since 2001, and was a three-time UCSD Athlete of the Year.

Perdeu still holds individual school records in the 50 (19.69) and 100 (43.30), and is a part of existing program standards in the 200 free relay (1:20.02) and 400 free relay (2:58.49) as the anchor leg of both. He earned a pair of bachelor's degrees from UCSD in 2010, in management science and psychology. ◀



3 REASONS WHY 100 IM SHOULD NOT BE SWUM AT NCAA CHAMPIONSHIPS

Commentary by Jeff Cummings

[Photo Courtesy: Peter H. Bick]

On June 25th 2015, the NCAA Playing Rules Oversight Panel approved a rule allowing conferences to add the 100-yard individual medley to championship competition. It is not required.

The event will follow the 1,650-yard freestyle competition on the final day of the meet. The race is commonly held as the last event of international meets.

Swimming World's Jeff Cummings gives you 3 reasons against holding the 100 I.M. at NCAA Championships.

I love the 100 IM. It's the primary reason why I signed up for Masters swimming 16 years ago. It's the perfect marriage of all-out sprinting ability and stroke versatility. The best underwater kickers might be able to handle the event, but there is that breaststroke leg that gives the kicking-challenged a bit of an opportunity.

The NCAA Playing Rules Oversight Panel approved

Thursday to add the 100 IM to the collegiate conference championships as an optional event. Note that the panel stopped short of putting it into the NCAA championships, which would have been a disastrous addition to one of the biggest meets on the swimming calendar. Yes, it would be fun to watch the best college swimmers fight to call themselves 100 IM champions, but putting the 100 IM into the meet would hurt more

than it would help.

We are in a period when college swimming is in flux. Athletic departments are putting swimming at the top of their lists of programs to cut as budgets shrink. Perhaps putting a 100 IM in a Division II conference championship would bring a new level of excitement to the meet, but would college coaches start scouting the best 100 IM swimmers in the land to help them score the 20 points for the event win and possibly the team title? Would more fans flock to the meet if they knew the 100 IM was now on the program? That's doubtful.

Again, I am a big fan of the 100 IM. Let it be swum at the conference championships, and even some dual meets, if the time allows. But keeping it away from the NCAA championships would be the best decision. Below are three reasons why the race should not be a part of any collegiate national championship.

1. IT IS NOT AN OFFICIAL EVENT IN USA SWIMMING.

The 100-yard IM is only swum by athletes 12 years and younger in the United States, and by Masters swimmers aged 18 and above. USA Swimming does not have an official American record for the 100-yard IM, though a short course meters American record exists since FINA conducts the event at the World Cup and short course world championships. The NCAA rarely takes the lead in any of its swimming-related votes, so the 100 IM will not be swum at the NCAA championships unless USA Swimming decides to make it a part of its national championships. And with the federation already fighting against the rising popularity of the 50s of butterfly, backstroke and breaststroke, the 100IM would be low on the priority list.

2. IT IS NOT AN OLYMPIC EVENT.

As mentioned above, the 50s of the strokes are slowly creeping into event programs in the United States. We saw them contested in a couple of the Arena Pro Swim Series meets this year, and they are swum at nationals when a world championship team is selected. The three events might be added to the Olympic schedule in the next 10 years, but for now, it's just a hot topic. There is no way the 100 IM will be an Olympic event, because a couple of the stroke changes would need to happen in mid-pool. That weakens the chances of the 100 IM ever becoming a more popular event worldwide than

the 50s, and that will trickle down to the NCAA level, where the top athletes all train for spots on Olympic teams. Yes, most of the athletes who could win the 100 IM don't need to train exclusively for the event, and it could be viewed as a bonus, but coaches might not like the idea of having to devote any training time to an event that will not have any long course significance.



[Photo Courtesy: Peter H. Bick]

3. IT WOULD CONTINUE TO SKEW THE NCAA EVENT PROGRAM TOWARD SPRINTING.

If the 100 IM were to be added to the NCAA championship program, many coaches would rise up in protest. Some of the top coaches don't like that the meet puts so much of a focus on sprinting, thanks in large part to the 200-yard relays. The 100 IM would need to be balanced by the addition of the 1000 freestyle to the Division I schedule, which brings up the issue of putting more events into an already crowded meet. Athletes talk of racing more than a dozen times in a three-day period, and are pushed to their limit in every race. The solution might be – at least at the Division I level – to make the championships a four-day meet. The 1000 freestyle could then be added. But would any Division I coach lobby for a four-day meet? The format appears to be working well for the Division II and III athletes, but the four-day meet mostly is in place because those championships are mixed-gender competitions.

The NCAA championship schedule is perfect as it is. Any changes would affect athletes negatively, and would not change how the public views the competition. It's one of the most thrilling meets in the world, and adding the 100 IM would be the equivalent of stunt casting on a TV show to boost ratings. ◀



SCHUYLER BAILAR TO BE FIRST OPENLY TRANSGENDER DI NCAA SWIMMER

By Emma Merrill

Schuyler Bailar is an extremely talented rising freshman on the Harvard men's team.

He is also transgender.

A SPORT WHERE GENDER IS BLACK AND WHITE

The gender code in swimming is explicit. It's a sport where the line between "male" and "female" is defined from the moment someone walks on the pool deck. Men and women don't compete against each other. There are men's and women's swim suits, locker rooms, and time standards. While men and women often train together, gender differences are constantly reaffirmed in swimming.

"Hi, I'm Schuyler! I'm a tomboy!"

Bailar has been a part of this world of rigid gender differentiation since he was less than two years old. Joining his summer swim team at age four, Bailar then swam year-round for Sea Devil Swimming starting at age nine and switched to Nation's Capital Swim Club his freshman year of high school.

Bailar was a pretty accomplished female-gender swimmer while at NCAP, having been a part of the former 15-18 U.S. National Age Group record in the girls 400-

yard medley relay in 2013 alongside World Swimmer of the Year Katie Ledecky. Janet Hu (52.53), Bailar (1:02.54), Kylie Jordan (53.88) and Ledecky (48.04) combined to post a 3:36.99 as the first sub-3:37 in the age division. The record stood for a year until SwimMAC reclaimed the mark in March 2014.

Like many swimmers, Bailar cherishes the sport's little joys. He especially loves the feeling of release after jumping into the water to escape a hard, stressful school day.

From a young age, Bailar introduced himself as a tomboy. He sported short hair, dressed like a boy, and tried to do everything that boys did—but better. Bailar once arm wrestled every boy in his 5th grade class and beat all but one. Things changed when he got to high school. Giving in to peer pressure to conform, Bailar adhered to the code of "typical" girl behavior. But in his head, Bailar knew it just wasn't who he was.

BECOMING HIMSELF

Following his high school graduation in 2014, Bailar began his physical gender transition: female to male. There was never a specific moment when he knew that he was transgender.

Bailar says, "It sort of just all came together over time as I stopped fighting myself and my identity."

Before coming out as trans, he struggled with an eating disorder, self-harm, depression—you name it. For Bailar, finding personal acceptance was life-changing. He sees coming out as crucial to fixing his other health issues.

Bailar recently opened up to his wider social circle via Facebook that he was undergoing the transition from female to male. He has also made the process public through a Youtube channel, an Instagram account, and a blog. Steps in his transition from female to male include top surgery to remove his breasts as well as starting testosterone. In fact, Bailar's self-determined MO is visibility in his journey to a legitimate self identity.

Sadly, swimming has been a huge barrier in Bailar's struggle to accept his own identity. This spring, he had to make the agonizing decision between being a potential record breaker on the Harvard women's team (which he was initially recruited for) or being on the men's team. Bailar ultimately realized that no first place

at Ivy's or record-breaking swim could be more important than being himself.

Even after making such a huge decision, being himself in the pool is still difficult for Bailar. It's not that his teammates don't accept him as a male, but he still struggles with his body image in the water and being comfortable wearing a men's suit. After his top surgery, Bailar's upper body looks like any guy's—albeit with permanent scars. But, in his head, Bailar obsesses over the lingering femininity of his hips.

His top surgery and choice to take testosterone do not mean that he hates his body. It simply did not match the gender he identifies with. Bailar has accepted his body and has had no problem changing its feminine aspects in order to love it more authentically.

A FRESH START WITH THE CRIMSON

Bailar is thrilled to be able to start fresh at Harvard this fall. He says the Harvard coaches have been “absolutely, unwaveringly amazing” about his transition. Harvard Coach Kevin Tyrell is looking forward to Bailar's contribution to Harvard's team and even beyond the pool.

“I want Schuyler on my team for the same reasons I want all of my athletes. I believe he wants to push himself academically and athletically. When all of our swimmers and divers have this mindset everyone improves daily in every aspect of their lives. This process will contribute to them being outstanding members of society.”

Bailar has a positive attitude about how to approach his next four years in the pool.

“I have no particular goals set like I did on the women's team,” Bailar says. “I want to do the best that I can and be a good teammate. I want to contribute somehow to the team – even if it's not with scores. But, sure, I'm competitive as hell and I want to do some winning and beating too.”

First, though he is determined to get back in shape so he can beat the times he achieved as a woman. Following Harvard, Bailar hopes to attend medical school. He also wants to be an activist for other transgender people—while still swimming of course. His message to other transgender athletes is simple:

“Come out. Be visible. Don't be miserable,” Bailar says. “The world is changing and you do have options.”

BAILAR IS NOT ALONE

In February 2015, a group of Boston University School of Medicine researchers concluded that there is a biological basis for being transgender, undercutting the idea that trans individuals pick whichever gender they feel like. The researchers estimated that transgender people may number one out of every 100. In 2014, there were about 340,000 athletes registered with USA Swimming alone. Simple math hints that there may be thousands of young American swimmers facing similar struggles to Bailar's.

The NCAA policy on transgender student athletes is clear. A trans male like Bailar who has started to take testosterone for a diagnosed Gender Identity Disorder, Gender Dysphoria and/or Transsexualism is permitted to compete on a men's team.

USA Swimming has a more general policy of inclusion for transgender athletes. Its Code of Conduct says, “discrimination against any member or participant on the basis of gender, sexual orientation, and gender expression is prohibited (304.3.3),” meaning that trans swimmers can participate in whichever gender's events that they identify with.

Bailar won't be the first transgender swimmer in the NCAA—Jay Pulitano from Sarah Lawrence has that distinction—and he won't be the last. He says that a few other trans swimmers have already contacted him for advice.

WHAT WE MUST DO

These policies are inclusive. But official policy is only the first step. It's going to take time to break down gender barriers in swimming. I've been struggling with pronouns just writing this article! That being said, there are no excuses for the mistreatment of transgender athletes.

We are obligated as a swimming community to accept all of our members—no matter what they look like, where they come from, or which gender they identify with.

We are obligated to let each other be comfortable in our own bodies at practices and meets.

We are obligated to treat everyone with respect.

These are the aspects of our sport that must become black and white. ◀



[Photo Courtesy: Glenn Gruber]

5 REASONS TO CONSIDER MASTERS SWIMMING

By Seren Jones, *Swimming World Intern*

Gareth Cocks has had “a little success.”

He holds 17 Welsh records; eight long course and nine short course. He finished seventh and third in the 100 and 200 meter butterfly at the 2014 FINA World Masters Swimming Championships in Montreal, and currently sits at the top of the British rankings for the 100 and 200 meter butterfly events in his age group.

Carolyn Koster is an optician in a private practice optometry office. Koster swam through age group to high school to college at Rochester Institute of Technology, where she was inducted into the institution’s sports Hall of Fame. Koster has been a Masters swimmer since 1994, and has 63 national top ten times to her name.

Gareth Cocks and Carolyn Koster are both Masters swimmers.

Despite their teams being on opposite sides of the pond – Cocks based at Cardiff Masters, in Wales, UK, and Koster at Long Island University’s (LIU Post) Masters

Program in New York – the two reasons why retired club and college swimmers should consider the transition to Masters swimming.

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.

1. YOU’RE THE BOSS.

Masters swimming allows you to train to whatever standard you desire as little or as often as you wish. Unlike club and college swimming, your workouts revolve around your life, which for an ex-club or college swim-

mer, almost seems to good to be true.

“As I’m at an age where I have to work for a living, the Masters training fits nicely around my work life, whereas I never would have been able to continue club swimming with my career,” 26-year-old Cocks said. “Unlike club, you don’t have to swim for 20 hours a week, so it allows you to have a life as well.”

2. YOU WILL FIT INTO ONE OF THE MANY STEREOTYPES IT HAS TO OFFER.

Masters swimming caters for all ages and abilities ranging from freshly retired club or college swimmers looking to fight the swimmer weight gain to the “swim nerds” who just can’t hang up their goggles. There are also those who are more relaxed and do it for the social aspect, or those who swim to compliment their primary sport. Some even use the sport as a therapeutic release, and others just swim as a hobby.

“When I first joined Masters, I figured it would be full of old people swimming really slowly, but it’s really not,” Cocks said. “Yes, there are old people but there are also young people as well. The standard is also quite good. I find that even though most masters swimmers aren’t able to train that much, there is still a lot of competition within the individual age groups.”

Whether you are in it to keep fit or to continue competing, there is a vacancy for everyone.



[Photo Courtesy: Jeff Commings]

3. YOU BECOME PART OF A COMMUNITY.

Entering Masters swimming is like entering a new family: your presence is embraced with a warm (and chlorinated) welcome. Such an advantage is particularly appreciated when beginning a new chapter in life, such as leaving college along with your student-athlete lifestyle that provided numerous friends and teammates.

“I like the feeling of comradery and the forging of friendships with people you would never meet through

the normal course of your life,” Koster said. “I have been swimming Masters since 1994 and I have met a lot of really great people.”

“The atmosphere is always really good, especially at meets,” Cocks said. “Everyone is always friendly to each other, regardless of who wins.”

Because many swimmers in your new community have similar experiences to yourself, you are almost guaranteed instant friends. Who would turn down instant friends?

4. YOU WILL ALMOST NEVER SWIM FOR TWO HOURS.

Unlike club and college, Masters sessions usually last between an hour and an hour and a half, MAX. Although the sessions may be aerobic and tedious at times, after four years of intense college swimming, with at least another eight years of club swimming prior, it’s a walk in the park. A splash in the pool even.

And if for some reason you do have a two-hour session, you can probably get out early. Remember, you’re the boss.

5. IT’S A REALLY GOOD WORKOUT.

Of course, you are aware of how good a workout swimming is. It’s one of the only sports that works the entire body as well as several fitness components simultaneously, which explains why we’re in such good shape. It also has less of an impact on your joints than dry land sports, due to the cushion of the water. According to Bucknell University, the water provides 12-14 percent more resistance than when you exercise on land.

“I remain fit and keep myself in good physical form,” Cocks said. “I like swimming as exercise and I get to carry on competing and in some cases improving my times.”

Koster agrees that swimming helps her maintain a healthy lifestyle.

“I swim to stay in shape and be healthy. Also swimming Masters allows me to watch inspiring performances throughout the age groups, especially the 80-year-olds!”

Although it may seem nauseating to consider getting back into the water after you’ve officially retired, it may actually be worth the splash. ◀



SWIMMERS SHOULDER INJURY PREVENTION: BAND PULLS

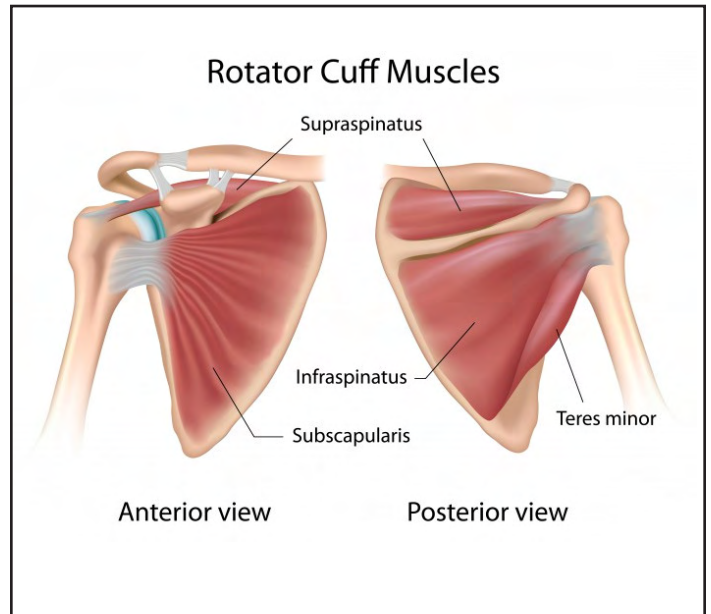
By Dr. G. John Mullen

Rotator cuff strengthening is an important aspect of shoulder injury prevention. I've written about activating the posterior rotator cuff muscles, while not overemphasizing strengthening the rotator cuff muscles. Once again, activation and strength of the posterior rotator cuff is important for swimmers, but not the only factor and not even the most important factor for everyone. Nonetheless, having safe and challenging posterior rotator cuff strengthening exercises is key for swimmers shoulder prevention program.

The posterior rotator cuff (the infraspinatus and teres minor) muscles endure high stress in swimming. Each time an athlete performs an early vertical forearm, these muscles are rapidly stretched and broken down. Combine this stress with the estimated volume of 1 million arm strokes through a swimming season and you've undoubtedly created a risk of shoulder injury. The band pull strengthens the posterior rotator cuff in a safe position (arms next to one side) and can help restore damaged rotator cuff muscles by overemphasizing the eccentric phase of the movement.

DIRECTIONS:

Hold a band in your hands and, while keeping your elbows at your sides, move your shoulders down and back, then perform an "I don't know" motion, pulling the band apart, moving specifically from the glenohumeral joint (shoulder joint). Slowly return the band over a count of approximately three. If performing to fatigue or with heavy resistance, perform this exercise after practice in combination with other prevention exercises. ◀



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PURSLEY'S PEP TALKS



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: When Opportunity Knocks

Our biggest regrets in life are often related to the failure to recognize and take advantage of the opportunities that come our way. When opportunity presents itself, will we be prepared to take full advantage of it?

The answer to this question, I believe, will be determined by the degree to which we accomplish the following objectives:

1. Superior Preparation

Everyone will bring talent to the blocks in championship competition. Talent alone will not win medals or even enable us to swim personal best times.

In most cases, in order to swim faster than our competition, we will have to be better prepared. We need to remind ourselves of this simple fact when we are tempted to take short cuts or to settle for less than our best.

We must adopt a “whatever-it-takes” attitude and be willing to go above and beyond the commitment that our competitors are making in our preparation for success.

2. Healthy Lifestyle

Although training for peak performance in championship competition is far more challenging, maintaining a healthy lifestyle can be equally important to success.

Illness and injury will not necessarily prevent us from achieving our goals (we all know of athletes who have successfully rebounded from serious injury or illness), but they can diminish the probability of success.

Extra attention to healthy lifestyle choices such as dressing appropriately in the winter, healthy diets, getting plenty of rest and de-

veloping healthy personal hygiene habits such as frequently washing your hands could very possibly determine whether or not you achieve your championship goals.

3. Building Confidence

As Henry Ford once said, “Whether you think you can or think you can’t, you are probably right.”

Doubts and negative thoughts will creep into our conscious mind from time to time, but it is important that we recognize them for what they are: thoughts, not reality.

Beneath these negative thoughts, we must believe that we are capable of accomplishing our goals. Most importantly, we must believe that we belong on the “big stage” and that we are ready to compete successfully with anyone.

4. Handling Pressure

We can expect the public and media attention to be turned up to a fever pitch in the weeks and even months preceding the championship competition. Will we be distracted and become unglued by all of this pressure, or will we be prepared to handle it effectively—or, better yet, be prepared to use it to our advantage?

We will need to tap into this positive energy and enjoy the experience. The ability to “go with the flow” and “roll with the punches” will also serve us well in pressure situations.

5. Team-first Culture

A strong team culture cannot be attained without the willingness to sacrifice personal preferences for the sake of the team. The team is important to all of us, but not everyone is willing to make it the highest priority when it conflicts with individual preferences. This, sometimes, requires a leap of faith, but the performance-enhancing and overall experience-enhancing benefits can be immense if we are willing to take it.

All of these objectives are basic prerequisites to success. Although plain and simple, they can only be accomplished with a strong will, discipline, perseverance and willingness to sacrifice. ◀



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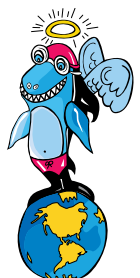
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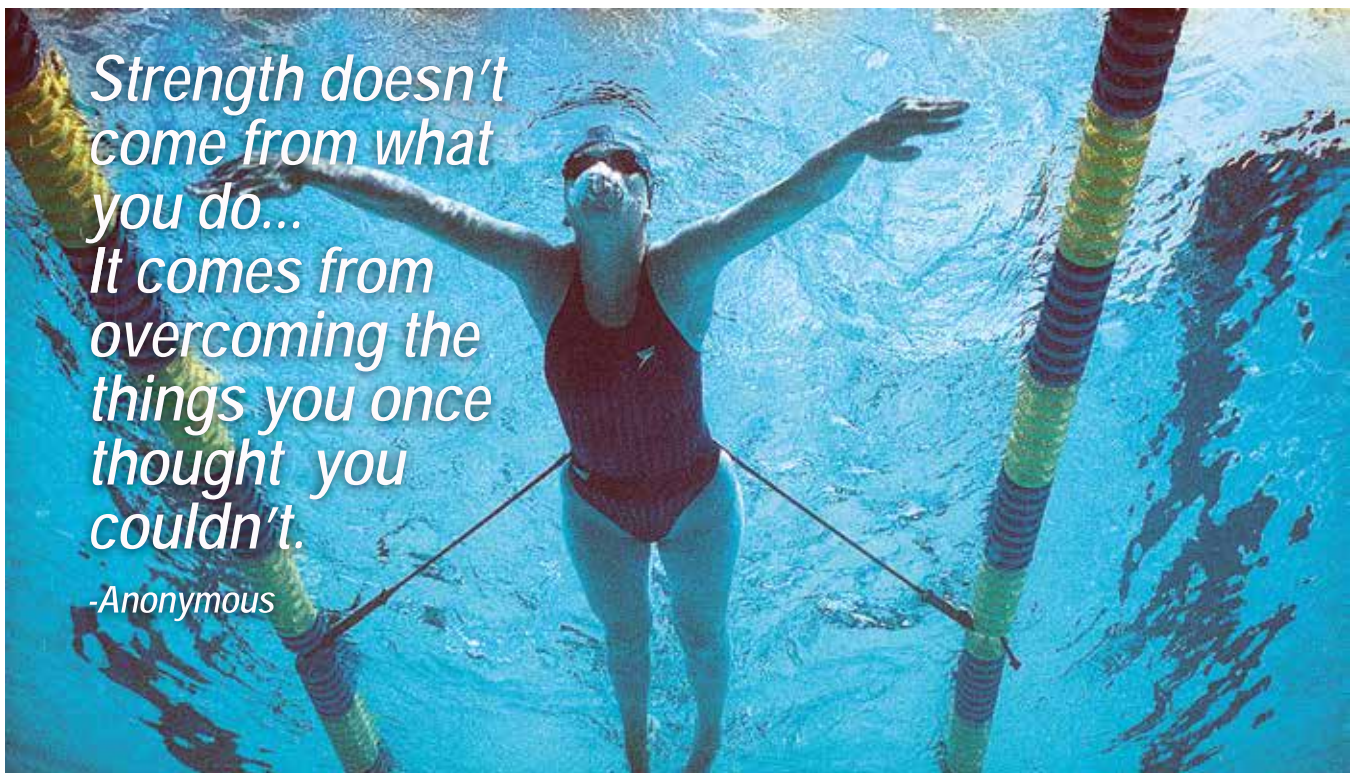
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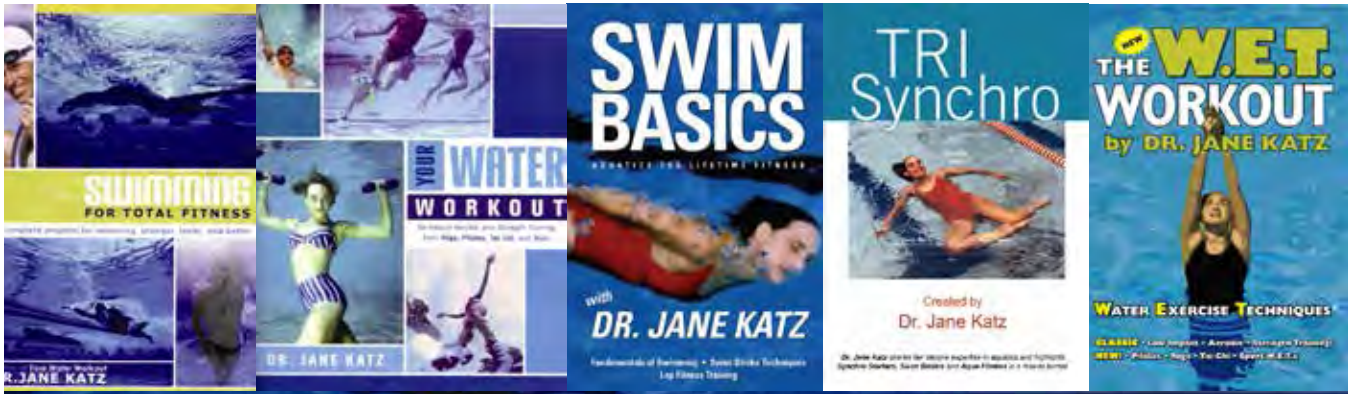
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