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## SWIMMING WORLD

BIWEEKLY

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# HOW COLLEGE SWIMMING CHANGES LIVES



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By Sarah Lloyd  
A couple of weeks ago, one of my campers asked me if I thought Katie Ledecky would break the world record in the 1500 in Rio next year.

"No," I said, and as only young children can do, she cocked her head to one side, looking puzzled and asked "Why?" I then had to explain that in the Olympics, women only swim up to the 800.

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**ON THE COVER - LAUREN SMART OF ARIZONA BY PETER H. BICK**



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[Photo Courtesy: California Athletics]

## MISSY FRANKLIN WINS 2015 HONDA CUP AS TOP FEMALE COLLEGIATE ATHLETE

Capping her Cal career with perhaps her greatest honor as a Golden Bear, Missy Franklin received the 2015 Honda Cup as the top female collegiate athlete in the country during a ceremony at the Galen Center.

Franklin is the second Golden Bear to earn the Honda Cup, joining fellow swimmer and multi-time Olympic medalist Mary T. Meagher, who was honored with the award in 1987.

“I can’t even put it into words,” Franklin said after she was presented the Cup. “I honestly did not expect this listening to these other women’s stories and everything they have done. To be here and to receive such a prestigious honor, I’m so incredibly thankful. I couldn’t have dreamt of anything more.”

Franklin’s sophomore year at Cal was full of accolades and accomplishments. In the pool, she was named the NCAA Swimmer of the Year and Pac-12 Swimmer of the Year. Franklin captured three individual titles – 200-yard individual medley, 200-yard freestyle and 200-yard backstroke – and was a member of two victorious relays at the NCAA Championships. Her 200 free time of 1:39.10 set an American record and helped the Bears to the national team crown.

At the Pac-12 meet, Franklin captured the same three individual races and anchored the 800 free relay to an American-record time of 6:50.18.

For her work in the classroom, Franklin was named the

Capital One Academic All-American of the Year (at-large division). The psychology major owns a 3.58 GPA at Cal.

“My two years of being a Golden Bear were the best two years of my life,” Franklin said. “I met the most incredible people and I made friendships and relationships that I know I’m going to have as long as I live. I’m so grateful for the memories we made together.”

The Collegiate Women Sports Awards has honored the nation’s top NCAA women athletes for 39 years, recognizing superior athletic skills, leadership, academic excellence and eagerness to participate in community service. Since commencing its sponsorship in 1986, Honda has provided more than \$3.0 million in institutional grants to the universities of the award winners and nominees to support women’s athletics programs at the institutions.

The Honda Sports Award is presented annually by the CWSA to the top women athletes in 12 NCAA-sanctioned sports. The 12 honorees were chosen by a vote of administrators from over 1,000 NCAA member schools and among four finalists in each sport.

“We are thrilled to have Missy represent such an extraordinary class of 2015 student-athletes,” stated Chris Voelz, Executive Director of the CWSA. “She is the perfect fit to carry on the long and storied tradition of esteemed Honda Cup winners before her and our CWSA family looks forward to supporting her through her professional career.”

Overall, Golden Bears have won the Honda Award – given to the top athlete in each sport – nine times. Swimmers have earned the honor on seven occasions: Meagher in 1985 and ’87, Natalie Coughlin in 2002 and ’03, Dana Vollmer in 2009, Caitlin Leverenz in 2012, and Franklin this year. In addition, golf’s Sarah Huarte won in 2004 and tennis player Jana Juricova in 2011. Softball player Angie Jacobs received the Inspiration Award in 1989.

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



## SWIMMERS SHINE AT 2015 TYR FRAN CRIPPEN MEMORIAL SWIM MEET OF CHAMPIONS

The 2015 TYR Fran Crippen Memorial Swim Meet of Champions, known in the swimming community as SMOC, was held June 25-28 at the Marguerite Aquatic Center in Mission Viejo. The competition was outstanding and fans were not disappointed.

The Mission Viejo Nadadores won the meet with a score of 685. Nitro (Austin, TX) was second with 528 and University of British Columbia (Vancouver, Canada) finished third with 508.5 points. The female and male swimmer who scored the most points during the meet won an iPad for their over-all performance. Katie McLaughlin (Mission Viejo Nadadores) won the women's high-point award with 77 points and Nitro's Sean Grieshop won the men's high-point award with 83 points.

### THURSDAY

The excitement started right away Thursday with the women's 800-meter freestyle. In a very close race, 17 year-old, 2014 U.S. Junior Open Water Team member, Erin Emery won the event in 8:42.96. She was followed closely by her Sandpiper (Las Vegas, NV) teammate, Erica Sullivan, who dropped over 15 seconds to finish in 8:44.63 and earning a spot at the 2016 U.S. Olympic Trials. Third place went to unattached swimmer, Allie Davis, in 8:46.11. Mission Viejo Nadadores' 15 year-old Samantha Shelton finished fourth, dropping over 10 seconds and earning a Junior National qualifying time of 8:56.22. The men's 1500-meter freestyle was another exciting race with a down-to-the-wire finish. Sandpiper and U.S. Junior Swimming Team member, Logan

Houck, won in 15:21.42. Houck was followed closely by Grieshop who finished in 15:22.03. The Nadadores' Nick Norman finished a few yards behind in 15:32.70. Nadadores teammates C.J. Smith and Dan O'Connor rounded out the top eight finishing sixth and eighth respectively.

### FRIDAY

Friday evening began with a new meet and pool record in the women's 100-meter freestyle. Abbey Weitzel of Canyons (Santa Clarita, CA) won in 54.42, less than a stroke ahead of McLaughlin, who finished in 55.05. Roadrunner's (Bakersfield, CA) Stanzi Moseley, a U.S. Junior Team member finished third in 55.30. All three ladies finished under the U.S. Olympic Trial berth of 56.49. Shelton finished ninth and earned an Olympic Trial berth.

In the men's 100-meter freestyle, nearly all eyes were on USC Trojan, Santo Condorelli, and Olympian, Nathan Adrian's, meet and pool records of 48.54 set in 2012. Condorelli won the event in 49.65, touching USC teammate, Cristian Quintero by 0.01, so Adrian's records are safe for now. Cascade's (Calgary, Canada) Yuri Kisil finished third in 50.18.

McLaughlin opted to not swim the 200 butterfly in finals, leaving the field open in the finals. Olympian and USC Trojan, Haley Anderson won the event in 2:10.84, but was nowhere near McLaughlin's prelim time of 2:07.93, which is the 10th fastest 200 butterfly time in the world this year and a new meet record. Sonia Wang



(AZOT, Irvine, CA) finished second in 2:12.60, and Ella Eastin, SOCAL (Tustin, Irvine, and Santa Anna, CA) and U.S. Junior Team member (finished just behind in 2:12.98.

Justin Lynch (CAL, Berkeley, CA), who broke Olympian, Michael Phelps' National Age Group (NAG) records in the 13-14 and 15-16 year-old 100-meter butterfly, won the 200-meter butterfly in 1:58.43, just over a half second ahead of the U.S. Junior Team and Nadadores' Grant Shoults who finished in 1:59.15. Corey Okubo (AZOT), who is also a U.S. Junior Team member, finished third in 2:00.80. Ken Takahashi (Nadadores) finished sixth in 2:03.95.

Hopkins Mariner (New Haven, CT) Erin Earley owned the women's 200-meter backstroke, finishing in 2:11.62, two seconds ahead of Cascade's Brooklyn Snodgrass, a bronze medalist in the 50 free at the 2014 Commonwealth Games. Snodgrass touched the wall in 2:13.62. USC Trojan, Hannah Weiss finished just 0.12 behind in 2:13.78.

Anderson, the 2012 Olympic silver medalist in the open water 10K, proved that 400 meters wasn't too short of a race for her. She won in 4:12.33. Allie Davis (Unattached, IN) finished second in 4:13.07. Shelton earned another Olympic Trial berth on her way to a 4:14.72 third-place finish. Sydney Franzen of the Nadadores finished seventh in 4:23.54.

USC Trojan, Mads Glaesner, swam a 3:49.91 in the men's 400-meter freestyle, far out-pacing the field and just breaking Nadadores', Larsen Jensen's, 2008 pool and meet record of 3:49.98. Shoults finished second in 3:54.16, using a strong finish to out-touch Sean Grieshop (Nitro), who went 3:54.40. Grieshop broke the 15-16 boys NAG record in the 500-yard freestyle in 2014. Norman finished fifth in 3:58.55 and Smith followed close behind to finish sixth in 3:59.00.

The Nadadores women's team of Shelton, Franzen, Epps, and McLaughlin finished far ahead of the heat to win the 400-meter free relay in 3:49.84, breaking the pool and meet record previously held by the Queensland (Australia) team since 2006. The Nadadores were followed by the University of British Columbia (UBC) (Vancouver-Okanagan, Canada) team in 3:53.91, and

the Canyons Aquatic Club finished third in 3:55.99.

UBC won the men's 400-meter freestyle relay in 3:26.62. Canyons finished second in 3:27.02, and Nitro finished third in 3:30.85.

## **SATURDAY**

In the women's 200-meter freestyle, McLaughlin broke Brittany Elmslie's meet and pool records of 1:57.75, winning the event in 1:57.55. Davis finished a rather distant second in 2:00.10 and Mosely finished third in 2:00.42. Shelton took the fourth spot with a time of 2:01.99, with Franzen finishing fifth in 2:03.94.

USC Trojan and Venezuelan Olympian, Cristian Qunitero led the Trojan sweep of the men's 200-meter freestyle with a time of 1:49.09. Teammates Reed Malone and Glaesner finished second and third, respectively. In a very tight race for second between the top seven contenders in the field, Malone, a U.S. National Team member finished in 1:50.75, and Glaesner finished in 1:51.00. Shoults finished fifth in 1:51.10.

UBC's Tera Van Belien destroyed the field in the women's 200-meter breaststroke with a time of 2:30.04. TOBA's Kelsey Wog (Manitoba, Canada) finished second in 2:31.61. Marin Pirates' (Novato, CA) Riley Scott finished third in 2:32.82.

In the men's 200-meter breaststroke, Nitro's Will Licon, who is also an NCAA Division I Champion for the University of Texas, bested two-time Japanese Olympian and former world record holder in the 100- and 200-meter breaststrokes, Kosuke Kitajima, to win the event in 2:12.92. Kitajima (Coca-Cola, Tokyo, Japan) finished a distant second in 2:16.67. Kitajima was able to retain his meet and pool records of 2:11.02 set in 2011. Terrapins' (Concord, CA) Sean Mahoney couldn't quite pass Kitajima and settled for third with a time of 2:16.86.

In the women's 50-meter freestyle, Weitzell won in 25.19. In a tight race for second, Moseley edged AZOT's Eva Merrell by 0.06 with Mosely going 26.01 and Merrell in at 26.07. McLaughlin went 25.88 in prelims, but opted to swim the event backstroke in finals, finishing eighth in 28.35.

*continued on pg. 8 >>>*

Danny Tucker (Boilermaker Aquatics, Lafayette, IN) won the men's 50 free in 22.68. Tucker was followed by Alex Loginov (Toronto Swim Club, Toronto, Canada) in 22.84. Condorelli finished a close third in 22.95.

In a tight women's 400-meter individual medley race, Anderson edged out Erika Seltenreich-Hodgson (Greater Ottawa Kingfish, Ottawa, Canada) 4:44.64 to 4:45.04. Nitro's Regan Barney finished third in 4:47.00.

In the men's event, Grieshop won in 4:21.08, Okubo was second in 4:23.94, and Takahashi finished third in 4:29.03.

On Saturday evening, the Nadadores women won the relay again. This time it was the 800-meter freestyle relay. The Nadadores won in 8:15.01, nearly 25 meters ahead of their closest competition. They were followed by the Tualatin Hills Thunderbolts (Tualatin Hills, OR) in 8:28.52, and Team Alberta (Alberta, Canada) finished third in 8:28.74.

Not to be outdone by the ladies, in the men's 800-meter freestyle relay, the Mission Viejo men's relays finished first and third. The "A" relay won in 7:37.55, and the "B" relay finished in 7:49.71. Nitro prevented the Nadadores sweep by finishing second in 7:39.95.

## SUNDAY

The Sandpipers went one-two in the women's 1500-meter freestyle with Emery winning in 16:46.34 and Sullivan finishing second in 16:51.10. Conejo Simi Swim Club's (Conejo-Simi, CA) Allie Fogleman finished third in 17:07.04.

In the men's 800-meter freestyle, Jordan Wilmovsky (Team Santa Monica, Santa Monica, CA) won in 7:59.72. Houck earned second in 8:02.78, while Norman finished third in 8:06.89. Smith finished seventh in 8:16.12.

On Sunday, McLaughlin won, but just missed the meet and pool records in the women's 100-meter butterfly. She finished in 57.87, while the record stands at 57.40, set in 2013 by Katerine Savard. Kendyl Stewart of North Coast Aquatics (Carlsbad-La Jolla, CA) and a U.S. National Team member, finished second in 58.05. Noemi Thomas (UBC) finished third in 59.02.

In the men's 100-meter butterfly, Condorelli was able to capture his second win of the meet. His 53.56 was almost a half-second faster than Trojans' Ralf Tribunsov's, a member of the Estonia National Team, 54.00. Clovis Swim Club's (Clovis, CA) Carl Weigley finished third in 54.07. Shoults finished fourth in 54.49.

Snodgrass took the women's 100-meter backstroke in 1:01.71. Team Alberta's Ingrid Wilm finished in 12:02.44 to out-touch Trojan's Weiss, who finished third in 1:02.55.

Trojans' Dylan Carter won the men's 100-meter backstroke in 55.53. Russel Wood (Upper Canada Swim Club, Brockville, Canada) prevented the Trojan sweep by finishing second in 55.78, just ahead of Trojans' Tribunsov, who finished in 56.13.

The women's 100-meter breaststroke was a hotly contested race dominated by Canadian swimmers. The Canadians swept the women's 100-meter breaststroke with Wog winning in 1:09.27, Van Belien second in 1:09.52, and Rebecca Terejko (UBC) tying for third with Bronwyn Pasloski (Cascade) in 1:10.44.

In the men's 100-meter breaststroke, Licon once again bested Kitajima, but this time the race was much closer 1:01.50 to 1:01.98. Kitajima was once again able to retain his meet and pool records of 1:01.01. Trojans' Jason Block finished third in 1:02.41.

In the women's 200-meter individual medley, Seltenreich-Hodgson was in command of the race finishing in 2:14.99 and easily holding off Eastin, who finished second in 2:17.12. Barney finished third in 2:17.82.

Anton Panferov (Riptide, Huntington Beach, CA) held off Shoults to win the men's 200-meter individual medley in 2:03.33. Shoults finished second in 2:03.83. Okubo capped off a great meet with a third-place finishing time of 2:04.25. Takahashi finished seventh in 2:08.10.

The final event for the men was also the 400-meter medley relay, and again, the Canadians did well, but Canyons won in 3:47.71. UBC finished second in 3:48.19, and Edmonton-Keyano finished third in 3:50.79. The Mission Viejo Nadadores "A" relay finished seventh in 3:55.42. ◀



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## JACK FABIAN RESIGNS FROM KEENE STATE TO TAKE OVER AS U.S. PARALYMPICS RESIDENT COACH

Jack Fabian, Ph.D, the head coach of the swimming and diving teams at Keene State College for the past nine years, has resigned to become a resident coach of the U.S. Paralympics Swimming.

“Coaching at Keene State has been one of the greatest joys in my life,” said Fabian. “I have made many lifelong friends at KSC and will always consider myself an Owl. I would like to thank all the KSC coaches, faculty, admissions, sports information and the athletic department staff for their support of the program. I would especially like to thank Joel Feldman for volunteering her time to coach the program; Jeanne Hearn for her dedication and passion for working with our student-athletes that use the Aspire Program; Global Education Office for helping our international students feel welcome at Keene State, and my current assistant coach Dan Morse for his dedication to the program.”

Fabian has brought unprecedented success in the pool for Keene State, coaching the Owls to 11 New England Intercollegiate Championships and coaching 17 NCAA All-Americans.

In particular, the Keene State College women’s team has won nine consecutive Little East Conference championships, setting a meet record with 668.5 points in 2014. The Owls also reaped a host of individual awards, including seven straight LEC Swimmer of the Year awards: Kristine Trutor (2009, 2010), Kaila Umbarger (2011), Jillian Whitaker (2012), Diana Pimer (2013), and Allison Bartlett (2014, 2015).

Whitaker (2009), Umbarger (2010), Pimer (2012), Bartlett (2013), and Rachel Butler (2014) were all named LEC Rookie Swimmer of the Year, while Rachel Battis was named LEC Diver of the Year in 2010 and Kelly Gilmore was named the LEC Rookie Diver of the Year in 2013.

Fabian was named LEC Coach of the Year in 2010, 2011, and 2012. ◀

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



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# HOW TO MAKE YOUR OLYMPIC TRIAL GOAL A REALITY

*By Will Manion, Swimming World College Intern*

As we move into July, the thought of Olympic Trials being only a year away fascinates the minds of coaches and swimmers around the country. During my run up to trials in 2012, I recall several strategies my coach and I implemented in order for me to attain my goals. Having a physical and mental game plan constructed for the road ahead will provide you the best opportunity for punching your ticket to Olympic Trials.

## **1. TALK TO YOUR COACH.**

Start with a goal meeting and ensure your coach is fully aware of your goal. Go as far as detailing the type of practice environment you require in order to work towards a Trials qualification. I always appreciated my coach reminding me of the Trials cut during tough practices in the fall of 2011. This allowed me to stay motivated and maintain focus mid-set. I know athletes who would not appreciate this type of bombardment while fatigued, so having that discussion about what would best motivate you during practice will be the best way to ensure you and your coach both board a flight to Omaha!

## **2. FIND OPPORTUNITIES IN THE BIG POOL.**

Long course racing can be somewhat scarce, but it's

necessary because 25-yard results do not matter on the international level. Fortunately, the opportunity to race long course during an Olympic year suddenly opens up. The Arena Pro Swim Series will feature an array of meets in long course. Also, USA Winter Nationals will be held in a long course pool this December. Racing at bigger meets will allow you to pace with those who have already achieved the cut. There will also be a multitude of last chance meets held around the country as 2016 Olympic Trials nears.

## **3. START EARLY.**

The best thing you can do for yourself is qualify sooner than later. As with every Olympic year, you will hear the horror stories about families who booked flights and hotel stays in Omaha only for their swimmer to have missed the cut at his or her long course taper meet. 2011 and 2012 were painstakingly challenging for me as I came within half a second of my cut in the 100 backstroke almost 10 times. It's frustrating, but the experience you take away from each race will benefit you in the next one. Putting all your eggs in one basket and trying to qualify at the last chance taper meet puts a lot of pressure on you, your coaches, and your family.



#### 4. REFUSE DEFEAT.

One of the hardest things I've had to deal with in the sport of swimming came at the Columbus Grand Prix in 2012. It was the day before my 100 backstroke and I got in for warmup feeling perfect. My club coach and I talked and decided to make a run at the cut in a time trial that day. I achieved the cut by the skin of my teeth, but my excitement was short-lived as I was disqualified for the smallest of flinches on the start.

I came in the next day, the official competition day of the 100 backstroke, and narrowly missed the cut at both prelims and finals. This sport can be unforgiving and it is imperative that we keep moving forward even when results do not go our way. Fortunately, I had plenty of time following the Columbus Grand Prix to shave and rest for another shot to qualify.

#### 5. FOCUS ON YOUR BEST EVENT.

There is going to be some give and take with qualifying for Trials and your other events may suffer a little. If making Olympic Trials is your top priority this year, consider keeping your training specific to that race. I certainly neglected some of my other strokes and events as I knew my best shot at Trials was in the 100 back. And my short course yards events took quite a hit, as I was not able to taper and race in short course yards in spring of 2012.

My senior year High School State Championship Meet was impacted by my quest to reach Olympic Trials as I was not able to shave and taper, or even rest, for that meet. I was focused on an upcoming long course qualification opportunity. Having only one event to race at Trials also allows you to better focus on what you need to do to stay fresh and maximize your results in that event at Trials.

#### 6. WHAT'S IMPORTANT TO YOU?

Swimmers are very familiar with sacrificing their time to sharpen their skills in the sport. Senior year of high school wasn't always ideal because I wasn't able to always go out with friends. After school was time for swim practice. Before school was cross training or lifting at 5 a.m. An early bedtime was essential and extra activities were certainly limited. If your goal is to make the Olympic Trials, you are going to have to make some sacrifices.



[ Photo Courtesy: Will Manion ]

#### 7. WHAT YOUR COACH NEEDS TO DO.

Keeping your swimmer focused on their goal is important, but there is a fine line. X-Cel Swimming Team Coach Bobby DeSandre offers this advice:

“The goal as a coach is to keep the athlete motivated towards his or her goal of achieving the cut. However, every athlete runs the risk of burning out. Incorporating alternate training such as strength training helped lower the risk of burning out. The dedication to the sport and achieving a cut for the Olympic Trials can be grueling and frustrating for both the athlete and the coach. As a coach, I always encourage the athletes to prioritize, but not to sacrifice the most important things in his or her life. I found that the athlete who was able to separate those priorities and enjoy being both an athlete and a young adult came to practice hungrier each and every day.”

Approach every practice ready to work and know that the sky is the limit. Keep yourself accountable because the worst thing an athlete can realize following a race is that the race didn't go his or her way because of lack of preparation.

Best of luck to those with their sights on the 2016 Olympic Trials. ◀



[Photo Courtesy: Peter H. Bick]

# 4 LESSONS MATT GREVERS TAUGHT ME ABOUT SWIMMING

*By Annie Grevers, Swimming World Staff Writer*

When you commit to swim in college at a top five Division I program, you might think you know a thing or two about swimming. I sure did. I knew I had a lot to learn as I worked toward a bachelor's degree, but I did not anticipate the amount of schooling which would come from the thousands of hours logged swimming under the unrelenting Tucson sun.

Much of what I learned in the sport were lessons from my coaches Greg Rhodenbaugh, Frank Busch, Rick DeMont and Augie Busch. But as years splashed on, another coach began making an impression. That hulking Matt Grevers.

Ever received the advice not to coach your significant other? Yeah, there were many times I thought the common counsel had eluded Matt. He eventually grew weary of his girlfriend dodging eye contact and giving no signs of receiving his coaching. You're not here to tell me what to do. That's not your role, I thought. But, boy, was I wrong. Stubborn collegiate girls, am I right?

Matt is a student of the sport and persistently needs

to know why. He resolutely finds the purpose behind every angle, every drill, every point of propulsion. He processes the sport differently than I did. I placed all of my trust in my coaches in high school. I blindly banked on the research they had done, and followed their instruction. If I were to question a drill, I would have felt disrespectful. This leads me into lesson one.

## **1. ASK QUESTIONS.**

There is no need to be rude about it or feel disrespectful, but without that "aha" moment of understanding why a stroke works the way it works, you're only hoping it will work. Gregg Troy recently told me he loves coaching Arkady Vyatchanin because he is so inquisitive. "He is the type of swimmer who makes me a better coach," Troy said. So even if your coach feels challenged, it may force he or she to explore the technicalities of a stroke more thoroughly.

## **2. BE INTERNALLY COCKY.**

If we're going in order of importance in my own experience, this should be number one. But there's no way you can have unsurpassed confidence without asking



questions and knowing you're technically sound. I never thought I struggled with confidence until Matt said something that shook my opinion of my own mental game. "You need to be a little cocky...in your own head. How can you expect to win, without truly believing you're the best."

Oh. My. Gosh. So simple, yet so profound. I always wanted to win and I saw glimmers of what I could do in training, but when I approached the blocks, I knew I was up against girls who worked their butts off, like me. It felt more like gambling than racing. I'll do my best, and the rest is fated, I thought. No. That's not mental prep. You have to believe you are fiercely capable. You have to mount the block like you're staking your claim. Matt doesn't proclaim his dominance with trash talk in the ready room. But he knows in his heart he has everything he needs to unleash an astounding swim. Master this and you've mastered half of racing.

### **3. BE ANXIOUS ABOUT NOTHING.**

This is one we've sat on a lot. There are all sorts of tricks out there which promise to calm your nerves. Some work. Some don't. The most reassuring way for Matt and I to look at anxiety is by realizing it's as an utter waste of energy, and in our faith, a lack of trust. The ready room is a place of nerves, self talk and for some, a sanctuary. Matt recognizes God has given him gifts, and he prays he will be a good steward of those gifts. Katie Ledecky recently told me, "I said at least 12 Hail Marys in the ready room before my Olympic final."

If you're confident in your training, your water wisdom, your racing abilities, plant your feet firmly on those rocks of stability and have no fear of slipping off. Your race has been mapped out and perfected every day in training.

Too often swimmers see all the training they have put in as a negative investment- "But I sacrificed my entire summer to this sport. I better swim well so that sacrifice was not for nothing." Training should be a swimmer's ammunition. You've logged all those practices, you're armed with so much artillery! You're bound to endure through the longest battle/race.

Anxiety doesn't just plop on our backs as we crouch to take our mark. It builds on itself during the weeks

and the days leading up to your race. Have faith in your preparations. As many wise swim folk have reiterated- swimming is not life. It's merely something we choose to do in our lives. Choose to have fun racing.

### **4. BE A RESOURCE.**

Ask any member of the US National Team if Matt has helped them in some way with swimming, or just offered up some words of consolation, and they'll be able to recall some Grevers-ism. I noticed this trait in Matt immediately. He is perhaps the most generous soul I've ever met. He has been in the sport for 25 years. He has A TON of swim know-how, and he learns something new about the sport every week. Matt would feel guilty if he did not impart some of his swimtellect to those around him. We should too! And when your peers offer a helpful hint, accept it with grace and without grimace (collegiate me toward Matt is a good example of a bad example).

Teaching need not be confined to the coaches roaming around on the pool deck. Every swimmer has a different way of experiencing and articulating our sport.

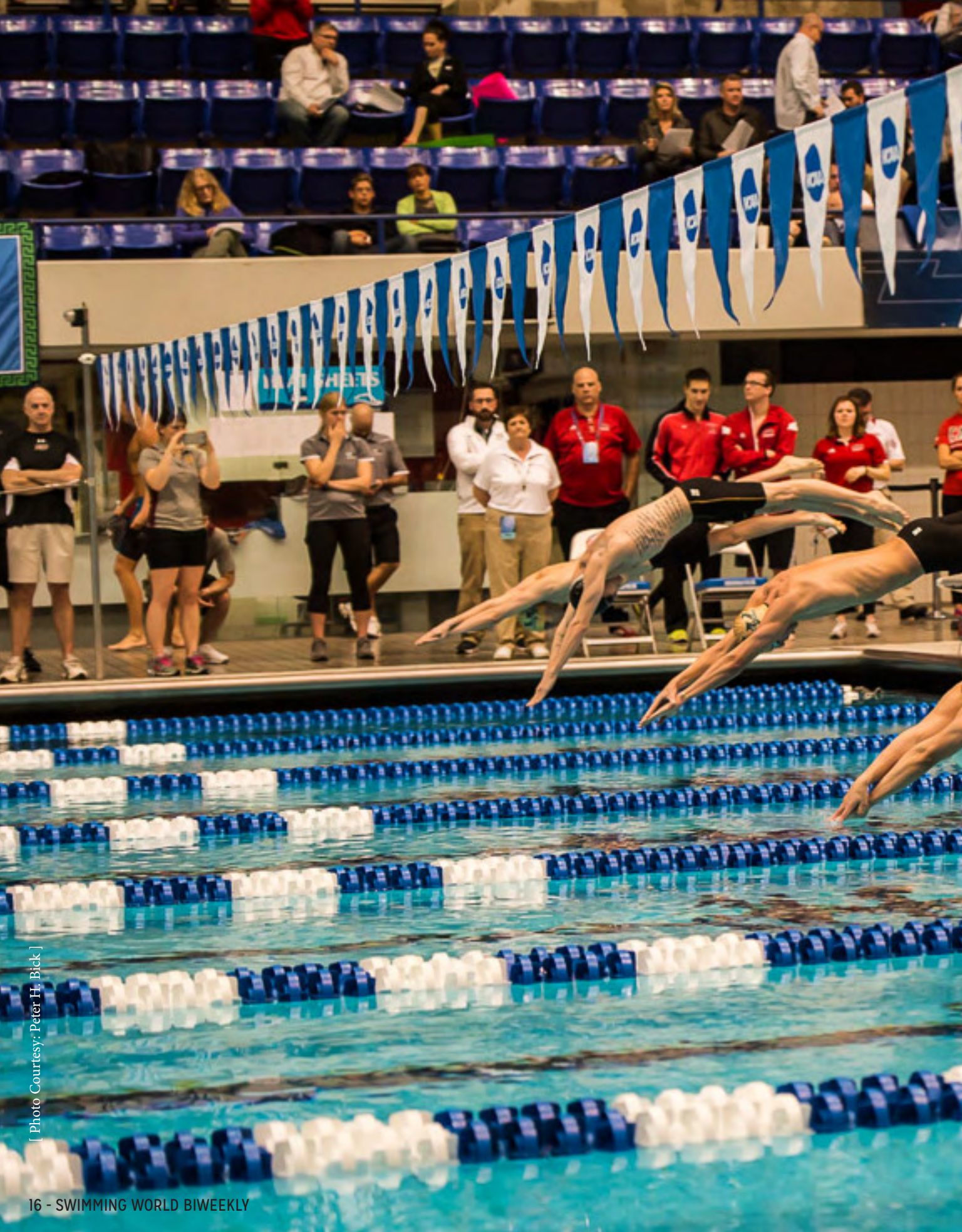
Swimming has remained immune to one virus that most sports are infected by — unsportman-like conduct.

Why is that? I've never seen a Super Bowl-like brawl erupt on the pool deck, or a swimmer take a slug at a guy who "unfairly" touched him out. Swimmers respect the work that their competitors put in and know that their swim is the result of their work. It's no one else's fault if we have a bad swim, but it's a success for a team if someone has a good swim.

National Team Director Frank Busch, Grevers, and countless other Olympians said the Olympic Team in 2012 was different. It was a pack of lightning fast individuals, with talents that might drive some to be vain and self-serving. But this group was not self-serving. They helped one another through training camp, banded into a support system, and were a force to be reckoned with in London.

Turn your team into an inquisitive, confident, collected, group filled with teammates who want to help refine one another. You may see golden results. ◀





[ Photo Courtesy: Peter H. Bick ]





**HOW  
COLLEGE  
SWIMMING  
CHANGED  
MY LIFE**



## HOW COLLEGE SWIMMING CHANGED 4-STAR GENERAL JAMES CARTWRIGHT'S LIFE

By Annie Grevers

Four-star General James Cartwright was not supposed to go to college. His grandparents had a farm in Rockford, Illinois, which Cartwright began working on as a kid. He would live on and tend to the farm over the summers until he was 13. His grandfather passed, and the farm was leased, opening a door for young Cartwright to give sports a whirl.

“Dad liked baseball and swimming, and I gravitated more toward swimming,” Cartwright recalled. Conveniently, swimming liked Cartwright too. The 9th grader went undefeated in the city and consistently placed in the top four at the Illinois State Championship meet.

An anomaly in today's world, Cartwright was a swimmer and a diver.

“Swim teams were typically small, so we almost always had some gaps to fill in other events,” Cartwright said.

The farmhand learned swimming before diving in meets made for shaky legs, but diving prior to swimming provided an excellent warm up.

### HAWKEYE DAYS

For college to be an option, Cartwright needed a scholarship. His aquatic abilities made that viable, and Cartwright could not wait to spread his wings and get the heck out of Rockford, Illinois.

Of the three favorite schools in the Big 10, the University of Iowa was his third choice, “because it was not that far from home.” The scholarship dollars were too alluring to pass up, and he committed to being a part of the Iowa Hawkeye men's swimming and diving program.

Cartwright swam butterfly, IM, distance free and relays. He consistently placed in the top 10 at nationals and was, as he humbly described, “reasonably successful,” becoming a captain and a “big point getter” for the



Hawkeye men's team.

The accomplishments are a faded memory to the kid who assumed he would be confined to the family farm for life. But deeply-etched values transcribed by way of collegiate sports catapulted him into his distinguished career in the military.

## DRAFTED

After his sophomore year, Cartwright was drafted, right in the heart of the Vietnam War. He was able to finish his education and competitive swimming career, before being commissioned second lieutenant in the US Marine Corps in 1971.

Traits acquired on the farm and in the pool began to show themselves and separate Cartwright from the pack.

“There was the cathartic experience of bootcamp,” Cartwright remembers. “You had to do it right, or perish— just like on the farm.”

Cartwright had become familiar with a ludicrous training schedule. In college, he had three practices each day, and somehow sandwiched classes and sleeping in between.

“Swimming dominates your life in those years, but it gave me a leg up on those who had never lived in a structured environment,” Cartwright said. “I could tell the guys who had been in college sports, because they understood victory doesn't come by one; they understood how to work with peers and perform under trying conditions.”

Many servicemen had classroom smarts, but the intellectuals without team experience were not acclimated to “working inside of a culture, under duress and through stress.”

## JOB SEARCH

As Cartwright concluded his fourth year in the US Marine Corps, he sat on an aircraft carrier in the Mediterranean Sea, and pondered the next stage of life. The family farm had been sold, so farming was no longer an option.

“As I was deciding what to do, I looked at others' lifestyles who had left the military, and thought ‘OK, maybe I'll stay a little longer.’”

Cartwright thrived on the military's structured environment and seemed to have been serendipitously sculpted into a future military leader by way of his years of farming crops and cultivating talent in the pool.

Cartwright has seen every angle of the military in his four decades of service. His first decade in the military was primarily spent in the air.

“There were no bad posts— I loved my years of flying,” Cartwright said. “When they asked me to fly, I thought I'd died and gone to heaven.”

Cartwright was a naval flight officer and aviator flying the F-4 Phantom, the OA-4 Skyhawk and the F/A-18 Hornet.

His discipline brought him one the pinnacle of accolades one could attain in aviation. Cartwright was named Outstanding Carrier Aviator of the Year by the Association of Naval Aviation in 1983.

Again, Cartwright pays homage to his aquatics career.

“As a diver, the idea of not being the right side up was not uncomfortable,” Cartwright said about learning to fly.

There are three steps to master in aviation training: relative motion, identifying two-dimensional relative motion, then seeing the world in three dimensions and being able to move yourself in space.

During the third stage of training, while other guys were barfing in the cockpit, Cartwright was thankful for his days as a diver— the days which taught him how to “not care which way was up (until I was about to hit the water).”

## PROUDEST MOMENTS FOR A HUMBLE GENERAL

Cartwright still swims for exercise, although he's had plenty of stints on aircraft carriers where there was no suitable water for lap swimming.

Asked if he still flies, *continued on pg. 20 >>>*

*continued from pg. 19* Cartwright said he sees flight as he sees diving—“You set standards which you know you will not come anywhere close to.” So he’s retired from taking flight off a board or a carrier runway, and lets the lingering memories of aerial greatness remain unblemished.

The toughest question for the honorable General Cartwright to answer was on his proudest career moments. Any questions on his own accomplishments makes him slightly squeamish.

His last two tours have been truly remarkable.

Distinct among Marines, General Cartwright served as Commander, U.S. Strategic Command, in Omaha, prior to being nominated and appointed Vice Chairman of the Joint Chiefs of Staff.

He was sworn in as Commander on September 1, 2004 and promoted to full general on the same hallmark day.

As Commander, Cartwright managed nuclear weapons and oversaw cyber threats.

“We watched over space, all over the globe and outwardly,” he said. Now that’s a stratospheric level of responsibility. During Cartwright’s days in Omaha, they “rebuilt the entire command.”

In a realm that is over most of our heads (figuratively and literally), suffice it to say that Cartwright has played a substantial role in keeping our country safe and on the cutting edge of innovation. A pre-med major at the University of Iowa, Cartwright had an innate love for all things science.

“I have been a part of military innovation since I was 30,” Cartwright said. “My major served me big-time.”

On August 31, 2007, Cartwright became the second highest-ranking military officer in the U.S. Armed Forces, when he was sworn in as Vice Chairman of the Joint Chiefs of Staff.

The general became known for his technical acuity and vision for future national security strategies. His leadership sparked creativity and encouraged innovation

in fields like nuclear proliferation, missile defense, and cyber security.

He first served under President George W. Bush, then President Barack Obama.

“Both men truly believe in this country and the people of this country,” Cartwright said about the presidents. “They live to make it better. We could have strong disagreements, but ultimately, I knew we were disagreeing about how to best serve.”

Cartwright retired in August of 2011. At his retirement ceremony, former Deputy Secretary of Defense William J. Lynn III presented the general with his fourth Defense Distinguished Service Medal.

The general is not resting on his laurels in retirement. He is the Harold Brown Chair in Defense Policy Studies for the Center for Strategic and International Studies, a member The Raytheon Company Board of Directors, a Senior Fellow at Harvard Kennedy School’s Belfer Center, and a defense consultant for ABC News.

“I haven’t learned the art of ‘no’ yet,” Cartwright said with a chuckle.

## **PARTING WORDS**

To those considering incorporating swimming into their collegiate experience, Cartwright says this:

“To me, college swimming was a source of setting yourself up in life with a regimental style necessary for success. It allows you to keep a good life balance—academic, social, athletic. It teaches you how to work with people under great physical and mental duress in a way nothing else can. The lessons you learn will bubble up over time. There were times in my 30s I would think, ‘Wow, I got this from swimming.’”

To those exiting collegiate sport and having a panic attack about entering the real world, Cartwright says this:

“You’ve got an advantage you do not even realize. It will manifest itself in different ways. You’ve got a skill— a form of discipline, a leverage point. When I entered the structured world, it was apparent that I had an advantage. Structure and discipline are not problems; but are conditions we thrive on.” ◀





[ Photo Courtesy: Kristin Walker ]

## CORNELL COACH WES NEWMAN

By Matt Grillo, *Swimming World College Intern*

Wes Newman was sitting inside his cubical working a business internship in Philadelphia during the summer of 2008.

Newman's mind was elsewhere.

He wasn't thinking about the prospects of what this internship would bring him, he was researching swimming results from the 2008 Beijing Olympics.

From that moment on, Newman made a decision that would drastically alter his life upon graduating from Cornell University. Newman knew he didn't want to enter the business world, he wanted to be a swim coach.

For Newman it all started at the Dollard-des-Ormeaux swim club in Montreal. He joined the club when he was 13 years old and never looked back. While his older brother swam at Cornell, Newman was simply waiting for his moment to swim collegiately.

"One of the main things that attracted me to college swimming in the U.S. is the atmosphere that dual meets create and conference meets create," Newman said. "I just know the atmosphere that we get on deck at a dual meet, we pack the crowd, it's really loud and it gets people to swim at a higher level."

"What college swimming really does for swimmers is it teaches them how to be well balanced all around individuals who can really multitask; manage their time well. That really prepares them for life after collegiate sports," Newman said.

After receiving his degree in applied economics and management, Newman began his coaching career as an assistant coach at Cornell in July 2009, only a couple of months after graduating.

Since then, Newman has raced up the coaching ladder. In July 2014, he was promoted to associate head coach and he didn't stop there. In April 2015, Newman became part of a vital change at Cornell when he was tabbed as the head coach of the men's team.

With Newman's promotion came a separation of the men's and women's teams—a first for the program in five years.

Having served as team captain for two seasons during his swimming career at Cornell, Newman has been in a leadership position before. This exposure to a leadership role coupled with his four years of student-athlete experience prepared Newman for head coaching duties.

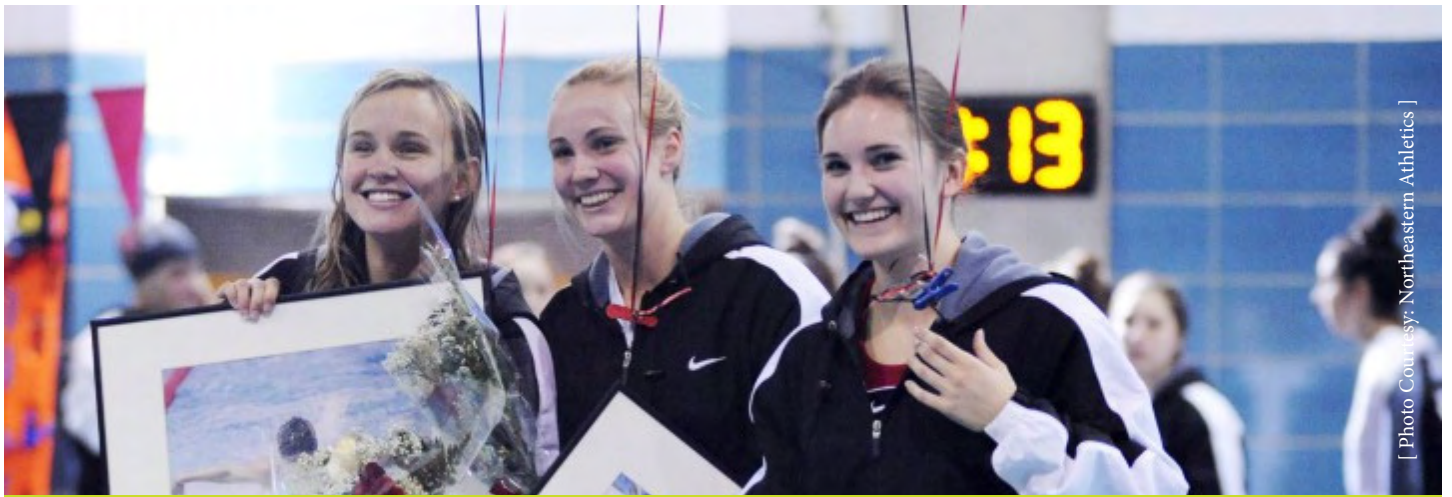
"You are expected to be the leader of the team," Newman said about being a head coach. "That's definitely something that I've really put a lot of thought into. How I want to present myself to the team and making sure all my actions and everything that I do reflects how I want to be seen by my team, as a leader and as a positive role model."

Newman plans on using his experience as a swimmer and assistant coach to now lead Cornell to new heights.

"The team has shown steady improvement the past three years, which was clearly illustrated by a jump in our standings this past year. We want to continue on that track and get ourselves into the top half of the league again," Newman said.

However, Newman believes that his swimmers, similar to Newman's experience, will get more out of the program and university than simply fast swimming.

"Cornell has always offered a great balance between strong academics and an athletic environment that brings out the best in our athletes," Newman said. "That is the program we will continue to provide and strive to improve for our student-athletes." ◀



# NEW BALANCE'S JILL KEARNS

*By Delaney Lanker, Swimming World College Intern*

Traveling to other countries, standing on the podium at championships, captaining a team of 30 girls and making lifelong memories made waking up at 5 a.m. for practice and balancing 20 hours of training a week with academics, all worth it for Northeastern University alumni Jill Kearns.

“Swimming provided me with so many opportunities that I otherwise wouldn’t have had,” Kearns said. “Swimming in college was one of the most beneficial things for my career.”

In 2013, Kearns graduated from Northeastern University with a major in psychology and minor in business administration. She swam butterfly and IM and still holds the NU team record in the 200 butterfly.

Now Kearns is an HR Generalist for New Balance Athletic Shoe based out of Brighton, Massachusetts. She works with teams on associate development, organizational changes and facilitates new hire orientations.

“Every day at work is different,” Kearns said. “I enjoy getting to know and working with different people all the time.”

Only a few years removed from her college swimming career, Kearns still looks back at her daily life in college

with amazement.

“It’s hard to believe my life consisted of waking up at 5 a.m. for practice, going to class all day, going back to practice, doing homework and then going to bed,” Kearns said. “But being able to have that experience has positively impacted my dedication, discipline and time management skills which are extremely valuable in the working world.”

Swimming in college taught Kearns many things, but she narrowed it down to her top three:

## 1. TIME MANAGEMENT

Being able to balance school work and over 20 hours of training a week is an “extremely valuable skill to have that many others don’t have much experience with prior to the working world,” Kearns said. Swimming is one of the most time consuming sports out there, between time in the water, the weight room and weekend long meets, but being able to juggle this tough schedule while staying healthy and having fun, only makes going into the real world that much easier.

## 2. TEAMWORK

Kearns learned that being a part of an all female swim team, has its ups and its downs. Captaining and working with different personalities throughout her four years of college swimming helped Kearns learn how to



bring everyone together to work towards a common goal.

“Sometimes competing can be tough,” Kearns said. “And keeping the team motivated throughout a meet can be challenging- yet rewarding.”

### 3. DISCIPLINE

Swimming instills discipline to each member of the team. Waking up at 5 a.m. to jump into a freezing cold pool in the middle of winter isn't something for the weary. And still, going to that 8 a.m. class after practice rather than taking a nap, isn't something most college kids would choose to do. But having the discipline to uphold this craziness helped Kearns in her job search throughout college.

“You'll see employers mouths drop in interviews when you tell them your schedule,” she said.

### POST SWIMMING

Kearns took a year away from the pool before she decided to put her goggles back on again. And the competitor in her couldn't keep Kearns away from working for an athletic brand.

“New Balance is an extremely active company,” Kearns said. So, Kearns joined New Balance's triathlon team and competes as the swimmer in their relay sprint races.

“It's exciting to be part of a team again,” Kearns said. “I've also competed in my first full sprint triathlon since 'retiring.'”

Even as a “swammer” Kearns still misses “the routine of the practices and the feeling of accomplishment after finishing a tough workout or race.” Even the memories her training trips to Puerto Rico, are positive ones. No matter how beaten down or hard practices were, Kearns said that she always had fun.

“Aside from making lifelong friends and having a great time, the skills you learn from being a collegiate athlete are some of the most valuable in life,” Kearns said. “It may seem like a lot of work at first, but swimming in college was one of the best decisions I've ever made.” ◀



## BOILERMAKER VILMOS KOVACS

*By Andy Ross, Swimming World College Intern*

There are a small amount of international college student-athletes that stay more than four years in the states. Most internationals go back home after graduation or stay for a few years and end up going back home after a few years. But for Purdue graduate Vilmos Kovacs, he has made West Lafayette, Indiana his home since his arrival in the fall of 1995.

### BOILERMAKER RECORDBREAKER

Originally from Hungary, Kovacs came to the United States to get a good education and be able to provide for a family.

“I trained with so many great swimmers back home. They were great swimmers, but once they were done swimming, they didn't know anything else. They really struggled,” Kovacs said.

Kovacs studied computer science at Purdue and then changed his major to management. Kovacs' finest memories from college are the ones he shared with his team. He recalls that his favorite moment was being a part of the first relay at Purdue to win a Big Ten Championship in 1997, his sophomore year. Kovacs swam the breaststroke leg on the 400 medley relay team that won and set a school record.

“I wanted to be top three in the 200 IM but my goggles filled up with water,” Kovacs remembered. “(Purdue men's head coach Dan Ross) *continued on pg. 24 >>*”

*continued from pg. 23* saw that I was upset and I don't remember what he said, but I said 'watch this' before the relay and we went out and won it."

Kovacs also finished third in the 200 breaststroke at the 1996 NCAA Championships which is the highest finish for a Purdue men's swimmer at the NAAs to this day. He also won four individual Big Ten titles and was named an All-American four times.

### SWIMMING INTO THE AMERICAN LIFE

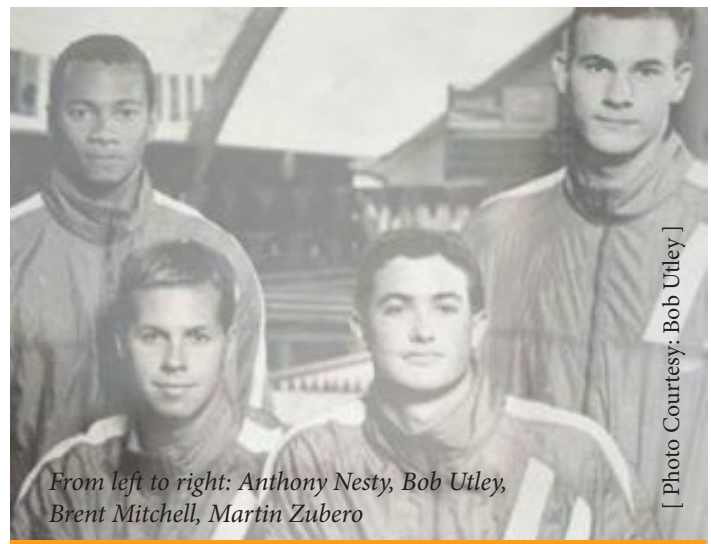
"I didn't speak English. My teammates took pride in teaching me English words," Kovacs said. He also remembered struggling in simple things that his American classmates did not have trouble with. Little things like going to the grocery store, getting a cell phone, and opening a bank account were all things Kovacs did not know how to do in his first years of college. He said if he did not have his teammates to help him through those things, he probably would not have made it.

Swimming has also helped Kovacs after college. It has given him structure in life to get work done efficiently and stay organized. He also talked about how belonging to a group of people was one of the best experiences he had and his teammates remain some of his closest friends to this day.

### HUNGARIAN WAYS INTACT

Kovacs graduated from Purdue in 2000. He still resides in West Lafayette with his wife (who is also Hungarian) and his three sons. He is currently the IT manager for Cook Research in West Lafayette. Despite making the United States home since graduation, Kovacs still speaks Hungarian in his home with his family, cooks Hungarian cuisine, and tries to plan trips to Hungary once a year for his kids to experience the heritage and visit family members.

The values that Kovacs learned during his tenure at Purdue still stick with him today. College swimming instilled in him a hard work ethic now applied to his job. His learned discipline has helped him provide for his family, one of the main reasons he came to the United States in the first place. Although Vilmos shaped much of Purdue swimming's history, it was swimming at Purdue that shaped him into the man he is today.



*From left to right: Anthony Nesty, Bob Utley, Brent Mitchell, Martin Zubero*

[ Photo Courtesy: Bob Utley ]

## GATOR ALUM BOB UTLEY

*By Elise Campbell, Swimming World College Intern*

Bob Utley couldn't resist returning to the swimming world. Utley began working in sales after graduating from the University of Florida with a degree in liberal arts. Years later, he used the connections and skills he earned from his time as a collegiate athlete to jumpstart his own business.

### GETTING HIS START

Utley was a swimming star at a young age. In high school, he swam for Admiral Farragut Academy in St. Petersburg, Florida as well as club team St. Petersburg Aquatics. Utley was a four-time state champion and record holder for Admiral Farragut.

In 1988, Utley entered his freshman year on a full ride to the University of Florida, swimming under legendary head coach Randy Reese. Reese helped Utley improve further and still holds great respect for him, both as a person and an athlete. The two speak often today.

Utley found college swimming much different from high school. He learned the non-stop training was a lot to handle at first, even describing it as "unorthodox in comparison to other schools."

From 1988-1992, Utley had outstanding success at the University of Florida. He was a 22-time All American,



1989 SEC Swimmer of the Year and an NCAA Champion in 1991. Utley was a 1991 US Open Champion, a member of the National Team competing in both Italy and South America and swam in the Pan American Games in Cuba. He competed at Olympic Trials in both 1988 and 1992 and came very close to punching an Olympic ticket.

### TOUGH TIMES

It wasn't always smooth sailing for Utley. Throughout his career, Utley was plagued with knee and shoulder problems. He struggled with a coaching change his senior year leading up to the US Olympic Trials. His mother passed away from cancer that same year.

"I wanted to quit a few times, just because of the daily grind," Utley said. "It was very difficult, trying to balance everything. I wondered what the most important thing was."

The beliefs that college swimming instilled in Utley helped him push through.

"I carried over a lot of the core values that I got from training. I learned to be mentally strong."

Utley's experiences in collegiate swimming taught him the importance of loyalty, hard work and dedication and he continues to apply these to his daily life. Coach Randy Reese sees these qualities at work today.

"He was a hard worker and was very consistent in this," Reese said. "I saw him as one of the favorites in the 200 freestyle with the Olympics coming up. From swimming, he gained a lot of confidence and discipline. Getting up early to work isn't difficult for him because he's been through so many early mornings."

### BAND OF BROTHERS

Utley found a close-knit family in swimming. In fact, almost all of his groomsmen were swimmers. The experiences that these men faced in college continue to bring them together.

"My circle of friends is very small and they are all still swimmers. I've learned that they are the ones I can truly count on and trust. We all hung together then because we all went through the same struggles together.

We were like a band of brothers."



### BACK TO HIS ROOTS

At 45, Utley is now enjoying success in the business side of swimming. He started his own business in his hometown of St. Petersburg. The Aquatic Shop is an apparel store for swimming gear that caters to all competitive water athletes, including triathletes. The store carries both TYR and Dolfin. Utley is also in the process of setting up a learn-to-swim school.

"I'd been out of the swimming world for a very long time and I decided I wanted to get back into it, outside of being a coach. I know so many people through the swimming world whom I've stayed in touch with, which really helped."

Utley still attributes his time as a swimmer to some of his recent accomplishments.

"Swimming taught me determination and gave me a huge crop of people for support. Swimming is an individual sport, but we all did it together. We trained together, we cried together, we lost together. Those experiences influence and stay with me today." ◀

# TARA KIRK AND RICK SCHAVONE INDUCTED INTO STANFORD HALL OF FAME



[ Photo Courtesy: dgonzales@stanford.edu ]

Tara Kirk, a 2004 Olympian and '04 Stanford graduate, has been inducted into the Stanford Athletics Hall of Fame along with Rick Schavone, the former Head Diving Coach of the Cardinal for more than 30 years.

One of the most decorated diving coaches in the country, Schavone spent 36 years as Stanford's head diving coach before retiring last April. A four-time NCAA Diving Coach of the Year (1992, 1993, 2007 and 2013), he also earned nine Pac-12 Diving Coach of the Year Awards (1995 – men, 1995 – women, 1997 – women, 1999 – women, 2000 – women, 2007 – women, 2008 – women, 2013 – men and 2014 – men).

Schavone has coached divers to 18 national team championships (9 – NCAA men's, 8 – NCAA women's, 1 – AIAW women's), 50 conference team championships, 40 individual Pac-12 titles and 92-All-America honors. He coached at least one All-American in 30 of his last 32 seasons. Schavone guided many United States diving teams and coached at the last seven U.S. Olympic Trials. In 2012, he was assistant head coach of the U.S. Olympic Diving Team and helped coach Cardinal standout Kristian Ipsen to a bronze medal in London. He received the USA Diving's Coach of the Year Award in 1984. A 1971 graduate of University of New Hampshire, where he was inducted into Hall of Fame last summer, Schavone completed his Ph.D. at Stanford in 1978.

Kirk, who won 11 NCAA titles in record-breaking times, became the first swimmer in NCAA history to win a breaststroke event for four consecutive years in the 100-yard breaststroke. She swam breaststroke leg on Stanford's winning 200 and 400 yard medley relay teams in 2001 and 2002 in addition to her seven NCAA individual crowns from 2001 to 2004. Kirk also won 14 Pac-10 titles, was a 17-time All-American and two-time team captain. She held American records in seven different events (five individual and two relay) while at Stanford, holding the American record in the 100 yard breaststroke for 10 years.

Kirk was undefeated in all 35 of her college races in the 100 breaststroke and won her final 19 collegiate 200 breaststroke races. During her senior year, Kirk set a world record in the 100-meter breaststroke (short course), captured the Honda Award, presented to the nation's Most Outstanding Collegiate Women's Athlete for swimming and diving, was named the NCAA Swimmer of the Year, and received the Honda-Broderick Cup, presented to the best college female athlete in the country.

She has won 15 medals in international competition, including a silver medal in the 2004 Olympic Games in Athens. Her younger sister, Dana Kirk, also a Stanford swimmer, also made the 2004 U.S. Olympic team, and they became the first sisters to swim on the same U.S. Olympic team. Kirk graduated with a BA in human biology and MA in anthropological sciences and was a Rhodes Scholar finalist in 2005. She works as an associate at the UPMC Center for Health Security, where her primary focus is improving public health policy and practicing to reduce the impacts of disasters and terrorism. ◀ *The above article is a press release submitted to Swimming World.*





[ Photo Courtesy: Mission Viejo Nadadores ]

## RENOVATION PLANS FOR MARGUERITE AQUATICS COMPLEX MOVING FORWARD

The plans to redesign the Marguerite Aquatics Complex in Mission Viejo, Calif., are moving forward again, thanks to a new approval by the City Council this week.

Though the Council voted 4-1 on June 1 to approve a \$6.4 million renovation of the historic facility, Mayor Cathy Schlicht voiced concerns that the bid process was not thorough and called for the Council to revisit the matter. Schlicht was the lone dissenting vote on June 1.

Aquatic Design Group was the original bid winner for the redesign, and the company will still be in charge of the renovation. On Monday evening, the City Council unanimously approved a price tag of \$598,500 for the design contract. Before voting, Schlicht mentioned a firm that could work on the project for a smaller fee, though it seemed to make no impact on the outcome.

The facility's famed diving tower, where Olympic legend Greg Louganis and others trained, will be modernized, as will the 50-meter competition pool. Aquatic Design will also be responsible for the landscaping and surrounding buildings on the grounds.

The redesign is still scheduled to begin in August 2016, and will take almost a year to complete.

Jim Montrella, a legendary coach for Team USA in the 1970s, was the only member of the community to speak in favor of Aquatic Design Group at the meeting, saying, "They've proven themselves nationwide and worldwide, ... and they certainly are familiar with our complex."

"You have done a phenomenal job," Councilwoman Wendy Bucknum told the staff from Aquatic Design Group. "We are in very good hands. I feel very confident."

The one sticking point in the bid was the 15 percent markup that the City of Mission Viejo would have to pay Aquatic Design Group for reimbursable expenses. The Council asked the committee to look at that part of the bid and see if it is a necessary part of the project. ◀ *The above article is a press release submitted to Swimming World.*



[ Photo Courtesy: Taylor Brien ]

## LOCHTE AMONG WORLD CHAMPIONSHIP TEAMERS RACING AT ATHENS SECTIONALS

*By Jeff Commings*

Ryan Lochte will be the headliner of this weekend's sectional meet on the campus of the University of Georgia, getting in some final racing preparation before the world championships.

Lochte is slated to swim five events in Athens: 200 IM, 50 free, 200 free, 400 free and 100 fly. The two events of note will be the 200 IM and 200 free, as those are the events he'll be swimming at the world championships in Russia next month.

Lochte will be joined in Athens by several other members of Team USA's squad for worlds, including a few of his SwimMAC Carolina teammates. Micah Lawrence, slated to swim the 100 and 200 breaststrokes in Russia, will be the one to watch in those events, while Cammille Adams will be rehearsing for her 200 butterfly races this weekend. Tim Phillips, who landed on the world championship team in the 100 butterfly after Michael Phelps' DUI arrest, will have a showdown with Lochte in the 100 fly.

Club Wolverine's Connor Jaeger, a medal hopeful in the distance freestyle events, is not in the 800 or 1500 free-styles, but will be in the other freestyle events and will show off some versatility in the 200 IM. He's part of a strong team from Ann Arbor, including South African Dylan Bosch, Australian Bobby Hurley and Japan's Junya Koga.

The host team will also feature some top talent. Nic Fink, one of the country's top breaststrokers, will hone his racing strategies before heading to worlds. Melanie Margalis, who is headed to her first world championships in the 200 IM, will have SwimMAC's Kirsty Coventry as a top rival this weekend, and will give Lawrence some competition in the 100 breast as well. ◀



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# THE CASE FOR THE WOMEN'S 1500 IN THE OLYMPIC LINEUP

By Sarah Lloyd, *Swimming World College Intern*

A couple of weeks ago, one of my campers asked me if I thought Katie Ledecky would break the world record in the 1500 in Rio next year.

“No,” I said, and as only young children can do, she cocked her head to one side, looking puzzled and asked “Why?” I then had to explain that in the Olympics, women only swim up to the 800. “Do boys get to swim the 1500?” she asked. “Yes,” I replied, to which she exclaimed “Well THAT’S not fair!” And she’s right.

## THE COMMON CASE AGAINST

In the swimming family, distance is somewhat of the black sheep. It’s easy for swimmers and spectators alike to be interested in the sprints because they’re immediately and intensely exciting—the finish of the 50 always brings about a collective gasp. IMs can be just as interesting because the lead changes based on different swimmers’ strengths throughout the race. Watching any race of a stroke can leave non-swimmers ogling at the skill and strength that’s required to complete a 200. Relays are universally loved for the camaraderie and unpredictability—hello men’s 4×100 in Beijing.

Distance swimming, however, takes a different level of patience and understanding. My mom used to joke that she could watch the start of my mile, go to the bathroom and get a meal from the concession stand, and still be back to see me finish.

While this argument could make sense if the broadcasting networks, like NBC, were the governing bodies of the Olympic events and if the Games were purely for the entertainment of the viewers, instead of say, bringing nations together for top-notch competition, the fact is, while the Olympics are exciting to watch, their purpose is not to bring in ratings.

That being said, the broadcasting companies are not the governing bodies and they don’t have sway over the pro-

grams. The decision to include the women’s 1500 is up to FINA and the IOC. And they’re dragging their feet.

## A QUICK HISTORY

The first modern Olympic Games were held in Athens, Greece in 1896. Swimming was included in the first Olympic program, but with just a few events for men only. By the 1904 Games, the 1500 freestyle had made it into the program for the men. Women did not compete on the Olympic stage until 1912, and even then, they swam only two events—the 100 freestyle and the 4×100 freestyle relay. Fast forward to 1968 when the women were finally allowed to compete in the 800 freestyle; they were previously thought to be too “delicate” to compete in the longer races.

What took only two Olympiads for the men to achieve—a real distance race, took 15 for the women and even then, they got a watered down version of the ultimate distance race in a pool.

Women have proven time and time again that they are just as capable of long distance swimming as men. Diana Nyad proved this beyond a doubt when she became the first person—man or woman—to swim from Cuba to Florida, a distance of 110 miles. Ledecky’s best 1500 time of 15:28.36 is easily under the men’s qualifying time for the 2016 US Olympic Trials of 15:49.99.

Besides the fact that women swim the 1500 at Worlds and the pro-circuit meets, FINA approved the 10K open water distance for both men and women for the 2008 Beijing Games. It seems counterintuitive to tell women that they are capable of swimming a 10K in open water, but not a 1500 in a pool.

And while FINA may not be blatantly sexist in its refusal to include the women’s 1500 in the Olympics, its reluctance to change the program brings up the lingering ideology that women are somehow weaker and inferior to men. Women can serve in the armed forces, run the same distances as men in Olympic track and field events, and play the same duration in international soccer matches—they deserve the right to compete in the 1500 on the world’s largest stage.

I, for one, impatiently await the change in the women’s Olympic program. ◀





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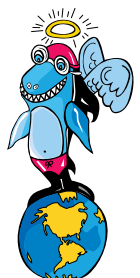
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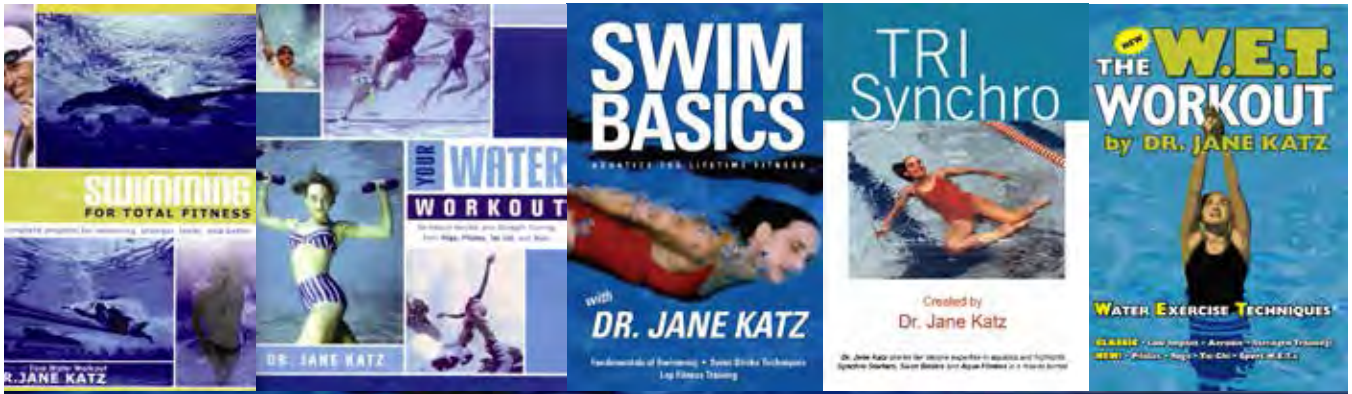


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