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2015 HIGH SCHOOL

ALL-AMERICAN SHOWCASE

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HIGH SCHOOL ALL-AMERICAN SHOWCASE:

CARMEL GIRLS, BOLLES BOYS ATOP 200 MEDLEY RELAYS

by Jeff Commings

This year, a pair of strong efforts stood atop the NISCA All-American High School lists in the 200-yard medley relay and are featured as part of our NISCA All-American Showcase taking place the next week and a half.

Carmel High School became the first to break the 1:40 barrier in girls high school swimming competition in the 200-yard medley relay at the Indiana Girls High School State Championships in February.

Carmel's Sammie Burchill (25.39), Alex Clarke (29.00), Veronica Burchill (23.31) and Amy Bilquist (21.55) blasted their way to a 1:39.25 in the finale.

During prelims, the same foursome of Burchill (25.51), Clarke (29.07), Burchill (23.63) and Bilquist (22.12) turned in a sizzling time of 1:40.33.

That swim not only broke Carmel's 2014 national public school record of 1:40.83, but also lowered the overall record of 1:40.73 set by Carondelet back in 2011.

Carondelet's foursome of Madison White, Allison Gargalikis, Christina Ray and Chelsea Chenault set that mark in 2011.

Carmel's previous record came by way of Hanna House, Clarke, Burchill and Bilquist.

The Bolles Sharks won all three relays and three individual events in the boys Florida 1A State High School Championships in November of last year. All three relay swims ranked at or near the top of the national standings, with a 1:29.46 in the 200 medley relay as one of the standout swims.

Andy Song An (22.86 backstroke), James Daugherty (24.93 breaststroke), Javier Barrena (21.96 butterfly) and Andrea Vergani (19.71 freestyle) finished within 1.4 seconds of the mind-boggling state record posted in 2012 by a Bolles relay that included Ryan Murphy and Joseph Schooling. Cardinal Mooney could only settle for a distant second in that relay with a 1:35.92, while Community School took third with a 1:36.56. ◀

GIRLS 200 MEDLEY TOP 8

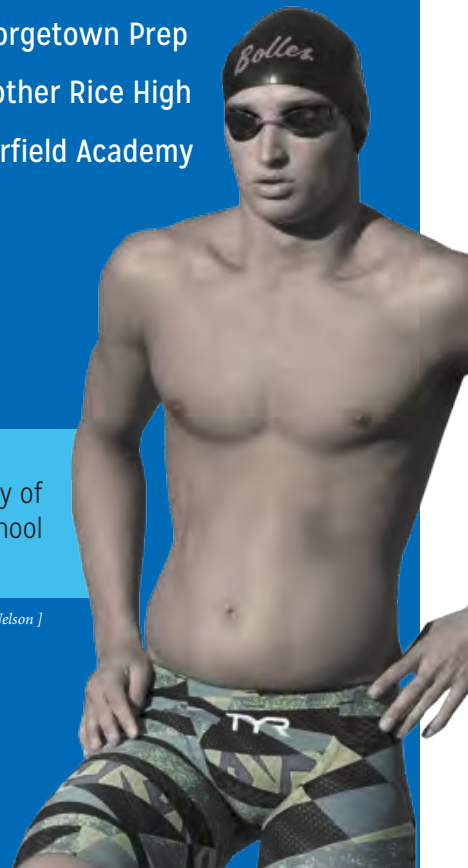
- 1 1:39.25 - Carmel High School
- 2 1:40.74 - Sacred Heart Academy
- 3 1:41.71 - Crown Point High School
- 4 1:42.29 - Jserra Catholic High School
- 5 1:42.30 - Wayzata High School
- 6 1:42.38 - Santa Margarita Catholic High
- 7 1:42.44 - The Bolles School
- 8 1:42.55 - Chanhassen High School

BOYS 200 MEDLEY TOP 8

- 1 1:29.46 - The Bolles School
- 2 1:29.74 - Upper St. Clair High School
- 3 1:30.26 - Northgate High School
- 4 1:30.40 - University High School
- 5 1:30.97 - LaSalle College High School
- 6 1:31.04 - Georgetown Prep
- 7 1:31.66 - Brother Rice High
- 8 1:31.71 - Deerfield Academy

James Daugherty of
The Bolles School

[Photo Courtesy: Donna Nelson]





Katie Ledecky of
Stone Ridge Catholic High School

[Photo Courtesy: Griffin Scott]

HIGH SCHOOL ALL-AMERICAN SHOWCASE:

LEDECKY, SHOULTS BREAK 200 FREE RECORDS TO LEAD HIGH SCHOOL ALL-AMERICANS

by Jeff Commings

It took a couple of record-breaking swims to get to the top of the NISCA High School All-American rankings in the 200-yard freestyle, with Katie Ledecky and Grant Shoults leading an impressive roster of swimmers from the 2014-2015 high school season.

Our 11-part NISCA All-American Showcase is highlighting each event on the high school swimming schedule, and Swimming World is proud to partner with the National Interscholastic Swim Coaches Association to provide a global spotlight on high school swimming in the United States.

Ledecky made the most of her final high school season, lowering her own national high school record in the 200 free with a 1:41.55 at the D.C. Metro Championships in February while representing Stone Ridge High School. It was a stellar swim for Ledecky, who continues to work her way to the top of the all-time standings in the event. The swim was the sixth-fastest performance in history at the time, though it has since moved down to 11th thanks to a few swims by Missy Franklin and Simone Manuel at the collegiate level.

Katie McLaughlin of Santa Margarita Catholic High School is also showing improvements in the 200 free, dropping her lifetime best to 1:43.01 for second place in the national high school rankings. Third overall was Carmel High School's Claire Adams with a 1:45.09.

Grant Shoults, a junior at Santa Margarita Catholic High School, made history by breaking a 24-year-old national record in the 200-yard freestyle at the California Interscholastic Federation's Southern Section Championships last May. His 1:34.54 broke the national record for independent schools that was set in 1991 by Joe Hudepohl.

Shoults now turns his focus to the overall national high school record of 1:33.83 swum by Tom Shields in 2009. He might need to get under 1:34 to sit at the top of the national high school rankings next year, as fellow Californian Maxime Rooney is bound to perform well in 2016. Rooney swam a 1:34.58 at the CIF Northern Section meet the same weekend as Shoults.

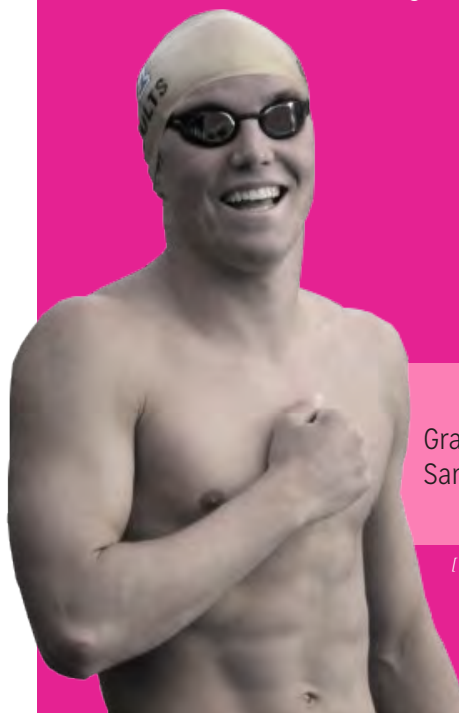
Ranked third nationally is St. Xavier High School sophomore Grant House, whose 1:35.28 signals great things to come in the 2015-2016 season. ◀

GIRLS 200 FREESTYLE TOP 8

- 1:41.55 - Katie Ledecky - Stone Ridge High School
- 1:43.01 - Katie McLaughlin - Santa Margarita Catholic
- 1:45.09 - Claire Adams - Carmel High School
- 1:45.40 - Katie Drabot - Cedarburg High School
- 1:45.89 - Megan Moroney - Saint Andrews High
- 1:45.93 - Lauren Case - Woodstock High School
- 1:46.07 - Taylor Ault - Sonora High School
- 1:46.14 - Kenisha Liu - Ayala High School


BOYS 200 FREESTYLE TOP 8

- 1:34.54 - Grant Shoults - Santa Margarita Catholic
- 1:34.58 - Maxime Rooney - Granada High School
- 1:35.28 - Grant House - St. Xavier High School
- 1:35.31 - Michael Jensen - Upper Dublin High
- 1:35.66 - Michael Reilman - Walsh Jesuit High
- 1:37.00 - Knox Auerbach - Northview High
- 1:37.05 - Aidan Burns - Bellarmine College Prep
- 1:37.13 - Matthew Hirschberger - Georgetown Prep



Grant Shoults
Santa Margarita Catholic

[Photo Courtesy: Griffin Scott]



Andrew Seliskar of
Thomas Jefferson High School

HIGH SCHOOL ALL-AMERICAN SHOWCASE:

ELLA EASTIN AND ANDREW SELISKAR TOP 200 IM HIGH SCHOOL ALL-AMERICANS LIST

by Jeff Commings

Ella Eastin and Andrew Seliskar closed out their high school careers with exciting swims in the 200 individual medley during the 2014-2015 season. Eastin chipped away at her national independent record, while Seliskar approached one of the most unreachable swims in history.

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Eastin's 1:53.90 was the best 200 IM in the nation by nearly four seconds. The Crean Lutheran High School senior did it at the California Interscholastic Federation's Southern Section Championships, setting a lifetime best and inching a bit closer to Dagny Knutson's overall national record of 1:53.82.

At the same meet, Kristen Vose of Flintridge Sacred Heart Academy posted a 1:56.07 to rank second nationally. Lauren Barber was the only other swimmer in the nation to swim under 1:58 in the 200 IM, as the senior from Wilmington Area High School posted a lifetime best 1:57.76 to rank third in the nation.

Leading four swimmers in the 1:58 range was West Potomac High School freshman Cassidy Bayer with a 1:58.21. Bayer is known mostly for her butterfly prowess, having broken a national age group record in the 200 butterfly.

Seliskar posted the second-fastest 200 IM in high school history last February with his astounding 1:43.01 at the Virginia high school championships. It was the closest anyone has gotten to David Nolan's overall national record of 1:41.39.

Michael Thomas from Hatboro Horsham High School, who had won the USA Swimming junior national title in December with a 1:45.54, shattered that with a 1:44.50 at the Pennsylvania high school championships two months later to rank second nationally among high school swimmers. Ian Finnerty of Bloomington South High School beat out Saratoga High School's Xiangfei Xie for the third ranking, 1:45.67 to 1:45.81. ◀

GIRLS 200 IM TOP 8

1:53.90 - Ella Eastin - Crean Lutheran High School

1:56.07 - Kirsten Vose - Flintridge Sacred Heart

1:57.76 - Lauren Barber - Wilmington Area High

1:58.21 - Cassidy Bayer - West Potomac High School

1:58.28 - Sonia Wang - J Serra Catholic High School

1:58.78 - Nikol Popov - Valencia High School

1:58.86 - Lilli King - Evansville F. J. Reitz High School

1:59.14 - Miranda Tucker - Waterford United High

BOYS 200 IM TOP 8

1:43.01 - Andrew Seliskar - Thomas Jefferson High

1:44.50 - Michael Thomas - Hatboro Horsham High

1:45.67 - Ian Finnerty - Bloomington South High

1:45.81 - Xiangfei Xie - Saratoga High School

1:46.07 - John Shebat - Oakton High School

1:46.63 - Mark Andrew - Middletown High School

1:46.91 - Paul DeLakis - Eau Claire Memorial High

1:46.91 - Daniel McArthur - Lakewood High School



Ella Eastin of
Crean Lutheran

[Photo Courtesy: Ella Eastin]



[Photo Courtesy: Griffin Scott]

Abbey Weitzeil of Saugus High School

HIGH SCHOOL ALL-AMERICAN SHOWCASE:

RYAN HOFFER, ABBEY WEITZEIL SPRINT TO TOP OF 50 FREE HIGH SCHOOL ALL-AMERICANS LIST

by Jeff Commings

The future of American sprinting was on display in the 2014-2015 high school season, as the list of high school All-Americans in the 50 freestyle was highlighted by record-setting performances by Ryan Hoffer and Abbey Weitzel.

Hoffer, just a sophomore at Chaparral High School, continues to make major strides in the event, posting a 19.53 at the Arizona Division I high school championships last November. The time was Hoffer's best in the event, and set a USA Swimming national age group record. With two years of high school swimming remaining, we could see Hoffer threaten Caeleb Dressel's national high school record of 19.29.

Hoffer wasn't the only swimmer under the 20-second barrier this past high school season. Albert Gwo, a junior from Los Altos High School, posted a 19.90 at the inaugural California state high school championships for second place nationally. Kyle Decoursey, a senior at Zionsville Community High, nearly joined Hoffer and Gwo under the magical barrier with a 20.08.

The top eight in the 50 freestyle was close, with just five hundredths of a second separating fourth through eighth. Calvin Koethke and Edward Moss tied for eighth place with matching times of 20.18.

Weitzel continued to amaze in the 50 freestyle, and not just on the high school scene. Last December, she posted a lifetime best 21.49 leading off a relay at the USA Swimming junior nationals just a week or so after competing at the short course world championships.

She finished off her high school swimming career by lowering her own national high school record down to a 21.64 at the California Interscholastic Federation's Southern Section championships. Though not her best time, she established a new high school record that will be tough to beat.

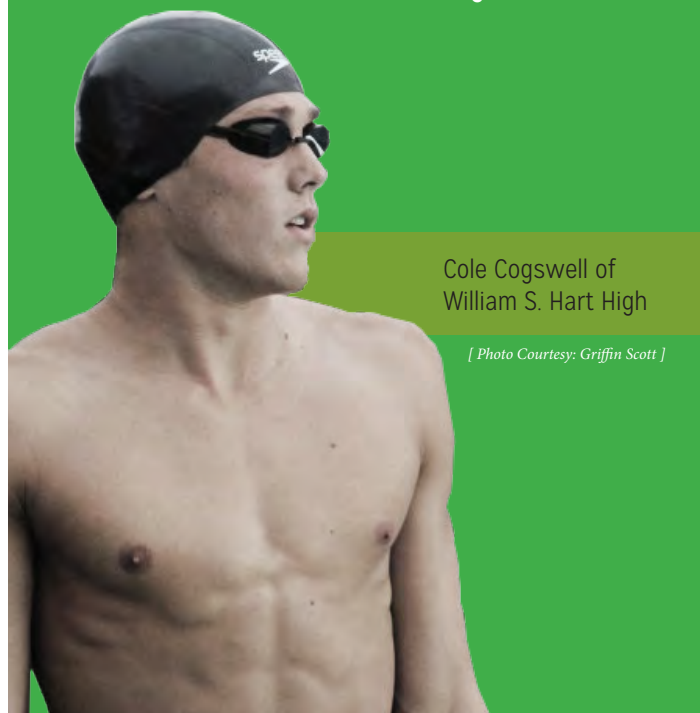
No one else was able to crack 22 seconds in the 50 free, which is a major barrier to break in high school swimming. But Carmel High School in Indiana is celebrating second and third place in the national rankings. Amy Bilquist ranks second with an impressive 22.15 from the Indiana state championships, while Veronica Burchill's 22.29 stands third. ◀

GIRLS 50 FREESTYLE TOP 8

- 21.64 - Abbey Weitzel - Saugus High School
- 22.15 - Amy Bilquist - Carmel High School
- 22.29 - Veronica Burchill - Carmel High School
- 22.35 - Ashley Volpenhein - Mason High School
- 22.51 - Maddie Gehrke - Waukee High School
- 22.60 - Marta Ciesla - Pine Crest School
- 22.62 - Rachel Wittmer - Edina High School
- 22.66 - Kasey Schmidt - Bolles School

BOYS 50 FREE TOP 8

- 19.53 - Ryan Hoffer - Chaparral High School
- 19.90 - Albert Gwo - Los Altos High School
- 20.08 - Kyle Decoursey - Zionsville Community High
- 20.13 - Ryan Dudzinski - Upper St. Clair High School
- 20.14 - Cole Cogswell - William S. Hart High School
- 20.15 - Andrea Vergani - Bolles School
- 20.18 - Calvin Koethke - Grove City High School
- 20.18 - Edward Moss - Greenwich High School



Cole Cogswell of William S. Hart High

[Photo Courtesy: Griffin Scott]



Alex Valente of
Dos Pueblos High

HIGH SCHOOL ALL-AMERICAN SHOWCASE:

100 FLY NATIONAL RECORD BATTLE HIGHLIGHTS HIGH SCHOOL ALL-AMERICANS LIST

by Jeff Commings

[Photo Courtesy: Griffin Scott]

One of the exciting highlights of the 2014-2015 high school swimming season was the battle for ownership of the 100 butterfly national high school record, with some of the fastest times ever swum by teenagers posted as a result.

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Katie McLaughlin, a senior at Santa Margarita Catholic High School, came into the season as the national record holder with a 51.78. Beata Nelson, representing Verona/Mt. Hebron Co-Op in Wisconsin, was the first record setter in the event this season at her championships in November.

Nelson kicked things off with a blazing 51.70, beating McLaughlin's record of 51.78 from May 2014. It was Nelson's first time under 52 seconds, and was also a USA Swimming national age group record.

Grace Oglesby of North Oldham High School threw down a 51.75 to put a scare into Nelson's new record. It also marked her first time under 52 seconds, beating her previous lifetime best of 52.14 from the prelims.

McLaughlin took to the blocks at the California Interscholastic Federation's Southern Section championships with the goal of getting her record back. She accomplished the goal with a 51.53, which gets her closer to Natalie Coughlin's USA Swimming national age group record of 51.18.

Alex Valente made some big improvements in the 100 butterfly, nearly joining an exclusive club of high school swimmers to post a time in the 45-second range. Valente wrapped up his time at Dos Pueblos High School with a 46.00 at the California Interscholastic Federation's Southern Section meet, threatening Joe Schooling's national high school record of 45.52.

Though he had raced the 100 breaststroke in previous years, Andrew Seliskar took on the 100 butterfly in his senior year because his team was flush with breaststrokers. ◀

GIRLS 100 BUTTERFLY TOP 8

- 51.53 - Katie McLaughlin - Santa Margarita Catholic
- 51.70 - Beata Nelson - Verona/Mt. Hebron Co-Op
- 51.75 - Grace Oglesby - North Oldham High School
- 52.26 - Veronica Burchill - Carmel High School
- 52.43 - Brittany Ulsinger - Acalanes High School
- 53.01 - Cassidy Bayer - West Potomac High School
- 53.01 - Madelyn Murphy - Carondelet High School
- 53.04 - Aly Tetzloff - Crown Point High School

BOYS 100 BUTTERFLY TOP 8

- 46.00 - Alex Valente - Dos Pueblos High School
- 46.13 - Andrew Seliskar - Thomas Jefferson High S&T
- 46.75 - Xiangfei Xie - Saratoga High School
- 47.26 - Ryan Dudzinski - Upper St. Clair High School
- 47.53 - James Bretscher - L&N Stem Academy
- 47.72 - Franco Reyes - Hinsdale Central High School
- 47.78 - Liam McCloskey - La Costa Canyon High
- 47.80 - Mark Jurek - Chandler High School



Katie McLaughlin of Santa Margarita

[Photo Courtesy: Griffin Scott]



Ryan Hoffer of
Chapparral High School

[Photo Courtesy: Melissa Lundie]

HIGH SCHOOL ALL-AMERICAN SHOWCASE:
**100 FREESTYLE HIGH SCHOOL ALL-AMERICANS
LED BY ABBEY WEITZEIL, RYAN HOFFER**

by Jeff Commings



Another national high school record from Abbey Weitzel led a strong field of high school All-Americans on the girls side, while Ryan Hoffer barely earned his second national No. 1 ranking with a strong swim to lead the boys' rankings.

Weitzel broke the 100 free record four times at the California Interscholastic Federation's Southern Section meet, first swimming a 47.53 in the 100 free prelims then a 47.42 leading off Saugus High School's 400 free relay. In finals, Weitzel took the record even further with a 47.33 to win the 100 free, then a blazing 47.09 on the 400 free relay leadoff leg. Weitzel's best time is 46.29, but her national record remains a major benchmark for high school swimmers to reach in the coming years.

As was the case in the 50 free, Carmel High School posted the second- and third-fastest times in the nation in the 100 free. Amy Bilquist won the 100 free with a 48.36 at the Indiana state championships, while Veronica Burchill's 48.48 was swum as a leadoff on Carmel's historic 400 freestyle relay. She was followed by three others under 49 seconds: Santa Margarita's Katie McLaughlin (48.69), Fossil Ridge High School's Lauren Pitzer (48.72) and Caroline McTaggart of Holton Arms School (48.75).

Hoffer, a sophomore at Chaparral High School, was the class of the field in the boys 100 freestyle – but not by much. Five swimmers broke 44 seconds in the event to create one of the fastest top-eight rankings in high school history, led by Hoffer's 43.20 at the Arizona Division I state championships.

Michael Jensen of Upper Dublin High School sits second nationally with his 43.29 from the Pennsylvania state meet, while Granada High School's Maxime Rooney takes third place with a 43.58.

Connor Stirling of Cactus Shadows High School benefited from Hoffer's strong wake at the Arizona state meet, placing second there with a 43.88 to place fourth nationally. Greg Bracato of LaSalle College Prep was also under 44 seconds with a 43.91. ◀

GIRLS 100 FREESTYLE TOP 8

- 47.09 - Abbey Weitzel - Saugus High School
- 48.36 - Amy Bilquist - Carmel High School
- 48.48 - Veronica Burchill - Carmel High School
- 48.69 - Katie McLaughlin - Santa Margarita Catholic
- 48.72 - Lauren Pitzer - Fossil Ridge High School
- 48.75 - Caroline McTaggart - Holton Arms School
- 49.03 - Lexie Lupton - Kingwood High School
- 49.19 - Elise Haan - Gulf Coast High School

BOYS 100 FREESTYLE TOP 8

- 43.20 - Ryan Hoffer - Chaparral High School
- 43.29 - Michael Jensen - Upper Dublin High School
- 43.58 - Maxime Rooney - Granada High School
- 43.88 - Connor Stirling - Cactus Shadows High School
- 43.91 - Greg Bracato - LaSalle College Prep
- 44.04 - Cole Cogswell - William S. Hart High School
- 44.06 - Tabahn Afrik - Holland West Ottawa High
- 44.25 - Mason Tittle - Northgate High School



Amy Bilquist of Carmel High School

[Photo Courtesy: Peter H. Bick]



[Photo Courtesy: David Farr]

HIGH SCHOOL ALL-AMERICAN SHOWCASE:
**HIGH SCHOOL 500 FREE LED BY GRANT SHOULTS
AND KATIE LEDECKY**

by Jeff Commings

Katie Drabot of
Cedarburg High School

Grant Shoults and Katie Ledecky each notched another spot atop the national high school All-Americans list with quick swims in the 500-yard freestyle in the 2014-2015 high school season. Ledecky reset her own national high school record, while Shoults made a bid for the boys' national mark in the distance race.

It's no surprise to find Ledecky reigning as the top 500 freestyle swimmer in the high school ranks. The long course world record holder not only lowered her own national high school record with a 4:26.58, but took down her American record in the process. This is not a new concept, as Kate Ziegler did the same thing in 2006 ... at the same meet.

The competition behind Ledecky for the right to follow her as the second-best high school distance swimmer of the season was tight. Gabrielle Kopenski, a freshman representing Prosper High School, posted a monster time of 4:42.16 to rank second in the nation.

Four ladies swam in the 4:43 range to take third through sixth spots, and like Kopenski, all will return next season. Leading that pack was Katie Drabot of Cedarburg High School with a 4:43.09. Megan Byrnes of Oakton High School (4:43.43), Taylor Ault of Sonora High School (4:43.46) and Isabella Rongione of Langley High School (4:43.61) all made it an exciting top six.

Shoults, a junior at Santa Margarita Catholic High School, backed up a national independent high school record in the 200 freestyle with a top-ranked 4:15.56 in the 500 free. With one year remaining in his high school career, Shoults is on target to chase Jack Conger's national high school record of 4:13.87, set in 2013. Shoults' time is the second-fastest in high school history, and indicates a major shift forward in distance swimming.

Shoults had great competition at the California Interscholastic Federation's Southern Section meet. Nick Norman Capistrano Valley High School was second to Shoults with a 4:17.00, good enough to also place second nationally on the high school All-Americans list.

Another major distance freestyle talent, Georgetown Preparatory School's Matthew Hirschberger, posted a 4:17.13 to round out a stellar top three. ◀

GIRLS 500 FREESTYLE TOP 8

- 4:26.58 - Katie Ledecky - Stone Ridge School
- 4:42.16 - Gabrielle Kopenski - Prosper High School
- 4:43.09 - Katie Drabot - Cedarburg High School
- 4:43.43 - Megan Byrnes - Oakton High School
- 4:43.46 - Taylor Ault - Sonora High School
- 4:43.61 - Isabella Rongione - Langley High School
- 4:44.04 - Leah Stevens - Sacred Heart Academy
- 4:44.88 - Alexandra Aitchison - East Lake High

BOYS 500 FREESTYLE TOP 8

- 4:15.56 - Grant Shoults - Santa Margarita Catholic
- 4:17.00 - Nick Norman - Capistrano Valley High
- 4:17.13 - Matthew Hirschberger - Georgetown Prep
- 4:21.48 - Ben Olszewski - Horizon High School
- 4:22.87 - Logan Houck - Palo Verde High School
- 4:23.18 - Walter Higgins - Smokey Mountain
- 4:23.28 - Cody Bekemeyer - Collins Hill High School
- 4:23.92 - Sam Magnan - Freedom High School



Ben Olszewski of Horizon High School

[Photo Courtesy: Maddie Kyler]



[Photo Courtesy: Peter H. Bick]

HIGH SCHOOL ALL-AMERICAN SHOWCASE:

BOLLES, CARMEL TOP EXCITING 200 FREE RELAY HIGH SCHOOL ALL-AMERICANS RANKINGS

by Jeff Commings

Claire Adams of
Carmel High School

The boys' 200 freestyle relay for the 2014-2015 U.S. high school season resulted in a close virtual race, as the top five teams all notched times within four tenths of each other. But for Carmel High School on the girls side, it was a runaway as the team scored a national record and outpaced the field by almost three seconds.

In what is turning out to be another display of the team's tradition of strong relays, Bolles School took the top time in the nation in the 200 free relay with a 1:22.54. Though it doesn't approach the national high school record of 1:19.27 by the Bolles squad of 2012 that included Ryan Murphy and Joseph Schooling.

LaSalle College High School, in a bid to win the Pennsylvania state championships, posted a swift 1:22.70 to rank second in the nation. Two Virginia schools battled in 6A high school state championships in February in the 200 free relay, and produced outstanding times that rank third and fourth nationally. Oakton High School recorded a 1:22.89 to beat Robinson Secondary School's 1:22.93. The anchor legs for both teams featured Nation's Capital Swim Club teammates John Shebat (Oakton) and James Jones (Robinson).

Another dominating performance by Carmel High School produced a national high school record in the girls 200 free relay, beating the rest of the nation by two boy lengths. The team of Veronica Burchill, Claire Adams, Kendall Smith and Gerturde Rothrock combined for an incredible 1:30.72. Putting the time into perspective, the team was unable to use star sprinter Amy Bilquist, but the squad was able to lower the previous national record of 1:31.18 by the Baylor School from three years ago.

Bolles School and Verona/Mount Horeb Co-Op swam their 200 free relays last November, but 1,300 miles apart. Despite the distance, the teams managed to produce a tie for second place nationally with a 1:33.51 from both squads. Bolles' team included rising star Kasey Schmidt as the leadoff swimmer, while Verona used mega-talent Beata Nelson on their anchor leg.

Three other girls teams also broke 1:34 in another exciting year for the sprint relay. North Allegheny High School (1:33.76), Edina High School (1:33.80) and Palo Alto High School (1:33.88) rounded out the top six in the national ranks of high school All-Americans. ◀

GIRLS 200 FREESTYLE RELAY TOP 8

- 1:30.72 - Carmel High School
- 1:33.51 - Bolles School
- 1:33.51 - Verona/Mt. Horeb Co-op
- 1:33.76 - North Allegheny High School
- 1:33.80 - Edina High School
- 1:33.88 - Palo Alto High School
- 1:34.01 - Clovis West High School
- 1:34.07 - Wayzata High School

BOYS 200 FREESTYLE RELAY TOP 8

- 1:22.54 - Bolles School
- 1:22.70 - LaSale College High School
- 1:22.89 - Oakton High School
- 1:22.93 - Robinson Secondary School
- 1:22.99 - Upper St. Clair High School
- 1:23.11 - Baylor School
- 1:23.24 - Air Academy High School
- 1:23.29 - Klein High School

Tyler Rice of
Bolles School

[Photo Courtesy: Kristin Karkoska]





Zoe Avestruz of
Chanhasen High School

[Photo Courtesy: Peter H. Bick]

HIGH SCHOOL ALL-AMERICAN SHOWCASE:
**ZOE AVESTRUZ LEADS 100 BACK HIGH SCHOOL
ALL-AMERICANS BY SLIM MARGIN**

by Jeff Commings

Zoe Avestruz barely managed to keep Carmel High School from claiming the top spot in the girls 100 backstroke on the list of high school All-Americans for the 2014-2015, beating Claire Adams by one hundredth of a second. On the boys side, Michael Thomas and John Shebat posted the only swims under 47 seconds during the season.

Our 11-part NISCA All-American Showcase is highlighting each event on the high school swimming schedule, and Swimming World is proud to partner with the National Interscholastic Swim Coaches Association to provide a global spotlight on high school swimming in the United States.

Avestruz, a senior at Chahassen High School in Minnesota, won the state championship with a lifetime best 51.98 in November. Three months later, Adams won the same event at the Indiana state meet with a personal best 51.99 for the top two times in the nation. Both were within reach of Olivia Smoliga's national high school record of 51.43 from 2012. Adams will be back next season to chase Smoliga's record again.

In addition to Avestruz and Adams, three others broke 53 seconds to round out a competitive list. Elise Haan (52.60), Hannah Whiteley (52.98) and Sonia Wang (52.99) all posted lifetime best to rank in the top five nationally.

After being denied the top of the rankings in the 200 individual medley, Hatboro Horsham High School's Michael Thomas reigns in the 100 backstroke high school All-Americans roster with a 46.19 from the Pennsylvania state championships. He needed to be that fast to hold off the 46.71 from Oakton High School's John Shebat. Both were the only two performances under 48 seconds this season to put a cap to their high school careers.

Ethan Young of Dalton High School was the sole swimmer in the 47-second range this year, posting a 47.47 at the Georgia state championships. Fourteen swimmers behind Young were in the 48-second range to show the depth of young talent in the backstroke. ◀

GIRLS 100 BACKSTROKE TOP 8

51.98 - Zoe Avestruz - Chanhassen High School

51.99 - Claire Adams - Carmel High School

52.60 - Elise Haan - Gulf Coast High School

52.98 - Hannah Whiteley - Springboro High School

52.99 - Sonia Wang - JSerra Catholic High School

53.15 - Beata Nelson - Verona/Mt. Horeb Co-op

53.29 - Jacquelyn Du - North Allegheny High School

53.36 - Hannah Leach - Hellgate High School

BOYS 100 BACKSTROKE TOP 8

46.19 - Michael Thomas - Hatboro Horsham High

46.71 - John Shebat - Oakton High School

47.47 - Ethan Young - Dalton High School

48.20 - Daniel Tran - University High School

48.28 - Michael Reilman - Walsh Jesuit High

48.31 - James Bretscher - L&N Stem Academy

48.45 - Josh Swart - San Clemente High School

48.48 - Jack Walsh - Detroit Catholic Central High

[Photo Courtesy: Kristin Karkoska]

Michael Thomas of
Hatboro Horsham





Lindsey Horejsi of
Albert Lea High School

HIGH SCHOOL ALL-AMERICAN SHOWCASE:

IAN FINNERTY, LINDSEY HOREJSI LEAD 100 BREAST HIGH SCHOOL ALL-AMERICANS

by Jeff Commings

The list of high school All-Americans in the 100 breaststroke from the 2014-2015 season included three ladies under the 1:00 barrier, and four under 54 seconds on the boys side. Many of these swimmers are already on the radar to be America's top future talent, while others began their quests to be among the top swimmers in the country.

Bloomington High School South's Ian Finnerty likely was the major beneficiary of Andrew Seliskar deciding to skip the 100 breaststroke in the high school championship season. That gave Finnerty the top spot in the high school rankings with his 53.19 from the Indiana high school championships in February. He needed every bit of that swim to claim the No. 1 ranking, as Carsten Vissering of Georgetown Preparatory School threw down a 53.22 at the D.C. Metro championships in the same month.

Not far back in third place was Devon Nowicki of Lake Orion High School with his 53.59. That time was a lifetime best for the senior by more than a second, skipping him right over the 54-second barrier. Reece Whitley, one of the top young breaststroke talents in the United States, also broke 54 seconds with a 53.66 at the Eastern Interscholastic championships. Whitley swam the time as a freshman for William Penn Charter School, and will be eyeing Jacob Molacek's national high school record of 52.92.

For the record, Seliskar did compete in the 100 breast during the high school season, posting a 55.30.

The 1:00 barrier in the 100-yard breaststroke remains a major benchmark for a female high school swimmer. In the 2014-2015 season, three ladies dipped under that barrier, two of them for the first time.

Lindsey Horejsi of Albert Lea High School recorded the fastest time with a 59.56 at the Minnesota state championships in November. She had swum a 59.61 in prelims, which gives her the two fastest performances in the high school season. Just a few ticks behind was Lilli King of Evansville F.J. Reitz High School with her 59.63 at the Indiana state championships.

The top three was completed by a 59.64 by Nikol Popov of Valencia High School from the California Interscholastic Federation's Southern Section championships. It was Popov's first time under 1:00 and represented a drop of more than a half second off her lifetime best. ◀

GIRLS 100 BREASTSTROKE TOP 8

- 59.56 - Lindsey Horejsi - Albert Lea High School
- 59.63 - Lilli King - Evansville F.J. Reitz High School
- 59.64 - Nikol Popov - Valencia High School
- 1:00.56 - Miranda Tucker - Waterford United
- 1:00.57 - Kirsten Vose - Flintridge Sacred Heart
- 1:00.74 - Vivian Tafuto - Hershey High School
- 1:00.84 - Allie Raab - Hershey High School
- 1:01.09 - Lauren Barber - Wilmington Area High School

BOYS 100 BREASTSTROKE TOP 8

- 53.19 - Ian Finnerty - Bloomington High School South
- 53.22 - Carsten Vissering - Georgetown Preparatory
- 53.59 - Devon Nowicki - Lake Orion High School
- 53.66 - Reece Whitley - William Penn Charter School
- 54.35 - Ross Palazzo - Hudson High School
- 54.35 - Hank Poppe - San Ramon Valley High School
- 54.45 - Chandler Bray - Avon High School
- 54.51 - Gunther Cassell - Huntington High School



Ian Finnerty of Bloomington High School South

[Photo Courtesy: Ian Finnerty]



HIGH SCHOOL ALL-AMERICAN SHOWCASE:

CARMEL HIGH SCHOOL DOMINATES HIGH SCHOOL ALL-AMERICANS ROSTER IN 400 FREE RELAY

by Jeff Commings

Carmel High School capped a historic 2014-2015 high school swimming season with an astounding performance in the girls' 400 freestyle relay, leading the rest of the schools on the high school All-Americans list by a substantial margin for a relay sweep. The Bolles School was also looking for a relay sweep on the boys side, but came up short in the 400 free relay.

Carmel's 3:15.38 in the relay was mind-boggling. The swim not only is six seconds faster than runner-up Santa Margarita Catholic High School, but it would have been competitive at the NCAA championships. The time set a national record that will be tough to reach for many years.

Veronica Burchill, Claire Adams, Kendall Smith and Amy Bilquist participated in the relay to help the school win its 29th consecutive girls state title in Indiana. That ties the school with Punahou High School in Hawaii for the most state titles in history.

Helped greatly by anchor Katie McLaughlin, Santa Margarita was the only school in the 3:21, posting a 3:21.04. The remaining schools in the top 8 all contained athletes with impressive credentials at the junior national level, giving them a lift into an esteemed position nationally.

Breaking 3:00 is a rare feat in the 400 free relay for high school boys, and this past season almost witnessed a couple of teams breaking that barrier. Northgate High School got the closest with a 3:00.21 at the California Interscholastic Federation's North Coast championships. Mason Tittle, Eric Van Brocklin, Calvin Kirkpatrick and Maxwell Bottene were looking to take down the national public school record of 2:59.00 set last year by Granada High School, which is another school in the North Coast section.

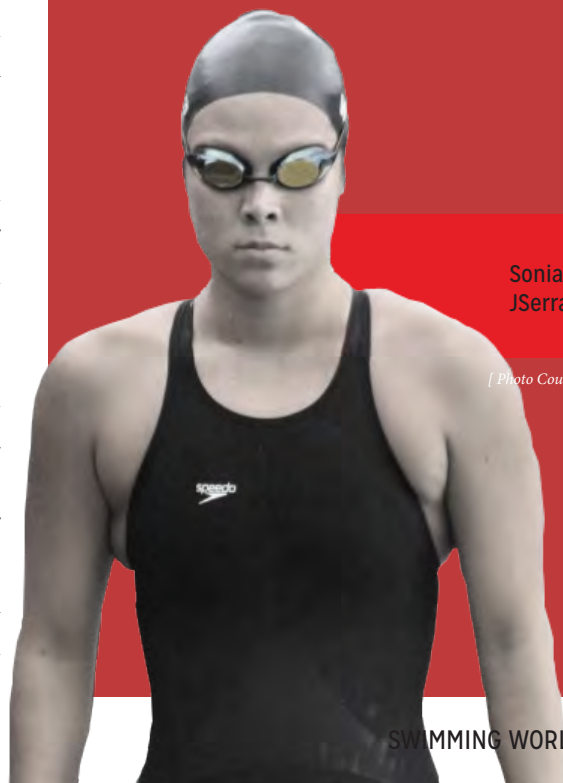
LaSalle College High School, one of the top teams in Pennsylvania, also chased the elusive 3:00 barrier and won the state meet with an incredible 3:00.93 for second in the nation. Two teams managed to break 3:02 for third and fourth place on the high school All-Americans list. Greenwich High School took third overall with a 3:01.70, while The Bolles School claimed fourth with a 3:01.85. ◀

GIRLS 400 FREESTYLE RELAY TOP 8

- 3:15.38 - Carmel High School
- 3:21.04 - Santa Margarita Catholic High School
- 3:22.37 - Chanhassen High School
- 3:22.45 - JSerra Catholic High School
- 3:22.82 - Hershey High School
- 3:23.19 - Upper Arlington High School
- 3:23.27 - North Allegheny High School
- 3:23.64 - The Bolles School

BOYS 400 FREESTYLE RELAY TOP 8

- 3:00.21 - Northgate High School
- 3:00.93 - LaSalle College High School
- 3:01.70 - Greenwich High School
- 3:01.85 - The Bolles School
- 3:02.32 - Klein High School
- 3:02.58 - Brother Rice High School
- 3:02.60 - William S. Hart High School
- 3:02.98 - Iowa West High School



Sonia Wang of
JSerra Catholic

[Photo Courtesy: Griffin Scott]



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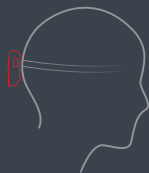
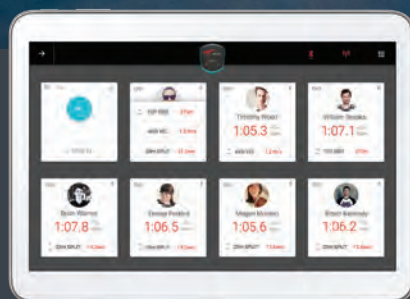
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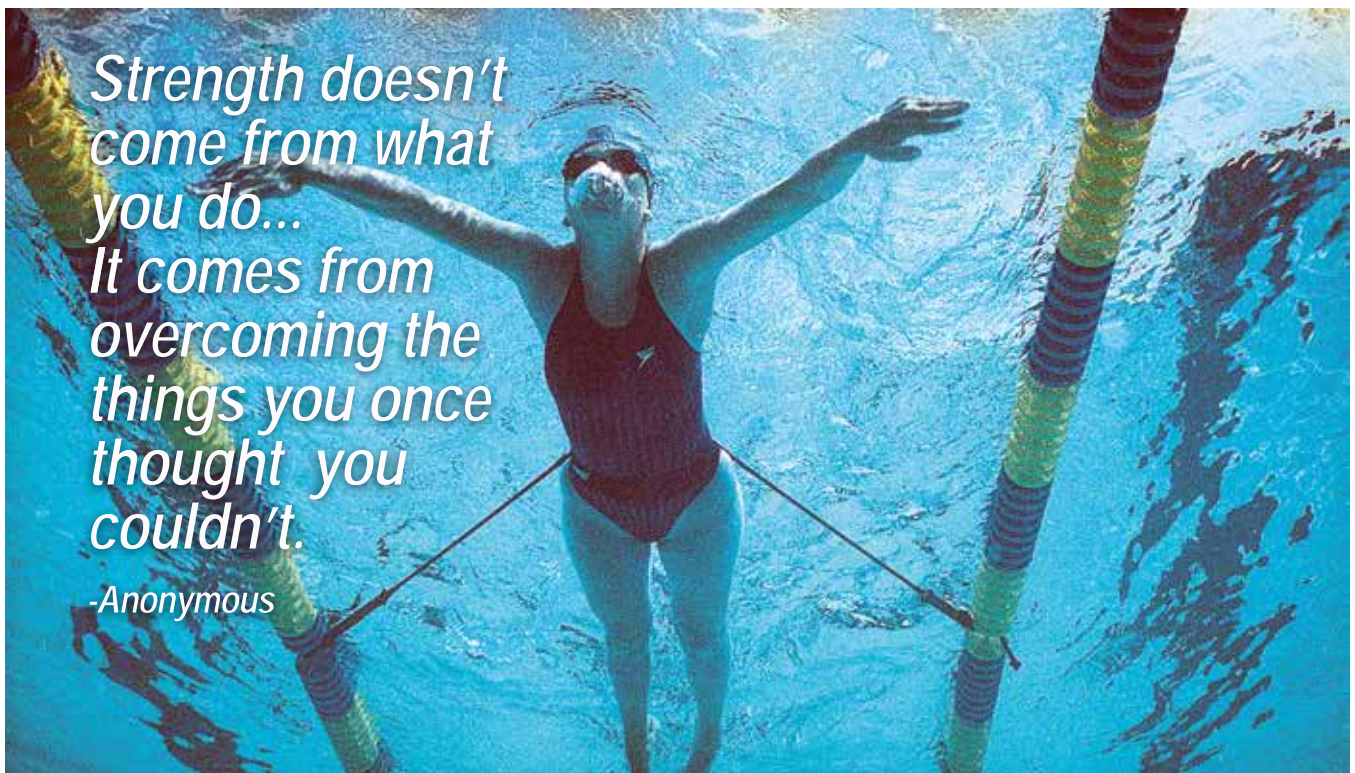
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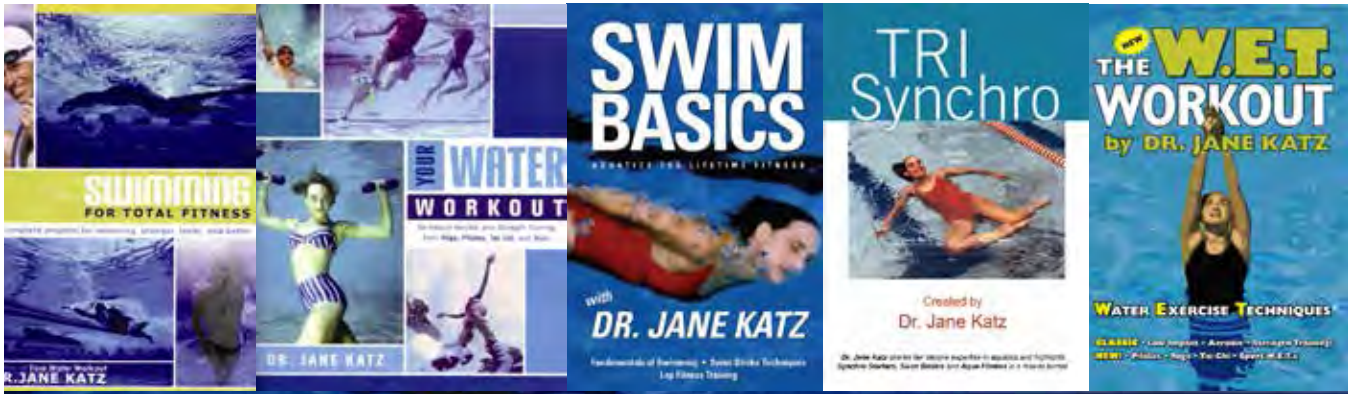
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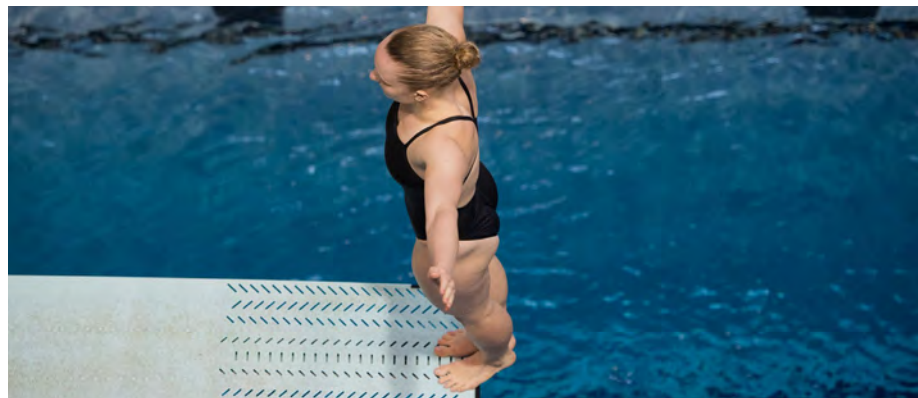
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A swimmer is shown from a low-angle, underwater perspective, moving through a pool. She is wearing a black swim cap, blue-tinted goggles, and a colorful patterned swimsuit. She is using yellow FINIS Agility Paddles on both hands. The water is clear blue, and there are lane lines visible in the pool. The overall scene is dynamic and focused on the swimmer's technique.

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Let me know if there are questions I can answer or issues I can help with during the year. Here’s to another successful swimming and diving season.

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Arvel McElroy
NISCA President

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PERFECTING TECHNIQUE

BY DICK HANNULA

TEACH, TEACH, TEACH!! Keep coming back to the basics of perfect technique. The coach that is primarily in a developing program, as in high school swimming, must continually emphasize technique improvement. As swimming technique improves so does the speed and confidence of the swimmer improve. The best swimmers including Olympians work on technique in the preparation for their Olympic competition. I still recall working for eight straight days on only basic backstroke technique with one of my club team members the week prior to her Olympic swim where she won gold and set a new world record. I always found that the best method to get a swimmer out of a slump in swimming times was to go back to teaching the basics of the stroke involved.

Technique can be taught within the actual training session without losing training time or training results. This type of technique training doesn't require stopping the swimmer for long verbal explanations, just the opposite as it reinforces what has been already taught through video and other technique training sessions. Short, brief, and positive statements made within the rest interval phase of the training encourage and improve swimming technique. The swimmer knows the coach is watching and has an added incentive to improve that technique tip that the coach is emphasizing. The burden is on the coach to develop great word pictures that he or she can give to the swimmer in a very short time period. Repetition is the key and necessary to facilitate learning. The coach that can adjust the word pictures and find new methods to say the same thing will be the most successful in attaining successful stroke technique adjustments.

I believe that the coach has to create positive word pictures of what is correct. Most of us are used to spotting what is wrong. We then may

tell the swimmer what is wrong. This procedure reinforces the continuation of what is incorrect and the opposite of what we intended. We have helped to create a picture in the swimmer's mind of the incorrect technique. We should want to create a picture of the correct technique instead. If a coach tells a swimmer that she is dropping her elbow on the catch position, the swimmer's first mental picture is of dropped elbows. When the coach makes a positive statement such as "elbows up" on the catch then the swimmer sees a correct image and learning is more effective.

The best stroke coach that I have known was the late Howard Firby of Canada. He was a Canadian Olympic coach several times and he was located in Vancouver, B.C. which is only a few hours drive from my home in Tacoma, Washington. Our teams competed in many of the same swim meets. I got to become a coaching friend and had many one-on-one conversations with him. He could simplify technique like no other coach had done. He was truly a great teacher. He was an artist as well and used clay to mold a swimmer and to explain the essentials of any stroke.

One of the papers that I received from Howard was called "Stroke Coaching" and I tried to follow his advice. I have listed them previously but it was a great number of years ago. I believe that it is worth repeating.

The following list is not necessarily in order of importance. These are suggestions, short cuts, and drills for use in stroke coaching.

These stroke teaching suggestions were made by Howard over 40 years ago. The book that I have recommended previously, "Putting the One Minute Manager to Work" (Blanchard and Lorber) emphasizes the principles outlined in Howard Firby's "Stroke Coaching" paper.

1) BEGIN WITH STANDARD TECHNIQUE:

Later you may tailor the stroke to the swimmer's physique and coordinative ability.

2) GENERAL MOVEMENTS FIRST, COMPLEX ACTIONS LATER: *Get the timing and general actions correct before concerning yourself with exact degrees of arm-bend, etc.*

3) TEACH THE ARM ACTION FIRST: *Give the swimmer a confidence building experience. The arms operate mostly within the swimmer's field of vision and are the easiest components to control.*

4) SKILL FIRST, SPEED LATER: *Stress stroke control until the swimmer "owns" the skill.*

5) SPEAK TO EVERY SWIMMER EVERY SESSION: *An ignored swimmer is an unhappy swimmer; an unhappy swimmer is seldom a good learner.*

6) ADDRESS YOUR SWIMMERS BY NAME: *"You see, Cindy, what you need to work on is..."*

7) USE EVERYDAY WORDS: *Avoid academic expressions such as medial rotation, angular momentum, pronate, etc.*

8) SEQUENCE DETAILS: *Sequencing allows a learner to concentrate on movements one at a time, e.g., the catch, the out-sweep, in-sweep, etc.*

9) BE CONCISE: *Use short sentences: Don't ramble on in greater and greater detail.*

10) USE WORD PICTURES: *"Arm out front like a swordfish's sword" (one arm butterfly), etc.*

11) ASK FOR FEEDBACK: *"Can you feel the power you get that way?"*

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To be considered as a NISCA High School All-American in Swimming, Diving and Water Polo, the student must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All applicants must be in at least the 9th-grade level of school to be eligible.

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EVERYTHING YOU WANTED TO KNOW ABOUT BREASTSTROKE PULL-OUTS BUT WERE AFRAID TO ASK

BY JEFF COMMINGS (WITH DAVE BARNEY)

Several years ago when I was directing a stroke clinic for NM high school swim coaches, I enlisted the aid of a young reporter for the Albuquerque Tribune. His name was Jeff Commings. That was back in the late 90's. Today Jeff Commings serves our sport as a writer/producer in charge of multi-media for Swimming World Magazine. Jeff was a terrific swimmer growing up in St. Louis and went on to excel at the University of Texas in Austin. His specialty was breaststroke and I remember the good impression he made as a lecturer/demonstrator at the clinic I mentioned a moment ago. Here are a few tips on breaststroke pull-outs, written recently by Jeff and emended only slightly by me.

1) STARTING THE PULL - Rule #1. Be sure your line of sight is straight to the bottom of the pool throughout the underwater cycle. When you begin the pull-down from the streamlined position, place the hands just outside the shoulder line. Keep your elbows slightly bent to accelerate your hands as they grip the water. Pull down and back toward your hips in a slightly out-sweep-in-sweep motion. If you elect to take the one dolphin kick (allowed during the underwater cycle), you should do it just before you initiate the pull-down but not until the hands have separated from the streamlined position.

2) PROPULSIVE PHASE - Make sure to bring the hands together at the strongest part of the underwater pull, doing so just as your hands pass your diaphragm on the lower part of your breastplate. Keep your wrists rigid to maintain the hold your palms have on the water. Be sure to keep your palms facing back toward your feet during the entire pull-down and push back to the hips.

3) GLIDE PHASE - How long you hold the glide phase of the cycle depends largely on the speed you have generated on the pull-down. It's all a matter of timing. The rule of thumb probably should be that the hold should be terminated when you sense your acceleration

diminishing. During the glide phase, keep your hands close to your body to reduce drag.

4) RECOVERY PHASE - Beware!!! This is the moment when poor technique and lack of focus can bring you to a complete stop in the water. As you move your hands (the arms will follow) forward from the hips, slide them up the mid-line of your torso, keeping your elbows close to your sides. This is the path of least resistance. Your palms should face upward until they pass your face, then rotated down as you reach forward. Make the recovery QUICKLY. You need to spend as little time in this phase as possible. Remember this formula . . . the faster you move your hands = the faster your kick will be = the quicker you will approach setting up your breakout.

5) SETTING UP THE FIRST STROKE - Beware!!! The most common mistake most breaststrokers make at this point is lifting the head to see how deep they are in the water. Lifting the head in both breaststroke and butterfly creates drag and ruins the body line you have created during the entire pull-out procedure. To ensure that you are neither too deep nor too shallow, keep practicing and experimenting to find the ideal depth on the push off the wall. Too shallow, and you will find yourself pulling along a surface wave loaded with turbulent resistance. Too deep, and you will find yourself gliding too long to reach the surface. Both these extremes will slow you down drastically. Through practice, you will find "the middle way," as the Greeks were fond of saying.

6) BREAKOUT - Even the best breaststrokers occasionally have pull-outs that are less than ideal. When that happens, they improvise with their body position so that their first stroke carries as much of the speed they have generated off the wall and during the pull-out as possible. You must not be lazy on your first stroke. You must discipline and train yourself to make your body as long as you possibly can (longer is flatter, flatter is faster, both under and on top of the water) by breathing down toward the surface (rather than up) thereby leading the stroke with the top of your head rather than the exposed face...

TOTAL TEAM EFFORT

BY MICHAEL J. STOTT

Since grade school I believed an old coach who reminded me that “close only counts in horseshoes and hand grenades.” Add total team effort to the list.

For the last several years The Collegiate School (Richmond, VA) girls team has been blessed with some outstanding swimmers. The last of our “stars” graduated in June 2014 and headed for UCLA and Penn after having helped the Cougars win three state championships, seven of nine state relay titles and 66 consecutive dual meets. That streak ran to 85 this year before losing to this year’s 5A public school champion.

While a strong female contingent returned, crosstown rivals Trinity and St. Catherine’s, and Peninsula powerhouse Hampton Roads Academy posed major threats to any continued state meet supremacy. Trinity and Hampton Roads had returning state champions and rosters of excellent individuals while we and St. Catherine’s hoped to counter with depth. Trinity finished second behind Collegiate at the 2014 state meet – by seven points. With that as a backdrop the winter season began.

Collegiate and Trinity train at the same facility, the 2008 Olympic Trials pool, site of the 2015 state meet. Opposing coaches speak to one another, but are content to go about their own (unfinished) business. Trinity’s frequently outspoken goal to unseat Collegiate is persistent and rankling.

So the big question for the Cougar coaching staff in November was how to keep the success going? Clearly something was needed in addition to the swim training, dryland and team socials. We had an energetic group of young females and integrating them with veterans via team discussions, pre-competition activities and locker room gatherings became a priority.

Throughout the regular season on-deck support was more enthusiastic than



the recent past. Former USA swimmers trained with the high school team and took leadership roles in dryland. In addition the captains did an outstanding job of summoning student body spectators to late season meets.

But the state meet presented problems of its own. We endured a lot of sickness. Our best breaststroker Jasmine Harper was ill much of the year and trained less than in the past. One of our three captains, Caroline Pollard, came down with mono before the conference meet and was doubtful for States. Then came the late season thumping from defending (and repeat) 5A state champ Albemarle, leading our team and staff to question our vulnerability. State meet psyche sheets revealed what we had long suspected, the meet, unlike the last nine years, would be comparatively low scoring and a dogfight among a half dozen teams.

A CAPTAIN’S VOICE

Following Thursday night warm-ups Collegiate traditionally has a team meal. “I consider it to be stress-free where everyone is optimistic and supportive,” says tri-captain Pollard. “On Friday we repeatedly told the girls that meets are won during prelims, and if we wanted to win this meet, we would have to give 110 percent in the morning and hope that could give 120 percent during finals. Continuous support and comfort from our teammates was a necessity.”

Fast forward to Friday. After Day One the leaderboard read Hampton Roads (122), Trinity (118), Flint Hill (96), Collegiate (85), St. Catherine’s (84), Madeira (80). Trinity had already won the 50 free and 200 medley relay and was poised to win the 100 back and be a force in the free relays. Hampton Roads

and Flint Hill had no divers, Trinity had one while Collegiate and St. Catherine’s had four each. We were still in it, but had work to do.

“Going into the second day in fourth place had us a little downtrodden,” says Pollard. “It was new territory. We did not know what to expect and if there were enough points available for us to catch the frontrunners. We questioned victory more than ever. However, we knew that if we stayed positive, even if we lost we could still say that we had fun and enjoyed every second of it.

“I envisioned three possible outcomes: One, we would win and be ecstatic. Two, we would lose, regret being pessimistic and look back on this meet as the worst of our high school careers. Three, we would lose and look back on this meet as the best of our high school careers. I figured that #3 was the most likely choice, so we rallied the troops, put smiles on our faces, and cheered our a**es off. I am a strong believer in total team effort. Every single point mattered and the massive accumulation of all the special events throughout the entire season catalyzed a chain reaction. And the fans that came to support us were huge catalysts,” says Pollard.

Solid Saturday morning swims, including a surprising top seed by freshman Caroline Baber in the 100 free, provided a glimmer of hope. Afternoon diving would be crucial and after St. Catherine’s went 1, 3, 12 (41), Collegiate (4, 5, 6, 16 (43), Trinity 10 (7) the stage was set for a free-for-all finals.

Strategist and assistant Collegiate coach Mike Peters says “I left diving thinking we had a very small chance of winning, mostly due to Trinity scoring seven points. I had already started to think who I would rather have win if not us. I talked only to evening swimmers before the night session, opting for the honesty route. Not giving them ‘A we just need to swim well and things will be OK,’ but telling them the truth. We needed to be perfect.” Assistant Bucka Watson agreed. “After diving I thought we had about a 15 percent chance of winning the meet. And based on how we were swimming, I did not know if that was possible. I still had hope, but I also to my dismay, had my doubts.” ...



photo courtesy of Melissa Lundie

REVIEWING THE CATCH

BY DICK HANNULA / RICHARD THORNTON

Recently I read a new article written by Richard Thornton for his team entitled, “Enlarging the Catch”. It quickly brought to mind an article that I had written more than 30 years previously. It was titled “The Magic Touch”. We had each observed swimmers succeeding making a great catch position. We were a generation apart but reached similar conclusions. I will summarize my article that was written in the early 1980’s, and then submit Richard’s article. I believe it should be a major point to emphasize in our coaching great technique. Richard is the coach of the San Ramon Valley Livermore Aquatics and the son of Coach Nort Thornton, University of California, Berkeley. The NISCA Journal published Richard’s article, “Swimming Downhill” earlier this year and I appreciate his insight on swimming and his willingness to share that knowledge.

“THE MAGIC TOUCH” – DICK HANNULA

A good feel for the water is often used to describe a swimmer who seems to get a lot of distance or speed out of fewer strokes. Rowdy Gaines just swam the incredible times of 42’s for the 100 and 1:33’s for the 200 during the collegiate season. Rowdy has that magic touch and attains a very high efficiency in his stroke. (The magic touch referred to Rowdy’s ability to gather and hold water on the catch position.)

I have watched the best swimmers on my team, from a high overhead position, to determine what seemed to be the difference between good and the average swimmers. The one thing that the good swimmers

seemed to have in common was a good “feel” for the water before they start to stroke. This was most apparent to me when they make their catch at the start of the stroke. The good swimmers seem to pause and “feel” for the water before they start their strokes. They seem to gather water on the hand and forearm before they attempt to move it in the pull. Yesterday I was watching our breaststroke swimmers. The 55 second college breaststroke swimmer was working out with our 57 second high school breaststroker. The obvious difference was at the start of the stroke. The college swimmer was hesitating and feeling water better at the start of the stroke in the catch position. The high school swimmer was in a bigger hurry to start the pull. The one had a solid hold on the water, the other was slipping slightly at the start of the stroke...

Don Schollander (’64 and ’68 Olympics and world records) seemed to hesitate on entry as he prepared to place his hand on the water. Coach John Tallman, Seattle Cascade Swim Club, told me twenty years ago that the most important part of the stroke is the start of the stroke (the catch position). How well you hold water at the start of the pull is vital to the efficiency of the stroke.

The “feel” of the water can be improved. When I first started experimenting with hand paddles, I made them out of a thin aluminum. My thought was to use the paddles to develop “feel” for the water and not strength. The hand pauses as it enters the water and meets water resistance. Our thin aluminum paddles were very sensitive

to the water on the catch. Subsequently, my holed plastic paddles were designed to attain this same effect.

“Feel” for the water can be developed through many other techniques. “Fist” swimming is one method. The swimmer swims with a closed fist and closes off the hand to the feel of the water. It forces the swimmer to use the forearm. As the swimmer gradually opens the hand from the fist position, the swimmer becomes more aware of the water pressure on the hand. Changing strokes in practice helps acquire better feeling for the water. Breaststroke arm pulling should be done by the swimmers in all strokes. Reverse sculling, wearing gloves, and fist swimming can all play a part in the process of acquiring a better “feel” for the water. Improving the feel of the water at the catch position especially is an important ingredient for fast swimming. Maybe 42’s and 1:33’s are not incredible and only the tip of the iceberg. (Now proved to be most true)

“ENLARGING THE CATCH” – RICHARD THORNTON

One of the most important parts of the swimming stroke is the catch as that is where the hips start to move with power. The swimmer must have an efficient and strong catch as it relates to holding water so that they have great leverage to vault the body forward. The part of the stroke that gets less attention but probably sets apart the great swimmers from all the other swimmers is the preparation going into the catch. The finger pressing into the catch sets up the catch by setting up the elbow position and the pitch of the fingers, hand, and forearm for efficiency in the vault/arm pull.

Roque Santos was giving a talk on breaststroke at the NorCal Swim Clinic. Roque did his age group swimming in Chico, California before swimming at the University of California, Berkeley. He then spent a few seasons training with 200 Breaststroke World Record Holder Mike Barrowman under the coaching of Hungarian, Josef Nagy. The main point that I got from his talk was to make sure the fingers continue to travel forward on the out sweep in breaststroke...



photo courtesy of Peter H. Bick

HIGH SCHOOL DIVING JUDGES SCALE MODIFIED

BY DON MASON - NISCA RULES COMMITTEE

The recent change in the High School Diving Judging Scale to the FINA descriptions (and scores) has prompted many discussions as teams and officials begin their season.

The flaw or problem we experienced with the old judging scale is that good dives were thought of as merely OK or acceptable and satisfactory dives were thought of as almost deficient. That left us with meets where excellent or exceptional dives were few and far between and most dives were scored from $4\frac{1}{2}$ - $7\frac{1}{2}$. This condensed range of scores led to extremely tight overall/final scores and led judges to be cautious in giving divers higher scores (especially to opposing divers). The new judging scale should create the necessary separation that has been missing in High School diving by allowing divers to receive more accurate scores and let judges differentiate dives and divers more fairly.

First, I would like to strongly recommend that as judges we all start using the adjectives used in the judging scale. By putting our thoughts into the descriptive words, Failed, Unsatisfactory, Deficient, Satisfactory, Good, Very Good, and Excellent, we can better place a dive into the correct category.

Next, the Failed, Unsatisfactory, and Deficient categories have very little change (Deficient has increased $\frac{1}{2}$ point higher) while the exceptional and excellent

categories have been renamed and refined at the top of the scale. Excellent describes a 10 (not necessarily a perfect dive) and Very Good replaces the adjective excellent as the second highest category. With the new scale Very Good dives receive an $8\frac{1}{2}$, 9 or $9\frac{1}{2}$.

The main changes fall in the Satisfactory and Good categories. Generally speaking, more dives fall into these categories than any other. The old scale condensed these categories ($4\frac{1}{2}$ to 7) and failed to differentiate between good divers doing average dives and average divers doing better than expected dives. It was common for a “good” diver to do a sloppy dive and receive good scores while an “ok” diver had to work extremely hard to get a good score. The new scale should fix this by stretching and raising the scores in these categories from 5 to 8.

Additionally, most coaches would agree that a dive receiving $4\frac{1}{2}$'s is not satisfactory. The Satisfactory category now includes the scores 5, $5\frac{1}{2}$, 6 and $6\frac{1}{2}$. Almost all coaches would accept optional dives receiving scores in this satisfactory range at their championships.

We also need to understand that the adjectives we use should describe the dives. For instance an average dive, an acceptable or ok dive all are the same as satisfactory.

Average, Ok, Acceptable = Satisfactory

When a dive is better than average (satisfactory) it should be scored in the Good Category (or higher) this includes scores ranging from 7 to 8. If it is slightly better a 7 is appropriate, if it is significantly better a $7\frac{1}{2}$ or an 8 if it is bordering on very good. Remember that by definition, a good dive is better than average or acceptable.

Where an Excellent dive is near perfect (a “10”), the Very Good category describes an exceptionally well done dive that is not quite a 10. Generally speaking, if a dive is done really well it is most likely in the Very Good category.

Really Good = Very Good

When a diver performs a dive that borders on “good” the scores may fall in both the satisfactory and good categories (i.e. $6\frac{1}{2}$, 7, 7 or $7, 6\frac{1}{2}, 6\frac{1}{2}, 7, 7$). This should not create any concerns or imply any judge is being unfair. However, if the scores range from $5\frac{1}{2}$ to $7\frac{1}{2}$ a good referee will suggest that the judges tighten up or reevaluate their scoring.

Another aspect I like about the new scale is in regards to the Improper hands up (or down) deduction. In the past when a diver violated this rule it was close to automatic someone would say no more than 4's and everyone would give the dive a 4. On occasion judges would score it a 3 or $3\frac{1}{2}$. With the new scale the deficient category goes up to a $4\frac{1}{2}$ which allows for judges to differentiate better. A poorly skilled dive with the hands way out of place can be given a $3\frac{1}{2}$, whereas a highly skilled dive with hands slightly too high or too low may be scored a $4\frac{1}{2}$. If it falls in between the two a 4 is still available.

If you or another judge is having difficulty adapting to the new scale allow yourself some time to adjust. Use the change to increase conversations regarding judging and work together to help everyone understand the new categories. Remember that the real goal of a judge is to place a dive into the right category. When all judges place a dive into the same category, even if the scores differ, the task of a judging panel has been achieved.

NISCA PROFESSIONAL AWARDS

A part of NISCA's mission is to recognize and honor coaches for accomplishments within the sport. At our annual conference each year, NISCA presents the following awards:

HALL OF FAME AWARD: This is the highest award given by the organization. To be considered for the award, a member must have: 1) been selected for the Outstanding Service Award and/or shown leadership at the national level in interscholastic aquatics as well as service to the Association; 2) served aquatics for a minimum of 20 years; 3) been a member in good standing of the Association for a minimum of 15 years; 4) had outstanding success as a competitive aquatics coach.

COLLEGIATE - SCHOLASTIC AWARD: This award is presented annually to the interscholastic coach who—or to the organization which—in the estimation of the recipient's peers, has made the most significant contributions to aquatic sports at the interscholastic level. To be considered for this award, the candidate or organization must have: 1) served interscholastic aquatics for at least 20 years; 2) been a member in good standing of the Association for at least 30 years; 3) served as an elected officer or member of the letterhead for at least 14 years or served the Association for at least 14 years in a capacity other than a member of the letterhead.

DAVID H. ROBERTSON EXCELLENCE IN COACHING AWARD: This award is presented to individuals who have won five or more state championships for swimming or water polo. The recipient must apply in writing to the NISCA Professional Awards committee to be considered.

OUTSTANDING SERVICE AWARD: To be considered for this award, members must have: 1) served aquatics in swimming and diving and/or water polo for at least 15 years; 2) been a member in good standing of the Association for at least 10 years; 3) had above average success as a competitive aquatic coach; 4) shown leadership.

TWENTY-FIVE-YEAR AWARD: This award recognizes members of the Association who have been coaching in aquatics for at least 25 years, at least 15 of which shall have been as a regular member. The recipient must apply in writing to the Professional Awards chair to be considered.

COMPLETION OF SERVICE AWARD: This award is presented to a current or past member who has retired from both coaching and teaching.

Please submit your Professional Awards Résumé by going to niscaonline.org to download the Professional Awards Résumé form.

NISCA would like to know how best to serve you

Please take our survey by going to www.surveymonkey.com/r/FHXT9W2

If you complete the survey and provide your e-mail address, you will be entered to win a \$100 Finis Gift Certificate.





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\$795
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\$495
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Make Submitting an Entry Part of Your 2015-2016 Season!

Entry Deadline: Postmark by May 31st
(Send regular mail - Don't waste the money on express mailing)

HAVE YOU PARTICIPATED BEFORE?

If yes, don't forget to enter again this year!

NEVER PARTICIPATED?

Have this be your first year to participate. Find out how your best dual meet line-up compares with other schools around the country in your general enrollment category. It is not difficult and many coaches have fun completing an entry. If you use "Team Manager" software, most likely it can compute an entry for you!

THE PROGRAM:

The Program, utilizing the NISCA Power Point Tables, is open to ALL schools. Certificates are awarded to the Top 25 in each of 12 categories by size, gender and public and independent affiliation. Five of the 12 categories had fewer than 25 entries last year. The smallest public and independent school categories (less than 900 enrollment) almost always have fewer than 25 entries.

Questions or Comments?

Contact Paul Torno, NISCA Power Point Chair
P.O. Box 1409
Sandia Park, NM 87047

Phone: (505) 286.4105
E-mail: ptorno@msn.com

2015-2016 HIGH SCHOOL SWIM TEAM SPONSORSHIP PROGRAM

I. Qualifying Speedo Teams:

- Team must purchase a minimum of 18 Speedo suits at regular team price for regular team outfitting.
- Suits must be purchase from an official NISCA/Speedo Team Dealer.

II. Promotional Benefits:

- Coach Reward:
 - Choice of 4 polo shirts (Does not include customizing).
 - Order should be placed through your designated NISCA/Speedo Team Dealer.

III. Team Promotional Benefits:

- 25% discount off of Dealer price on championship meet suits (championship meets include league, conference, district, sectional or state).
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Please email or fax this form to your designated NISCA registered team dealer (See List) to participate in our sponsorship program.



NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION

2015-2016 NISCA/SPEEDO SWIMMING ALL-AMERICA TIME STANDARDS



2014-2015 NISCA/SPEEDO SWIMMING ALL-AMERICA YARD TIME STANDARDS

**Top 100 Athletes determined by time will be recognized as All-America in individual and relay events.*

TOP 100 ATHLETES WILL BE RECOGNIZED AS ALL-AMERICA

BOYS ALL-AMERICA		EVENT (YARDS)	GIRLS ALL-AMERICA	
AUTOMATIC	CONSIDERATION		CONSIDERATION	AUTOMATIC
1:34.13	1:35.69	200 Medley Relay	1:47.45	1:45.59
1:39.07	1:40.69	200 Freestyle	1:50.82	1:49.09
1:50.28	1:52.59	200 Individual Medley	2:04.60	2:02.49
20.72	21.04	50 Freestyle	23.71	23.31
49.37	50.27	100 Butterfly	55.98	54.84
45.28	45.97	100 Freestyle	51.40	50.59
4:29.64	4:34.58	500 Freestyle	4:57.63	4:52.18
1:25.05	1:26.40	200 Freestyle Relay	1:37.45	1:36.02
49.85	51.13	100 Backstroke	56.51	55.31
56.25	57.49	100 Breaststroke	1:04.66	1:03.22
3:06.58	3:09.68	400 Freestyle Relay	3:32.15	3:28.71

2015-2016 NISCA/SPEEDO SWIMMING ALL-AMERICA METER TIME STANDARDS

**Meters are converted to Yards by the online entry database. Coaches enter Meter times and check "Meters."*

**Top 100 Athletes determined by time will be recognized as All-America in individual and relay events.*

TOP 100 ATHLETES WILL BE RECOGNIZED AS ALL-AMERICA

BOYS ALL-AMERICA		EVENT (METERS)	GIRLS ALL-AMERICA	
AUTOMATIC	CONSIDERATION		CONSIDERATION	AUTOMATIC
1:44.95	1:46.69	200 Medley Relay	1:59.91	1:57.84
1:49.77	1:51.56	200 Freestyle	2:02.79	2:00.87
2:02.52	2:05.09	200 Individual Medley	2:18.31	2:15.96
23.19	23.54	50 Freestyle	26.44	25.99
55.00	56.00	100 Butterfly	1:02.19	1:00.93
50.31	51.07	100 Freestyle	57.16	56.26
3:56.74	4:01.08	400 Freestyle	4:21.08	4:16.30
1:34.92	1:36.42	200 Freestyle Relay	1:48.85	1:47.25
55.38	56.81	100 Backstroke	1:02.78	1:01.45
1:02.44	1:03.81	100 Breaststroke	1:11.90	1:10.30
3:27.85	3:31.30	400 Freestyle Relay	3:56.34	3:52.50

**In association with
NCAA Div. 1 Men's
Swimming and Diving
Championships**

CONFERENCE REGISTRATION FORM
83rd Annual NISCA Conference
Wednesday – Sunday, March 23-26, 2016
Atlanta Marriott Northwest at Galleria, Atlanta, GA

**In association with
NCAA Div. 1 Men's
Swimming and Diving
Championships**

Reservation Options:

Option 1...The Complete Package. Cost \$215.00
 This option includes EVERYTHING! Conference registration, tickets for all sessions of the NCAA Championships, NISCA Awards Banquet, NISCA Breakfasts, admission to the mixer and clinics, and eligibility for door prizes.

Option 2...NISCA Members and Family for each person. Cost \$145.00
 This option includes everything in Option 1 EXCEPT the NCAA tickets.

Spouse's name, if attending the clinic: _____

Please note the following:

1. Conference materials will NOT be mailed in advance. All conference materials will be held for each registrant until they check in at the Conference.
2. NISCA has contracted for sixty tickets to the *NCAA Division I Men's Swimming & Diving Championships*. They will be sold on a first come, first serve basis.
3. If you are registering additional coaches, please make additional copies of this form.

Arrival Information

Date and Time _____

PLEASE MAKE COPIES OF THIS FORM FOR ADDITIONAL REGISTRATIONS

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (____) _____

e-mail address: _____

Please indicate your entrée choice for the NISCA Awards Banquet:
 If you do not indicate your choice, you will be given beef.
 Beef _____ Fish _____ Vegetarian _____ Chicken _____

Card # _____ Exp. Date _____

Signature: _____

Reservation Options:
Option 1 – Please reserve _____ @ \$215.00 \$ _____
Option 2 – Please reserve _____ @ \$145.00 \$ _____
 _____ additional Banquet Tickets @ \$45.00 \$ _____
TOTAL \$ _____

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NISCA Hotel Reservation Form
83rd Annual NISCA Conference
Wednesday – Sunday, March 23-26, 2016

Reservations must be made by individual attendees directly with the Marriott hotel

**Cutoff Date
for
Reservations
is 6:00PM
Mar. 10, 2016**

Room Rates: Single \$109.00+tax (14% local, \$3.00 county and \$5.00 tourism)
 Complimentary Parking and WiFi in guest rooms, lobby, meeting rooms and public areas
 Reservations must be made by Mar. 10, 2016. Reservations made after this date will be taken on a space available basis only.

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

Date of Arrival: _____

Estimated Time of Arrival: _____

Date of Departure: _____

Please Reserve: _____ room(s) for _____ people

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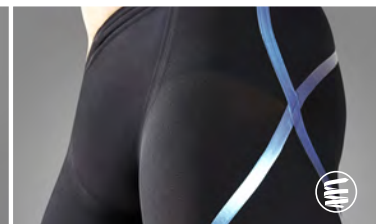
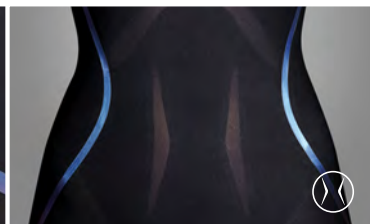
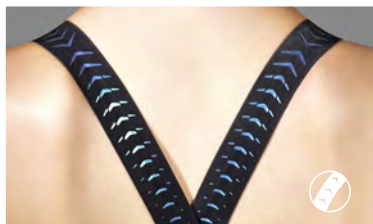
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