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BIWEEKLY

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LEADING THE WAY




TEAM SPEEDO:
Ryan Lochte, Jessica Hardy, Cullen Jones and Nathan Adrian


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020 UNIVERSITY OF TEXAS MEN RETURN WITH DOMINANT BUTTERFLY GROUP INTACT
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The Florida Gators chomped the competition at the 2015 All-Florida Invite, opening the collegiate season with impressive swims from the men's and women's team.

025 SPECIAL DAY FOR 800 FREE RELAY WILL EXPAND NCAA DIVISION I SWIMMING CHAMPIONSHIPS TO FOUR DAYS
by Jeff Commings
The NCAA has voted to create an extra day for the Division I swimming and diving championships, moving the 800 freestyle relay to Wednesday night. The move is expected to reduce Friday's timeline and improve performance in the long relay.

026 SUMMER SWIM CHALLENGE: TRAINING IN THE OFF-SEASON
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How do you keep in shape during the summer off-season when work demands grab your attention almost as strongly as school responsibilities? Our writer relives her experiences.

028 MISSY FRANKLIN CONDUCTS SWIM CLINIC IN SRI LANKA
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Missy Franklin's time in Asia included more than racing in the FINA World Cup, as the Olympic champion traveled to southern Sri Lanka to conduct a swim clinic for young swimmers there.

029 BOB BOWMAN GETS FIRST WIN AS ARIZONA STATE COACH IN VICTORY OVER UNIVERSITY OF PACIFIC
by Jeff Commings
Bob Bowman officially got the first tick in his win column as head coach of the Arizona State swimming program, taking a decisive victory over the University of the Pacific men's team in the season opener in Stockton, Calif., for both squads.

030 PATTY MILLER ELECTED UNITED STATES MASTERS SWIMMING PRESIDENT
by Brent Rutenmiller
Patty Miller has worn many hats in her multiple roles within United States Masters Swimming (USMS). She can now add President to her long list of contributions, taking the title her husband, Dr. Jim Miller, also held.

PUBLISHING, CIRCULATION AND ACCOUNTING OFFICE

www.SwimmingWorldMagazine.com

Chairman of the Board, President - Richard Deal
DickD@SwimmingWorld.com

Publisher, CEO - Brent T. Rutenmiller
BrentR@SwimmingWorld.com

Circulation/Art Director - Karen Deal
KarenD@SwimmingWorld.com

Circulation Manager - Taylor Brian
TaylorB@SwimmingWorld.com

Advertising Production Coordinator - Betsy Houlihan
BetsyH@SwimmingWorld.com

EDITORIAL, PRODUCTION, MERCHANDISING, MARKETING AND ADVERTISING OFFICE

2744 East Glenrosa Avenue, Phoenix, AZ 85016
Toll Free: 800-352-7946
Phone: 602-522-0778 • Fax: 602-522-0744
www.SwimmingWorldMagazine.com

EDITORIAL AND PRODUCTION

Editorial@SwimmingWorld.com

Senior Editor - Bob Ingram
BobI@SwimmingWorld.com

Managing Editor - Jason Marsteller
JasonM@SwimmingWorld.com

Assistant Managing Editor - Annie Grevers
AnnieG@SwimmingWorld.com

Graphic Designers - Joe Johnson, Emmi Brytowski

Staff Writers - Michael J. Stott

Fitness Trainer - J.R. Rosania

Chief Photographer - Peter H. Bick

SwimmingWorldMagazine.com WebMaster:
WebMaster@SwimmingWorld.com

MARKETING AND ADVERTISING

Advertising@SwimmingWorld.com

Marketing Coordinator - Maureen Rankin
MaureenR@SwimmingWorld.com

MULTI-MEDIA

Senior Writer - Jeff Commings
JeffC@SwimmingWorld.com

INTERNATIONAL CORRESPONDENTS

Africa: Chaker Belhadj (TUN)
Australia: Wayne Goldsmith, Ian Hanson
Europe: Norbert Agh (HUN), Camilo Cametti (ITA),
Oene Rusticus (NED), Rokur Jakupsstovu (FAR)
Japan: Hideki Mochizuki
Middle East: Baruch "Buky" Chass, Ph. D. (ISR)
South Africa: Neville Smith (RSA)
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PHOTOGRAPHERS/SWTV

Peter H. Bick, USA Today Sports Images,
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USA Swimming's Golden Goggle awards honor the country's best swimmers across eight categories, often highlighting performances at one long course meet each year. In 2015, athletes were impressive in three separate meets around the world, and the nominees come from each of those competitions.

USA Swimming unveiled the nominees via Twitter, posting each category one at a time about 20 minutes apart. Voting for the awards will be open to the public, and those votes will help determine the winners.

With Michael Phelps posting three of the world's fastest times at the national championships, it was difficult to ignore that meet, and Phelps received three nominations to mark his 11th time among nominees in 12 years. Plus, Kelsi Worrell and Katie Meili did remarkable things at the Pan American Games, swimming fast enough to have earned a medal at the world championships. Those two are among the nominees for Breakout Performer of the Year.

At the world championships, Katie Ledecky shocked the world with her world record-setting swims in distance free-style, and she received five nominations, including three in the Female Race of the Year category. Ryan Lochte was the only male American to win an individual gold at the world championships, and he's up against Phelps and Jordan Wilimovsky for Male Athlete of the Year.

The winners will be announced at a ceremony in Los Angeles on November 22. ◀

PHELPS, LEDECKY LEAD 2015 USA SWIMMING GOLDEN GOGGLES NOMINEES

by Jeff Commings

USA SWIMMING GOLDEN GOGGLES NOMINEES

Breakout Performer of the Year

Katie Meili
Jordan Wilimovsky
Kelsi Worrell

Perseverance Award

Kevin Cordes
Connor Jaeger
Allison Schmitt

Coach of the Year

Bob Bowman
Bruce Gemmell
Dave Kelsheimer
David Marsh
Catherine Vogt

Relay Performance of the Year

Mixed 400 free relay, gold at world championships
Men's 400 medley relay, gold at world championships
Women's 800 free relay, gold at world championships

Female Race of the Year

Haley Anderson, 5K open water world title
Katie Ledecky, 200 free gold at world championships
Katie Ledecky, 800 free gold at world championships
Katie Ledecky, 1500 free gold medal at world championships

Male Race of the Year

Connor Jaeger, American record in 1500 free at world championships
Ryan Lochte, 200 IM gold at world championships
Michael Phelps, 100 fly at nationals
Michael Phelps, 200 fly at nationals

Female Athlete of the Year

Haley Anderson
Missy Franklin
Katie Ledecky

Male Athlete of the Year

Ryan Lochte
Michael Phelps
Jordan Wilimovsky

KATIE LEDECKY WINS MULTIPLE HONORS AT USAS CONVENTION

by Jeff Commings



For the third consecutive year, Olympic gold medalist and world record-holder Katie Ledecky (Bethesda, Md./Nation's Capital Swim Club) was named the USA Swimming Athlete of the Year and claimed the Phillips 66 Performance Award for the fourth straight year after a record-breaking swim in the 800-meter freestyle at the 2015 FINA World Championships.

The awards were among the 17 presented at the United States Aquatic Sports Convention at the Marriott Downtown in Kansas City, Missouri.

Ledecky continued to stake her place among swimming's all-time greats with five gold medals, four in individual events, at the 2015 FINA World Championships in Kazan, Russia. With victories in the 200m, 400m, 800m and 1500m freestyle events, Ledecky became the first swimmer to win gold in those four events at the same FINA World Championships.

She opened her meet in Kazan with a meet record in the 400m free (3:59.13) on Aug. 2 and followed with back-to-back world records in the 1500m free on Aug. 3 and 4, eclipsing her own world mark in the prelims followed by a world-record time of 15:25.48 and a 15-second victory in the 1500m final. Just one night later, she stepped down to the 200m free to take gold in 1:55.16 and wrapped up her meet Aug. 8 with a third world-record swim with gold in the 800m free in 8:07.39, a 10-second victory. Ledecky also anchored the Team USA women to a come-from-behind gold in the 4x200m free relay. She now has nine career World Championships medals – all gold.

Ledecky joins Ryan Lochte (2009-11) and Mike Barrowman (1989-91) as the only athletes to win three consecutive USA Swimming Athlete of the Year awards. Michael Phelps is a five-time winner of the honor. She is also only the second-ever athlete to win the Phillips 66 Performance Award in four straight years, after Phelps earned the honor from 2006-09.

Ledecky was also in a race with herself for the prestigious Phillips 66 Performance Award, handed out annually at USA Swimming's banquet at the United States Aquatic Sports Convention. The choice was between one of her two world record races at the FINA world championships: the 800 free or 1500 free.

In the end, USA Swimming picked Ledecky's aforementioned 800 free final in Kazan as the year's best performance by an American swimmer. It's her fourth-straight year winning this award, taking the honor for her 1500 world records in 2013 and 2014, and her 800 free Olympic gold medal race in 2012.

The award is just one of many that Ledecky is bound to earn this year for her performances in Russia. She was named the Swimmer of the Meet at worlds, and has been nominated for four Golden Goggles Awards. ◀



[Photo Courtesy: Andy Ringgold/Aringo Photos]

6 EVERYDAY STRUGGLES OF A BREASTSTROKER

by: Diana Pimer

Breaststrokers are a unique class of swimmers. Some excel at IMs, while others can swim the stroke faster than freestyle. Even with these slight differences, there are some things that all breaststrokers can relate to. Not everyone understands why people enjoy swimming the slowest stroke, and some don't really understand how to even move their bodies in that frog-like manner. Let's take an inside look at some everyday struggles of a breaststroker.

1. GETTING MADE FUN OF FOR YOUR FEET

Most swimmers have flexible ankles, good range of motion in their hips, and of course, strong shoulders. But most breaststrokers possess a set of turned out feet. This characteristic automatically helps a swimmer do breaststroke, because this outward motion is natural. And the weirdest part is breaststrokers embrace this. I remember being 12 years old listening to Ed Moses give a speech on how to make your ankles stretch outward more, and I've been stretching out my ankles on my school desk ever since. I also remember getting asked why I walk with my feet pointed out. Wait, that was just yesterday.

2. HOLDING EVERYONE UP

It's happened to all of us. You've either been the hunter or the hunted in a crowded meet warm-up. And there's nothing more annoying than running into a breaststroker during a full-on sprint. But there is nothing breaststrokers can do but try not to kick someone in the head or the stomach. Breaststrokers are constantly getting run-over in warm-ups or practices. Sorry, sprinters!

3. MAKING FREESTYLE INTERVALS...WHILE DOING BREASTSTROKE

Whether you are a club, high school, or collegiate breaststroker, there will be sets where you watch your teammates get plenty of rest on the wall and you barely make the interval. Fifties on :40, anyone? Breaststrokers are always racking their brains with questions such as, "how is this fair?" and "why didn't I try harder to be decent at the other strokes?"



[Photo Courtesy: Swimming World]

4. HAVING TO CHANGE YOUR PULLOUT.

Changing your pullout can be both a positive and negative experience. Pullouts for breaststrokers are like putting on your best pair of goggles. You rely on them and you just do it naturally. But with the pullout rules constantly changing, this old reliable part of our race gets confusing, frustrating, but also incredibly rewarding. Breaststrokers always have to be ready to adapt.



[Photo Courtesy: Swimming World]

5. TIMING

Breaststroke is all about timing. If one thing is off your whole stroke is off, there is no getting around it. From the kick and pull to not gliding into the walls, timing is something that needs to be practiced every time breaststrokers swim the stroke or the race will not be successful. As difficult as it is in practice, focusing on timing is worth it!

6. NOT BREATHING

Here's where I probably lost you...saying you don't breathe during a stroke where you do, indeed, breathe every stroke? In breaststroke, you are very limited to when you can breathe. Most of the stroke is spent in the glide position underwater, because that's when breaststrokers are the fastest. Breaststrokers don't get too much time to breathe in training, either, since most of the drills involve staying underwater for extra time. Ask any breaststroker, we don't really get to breathe! ◀

TOM DALEY PICKED AS TOP BRITISH AQUATIC SPORTS ATHLETE OF 2015

by Jeff Commings



[Photo Courtesy: Jim Thurston]

In a year that saw Great Britain excel in all facets of aquatic sports at all levels, the competition for the public's vote to earn the British Swimming Athlete of the Year was fierce. In perhaps a bit of a surprise, diver Tom Daley won over the public, beating out two swimming world champions.

Daley won a gold and silver in the diving competition at the FINA world championships in Russia, taking the win in the synchro platform event with Rebecca Gallantree. And in what was perhaps a rehearsal for next year's Olympics, Daley was third in the individual 10-meter platform event.

"This is a massive honor as the competition for this title has been immense," Daley said. "This year has been fantastic and to have been back on the podium at a World Championships was a great way to end the season."

Daley has been a major sports celebrity in Great Britain since winning the bronze medal on the platform at the London Olympics. His face is on billboards and in magazine advertisements, and he makes more public appearances than most sport celebrities.

In 2013, his popularity grew when he went public about his sexuality, saying he had been in a relationship with a man for almost a year. That man was Oscar-winning screenwriter Dustin Lance Black, and the two announced their engagement earlier this week.

In addition to his world championship medals, Daley won plenty of medals in the FINA Diving World Series, placing second in the overall standings.

British Swimming – which oversees all aquatic sports in Great Britain – also celebrated two world champions in the pool. James Guy won the 200 free and was part of the winning 800 free relay, while Adam Peaty won the 50 and 100 breaststrokes in Russia as well as the mixed 400 medley relay. He set a world record in the 50 breast and the relay.

For Peaty's efforts, he won the Swimming Athlete of the Year prize. His coach, Melanie Marshall, was picked as coach of the year to go along with her selection as coach of the year by the British Swimming Coaches Association.

The swimming Emerging Athlete of the Year award went to Duncan Scott, who moved up from junior-level athlete to world championship gold medalist as a member of the prelim squad for Great Britain's 800 free relay. ◀

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RULE BANNING COACHING OF SUSPENDED ATHLETES AMONG NEW USA SWIMMING LEGISLATION

by Jeff Commings

USA Swimming's House of Delegates approved 21 new rules for the federation at the recent convention in Kansas City, including a much-discussed policy that would forbid a USA Swimming-member coach from working with an athlete currently suspended for a doping violation.

The new rule reads as such:

303.5 No individual Member or Group Member of USA Swimming shall coach, train or provide swimming-related advice or service to any swimmer who is serving a period of ineligibility or provisional suspension for an anti-doping rule violation.

That means an athlete would have to either train on their own or seek the services of a non-USA Swimming member coach for training during their suspension period. The rule would also apply to foreign athletes training with USA Swimming member coaches in the United States, according to Jay Thomas, chair of the USA Swimming Rules and Regulations Committee.

The rule closely mirrors one recently approved by Swimming Australia, which goes a step further to ban any suspended athlete from training at one of the country's high performance centers during the ban. Swimming Australia has also forbid any foreign athlete from training with a coach at a high performance center if they have ever served a doping suspension.

As is the case in Australia, the United States has not had a major issue with doping violations among its own athletes. But, some foreigners who live and train in the United States continued to train with American coaches during their doping suspension. This new rule would disallow that practice.

Another rule approved at convention would require a coach to return any reward money paid from USA Swimming if that money came as a result of a performance that was later found to have been drug-aided.

303.6 If a swimmer is required to forfeit any medals, points or prizes earned at an event on account of an anti-doping rule violation, then any compensation paid by USA Swimming to the swimmer's coach(es) on account of that swimmer's result shall also be forfeited and shall be returned to USA Swimming.

Other rules seek to clarify or add wording in current rules. One rule will allow video footage of any kind to be used for reviewing a stroke and turn infractions. Only underwater cameras were previously allowed for this purpose.

Swimwear for transgender athletes will have a specific phrase under the "Swimwear" section of the rule book, stating that exceptions to the normal swimsuit rules would be made for those with "verified transgender needs." Though transgender athletes have been a part of sports for decades, swimming's transgender athletes are starting to make their way to the public consciousness. Schuyler Bailar, for example, is set to become the first transgender swimmer to compete at the Division I college level when he swims for Harvard this fall.

In order to fall in line with FINA's rules, USA Swimming is adding a rule that says American and U.S. Open records cannot be set on leadoff legs for mixed freestyle or medley relays. This would be applied as soon as this December at the Duel in the Pool, and at future short course and long course world championships. ◀



HAZE FROM INDONESIA FIRE CAUSES CANCELLATION OF A SESSION IN SINGAPORE AT FINA WORLD CUP *by Jeff Commings*

A massive forest fire in nearby Indonesia brought severe haze to Singapore as some of the world's best swimmers were gathering there for the fifth stop of the FINA World Cup. The resulting poor air quality was of such concern to meet officials that a session had to be cancelled.

The heavy haze over Singapore cancelled the distance events at the World Cup meet, then forced the first night of finals to be cancelled. That meant times from two previous meets in Beijing and Tokyo had to be used to determine who would get prize money in the races that did not happen. That likely put a crimp on the meet organizer budgets, as they also had to refund tickets to those who planned to watch the first night of finals.

"I am really glad that FINA and the organizing committee here in Singapore are truly looking out for the athletes' well-being," said Todd Schmitz after the first day of finals were cancelled in Singapore, where he's coaching Franklin and other U.S.-based athletes. They made the best decision for the athletes, coaches, and fans."

As a result of the massive amount of money lost from hosting the meet that was only partly held, the Singapore Swimming Federation is looking to sue those responsible for the fire in Indonesia.

The haze caused by the raging fires in Indonesia not only poses a threat to our health but it also destroys the months of hard work put into preparing for programs and events like the FINA/airweave Swimming World Cup presented by Yakult, which was to be held at the OCBC Aquatic Centre this evening," said Jose Raymond, vice president of the Singapore Swimming Federation. "The investment put into the event, through sponsors, time spent by our staff and volunteers, and the effort taken by athletes and officials to travel to Singapore have been wasted beyond measurement. The Singapore Swimming Association, along with FINA deeply regrets canceling day one of the finals. On our part, the SSA will seek legal advice and may consider joining other parties and individuals in any class action suit which is brought against any Singapore-listed company which is linked to the burning of forests in Indonesia which is now causing one of the worst haze episodes to affect the region and in particular Singapore."

Though some athletes earned money for not swimming on the first day of the meet, points were only added to their overall tallies from finals on the second day. Hosszu and Van Der Burgh are almost assured of winning the \$100,000 bonus that comes with earning the most points in the series.

The next stop in the World Cup is in the Middle East, where 14 American teenagers will get some racing experience in Dubai and Doha. The World Cup has been held in long course format in this lead-up to the Olympic Games, and will be one of the last opportunities for multi-national racing before next spring. ◀



5 QUESTIONS FOR EVERY COLLEGE RECRUIT

by Courtney Bartholomew

As my final year of being a college athlete begins and my last recruiting season as a Cavalier winds down, I realize just how lucky I was to find the ideal university for me. Before I committed to the University of Virginia, I took my unofficial visits to many campuses around the country, trying to find where I would best fit in.

While I remember this time as being exciting, I most recall how stressful it was. Not only do you have to choose where you want to receive an education from, you have to choose a college you feel comfortable at, a team you want to spend time with, and a coaching staff that you feel can develop you as an athlete and as a person. Adding to this stress is the constant barrage of the question from parents, family and friends—“Do you know where you are going to school?” And of course, the biggest question of all, the one you constantly ask yourself—“What if I do not find the right school?”

With this being such a hectic time, here’s a few questions you can ask yourself to help make this time less stressful and help you to choose the school and swim program that is the best fit for you and your needs.

1. WHAT ARE THE MOST IMPORTANT QUALITIES I AM LOOKING FOR IN A UNIVERSITY?

A few questions to consider when looking at qualities of a university:

- *How far from home do I want to be?*
- *Do I want a small or large student-body population?*
- *Would a large campus be too overwhelming for me or provide excitement?*

These three questions can allow you to determine what environment you will feel most comfortable in. If you are far from home, it will be more difficult for family to visit, but being farther away allows you to be more independent and branch out. The student-body population is going to help determine class sizes. If you’re looking for a 30-person class, you’ll probably have to wait until you are a junior or a senior. A large campus has many perks and opportunities to meeting people, but if you’re not willing to walk far, ride your bike, or take a bus, then you may want a smaller campus that’s easier to navigate!

Personally, when I began looking at colleges, I wanted to have a smaller campus so I could walk everywhere, but I still wanted to have the feel of a large, Division I school. These three questions will help you to understand what you'll need to feel comfortable on campus.

2. WHAT IS THE EDUCATION LIKE AT THIS UNIVERSITY?

A few questions to consider when looking at education quality:

- *Will a degree from this institution allow me to achieve my career goals?*
- *If I already have a major in mind, does the university offer it and is it a good program?*
- *What percentage of the student-athletes graduate on time?*
- *What is the percentage of students who get jobs out of college from this university?*

Swimming at some point, sadly, has to end. What are you going to do when you graduate and have to enter the real world? These few questions will help you to begin thinking about the future and see how the university you choose can aid you in your future endeavors.

“In the recruiting process, every student-athlete looks for a place that can cater to their needs, foster new relationships, and secure a path for the future,” Stanford junior Maxwell Williamson. “For me, the thing that set Stanford apart from all other schools was the tradition of success. From nobel laureates teachers to championship winning coaches, the knowledge and wisdom that Stanford could provide coupled with the most successful and exciting student body led me to know for sure that Stanford was the place where I was meant to be.”

3. DO I FEEL COMFORTABLE AROUND THE TEAM?

- *Do I feel as though my personality and who I am blends well with the team atmosphere?*
- *Do I see these people as becoming my close friends and “family” away from home?*
- *Does the team act supportive of one another?*
- *Is the program combined or separated into male / female?*

Kaitlyn Jones, a junior at UVA, commented that during her recruiting process, “I could immediately tell on my recruiting trip that the men and women’s team acts like a family and everyone truly cares about one another. One of the main reasons I chose UVA was because of the closeness of the team.” As Jones stated, the team atmosphere is significant when decid-

ing on a college. These people are going to become some of your closest friends and you will spend a lot of time interacting with them.

4. DO I THINK THE COACHING STAFF CAN HELP ME TO ACCOMPLISH MY SHORT-TERM AND LONG-TERM GOALS?

**A disclaimer on this point, do not commit only for the coaching staff. Coaching transitions do occur unexpectedly and coaches are not necessarily a guarantee.*

- *What is the success rate of the coaching staff?*
- *Do I get along with the coaching staff?*
- *How will this coaching staff work to achieve my goals?*

Whenever I talk with UVA Head Coach Augie Busch, I know that he understands my goals as an athlete and he is working to help me achieve them. Not only does Augie help me achieve my ambitions in the pool, but he understands that I have school goals and career goals that may have to (occasionally) come before swimming. By having a staff that understands your goals, they can create the plan that works best for you in the pool and out.

5. IF I COULD NO LONGER SWIM, WOULD I STILL WANT TO ATTEND THIS UNIVERSITY?

This in my opinion is the most important question a recruit can ask themselves. In this process I asked myself, “If I were injured or decided I no longer wanted to swim, would I still want to go this university?” While swimming has always been a huge part of my life and I could not imagine not being in the pool, I knew that I needed to attend a college that could still fulfill me as a person if swimming were no longer in the cards.

Elizabeth Pelton, a senior at Cal, summed up the recruiting process– “After all of your trips, so many different people will want to talk to you and tell you where they think you should go. I suggest really taking some time to reflect on each place – as well as your pro and con list! But listen to that intuition feeling in your gut. I picked where I could see myself every-day, and the place that I could not only fit in with the team with my goals in the pool and values as a person, but as well as ambitions in the classroom and dreams after my swimming career.”

While these five questions are not going to make your ultimate college decision, hopefully, they can guide you in the right direction and offer insight into what you want most out of a university. ◀



DENNIS PURSLEY: RIO OLYMPICS “HIGHEST PRIORITY” FOR ALABAMA SWIMMING

by Jeff Commings

The 2016 Olympics is on the minds of every swimming coach around the world. Whether they have athletes with a chance to compete in the biggest sporting event of the year or want their athletes to be aware of it for future motivation, coaches are thinking about Rio every day.

That’s definitely true at the University of Alabama, where head coach Dennis Pursley has planned a season where the target at the center of the bullseye is the Olympics.

“That (the Olympics) is the highest priority,” Pursley said. “We promised the swimmers when we recruit them at Alabama that if they have the ability and aspirations to compete at a higher level than the NCAAs that (their goals) won’t be compromised. We just need to be true to our word.”

One of the things Pursley and his coaching staff is doing is adding a long course workout to the weekly schedule to keep the feel of swimming in a 50-meter pool. College swimming is done almost exclusively in 25 yards, and in many ways can affect how an athlete approaches racing in a 50-meter pool. Pursley said he’s always given a long course workout or two each week in Tuscaloosa, but the Olympic year requires a small adjustment.

This collegiate season, Pursley said some of his athletes with potential to do well at the Olympics will adjust their preparation for the Southeastern Conference Championships and the NCAA Championships. With peak perfor-

mance in Rio de Janeiro the primary goal, some athletes will “have to sacrifice some resting and shaving at other meets on the NCAA calendar. They’ll still be on board and representing Alabama, but maybe not as rested.”

Kristian Gkolomeev is one of those athletes with the opportunity to not only make an Olympic final but possibly win a medal. Gkolomeev is the reigning NCAA champion in the 100 freestyle and also made the final of the 50 freestyle at this summer’s world championships. He’s back in the water at Tuscaloosa, and though he didn’t compete in the dual meet against Delta State, Gkolomeev will be a prominent figure going forward for the Crimson Tide in competition.

“With the Olympic year it was more important that he set his sights and his focus on getting caught up in a training sense before we worry too much about the competition,” Pursley said of Gkolomeev.

The rest of the combined men’s and women’s teams at Alabama are looking good after just a month of training together, Pursley said. This year marked the third time Pursley has scheduled the meet against Delta State as the first of the season, and the second time it’s been held in September. The decision to hold a dual meet so early helps him and his coaches identify who is most prepared for the season.

“We enjoy jumping in right out of the box to get a first look at our freshmen,” Pursley said. “It’s an incentive to get them to get them focused right off the bat when they get back to school and get back in the water knowing there’s a meet right around the corner.

“It’s just a start, but a good start for us.”

Though some athletes might not swim as fast as expected this season as they point toward the Olympic Trials and the Olympics, Alabama should continue to make its mark on college swimming. The men’s team finished 10th at the NCAA Championships last March, its first time in the top 10 in more than 20 years. Pursley said the freshman class is adapting to the new training and racing environment quickly, which he believes will translate into one of the team’s best seasons yet.

“It’s probably a bit stronger showing from that class than I would have expected,” Pursley said. “What that means is we’re going to have a bit stronger depth this year, and maybe more competition for relays. Of course, that’s a real healthy thing to have in a program.” ◀



[Photo Courtesy: David Farr]

CIERRA RUNGE TRANSFERRING TO WISCONSIN NEXT FALL

by Jeff Commings

Once she completes her year of training in Arizona with Bob Bowman's elite squad at Arizona State University, Cierra Runge will head north to the University of Wisconsin to complete her collegiate career.

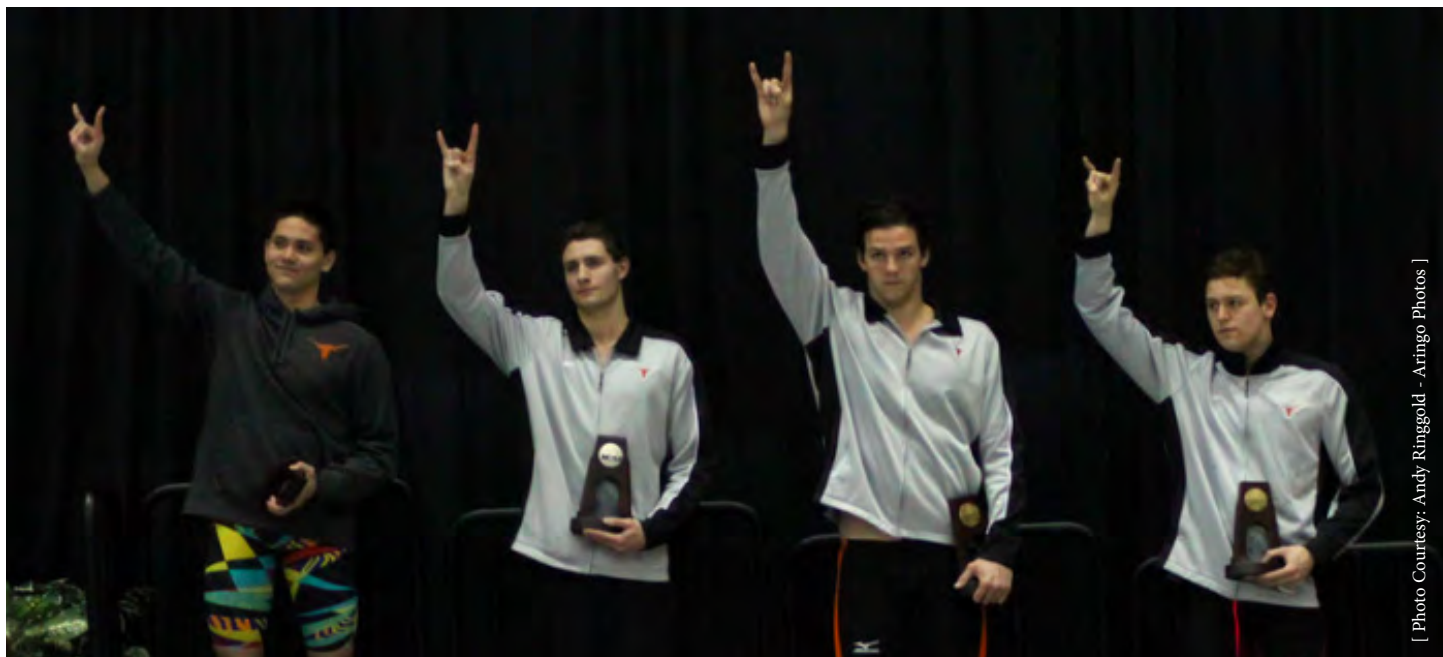
Runge had a great freshman season at the University of California-Berkeley, setting an NCAA record in the 500 freestyle and helping the Bears set the American mark in the 800 free relay. Though she didn't swim as fast at her debut NCAA championships, she did help the Bears win the women's national title.

She followed that up with a ninth-place finish in the 400 freestyle at the world championships, just missing the final by four tenths of a second. After the meet, she decided to take a redshirt year to train with the likes of Allison Schmitt and Michael Phelps in Tempe with a goal of making the U.S. Olympic team.

"My time at the University of California-Berkeley was valuable," Runge said. "I learned a great deal about what is important to me and made friends that I'll have for life. I appreciate the education I received and the support from the University and the entire Athletic Department."

Runge's addition will help Coach Whitney Hite continue to build his squad of Badgers in Madison. Runge will help greatly in freestyle relays, and will be a definite point scorer in the 200 and 500 freestyles. Whether Runge moves down to the 100 free or remains with the 1650 free for collegiate swimming is yet to be decided.

"I'm excited to make a difference in the rising Badger program," said Runge. "With a top 25 academic ranking in the world and the women's swimming and diving program consistently in the top 15, Wisconsin can provide me the elite overall experience I am looking for. The Badgers have a strong program led by Coach Whitney Hite and I am thrilled to return to Chris Collier, Distance Coach at UW, who was my coach prior to my time with Bob Bowman." ◀



[Photo Courtesy: Andy Ringgold - Aringo Photos]

UNIVERSITY OF TEXAS MEN RETURN WITH DOMINANT BUTTERFLY GROUP INTACT

by Peter Baugh

University of Texas sophomore Joseph Schooling hates losing. But, if he has to come in second to someone, it would be teammate Jack Conger, a junior.

“Outside the pool we’re great friends, but at meets we kind of just do our own thing,” Schooling said. “We know we support each other and everything, but no, we don’t really talk much during the meets.”

Last season at NCAA Championships, Schooling and Conger led the University of Texas group of butterfly swimmers. In the 100-yard butterfly event, Texas placed six swimmers in the A final. This was the highest number of swimmers ever to appear in an A final from one team at NCAA Championships.

At the meet, Schooling led the charge for the Longhorns, out touching Conger with a time of 44.51. Conger finished in second place by only four one-hundredths of a second. Texas swimmers also finished in third, fourth, sixth and eighth place.

“I think we have the best fly group in the world,” Schooling said. “No team has the depth we do and strength in doing fly.”

And what is scary for competitors is that Texas could be

even stronger this season. Aside from Tripp Cooper, the third place finisher at NCAAs, the Longhorns are returning every 100-yard butterfly swimmer who made A finals.

Junior Will Glass finished fourth in the 100-yard butterfly at NCAA Championships. He said that having so many teammates swimming with him made him comfortable at the meet.

“When it was six guys on the blocks it felt like practice almost,” Glass said. “We were used to it. It was different because it was on that level, but it was a cool feeling.”

The Texas team is coached by Eddie Reese. Reese has coached the Longhorns since 1978 and has also been selected as head coach of United States Olympic Team three times. Schooling says that Reese, “knows this game better than anyone else.”

Reese has a number of methods he uses to help his butterfly swimmers. Though he has the team work on kicking and turns during practice, he also feels that his swimmer’s excellence comes from how the team trains out of the pool.

“Part of our butterfly success is due to how hard the guys work in the weightroom and in the water— our weight



room work is geared to strength which equals speed,” Reese said.

For Schooling, Reese and assistant coach Kris Kubik are a comforting presence at meets due to their experience with the sport. Glass is also happy with the coaching staff and tries to give as much credit to them as possible.



“We would give it all to the coaches if we could,” Glass said. “Those guys are awesome and they really know what they’re doing in the pool. And the other thing about those guys – Eddie, Kris and Wyatt (Collins) – is they’ll help you in the pool and they want you to be better people out of the pool also.”

Schooling and Conger continued their success over the summer. Conger finished second in both the 100-meter

butterfly and 200-meter butterfly at Phillips 66 National Championships behind Michael Phelps. Conger dropped over three seconds in his 200-meter butterfly swim at the meet.

Schooling competed for Singapore at the World Championships in Kazan, Russia. At the meet he earned a bronze medal in the 100-meter butterfly.

“Worlds was a good meet,” he said. “I’m where I needed to be, where I thought I should be heading into Rio for next year.”

For Schooling, the Rio Olympics are the main focus of the coming season. Though he will rest for NCAA Championships, he will not have a full taper as he did this past season. Still, Schooling is confident that Texas will have a strong showing at NCAA Championships.

With the strength of the Longhorns in butterfly, the swimmers are able to push each other in practice. Schooling is grateful to be able to practice with his Texas teammates.

“It’s just amazing to train with all these world class athletes on a daily basis,” he said. “It gets me better. It keeps me on my feet, keeps me on my toes. And I’m very happy and very honored to have the opportunity to do that.” ◀



GEORGIA TECH AQUATIC CENTER GETTING NEW SCOREBOARDS, NEW NAME

by Jeff Commings

The Georgia Tech Aquatic Center, which served as the venue for swimming and diving at the 1996 Olympics, is getting a little bit of a facelift in advance of next March's NCAA Division I championships.

An unspecified donation from former Georgia Tech swimmer Richard Bergmark will add two new video scoreboards to the facility, just in time for the NCAA championships. The facility already had a great scoreboard, but will now update the technology.

The scoreboards are just two of the changes to the building. The facility will also get a new name: the McAuley Aquatic Center, named after former swim coach James Herbert "Herb" McAuley. McAuley was a swimmer at Georgia Tech, but his lasting contribution was coaching swimmers from 1965 to 1987, the second-longest tenure of any Georgia Tech coach.

Bergmark's donation is also creating an endowment for the Yellow Jackets to support the swimming and diving teams and provide for continual facility upkeep. The venue had a major retrofit after the 1996 Games. The venue

was a partially open-air facility for the Games, and was fully enclosed after that. The pool hosted the 2007 men's NCAA championships, where Mike Alexandrov broke an American record. Other top meets there include the 2011 winter nationals and the 2011 Duel In the Pool.

"This is a fantastic way to give recognition to Coach McAuley," Bergmark said. "He was a great coach, a mentor, a generous person, and a Tech alumnus himself. He developed so many swimmers, many of whom I had the great fortune of meeting, competing with, and developing wonderful associations with while at Tech."

Georgia Tech has slowly risen in the ranks of the Atlantic Coast Conference since Courtney Shealy Hart took over the program in 2009. Behind the performances of the now-graduated Andrew Kasic, the men's team finished sixth at the ACC championships last February.

More from the Georgia Tech press release:

McAuley did something else that Bergmark has never forgotten, by helping him secure an out-of-state scholarship. "It was his focus on the 'student' part of 'student-athlete' that I will forever be grateful for, because that is what enabled me to graduate from Tech," he said.

After graduating, Bergmark achieved success in the petroleum industry. He currently serves as the chief financial officer of Core Laboratories, after having risen through the ranks at Western Atlas International, a leading provider of oilfield services and reservoir information technologies. He has served on the advisory board of the Scheller College of Business and on the board of the Georgia Tech Foundation.

Bergmark's philanthropic investment guarantees that the McAuley Aquatic Center will remain vital to the Tech campus community, intercollegiate athletics, and the metro Atlanta area. As Bergmark put it, "One of the goals of the gift is to ensure that Georgia Tech will continue to attract the finest events to our world-class venue — this includes not just competitive events but aquatic activities and events for all students as well."

He hopes, too, that his philanthropy will inspire others, particularly when it comes to Georgia Tech swimming. "What the program needs to complement our coaching talent and quality aquatic facilities are additional endowed scholarships," he said. ◀

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[Photo Courtesy: Taylor Brien]

GATORS OPEN SEASON WITH DOMINATING SWIMS AT ALL-FLORIDA INVITE

by Jeff Commings

The Florida Gators chomped the competition at the 2015 All-Florida Invite, opening the collegiate season with impressive swims from the men's and women's team. Sophomore Caeleb Dressel was one of the busiest swimmers in the meet, racing in five individual events and winning two of them.

Surprisingly, one of Dressel's wins was not the 50 freestyle, the event he won last March at the NCAA championships. After posting a 19.80 in prelims, Dressel settled for second in the final behind teammate Corey Main, who won with a 20.18 to Dressel's 20.42.

Just before the 50 free, Dressel had won the 200 IM in an impressive 1:47.87. Thanks to a 24.61 freestyle split, he got ahead of teammate Mark Szaranek to win by half a second. Dressel's other wins came in the 100 butterfly (47.24) and 100 freestyle (43.17).

Florida's strength through the years under head coach Gregg Troy has been in the individual medley and middle-distance freestyles. That was evident as well at the All-Florida Invite as Florida trounced the competition in those events. In addition to Dressel's 200 IM win, Szaranek won the 400 IM with a respectable 3:51.11. On the women's side, Hannah Burns won the women's 400 IM by five seconds with a 4:19.03, and was second to teammate Ashlee Linn in the 200 IM, 2:02.99 to 2:03.99.

The men's 200 and 500 freestyles were an embarrassment of riches for the Gators as they took the top three spots in each event. Werner posted an impressive double, taking the 200 free with a 1:37.45 and overtaking early leader Mitch D'Arrigo in the final 100 yards to win the 500 with a 4:24.55 by two tenths of a second.

The Florida women had Towson's Macey Arnold hot on their feet, but managed to win the 200 and 500 freestyles and kept Arnold at bay. Taylor Katz doubled up on wins, starting with a 4:50.91 in the 500 free and a 1:50.16 in the 200 free.

Senior Natalie Hinds is an extremely talented sprinter, and that was on display as she won both sprint freestyle events in Gainesville. Her meet started with a 23.00 in the 50 freestyle, then she followed it up with a 49.76 to win by more than a second. Hinds was also second in the 100 fly with a 54.91 behind Lind's 54.65.

Florida has a major gap to fill in the breaststroke events, as the Gators were almost shut out of the win column in the four breaststroke races. Paige Scheriger was able to hold off Jenna Van Camp of Towson in the 200 breast, winning by two hundredths of a second with a 2:17.18. Katie Armitage of Florida Gulf Coast took the women's 100 breast with a 1:02.37.

Anton Lobanov of Nova Southeastern made some history at the Division II championships last March with times in the 100 and 200 breast that rank in the top 10 all time. His times at the All-Florida Invite didn't approach his record-breaking personal bests, but he managed to sweep the men's breaststroke races. He beat Dressel in the 100 breast by four hundredths of a second with a 55.30, and couldn't be caught in the 200 breast with a 2:01.05 that was more than two seconds ahead of runner-up Szaranek. ◀



[Photo Courtesy: Andy Ringgold]

SPECIAL DAY FOR 800 FREE RELAY WILL EXPAND NCAA DIVISION I SWIMMING CHAMPIONSHIPS TO FOUR DAYS *by Jeff Commings*

As pretty much every Division I college swimming program in the United States gets into gear for the 2015-2016 season and looks ahead to March's NCAA championship meet, they will have one less burden to worry about while training for the season's biggest collegiate competition.

One of the biggest burdens on athletes at the NCAA Division I Swimming and Diving Championships has been the grueling 200 free-800 free relay on the second day of the meet. For many athletes, that means swimming three 200-yard freestyles in one day, often racing all three at top speed. That burden has been lifted by the NCAA Council, which voted in July to remove the 800 free relay from the second day of the meet and create an extra day of competition.

The 800 free relay will still remain a timed final event and will be swum on a Wednesday evening, according to the proposal by the NCAA. This makes the Division I championships a four-day meet, which had been a topic of discussion for many years to ease the long timeline for finals. In place of the 800 free relay will be the 200 medley relay, which moves from the start of the session to the end. That day also includes five individual swimming events and was often the longest finals session of the meet.

The ruling does not affect the Division II or Division III meets, as they are already four days long, mostly because those championships feature men and women in one meet, and have the 1000 free as an added event.

“The recommended adjustments to the current format reduces the length of the Friday sessions by as much as an hour,” according to the document provided to the council by the NCAA Swimming and Diving Committee.

The budget to run the meet will remain unchanged, according to Mary Berdo, Associate Director of Championships and Alliances for the NCAA. Officials will have already be in Atlanta for the 2016 women's and men's competitions, and she said local officials will be on standby if needed for backup for Wednesday's session.

This ruling nearly falls in line with the lineup for several college conference meets, which also put the 200 medley relay on a special relay-only day. That format has allowed for some teams to post very fast swims that are often not replicated at the NCAA championships. Just this year, the women's swim team at California broke the 800 free relay American record at the Pac 12 championships, but couldn't replicate it at the NCAA meet. The Texas men and Georgia women have previously broken American records in the event on relay-only days at their conference meets in the past decade, but the physical demands of the meet kept them from lowering it at the NCAA championships.

The NCAA also voted to move the start times of the prelims and finals sessions. Instead of an 11 a.m. and 7 p.m. start times, the prelim session will begin at 10 a.m. and finals will begin at 6 p.m. That's good news for athletes who compete in the last event of the meet and often remain at the facility until nearly 11 p.m. ◀

SUMMER SWIM CHALLENGE: TRAINING IN THE OFF-SEASON

by Julia Cunningham

Instead of going away for Spring Break, I stayed on campus my sophomore year to gear up for my first shot at NAAs. I was the only one at my Division III school who qualified, so I had the pool all to myself. I also had all of my coaches' full attention. Sets, intervals, even the practice schedule were all specific to my needs. As stressful as it was, it got me in the best shape I have ever been in for competition. It certainly played a big role in making me an All-American.

Since the end of the collegiate season in mid-March, I've had to train on my own. Due to NCAA rules, my college coaches aren't there to write or structure my practices or to push me through them. The years of training that come after USA and club swimming present an entirely new challenge: an "off season." For many DIII, and some DI swimmers, April to September is mostly shapeless.

Forrest Davis, a Division I swimmer, spent his summer preparing for Nationals, and shooting for a Trials cut with every chance he had. But without his collegiate regimen, it was hard to keep his training consistent. As he put it, "it is much harder to stay focused on a goal when you're also trying to get used to unfamiliar club practices."

The summer of a DIII athlete such as myself, on the other hand, is spent figuring out the corporate world. A 9 to 5 workday – first as a lifeguard, later as an intern – is not the best way to stay in shape. As my college coach often says, the best way to stay in shape for swimming is to swim.

It only takes a few days to get out of shape, but working also eliminates a chance to swim with teams that practice in the middle of the day.

When a career as a professional swimmer isn't an option,

and with the 'real world' looming closer every year, what is the best use of that off season as a student-athlete? Another DIII student-athlete, Katie Fago, found herself in a similar situation. Before she accepted a position as an intern at Reston Hospital in Virginia, she could easily practice with her club team.

After beginning the internship, "I was kind of upset because I thought that doing this would minimize swimming, and I really wanted to stay in the pool this past summer to prepare for senior year," Fago said. "So I thought I would have to go to a pool on my own and train after work."

We agreed that you lose steam quickly when swimming alone, without a team or coach. Fago ended up finding a USA team, Machine Aquatics, that held practices from 4:30 to 6:15 a.m. It worked out, and at the Futures Championships in North Carolina last August, she swam best times!

After some hunting, I also found a local team that practiced in the morning, though not quite as early. I was able to swim with them four times a week before going to my job. I worked out on my own the rest of the week at a local health club.

There was another hurdle. The club coaches had their own year-round swimmers to look after. When I went to Futures with that same team, I wasn't sure if I could discuss my races with them in detail when all the information they had to work with was my best times on paper and some splits.

I learned differently. After a decent 200 fly swim that qualified for finals, one of the coaches let me know that my kick was off. I was kicking only once, instead of twice. I made sure to pay attention to my legs during warm-ups that night. After a best time, I immediately let her know that her tip had been 100 percent right. As it turned out, she didn't have to intimately know the history of my strokes to fix them.

This summer has certainly been a test of patience and willpower as I navigated my way through my first office job as a corporate intern, while at the same time preparing for the upcoming college season. As I pack my bags to return to school, I'm excited about returning to my own team, coaches, and regimen. I feel that I've been able to use this summer to prepare for a promising season. ◀

Julia Cunningham is pursuing majors in economics and Chinese at Vassar College. She is an All-American in the 200 fly, and serves as the features editor of Vassar's school newspaper.

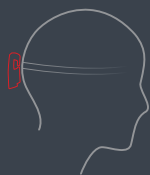
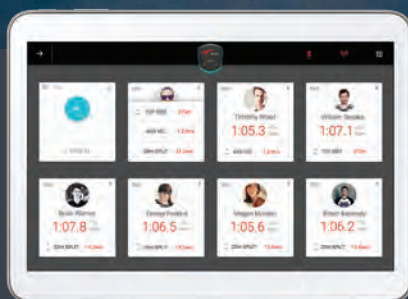
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[Photos Courtesy: Buddhika Weerasinghe]

MISSY FRANKLIN CONDUCTS SWIM CLINIC IN SRI LANKA

by Jeff Commings

Missy Franklin's time in Asia included more than racing in the FINA World Cup, as the Olympic champion traveled to southern Sri Lanka to conduct a swim clinic for young swimmers there.

Franklin's visit to the small village of Seenigama was part of the Laureus Foundation of Goodness Project that has been helping victims of the 2004 tsunami rebuild their lives through sports. The essential life skills that athletes learn in their careers, such as leadership and confidence, are what the Foundation of Goodness Project hopes to instill in the children of Sri Lanka.

She had some help in the pool, with fellow Colorado Stars teammate Austin Phillips giving tips and advice to the young swimmers as well. Franklin and Phillips competed in the Asia meets at the World Cup together, with coach Todd Schmitz accompanying them.

Franklin also participated in a cricket game, a sport very unfamiliar to Americans but a common pastime in Sri Lanka. But, the patented Missy Franklin smile was always present as she managed to hit the ball.

"I've grown up knowing the importance of hard work and resilience in preparing to compete at the highest level in sport, but the resilience of these people, who suffered such loss and grief after the devastating Tsunami in 2004 is so inspirational for me," Franklin said. "I won't forget the smiling faces of the young children here."

Franklin, who was named Laureus World Sportswoman of the Year in 2014, was named Ambassador for the Laureus Sport For Good Foundation last April shortly after becoming a professional swimmer. She participated in an event in Berkeley, Calif., as her first event in the role. ◀





BOB BOWMAN GETS FIRST WIN AS ARIZONA STATE COACH IN VICTORY OVER UNIVERSITY OF PACIFIC

by Jeff Commings

Bob Bowman officially got the first tick in his win column as head coach of the Arizona State swimming program, taking a decisive victory over the University of the Pacific men's team in the season opener in Stockton, Calif., for both squads.

Arizona State took down Pacific 170-92, winning all but two events. Juan Tolosa, Patrick Park, Barkley Perry, Christian Lorenz and Tadas Duskinas each won two individual events.

Tolosa kicked it off with a 9:35.48 in the 1000 free, winning by 16 seconds, then took the 500 free in 4:42.33. Park showed off his versatility for the Sun Devils, winning the 200 fly with a 1:50.65 then returning to touch first in the 100 free with a 45.30 by four tenths over Stewart Harrison of Pacific.

Perry had two close races, winning the 200 free by half a second over Pacific's Thomas Martins with a 1:40.53 then taking the 200 back by a second over Curtis Klein with a 1:49.58.

Lorenz swept the breaststroke events. He won the 100 breast with a 57.03 and the 200 breast with a 2:03.38. His victory in the 200 beat out teammate Juan Garcia by three tenths of a second.

Duskinas wrapped up the double victories for Arizona State with a 21.07 in the 50 free and 48.95 in the 100 fly.

Klein picked up a win for Pacific with a 1:54.94 in the 200 IM, taking down Arizona State's Kyle Sockwell by six tenths of a second. The other winner for Pacific was Makoa Alvarez, who won the 100 back in 49.60. ◀

PATTY MILLER ELECTED UNITED STATES MASTERS SWIMMING PRESIDENT

by Brent Rutenmiller



Patty Miller has worn many hats in her multiple roles within United States Masters Swimming (USMS). She can now add president to her long list of contributions, taking the title her husband, Dr. Jim Miller, also held (2001-02).

Miller put her name on the presidential candidates' list earlier this summer while serving as USMS's Legal Counsel and Liaison to USA Swimming.

As a longtime volunteer, Miller campaigned on the belief that, "USMS's volunteers can contribute at their best, and get the most satisfaction, when they know what is expected, have the resources to perform their role, have a voice, and have an articulated and shared vision to inspire them. This requires big picture thinking and clear communication from leaders."

Her role as Legal Counsel provided her with many opportunities to work with the USMS Board of Directors and Executive Committee. When asked by Swimming World Magazine about the timing of her decision to run for President, she said, "It was the right time. I thought about it in previous years. The timing was not right in the past either for me or for the organization. This is the right time."

Although the USMS membership is currently at 64,000 and poised to grow, Miller said she is not a big projector of numbers. "I am not necessarily into end game numbers. I am more into a quality product. I guess my underlying belief is that we are heading toward a goal of 100,000. Whether that is in 10 years or 8 years, I couldn't tell you. But I don't want it to be more, more, more for the sake of more. I want it to be a quality product."

When asked about the challenges USMS faces, Miller was to the point when she said, "Our first challenge is to find a new Executive Director. It will be really, really hard to say goodbye to Rob (Butcher). He has done so much for our organization and has brought our brand so far. It will be hard to fill those shoes, but it will certainly be a lot easier than it was when we first brought Rob into the organization (as USMS's first Executive Director)."

Reassessing USMS's strategic plan is one of Miller's other challenges. The original plan is only 5 years old. "You always have to step back and ask; Are we on the pathway we need to be on? Do we need to readjust? Do we need to realign our priorities?" said Miller.

When asked about the difference in the goals for fitness members to the goals of competition members, Miller explained that it all really starts and ends with fitness.

"I would rather not split (USMS) into fitness and competition. Because even those who compete, they do it to have a goal and the goal makes them stay fit. It is all based in fitness. Whether or not that fitness outlet ends at swim practice or ends at a triathlon, open water or at our pool nationals, it all ends in the same base. If you take a survey and ask our members why they swim, you would get a preponderance of responses saying, 'I do it to stay fit.' So, I see competition as the final result of the fitness," said Miller.

Miller will serve a two-year term with only one opportunity to be re-elected. "I'm really hoping to set an example and a culture where the volunteer experience is rewarding to the point where it enhances the organization," Miller concluded. ◀

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Prep School Directory

2015

The listings on pages 35-41 are paid advertisements.

Baylor School



College Preparatory, Co-ed Boarding and Day
Grades 6-12 • Enrollment: 1,070

171 Baylor School Road • Chattanooga, TN 37405
Dan Flack – Coach: 423-267-8506 x 279
dflack@baylorschool.org www.baylorschool.org

Swimming World Magazine's 2009, 2011, & 2012 Girls National High School Champions, and 2008-2009 Boys Independent School Champions. For more than 100 years, Baylor School has been one of the leading college preparatory schools in the South. Located on a spectacular 670-acre campus, Baylor provides a challenging curriculum featuring

small classes and 19 AP courses. The Class of 2015 was offered over \$12.6 million in merit-based scholarships and were accepted to the country's top universities. Our swimming program produced an Olympic Gold Medalist, NCAA Champions, National Junior team members and high school All-Americans. Our swim teams won 46 Tennessee State Championships. Five Baylor students competed in the 2011 World Junior Championship, and alums competed in the World University Games and World Championships. Both teams were recognized by NISCA for academic excellence in 2013. Baylor's state-of-the-art Aquatic Center features a 50 meter by 25 yard pool, an endless pool, and a \$1.2 million sports performance center. Head Coach Dan Flack has been named Tennessee Men's or Women's Swimming Coach of the Year 10 times since 2007. See display ad on page 35.

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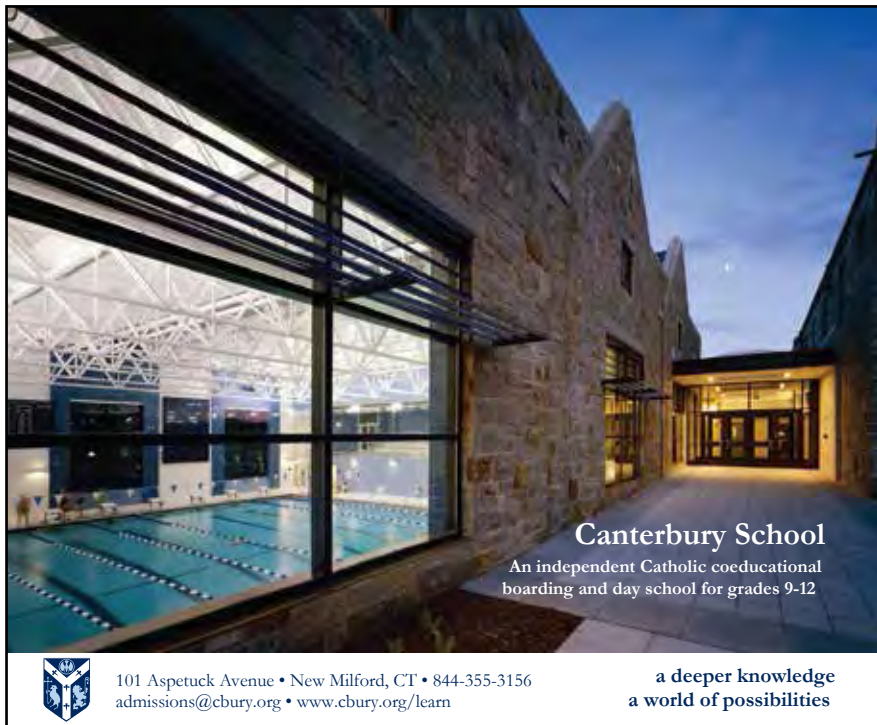
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- 🏆 2009, 2011 and 2012 *Swimming World* Women's National Champions
- 🏆 2008 and 2009 *Swimming World* Men's Independent School National Champions
- 🏆 Over 40 Tennessee Team State Championships
- 🏆 2009 Eastern Prep Boys and Girls Champions
- 🏆 State-of-the-art Aquatic Center, including a 50-meter by 25-yard pool
- 🏆 A diverse program promoting national, international and high school excellence in swimming

(423) 267-8505 | www.baylorschool.org



Canterbury School

An independent Catholic coeducational boarding and day school for grades 9-12



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Gulliver Schools



College Preparatory,
Co-ed Day
Grades Pre K3 – 12,
Enrollment: 2,200

6575 North Kendall Drive
Pinecrest, FL 33156
Jeff Poppell – Head Coach,
305-666-7937
poppj@gulliverschools.org
www.gulliverschools.org

Established in 1926, Gulliver is a private, non-profit, co-educational college preparatory day school with an international reputation for excellence. Located in metropolitan Miami, the school enrolls more than 2,200 students in Grades PreK3-12, on four campuses.

The School's Aquatic Center is a premier training and competition facility with a state-of-the-art Olympic-size pool (50 meters x 25 yards) locker rooms, coaches' offices, a classroom with video SMART board technology and a team exercise room. Gulliver and its year-round USA Swimming program, the Gulliver Swim Club, are guided by Head Coach Jeff Poppell, who formerly led the Bolles School to National High School Championships in 2003-2004 and 2005-2006. Poppell was named the National High School Coach of the Year in 2004 and has coached U.S. national champions, athletes ranked in the top 25 in the world and medalists at the European Championships, Commonwealth Games, South American Championships and Southeast Asian Games.

PREP SCHOOLS—continued from 35

Fork Union Military Academy

College Preparatory, Boys Boarding
Grades 6-12 and Post-Graduate Enrollment: 450



PO Box 278 • Fork Union, VA 23055
Tripp Billingsley – Director of Admissions
(434) 842-4205 or 1-800-GO2-FUMA
billingsleyt@fuma.org
Ryan Campbell, Head Swim Coach
campbellr@fuma.org 434-842-4210
www.forkunion.com

Fork Union Military Academy is one of the premier college preparatory schools in the country. Founded in 1898 the school has a tradition of educating young men in "Body, Mind and Spirit." The Academy is located in Central Virginia near the town of Charlottesville and the University of Virginia. FUMA has been nationally recognized as a sports powerhouse, producing multiple Olympians, two Heisman trophy winners, and over 150 professional football, basketball, and baseball players. Our Swimming & Diving program has produced athletes who have gone on to swim at the world championships, NCAA championships, and many of the nation's best college programs. Over the past few years FUMA's swimmers have included almost 40 High School All-Americans, multiple state champions, current state record holders, and national qualifiers. In four of the last six years, FUMA won the Virginia Independent Schools State Championship. In addition to this, Fork Union boasts a strong academic program to match its athletics; between 2005 and 2014, FUMA produced four National Commended Scholars and has posted an overall team GPA of above 3.40. See display ad on page 37.

MCDONOUGH SCHOOL

McDonogh School

College Preparatory, Day and five-day Boarding
PK-12, Co-ed • Enrollment: 1,350

8600 McDonogh Road • Owings Mills, MD 21117
Steve Birdsall Director of Admissions & Financial Aid
443-544-7027 sbirdsall@mcdonogh.org
www.mcdonogh.org

Scott Ward, Aquatic Director
4443-554-7161
sward@mcdonogh.org

On 800 rolling acres in a suburb north of Baltimore, McDonogh School is a vibrant, diverse, family-like academic community. Students are inspired regularly by talented, caring

teachers and achievement-oriented classmates. Opportunities abound in academics, arts, athletics and service. A five-day boarding program is an appealing option for swimmers with early morning practices. The Henry A. Rosenberg, Jr. Aquatic Center, built in 2006, includes an indoor eight-lane 50-meter pool, which is home to boys' and girls' swim teams and coed water polo teams. Since 2003, the girls' squad has won eight league championships. McDonogh swimmers have risen to the top of the sport. Since 2000, the boys and girls teams have had 35 individual High School All Americans totaling 130 All American performances. In 2009, one set a national high school prep record in the 50-free and three participated in the World Trials. Recent graduates have joined top collegiate programs, including the Naval Academy, Columbia, Harvard, Stanford, Arizona, Georgia, Purdue, and Johns Hopkins. In 2013, six alumni competed in the US Olympic Trials and two have won NCAA titles. Most recently, a McDonogh alumnus won a gold medal in the 2015 Pan American Games with a record time. Upper School tuition for day students is \$28,120; \$37,790 for five-day boarding. In 20a5, McDonogh awarded more than \$4.9 million in need-based financial aid.

300 E. Seminary Street • Mercersburg, PA 17236
 Glenn Neufeld, Head Swim Coach & Director of Aquatics
 717-328-6173 admission@mercersburg.edu
 www.mercersburg.edu

Swimming at Mercersburg has a long tradition of excellence. The program has fielded 31 swimming Olympians, including 5 gold medalists. Head coach and former YMCA National Coach of the Year, Glen Neufeld, leads a Mercersburg swimming program that has produced numerous prep school All-Americans and sent countless swimmers to compete at a wide variety of top colleges and universities. Mercersburg also operates a summer swim camp for swimmers ages 8-18. Plans to build a new aquatic center are currently underway. Founded in 1893, Mercersburg offers a rigorous and dynamic curriculum to 430 students from 42 nations and 31 American states. Distinctive features include: over 160 courses, including AP, post-AP, and Honors levels; 74% of faculty hold advanced degrees; demanding curriculum includes 5 foreign languages, robotics, and 2 different senior capstone projects; varied international study opportunities; \$244 million endowment; 26 sports with 25 varsity teams that are recognized regionally and nationally; \$6.5 million in available financial aid; exceptional college counseling. The 300-acre campus is convenient to Baltimore and Washington, D.C., Philadelphia and Pittsburgh and New York City. *See display ad on page 38.*



Mercersburg Academy

**College Preparatory
 Co-ed Boarding and Day
 Grades 9-12**

— continued on 39



Fork Union Military Academy

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Co-ed Boarding and Day
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Enrollment: 550**

201 South Main Street
Hightstown, NJ 08520

Raymond Cabot – Director of Admission
609-944-7501 admission@peddie.org

Greg Wriede – Dir. of Competitive Swimming/ Head Coach
gwriede@peddie.org www.peddie.org

Founded in 1864, Peddie School surrounds Peddie Lake on a beautiful 230-acre campus minutes from Princeton, midway between New York City and Philadelphia. Known nationally for its academic excellence and strong sense of community, Peddie's talented faculty is highly accessible and its technology unsurpassed. The average class size is 12 and the student-to-faculty ratio is 6:1. Peddie's student body represents 24 states as well as 34 foreign countries. A national swimming power, Peddie swimmers have been represented in every Olympics since 1992 which included double-gold medalist Nelson Diebel. BJ Bedford added to Peddie's gold medal tally in 2000 in Sydney. Peddie is consistently at the top of the National High School Mythicals and has placed swimmers on the USA National Junior Team. In 2013 Peddie became one of 3 high

schools in the country to crack the magical 3:00 barrier in the boys 400 Free Relay. Recent graduating swimmers went on to Harvard, Princeton, Yale, Stanford, Northwestern, University of Pennsylvania, University of Florida and Auburn. Peddie's substantial endowment provides need-based financial aid for roughly 40 percent of students.

Phillips Academy

**College Preparatory, Co-ed Boarding and Day
Grades 9 – PG • Enrollment: 1,140
Founded in 1778**



180 Main Street Andover, MA 01810

David Fox – Boys' Coach dfox@andover.edu

Paul Murphy – Girls' Coach pmurphy@andover.edu
www.andover.edu

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— continued on 40

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Phillips Academy
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PREP SCHOOLS— continued from 39

curriculum that contains more than 300 college-preparatory courses, including more than 150 electives, many of which are college-level. Within this rigorous scholastic environment, Andover's Swimming & Diving program enjoys great success, winning 12 New England team championships since 1998 and being named among the top 25 independent school programs in the nation each year since 2006. Since its first meet in 1912, Andover has produced multiple Olympians, including a gold medalist, more than 150 All-Americans, and numerous Eastern, New England, and National record holders. In just the last ten years, Andover swimmers and divers, including current National Champion Andrew Wilson '12, have competed for schools such as Emory, Harvard, MIT, Texas, USC, Williams and Yale.

Saint Andrew's School



College Preparatory
Co-ed Boarding and Day
Grades JK-12 Day 9-12
Boarding Enrollment: 1,285

3900 Jog Road Boca Raton, FL 33434
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Saint Andrew's School is a nationally recognized JK-12 day and boarding college preparatory school known for its academic excellence and education of the whole child – in mind, body and spirit. An IB World School, it serves 1,285 students from 31 countries and several states. Saint Andrew's School has 99% college placement with recent aquatic graduates having competed at Harvard, Yale, Florida, Virginia, Texas, Kentucky, UNC, Miami, Georgia Tech, Pittsburgh, SMU, Johns Hopkins, UCLA and the U.S. Naval Academy. The swimming program has produced 20 District Team Titles, more than 50 All-Americans, and one National Championship. The year-round swimming, diving and water polo programs benefit from a modern 50-meter outdoor pool and a contemporary cutting-edge fitness center adjacent to the aquatic complex. Head Coach, S.A. "Sid" Cassidy has served on numerous USA Swimming and FINA committees and coaching staffs. In 2015 the SAS club team was ranked as the top team in south Florida and #32 out of more than 2,900 teams nationally by USA Swimming's 2014 Club Excellence Program. *See display ad on page 40.*



Suffield Academy

Co-ed Boarding and Day
Grades 9-12 and PG Enrollment: 400
 185 North Main Street Suffield, CT 06078
 Director of Admissions –
 Terry Breault 860-668-7315

Andy Lowe – Coach: Alowe@suffieldacademy.org
 Founded in 1833, Suffield Academy prepares young men and women for the challenges of college and beyond. With both day and boarding students, grades 9 through 12 and a post-graduate program, Suffield is designed for students who seek an integrated academic enterprise within a friendly close-knit environment. Suffield's swimming and water polo programs have produced over 50 All-Americans in recent years. Over the past decade, Suffield's boys' and girls' swim teams have been consistently ranked in the top ten nationally among independent schools. The water polo teams also routinely place in the top echelon of league competition, most recently winning the New England Prep title in 2009. The girls' team has won four New England Prep School Championships since 2002. In the summer of 2010, Suffield completed renovations to the swimming pool that include a rebuilt locker room, acoustical and aesthetic enhancements, and improved lighting. ❖



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- Grades 9-12 (PG) ➤ Boarding and day
- 5:1 Student/faculty ratio ➤ Financial Aid available

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