

# SW

SWIMMING WORLD

BIWEEKLY

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## SIX LESSONS FROM COACHING LEGENDS

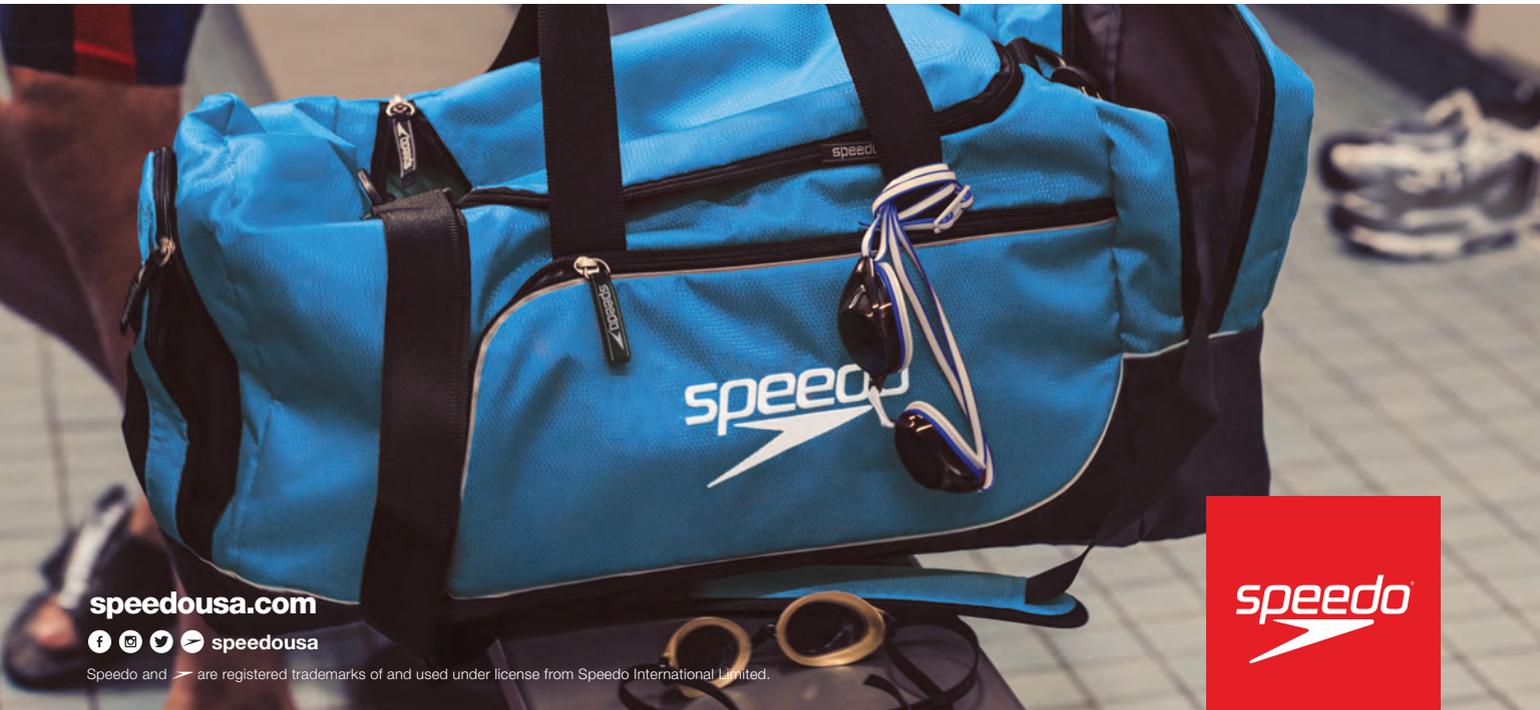
BY WAYNE GOLDSMITH



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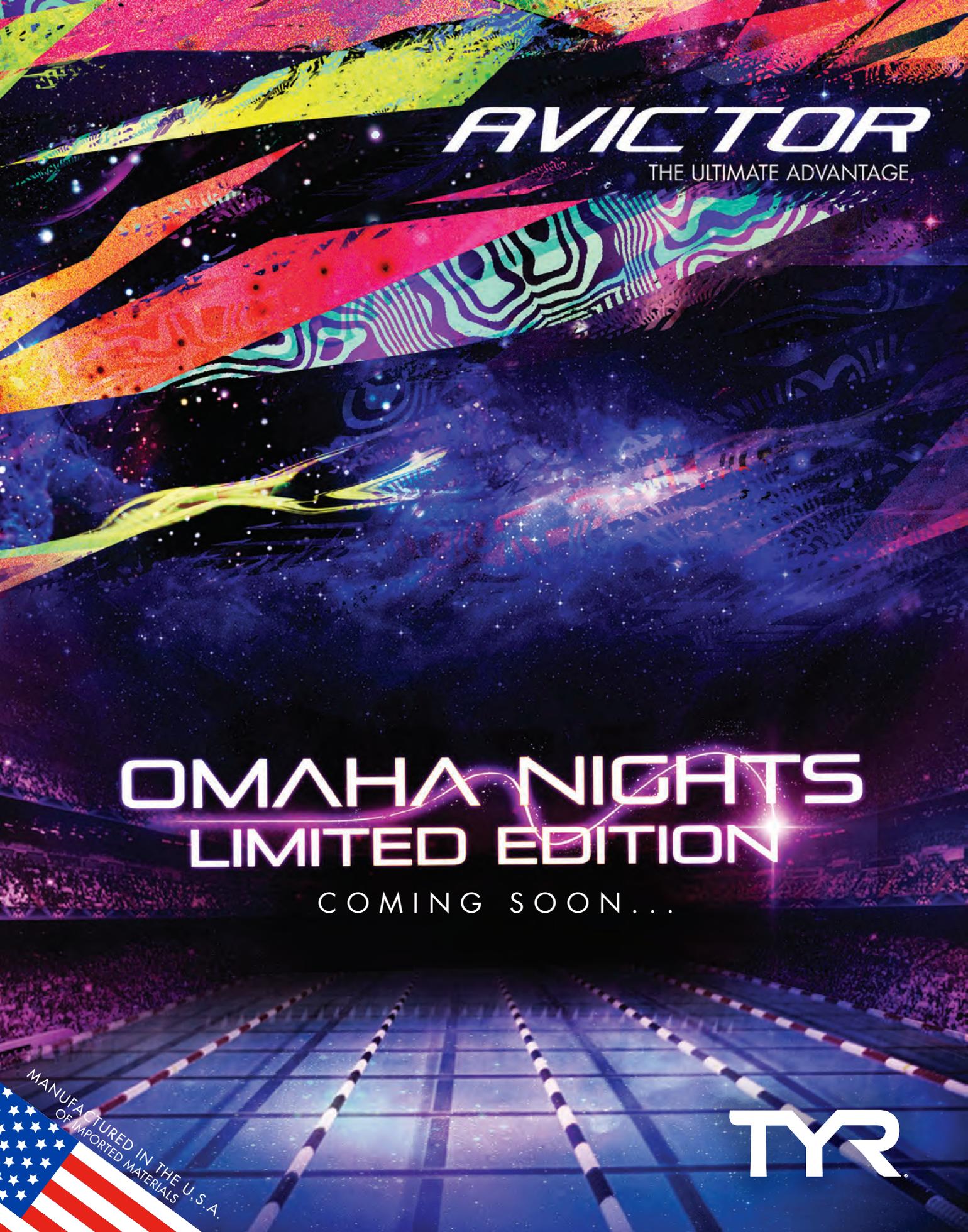
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by Jeff Commings

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by Jeff Commings

Alain Bernard has been out of the spotlight since retiring from competitive swimming in 2012, but he recently sat down for an interview with Swimbiz.it to talk about a wide range of topics that could get people talking about him again.

### 028 BRITISH SWIMMING'S 2016 OLYMPIC TRIALS WILL ALSO LOOK FORWARD TO 2020

by Jeff Commings

The main focus of the British Olympic Swimming Trials next April in Glasgow will be to pick Great Britain's Olympic team for the Rio Games. But it will also serve as an opportunity to begin identifying young athletes who could be the next leaders of the sport at the 2020 Olympics.

### 029 USA SWIMMING RELEASES FOUR-DAY OLYMPIC TRIALS TICKET PACKAGES

by Jeff Commings

Time is running out to get tickets for the 2016 U.S. Swimming Olympic Trials in Omaha, and now that USA Swimming has officially opened sales for four-day ticket packages, seats will fill up quickly for the year's biggest domestic swim meet.

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# 15 THINGS SWIMMERS ARE TIRED OF HEARING

by Allison Peters, Swimming World Intern

## 1. I NEVER SEE YOU. YOU'RE ALWAYS AT PRACTICE.

I'm not always at practice...just about 10 times a week with sessions of dryland, lifting and stretching thrown in. Okay, so I'm there a lot, but it's only because of how dedicated swimmers are to their sport. How many other sports do you see people training this much, morning, noon and night, just to cut .1 off their time at championships?

## 2. YOU SMELL LIKE CHLORINE.

That might have to do with something about your first complaint about how I'm always at practice. The plus side to this is that I'm practically immune to the smell! So while it may disgust you, I don't even notice it anymore (until I get into my car after practice and all the windows fog up).

## 3. HOW MANY LAPS DO YOU DO AT PRACTICE?

I never know how to answer this question. Sometimes I forget that swimmers have their own lingo – which doesn't include counting laps. I mean, who else would understand, "Well we did three rounds of seven 25s, variable sprint."

## 4. SO ARE YOU AS FAST AS MICHAEL PHELPS?

Nothing annoys me more than this question. If I was as fast as Michael Phelps, don't you think you would know? I would've already been to multiple Olympics and have tons of Olympic medals to my name. I'd also probably be on the cereal box you opened for breakfast this morning.

## 5. SWIMMING ISN'T A REAL SPORT.

Okay, scratch what I said before. THIS is what annoys me the most from a non-swimmer. In swimming, you can't take a break, or call a time out or ask for a substitute! Don't tell us our sport isn't a real sport when we train year-round, in and out of the pool, getting thousands of yards in while non-swimmers sleep, all in hopes of shaving tiny fragments of time off at championships.

## 6. ADVICE FROM GRANDMA AFTER A SWIM: I THOUGHT YOU SWAM WELL, BUT YOU NEED TO KICK MORE IN YOUR BREASTSTROKE.

I know our family is just there to support us every meet. Mine literally comes every chance they can make it to see me swim. Sometimes though, especially after you swim badly, the last thing you want to hear is your grandma's critiques on your 100 breaststroke that really don't even make sense.



### **7. IF YOU SWIM, YOU MUST HAVE A SIX-PACK.**

Although I don't really think anyone would mind having this assumption made about them, it is a pretty odd thing to just randomly ask in an everyday conversation.

### **8. DO ALL THE BOYS HAVE TO WEAR SPEEDOS?**

Let me start off by explaining that Speedo is a brand, not the name of the suit. It's really called a brief. They don't have to wear them, but a lot of them do prefer to.

### **9. LET'S RACE!**

The number of times I've been at a pool party in my two-piece bathing suit and someone has challenged me to a swim-off is infinite. I've never lost – I always carry an extra pair of goggles with me.



### **10. DO YOU WEAR THE CAP TO KEEP YOUR HAIR DRY?**

If that is the purpose of a cap, mine is broken. We wear them to keep hair out of our eyes. Also, it stops boys' hair from turning to straw or blondes' hair from turning green.

### **11. WHAT'S YOUR TIME IN YOUR SWIM RACE?**

You need to be more specific. There are about 14 races you could be asking me about.

### **12. DO YOU EAT 12,000 CALORIES A DAY LIKE MICHAEL PHELPS?**

Phelps was interviewed saying he only eats about 8,000 to 10,000 calories a day while he's in training. I'd love to say I could gorge myself with that many calories as well, but I'd probably sink to the bottom of the pool during practice.

### **13. WHY DO YOU HAVE TO SHAVE BEFORE MEETS?**

Shaving is a normal thing that every swimmer has to do before championship meets, even the boys. It helps you feel like a bullet shooting through the water and gets rid of extra resistance.

### **14. I WOKE UP SO EARLY THIS MORNING, 9 A.M.!**

Please don't tell me this. I've already been up for almost four hours when your alarm was just starting to go off.

### **15. I DON'T KNOW HOW I'M GOING TO GET ALL THIS HOMEWORK DONE, I HAVE SO MUCH TO DO!**

Try fitting in four hours a day worth of training, class and extra curricular activities and see if you can get all your homework done too. I think being a swimmer has given me an amazing sense of time management so I'm able to get everything done and get to bed. Though that doesn't mean it's a piece of cake to fit it all in.



[ Photo Courtesy: Rollins College ]

# 5 PIECES OF ADVICE FROM A COLLEGE SWIMMER

by: *Katlynn Emaus*, *Swimming World College Intern*

Cutting the strings from club swimming and becoming a college swimmer can be difficult. Whether you were on a club team for one season or 12 seasons, there are valuable relationships formed from the time spent with those people. Those relationships and people help shape the swimmer you become. It is hard to part from something that has become a comfort and make the jump into the mysterious world of college swimming.

New coaches, new teammates, new training — there is a lot of adjusting that takes place the first month of college. Also, there's a lot of time spent reflecting. Swimmers will naturally compare how the new and foreign workouts to their familiar ones back home. Swimmers will naturally grow and learn to appreciate what they had back on their club team and appreciate the opportunity to swim at a college level.

Here are five pieces of advice from a collegiate swimmer...

## **1. BE GRATEFUL FOR ALL OF IT.**

Enjoy it. It truly does go by fast, as cliché as that sounds. You might be reading this as a freshman and roll your eyes thinking, “Oh please, I still have three years left,” but they really do go by in a blink of an eye. Enjoy every meet and be grateful you have the opportunity to represent your team there. Cherish every travel meet, bus ride, bonfire and team dance-off. Those are the times you will remember more than what the scoreboard says.

## **2. FORGIVE AND FORGET.**

Drama can go around a club team like wildfire, just simply “he said, she said” stuff. Every time someone pushes off the wall early on a set at practice or says something rude during meet warm up, and you allow that to get to you, you have already given up some of your race to them. It is just extra luggage that uses emotional energy to be carried around. It is really hard to swim fast with luggage tied to your back.



[ Photo Courtesy: Arizona State University ]

### **3. DO YOUR BEST TO HELP A TEAMMATE.**

Offer your best advice to a teammate, even if it means they might surpass you in the pool. Swimming is, in many ways, a team sport that entails putting someone else in front of yourself to better the team. By offering help to teammates it also makes them feel appreciated, not just like another competitor. Thus, you're creating a positive environment in which all athletes can blossom. It is much easier to improve when people are supportive rather than envious.

### **4. BELIEVE IN YOUR COACHES.**

The best advice anyone can give an athlete: believe in your coaches. They know what they are doing. There is a reason they were hired. Believe it or not, most coaches used to be swimmers and know exactly what it is like to be in your position. When they see you struggling, they know what it feels like and will offer you the best advice possible. Believe in the process. If you don't, then it won't work.

Most of the time, there isn't a flaw in a coach's training, but there are flaws when it comes to the faith in the coach's training. Coaches would never sit around and think "Oh, how can I sabotage Sally's season today?" Coaches are walking life lessons and swimming gurus. They want nothing more than to see each of their swimmers achieve their potential in the pool and in life. Swim coaches are mentors and lifelong friends.

### **5. LIVE IN THE MOMENT.**

Don't waste energy worrying about what will happen in a week, month or year. Everything works out for the best. A lot of younger swimmers think that after one bad swim the world is over. A meteor will come out and end all life. It doesn't work like that. Learn to shake it off and look at the next thing you have to tackle. Just look at the challenge in front of you and take it by the horns. ◀

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*Katlynn Emaus is a freshman at Oakland University in Rochester, Michigan and is currently studying pre-physical therapy. Before swimming at Oakland, a NCAA Division I college, she trained with the Rapid Area YMCA Swimmers for 10 years. She also competed in pole vault in high school.*



[ Photo Courtesy: Fabio Ferrari - LaPresse ]

## 5 WAYS TO MENTALLY STAY AFLOAT IN THE POOL

by Seren Jones, *Swimming World Intern*

Throughout our swimming careers, most of us have been told that in order to become the best of the best, we must be physically conditioned to the utmost of our ability. The longer we train in the pool and the heavier we lift in the weights room the better athlete we will become.

However, this is only true to an extent.

Too often, high school and college swimmers forget about the most vital aspect of sport: the mind. We physically train as hard as we can year-round, doing everything possible to ensure success and satisfaction, only to stand behind the block and realise that we have failed to exercise our the most powerful aspect.

So how should we do it? How should we be able to thrive under pressure? How should we be able to turn negative criticism into a positive result? How do we mentally stay afloat?

According to Jack J. Lesyk from the Ohio Center for Sport Psychology, successful athletes practice and master mental skills that enhance their performance in practice as well as competition. Such skills are believed to not only achieve success in sports, but also in other areas of life.

Here are five mental skills, recommended by the Ohio Center of Sport Psychology, which will help prevent discouragement

help you go from being a good athlete, to becoming a great athlete.



[ Photo Courtesy: Xinhua/Fei Maohua ]

### 1. ATTITUDE

Maintaining a positive attitude is one of the toughest challenges for athletes, especially when things aren't going our way. Lesyk believes that successful athletes recognize that attitude is merely a choice, and that there are several ways to maintain a positive outlook on your sport. In order to avoid a negative attitude from stemming, Lesyk proposes that athletes should consider viewing their sport as an opportunity to learn from their successes and failures, and to compete against themselves, rather than solely their opposition. Athletes should focus on pursuing excellence instead of pursuing perfection, a task that usually leaves athletes discouraged and dissatisfied. Find a healthy balance between their sport and their lives outside of their sport; this can help avoid unhealthy obsession, which can lead to excessive pressure, unrealistic goals and consequent negativity.

## 2. GOALS AND COMMITMENT

Although most athletes are aware that goal-setting is a method of improving performance, many are not aware of the type of goals that should be set. Lesyk emphasises that both long-term and short-term goals should be time-oriented, realistic and measurable. Athletes should also attempt to develop specific plans for attaining their goals based on their current performance levels, rather than previous or idealistic performance levels.

Once such goals have been established, the next step is making the commitment to stick with the goals. Find a way to drill the goal into your memory- whether it's by repeating it yourself when you swim, or writing it down and keeping in your locker. Either way, the constant reminder will drive you crazy but only for the better.



## 3. SELF-TALK

Another mental exercise that many athletes have touched upon throughout their careers is self-talk. According to Lesyk, its purpose is to maintain self-confidence during difficult periods, which vary from a hard training set, to recovering from an ugly race. Some athletes fail to see the benefit of the exercise, but if it is used to regulate thoughts, feelings and behaviors during competition, it can only enhance athletic performance. Lesyk suggests that athletes should attempt to self-talk as though they are talking to a best friend: encouraging, understanding and motivating.



## 4. MENTAL IMAGERY

Mental imagery is a simple skill that has proven effective when it is mastered and used regularly. It is apparent that it's a method of preparation for competition as we, as athletes, imagine ourselves performing well. However, Lesyk states that athletes should use mental imagery to not only prepare for action, but also recover from errors and poor performances. These mental images should be detailed, specific and realistic, like attitude, focusing on excellence rather than perfection. Instead of visualizing the race as a whole before your actual performance, imagine snippets of the race during the week that builds up to meet. As you add a new image each day, and consequently piece them together one by one, you will become familiar with what you are visualising and should have a large portion of your race visualised in your mind by race day.



## 5. DEALING WITH ANXIETY AND EMOTIONS

Anxiety and emotions can be blamed for primarily contributing toward negativity and discouragement. However, rather than fighting such emotions, Lesyk believes that athletes should accept them as part of the sport, and realize that a certain degree of anxiety can actually help enhance performance instead of solely negate it. Athletes should also know how to reduce anxiety when it becomes overwhelming, by using aforementioned techniques such as self-talk or mental imagery.

Try focusing on the task at hand rather than the outcome. Focus on your breathing. Race like you don't care about the outcome. Think of the event as another day in your life, rather than the most important thing in your life. ◀

# OLYMPIAN CLAIRE DONAHUE SETS WORLD RECORDS IN MASTERS SWIMMING DEBUT

by Jeff Commings



[ Photo Courtesy: Jim Thurston ]

This year's Rowdy Gaines Masters Classic in Orlando featured the meet's namesake in a few events, but it was another Olympian who took the spotlight at the short course meters meet, as Claire Donahue made her Masters swimming debut with two world records in the 25-29 age group.

Donahue, a 2012 Olympic finalist in the 100 fly, has now relocated to Miami after years of training at Western Kentucky University. She represented South Florida Aquatic Club Masters on her way to world marks in the 50 and 100 butterfly events. The 26-year-old posted a 26.31 in the 50 fly, crushing the former record of 27.08 by Nadine Jones of Australia. In the 100 fly, Donahue dominated with a 59.16, becoming the first Masters swimmer under 1:00 in the event. She broke the record of 1:00.18 by Japan's Yuko Nakanashi with the swim.

Donahue also swam a 2:17.83 in the 200 fly. In the 50 free, Donahue posted a 25.98, but did it butterfly. Because the time was not done in a butterfly event, it won't count as a Masters world record.

Though Donahue's swims were a highlight, three other longtime Masters swimmers nearly stole the show with 10 Masters world records. Richard Abrahams was the most prolific, setting five marks in the 70-74 age group.

Abrahams, representing Colorado Masters, got the 100 fly world record in a very unorthodox way. He swam a 1:07.56 on the butterfly leg of the 400 IM, then coasted through the rest of the race in order to make the time legal. He broke his own record of 1:10.50, which he swam in March of this year. And he also posted a 1:01.87 in the 100 free, taking down his 1:02.22 from March.

Abrahams' fifth world record came in the 100 IM, where his 1:13.09 obliterated Richard Burns' two-year-old record of 1:14.40. With the five world records, Abrahams is on point for a place on the list of the Swimming World Magazine Masters Swimmers of the Year.

Steve Wood took down four Masters world records in the 55-59 age group in Orlando, two of them coming as relay leadoff swims. Starting off YMCA of Central Florida's 400 medley relay, Wood blasted a 1:00.84 to crush Marco Colombo's mark of 1:02.26. Later in the meet, his 27.62 leadoff swim was good enough for a 50 backstroke world record, taking down the 29.01 by Tom Barton from 2012. Wood took down another of Colombo's world records with a 1:01.76 in the 100 IM (former record: 1:03.13) and erased a nine-year-old world record of 24.70 in the 50 free with a 24.66.

Wood had a close call in the 50 fly, just missing Dan Thompson's world record of 26.45 with a 26.67.

Lisa Blackburn had a lot of near misses in terms of world records, but left the meet with one in the 100 IM for the 40-44 age group. Her time of 1:04.19 clipped Susan Von Der Lippe's record of 1:04.25 from 2008. Blackburn got within a few tenths of the world records in the 50 breast (33.40), 50 free (26.50) and 200 IM (2:19.83). ◀

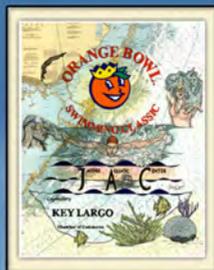
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# TONY AZEVEDO NAMED PAC 12 WATER POLO PLAYER OF THE CENTURY

by Jeff Commings

The Pac 12 conference features the best water polo players in the country. Picking the best players from the conference's storied history was not an easy task, but they managed to do so, naming Tony Azevedo as the Water Polo Player of the Century.

The honor does not limit itself to players from 2000 forward, but from the past 100 years of the sport. The conference selected the Pac 12 Team of the Century as well, and players from the past 50 years were named to the roster.

Azevedo competed for Stanford University from 2001 to 2004, helping the Cardinal win the national title in 2001 and 2002. In that time, he set a lot of school scoring records, including 332 career goals in his four years at Stanford.

Azevedo has been one of the famous faces of USA Water Polo since ending his collegiate career. He's participated in the 2000, 2004, 2008 and 2012 Olympics, winning the silver medal in 2008. Azevedo also won 5 Pan American Gold Medals. He's looking for a spot on his fifth Olympic team, which would be a record and would give him the chance to play in Brazil, where he was born.

In addition to being named as the Pac 12 Water Polo Player of the Century, Azevedo was placed on the conference's All-Century team as one of the seven top drivers/attackers. Jovan Vavic, the current men's head coach at the University of Southern California, was named the Coach of the Century after guiding the Trojans to eight titles since 2000, including a record six in a row from 2008 to 2013. The Vavic family will also celebrate the addition of Nikola Vavic as one of the members of the Team of the Century. ◀

## PAC 12 CONFERENCE WATER POLO TEAM OF THE CENTURY

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### **Tony Azevedo**

Stanford (2001-2004) Driver/Attacker

### **Kevin Robertson**

California (1977-1980) Driver/Attacker

### **Kostas Genidounias**

USC (2011-2014) Driver/Attacker

### **Wolf Wigo**

Stanford (1991-1994) Driver/Attacker

### **Nikola Vavic**

USC (2010-2013) Driver/Attacker

### **Stan Cole**

UCLA (1963-1968) Driver/Attacker

### **Jim Ferguson**

UCLA (1968-1971) Driver/Attacker

### **Jody Campbell**

Stanford (1978-1981) Field/Utility/2m

### **Chris Humbert**

California (1988-1991) Field/Utility/2m

### **Sean Kern**

UCLA (1997-2000) Field/Utility/2m

### **J.W. Krumpholz**

USC (2006-2009) Field/Utility/2m

### **Alex Rousseau**

UCLA (1985-1989) Field/Utility/2m

### **James Bergeson**

Stanford (1979-1982) Field/Utility/2m

### **Russ Webb**

UCLA (1963-1968) Field/Utility/2m

### **Joel Dennerly**

USC (2008-2011) Goalkeeper

### **Brandon Brooks**

UCLA (1999-2002) Goalkeeper

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SAM PERRY

[ Photo Courtesy: Andy Ringgold ]

## SWIMMERS WITHOUT BORDERS: INTERNATIONAL STUDENT-ATHLETES ADJUST TO SWIMMING IN THE US

by Bonnie Schipper, *Swimming World Intern*

His freshman year, Sam Perry was excited to get in the water and begin his swim career at Stanford University. It was only a matter of minutes until he began swimming 50s and collided with one of his teammates swimming on the “wrong” side of the lane.

Perry is from Hamilton, New Zealand, where people swim on the left side of the lane. Each year, thousands of high school student-athletes transition into swimming in the NCAA. Most come from schools across America—however, a fraction of them travel thousands of miles from other countries to study and compete in the United States.

“New Zealand doesn’t currently have a system established to combine sports and a tertiary education,” Perry said. “I started looking [at colleges] abroad because I wanted to continue to swim and get a great degree in the least complicated way I could.”

While most aspects of the sport are the same worldwide, some countries place different emphasis on various parts of training and have different approaches to swim.

“In Japan, very high expectations are placed upon you from a young age, especially in sports,” Stanford swimmer Christian Brown from Tokyo, Japan said. “[Japanese] swimmers generally specialize very early, and don’t have much experience swimming outside of their select few events. In [NCAA] swimming, the coaches put me in events that they need me to swim, not necessarily events that I would consider my specialties. The needs of the team come first, and that was a new experience for me.”

In the U.S.A., a country that won 31 medals in swimming events in the 2012 summer Olympics, athletes have found it much easier to train competitively than in countries with fewer

resources dedicated to the sport.

“Swimming specifically, in Canada isn’t a very popular sport, so it doesn’t get much support or recognition, which fosters a less competitive environment and makes it less appealing to people who may otherwise love swimming,” Yale swimmer Cassidy Richards from New Brunswick, Canada said.

Athletic teams are embedded into the American secondary school system, unlike in a majority of other countries where athletes compete only for outside leagues and organizations.

“American universities’ sports provisions are far greater than those in England. [There is a] higher standard of training, coaching, and competition,” Harvard diver Jing Leung from London, England said. “I stayed in England, I would have either had to quit diving, or continue diving at a poor level. I definitely would not be able to have the efficient days I do here in America, where I can study and train and compete at a high standard.”

Harvard University’s swim and dive roster includes nine athletes from countries other than the U.S., making it one of the most ethnically diverse collegiate teams in the country. Each of the other teams in the Ivy League also include swimmers from other countries on their rosters.

“Swimming has definitely helped my transition into living in a different country,” Yale’s Isabella Hindley from London, England said. “As all of your experiences are new and different, having one constant throughout the transition makes it a lot easier. The people I’m swimming with are different, the people that are coaching me are different, the place where I’m swimming is different, but I’m still doing the same thing in the pool, and to me that is very comforting.” ◀



[ Photos Courtesy: Taylor Brien ]

# 6 SIMPLE LESSONS FROM COACHING LEGENDS YOU SHOULD IMPLEMENT NOW

by Wayne Goldsmith

This year I've had the great honor and privilege to attend and speak at three of world's most prestigious and important swimming coaching conferences: The Australian Swimming Coaches and Teachers Association (ASCTA) Convention, the American Swimming Coaches Association (ASCA) World Clinic and the British Swimming Coaches Association (BSCA) 50th Anniversary Conference. I came away with 6 Simple Lessons From Coaching Legends You Should Implement Now.

At each of these events, I had the pleasure of listening to and talking with some of the legends of world swimming coaching including:

**Eddie Reese** – Head Coach University of Texas NCAA Division 1 Champions;

**Bob Bowman** – Coach of 18 time Olympic Gold Medalist Michael Phelps;

**Bruce Gemmell** – Coach of World Record Holder Katie Ledecky;

**Gregg Troy** – Head Coach of the Mighty Florida Gators;

**Bill Sweetenham** – 5 times Australian Olympic Head Swimming Coach;

**Marcel Wouda** – Multiple Olympic Gold medal winning coach from the Netherlands;

**Jon Rudd** – Coach of Olympic Gold Medalist and World Breaststroke record holder Ruta Meilutyte;

**Romain Barnier** – Coach of Florent Manaudou, Olympic gold medalist in the men's 50m freestyle;

So you'd have to ask – *what did I learn?*

What did I find out from these outstanding swimming coaches that provides an insight and understanding of what it takes to swim fast?

Were there common factors or consistent messages or secret tricks that I discovered from spending time learning from the best of the best?

Yes. There are some common factors: some consistent themes that all these leading coaches talked about as being critical for swimming success.

Here are some Lessons from Coaching Legends.

## I. THERE IS NO ONE WAY

Perhaps the most consistent theme is – there is no consistent theme....not in terms of training programs anyway.

Some coaches prefer long, hard, disciplined, high volume programs and others are just as committed to speed focused pro-

grams with relatively low training volume.

In the end, as a coach you need to figure out what works for you and more importantly, what works for your athletes.

## **2. SUCCESS IS DETERMINED BY THE SWIMMER**

At every session I attended – and in every discussion I had with these legend coaches, the importance of the swimmer's attitude, commitment and competitiveness was a message repeated loud and clear.

Regardless of the training program philosophy, the training volume, the set design or the session plan, ultimately it is the swimmer's decision on how successful the program will be.

The more successful swimmers are 100% committed to their own success, fiercely determined and highly competitive and it is their attitude that determines their success more than philosophical debates about training loads, equipment use, drills or periodization.

## **3. HARD WORK: NO SHORT CUTS**

Whether the coach believed in a philosophy of high volume training or if they were more committed to a sprint focused approach, the bottom line is there are no short cuts. The sport is still all about working hard – consistently and deliberately.

One common misconception is that a sprint focused program means life is easy and there are somehow short cuts and an easier way to achieve swimming success. In reality nothing could be further from the truth.

Whilst a small number of these coaching legends are advocating relatively low training volumes in the pool, the overall training commitment of their athletes across all forms of training still represents 24-30 hours of dedicated practice per week.

As one coach put it beautifully....“we are not about less training time – we are about not wasting time”.

## **4. COPYING KILLS – CREATIVITY IS KING**

Having had the honor of meeting many of these coaches on more than one occasion and in some cases having known them for many years, it never ceases to amaze me that every time we meet, the conversation is about something different.

Do these guys work hard? Absolutely – they keep hours that would kill most people.

Are they passionate about the sport? Totally – they live for swimming and for the successes of their athletes.

But their most defining quality??? *Creativity.*

These great coaches are leaders – they are thinking and doing things before anyone else and as a result they consistently find ways of gaining a competitive advantage over their competition.

## **5. TRIAL AND ERROR - THERE'S NO GUARANTEE**

As brilliant as these coaches are – they are human.

Another strong theme that emerged from the presentations in Australia, the US and the UK was that no one has all the answers. Sometimes it's a matter of trial and error to find what works the best for each individual swimmer in the team.

What is also apparent – is that all of these coaches are tireless – relentless – in working with their athletes to help them realise their potential.

These are the sort of people you'd want standing next to you when the chips are down, when you're facing a seemingly impossible battle and when it seems like there's no way forward.

There's an old saying in coaching – “swimmers don't care how much you know until they know how much you care”.

What's obvious in all these great coaches is that they know a lot about swimming: they know more about sets and reps and drills and skills than just about anyone. But – they also care about their athletes and want their athletes to succeed more than you can imagine.

## **6. LESSONS FROM COACHING LEGENDS....THE BOTTOM LINE.**

So...how to summarise over a hundred hours of listening and learning from the living legends of swimming coaching into a few words.

1. *Give all you've got to everything you do;*
2. *Seek continuous improvement – be relentless in seeking new ideas, new ways, new directions;*
3. *Focus on the athletes – give them more than you ask from them;*
4. *Be humble – accept that you don't know it all but never stop trying to find out the answers;*
5. *Being a great human being is the cornerstone of being a successful coach.*

To all the coaching legends I've met, worked with, talked with, listened to and learnt from over the past year – thank you and keep up the outstanding work. ◀



## ILLINOIS MASTERS RELAY, 90-YEAR-OLD TOM MAINE SET MASTERS WORLD RECORDS

by Jeff Commings

The one-day short course meters meet held at the Urbana Indoor Aquatic Center produced four Masters world records, including two from a fast foursome from Illinois and two from 90-year-old Tom Maine.

Illinois Masters' Liz Dillmann, David Sims, AJ Block and Jim Tuchler swam alone in their chase of the world record in the mixed 800 freestyle relay for the 200-239 age group, but didn't need another team to push them. The foursome obliterated the world record of 8:53.46 set by Team Blu Frog in 2011 with an 8:36.91.

### **Splits:**

**Dillmann (50 years old): 2:11.86, Sims (53): 1:58.35, Block (54): 2:22.08, Tuchler (50): 2:04.62**

Dillmann's leadoff split got her 1.1 seconds within the world record for the 200 free in the women's 50-54 age group, which is a 2:10.72 by Suzanne Heim-Bowen.

The four participated in a time trial for the mixed 400 medley relay, and were racing the clock once again. On the line was the world record of 4:27.64, set in 2013 by North Carolina Masters, and that record went down with a 4:23.63.

### **Splits:**

**Tuchler (backstroke): 1:02.93, Sims (breaststroke): 1:10.46, Block (butterfly): 1:09.97, Dillmann (freestyle): 1:00.27**

That makes four relay world records for this foursome in 2015. In June, they set two long course relay records in Wisconsin.

Maine, representing St. Louis Aquatic Masters, was likely the busiest person in the pool, racing four times and setting two world records. The first came in the 400 IM, where Maine posted a 9:49.61. Maine took a sledgehammer to that world record in the 90-94 age group, which had been an 11:15.65 from Walter Pfeiffer since 2003.

### **Maine's 400 IM splits:**

**Butterfly: 2:25.27, Backstroke: 2:35.04, Breaststroke: 2:46.09, Freestyle: 2:03.21**

Maine was back in the pool for the 200 butterfly, where he cruised to a world record of 5:24.08, crushing Pfeiffer's mark of 5:37.23 from 2003. Maine got agonizingly close to the world record of 2:08.86 in the 100 IM by Japan's Tokushi Komeda, posting a 2:08.89 in his swim. It will be good enough for a U.S. Masters Swimming national record, which had been a 2:14.23 by Pfeiffer.

Maine also swam in the 200 breast, and posted a USMS national record of 5:24.31, beating the former record of 5:37.31 by Jurgen Schmidt. At the 100-meter point, Maine split 2:39.24, which just barely broke the USMS record of 2:39.48 by Schmidt. ◀

# NO VIRAL TESTING OF OPEN WATER VENUES FOR 2016 RIO OLYMPICS?

by Brent Rutemiller

Since February 2014, Swimming World has been following and covering the issues surrounding the open water venues for the 2016 Summer Olympics being held in Rio De Janeiro.

Despite recommendations from several organizations to test for viruses in the Rio waters that are often exposed to human-sewage, it appears that the Rio Olympic Organizing Committee has ruled out conducting the tests. This decision comes after the World Health Organization (WHO) stuck to its policy of not doing routine viral testing to monitor water quality around the world. The standard procedure is to test for bacteria and not viruses.

*“WHO does not currently recommend testing of viruses for routine monitoring because of a lack of standardized methods and difficulty interpreting results,”* said the statement posted on the organization’s website.

The recommendation from WHO to not pursue viral testing originally came across as slightly perplexing as it contradicts what Bruce Gordon, WHO coordinator of water, sanitation, hygiene and health, originally told the Associated Press back in August. Gordon is quoted stating,

*“WHO would support additional viral testing to further inform the risk assessment by authorities and to verify and address concerns raised by independent testing. In this case, measuring coliphages and enteric viruses would be advisable.”*

A statement from WHO left room for doubt and confusion as the organization stated that it could conduct viral tests as part of research or in the case of an outbreak of a disease under “specific exceptional circumstances.” However, Mario Andrada, a Rio 2016 spokesman, said he considered the WHO’s recommendation to be the “final instructions for Rio 2016” — suggesting an end to the months of flip-flopping on the issue.

It appears that the WHO recommendation is more a matter of protocol based on policy and resources and not specific to the needs or requests for monitoring the Olympic events, which only occur once every four years. In a statement on its website, WHO admits that they are not treating the Rio Olympics any different than any other body of water in the world.

*“Water quality testing, over and above recommendations in the*

*WHO Guidelines, should not distract attention and resources away from measures to address the sources of pollution.”*

Jenny Barchfield’s article for the Associated Press summed up the need for testing when she reiterated that back in July of this year ...

*“The Associated Press released the results of an independent study showing dangerously high levels of viruses from human sewage at all Rio Olympic water venues for sailing, rowing, canoeing, triathlon and distance swimming.*

*Based on five months of testing by a top Brazilian virologist, the report included an expert’s risk assessment that, with such high viral levels, it was almost certain athletes who come into contact with even small amounts of the sewage-blighted waters would be infected by viruses. That doesn’t automatically mean an athlete would fall ill — that depends on numerous factors, including their immune system.*

*Viruses, which survive much longer than bacteria in salty sea water and sunny, tropical climates like Rio’s, can cause stomach and respiratory ailments that could knock an athlete out of competition. However, because it’s historically been much more difficult and costly to test for viruses, bacterial — not viral — tests are the standard in Brazil, like almost all nations.”*

Efforts to clean up Rio’s waters have been on-going since 1992 with little progress. Included in Rio’s official Olympic bid document was a pledge to radically cleanup the waterways, but little improvement has been made. The deadline for cleaning Guanabara Bay, the site for the Olympic sailing competitions, has been pushed back from 2016 to 2035.

Many athletes have expressed concern over the waters, as well as FINA and the sailing world governing body ISAF.

At USA Swimming’s convention, USA Swimming proposed a search for backup water venues for the open water swimming events. The proposal was unanimously approved by the International Relations Committee.

**PUBLISHER’S NOTE:** *What comes across as painfully obvious in this report is that the Rio Organizing Committee is hiding behind WHO’s decision to not change its testing policy due to economics as a reason to declare the Rio waters safe for participation. The athletes need to be given a statement from WHO that the waters are safe from harmful bacteria and viruses. Until that statement can be made, USA Swimming is in the right to recommend that backup water venues for open water swimming events be pursued through FINA. USA Swimming has said repeatedly that its No. 1 responsibility is to ensure the safety of its athletes. ◀*

# A CALL FOR MANDATED CHILDHOOD HEART CHECK-UPS

by Sophia Chiang, *Swimming World Intern*

As a swimmer who has struggled, and continues to struggle with a heart condition, hearing about athletes suffering from cardiac episodes, or worse, sudden cardiac death, holds a particular nightmarish horror for me. The worst part? Knowing that if we, as a nation, impose required heart check-ups for children under 18, many of these untimely deaths can be prevented.

When I was diagnosed with Long QT Syndrome (LQTS) 1 at the age of 14, I had been swimming competitively for almost an entire decade without knowing I had a heart condition.

I'm no doctor, so bear with my amateurish explanation of what it is: the intervals between heartbeats are lengthened due to improper heart valve function. Sometimes, those valves malfunction, keeping blood and oxygen from entering into the heart to make sure it beats, creating irregular heartbeats. My doctors determined that I have about two to three irregular heartbeats per 24-hour cycle.

Being asymptomatic, there's no indication as to when these irregular heartbeats occur, although the doctors do know for sure they will occur. The simplest explanation is this: the heart is kind of like a ticking clock. It can't really miss a beat, and when it does, it gets thrown off course. Sometimes, when it gets thrown off course, the clock can completely stop. That's how I could go into sudden cardiac arrest.

LQTS 1 is especially dangerous because there is a direct, proven link between aerobic exercise and elevated chances of experiencing an episode. Sports such as swimming and running track are some of the most dangerous due to the extended period where the heart is at an elevated level.

Now, I don't know what heart issue these athletes suffered from. It very well may have been LQTS, but it also could have been one of the many, many other heart conditions that are out there. Some (such as the Nitro swimmer with LQTS) are lucky, and thanks to rapid response from those on the pool deck, are saved in time. But these cases are very well in the minority. We may not know what each athlete had, but what we do know is that they obviously didn't know they had a problem until it was too late.

Nowadays, schools do a half dozen medical checks for eyes, ears, and conditions such as scoliosis, as well as mandate yearly pediatrician check-ups, but there is no mandate for cardiologist check-ups. Family doctors do use EKGs and

echocardiograms for adults, but for children under 18, pediatricians are not required to do so, nor will the insurance pay for it unless there can be proven reason for a cardiologist appointment.

I had never seen an EKG in my entire life before my diagnosis. The only reason I was diagnosed— and possibly had my life saved by knowing about my condition— was that my father had passed away a few months before from an aorta dissection: another, separate heart condition, and the insurance had okayed a cardiologist check-up. But for people who do not have a known heart disease within their family circle, getting insurance to cover such a check-up is difficult at best. There is no history of anyone in my family suffering from LQTS. For all intents and purposes, I am the first, and yet, I still have the condition.

The traditional argument for why heart check-ups are unnecessary is that heart issues among children are “rare,” as the major killer of American adults today— the heart attack— is an issue that few experience until past 35.

However, the increasing number of young athlete deaths is showing that these traditionally thought of “rare” childhood heart conditions is not as “rare” as statistics suggest. At an increasing rate of six percent per year, shouldn't we start imposing mandated heart check-ups on all young athletes? I cannot stress how important it is for all young athletes to have this knowledge. Whether they continue to pursue alternative options to battle their conditions, whether it be quitting the sport or trying medication, is up to them, but athletes who are pushing their bodies to such extremes must be completely aware of what consequences may arise due to their bodily conditions.

In a sport like swimming, where high level age group swimmers have been known to train hard for anywhere from four to eight hours a day, shouldn't they be required to know the risks they are taking? If schools are going to check students' eyes and ears, why aren't they checking one of the most important organs of all: their hearts?

There is now medication out there that regulates heart conditions such as mine. I take one for LQTS, and it does a great job of regulating my heart so I can continue to do what I love. The sad thing is, if you don't know you have the disease, how can you prevent it? ◀

# 4 TIPS FOR BEATING THE MENTAL BLOCK IN TRAINING

by Grace Hoffmann, Swimming World Intern



A few months into the swim season and Coach's expectations of you are already through the roof. You're being pushed more than you have ever thought possible. The pressure is building and you haven't even had a meet yet. Thoughts of championship season are already appearing in your mind during practice. Why?

The mental aspect of swimming can be draining. Repeated practices, repeated sets, and the same races over and over. Do not let these factors dull your spirit or your love of the sport. Embrace the things that challenge you the most. Start with practice. Although it may not be your dream to wake up while the moon is still out and swim thousands of yards before your friends are awake, make the most of it.

*In order to do so, remember to...*

## 1. SHOW UP AND SHOW WELL.

I don't mean just physically! Come to practice ready to go mentally too. Get enough sleep and be rested. Eat a healthy snack before practice. Be able to focus those two hours of practice on only swimming, no distractions. Look at each practice as another opportunity for improvement. Although at some points during the season it is extremely hard to wrap your mind around a strenuous set, look at the practice as a challenge. Stay in the mindset of the present and do not worry or become anxious about a set before you swim it. Take the set one step at a time and you will conquer not only the set, but the practice too.

## 2. HAVE A GREAT ATTITUDE.

Attitude is key. Even if you have had a bad day, come to practice like you didn't. Remember to smile during practice and enjoy yourself. The tougher the practice, the harder it is to keep a positive attitude. Remember to enjoy the process of training. Focus on what you can do to improve. Have fun with the sport you love and the results will come.

## 3. CONSIDER OTHERS.

Be a great teammate. Encourage your teammates during practice. Even if you are not having the greatest set, don't let that be a reason why you aren't supporting your teammates. Do not be afraid to tell your teammates they are rocking a set, one that you know they had struggled with in the past. Notice your teammates work ethic and make an effort to applaud them. Giving someone that little compliment will push them to work harder too.

## 4. PONDER THE "WHY?"

Know the reasons behind your swimming career. Why are you really swimming? Is it the love of the sport that you've had since you were a little kid? Do you love the competition? Be truthful to yourself and find what drives you. Remind yourself of that love on the tough days. Let this reason be the repetitive mantra you say to yourself when practice starts to become challenging.

The countless hours spent at practice should be memorable. So when you start worrying or stressing, stop yourself. Focus on the positive during practice and help others to do the same. Swimmers spend more time training than competing. So, train hard and have fun during the process. Be a great teammate and help keep the attitudes high during practice. Positive attitude and drive warrants success. ◀



[ Photo Courtesy: Arizona Republic-USA TODAY Sports ]

## INDIANAPOLIS RETURNS TO ARENA PRO SWIM SERIES; 2015-2016 DATES ANNOUNCED

by Jeff Commings

Indianapolis is returning to the list of cities hosting a stop on the Arena Pro Swim Series in the lead-up to the Olympic Trials, with the IUPUI Natatorium putting on a three-day meet in June as part of a new calendar lineup for what will now be a seven-meet series.

USA Swimming announced the dates for each of the stops, and will hold two meets on the same weekend in June as the final major domestic competition before the Olympic Trials later that month. Indianapolis and Santa Clara will both host a meet June 3-5, “to minimize [athletes’] travel for a final tune-up before Olympic Trials open in Omaha later in the month,” said USA Swimming National Team Director Frank Busch in a press release.

Indianapolis had been part of the series when it was called the Grand Prix. All the other cities are the same as the 2014-2015 series, and five of the six will have their meets at the same time as previous years. Orlando’s meet moves to early March, instead of its typical February slot. Minneapolis kicks things off November 12 with a long course meet instead of its usual short course yards format, to give swimmers more chances to qualify for the Olympic Trials, and get more long course racing opportunities.

The series will feature prize money to eligible athletes for top-three finishes in Olympic events, and a \$10,000 bonus to the overall points winners for men and women. Also, a one-year BMW lease is available for the top American points earners at the end of the series. Caitlin Leverenz and Conor Dwyer are currently enjoying their leases after winning the previous series. ◀

### 2015-2016 Arena Pro Swim Series calendar

November 12-14: Minneapolis

January 15-17: Austin

March 3-5: Orlando

April 14-16: Mesa

May 12-15: Charlotte

June 3-5: Indianapolis and Santa Clara



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## **DIVER KRISTIN DAY NAMED NCAA WOMAN OF THE YEAR** *by Jeff Commings*

**K**ristin Day, a former diver for Division II Clarion University, was selected as the 2015 NCAA Woman of the Year, making her the first diver to be honored and the eighth aquatic sports athlete to receive the honor since the NCAA began the award in 1991.

Day represented Clarion on the diving board, and has her name in the record books to prove it. She scored a record 539.35 points on the 3-meter springboard at last spring's NCAA championships to win the national title. In 2014 and 2015, she also won the 1-meter competition and was named the 2014 Division II Diver of the Year. She earned a degree in chemistry with a 4.0 grade point average, and won the Elite 89 Award in 2014.

"I entered Clarion University to dive and took up the study of biochemistry, in which I studied with the same fervor that I approached my training in diving," Day said in her statement when announced as a finalist. "My desire to study the mysteries of the human body have led me to seek a career path in medicine. My training in diving has taught me to keep a positive attitude in the face of adversity and has given me the attributes to prepare me for the upcoming challenges."

Day was one of three aquatic sports athletes named among the three finalists for the award. Arizona's NCAA champion swimmer Margo Geer and Swarthmore swimmer Supriya Davis were in contention for the award. ◀

### **Previous aquatic sports athletes named NCAA Woman of the Year (all swimmers):**

- 1997: Lisa Coole, Georgia
- 2000: Kristy Kowal, Georgia
- 2001: Kim Black, Georgia
- 2007: Whitney Myers, Arizona
- 2009: Lacey Nymeyer, Arizona
- 2010: Justine Schluntz, Arizona
- 2011: Laura Barito, Stevens Institute of Technology



## ALAIN BERNARD: FULL-BODY SWIMSUITS WILL RETURN TO POOL SWIMMING

by Jeff Commings

**A**lain Bernard has been out of the spotlight since retiring from competitive swimming in 2012, but he recently sat down for an interview with Swimbiz.it to talk about a wide range of topics that could get people talking about him again.

Bernard's face was on world newspapers for many days during the 2008 Olympics as he exemplified the agony and ecstasy of competing in Beijing. He was denied a gold medal in the 400 free relay when Jason Lezak passed him in the final strokes and gave the United States a gold medal, relegating France to silver. A few days later, Bernard was all smiles as he won the 100 freestyle over Australia's Eamon Sullivan, setting a world record at the meet.

He would win several medals at the 2009 and 2011 world championships, but never returned to the top of the podium at a major international meet. He only qualified for France's 400 free relay as an alternate at the 2012 Olympics, and earned a gold medal as a prelim swimmer.

Below are comments Bernard made in his interview.

### **Alain Bernard on the polyurethane suit era:**

*"I don't think that 'super swimsuits' morphologically changed swimmers, or they weren't the only reason. What really changed is training: the way swimmers train today is very different from five years ago, and will change again in the next*

*ten years. I'm sure that, one day or another, male swimmers will come back to full-body [swimsuits], but without [the complete rubber covering] of the past."*

### **Alain Bernard on the current French swimming talent and sport's popularity:**

*Florent Manaudou "has the capacity to be [French swimming's] leader, if he continues past Rio 2016, and I think he will. The national team is going through a difficult time, but with the tough criteria imposed [for selection to the Olympic team] the team will be smaller but very competitive.*

*"For a while, the French swimmers were seen as rigid. Then, swimmers [became celebrities] with gossip and tattoos. Suddenly, French swimming was cool to young people. The popularity of French swimmers is second only to soccer."*

### **Alain Bernard on surviving the aftermath of the Argentina helicopter crash that killed Camille Muffat and others:**

*Bernard was on the scene when two helicopters crashed last March while filming a French TV show in Argentina, but was on the ground. Bernard has a passion to fly airplanes, and said "I didn't stop [flying] after that terrible accident. It may sound selfish, but the truth is that it must be accepted as inevitable, like a car accident. I took strength from those around me. I have a desire to live now in the memory of Camille Muffat, an extraordinary champion and a girl with an immense joy of living." ◀*

# BRITISH SWIMMING'S 2016 OLYMPIC TRIALS WILL ALSO LOOK FORWARD TO 2020

by Jeff Commings

The main focus of the British Olympic Swimming Trials next April in Glasgow will be to pick Great Britain's Olympic team for the Rio Games. But it will also serve as an opportunity for British Swimming to begin identifying young athletes who could be the next leaders of the sport at the 2020 Olympics.

British Swimming released this week the schedule for the Olympic Trials, set for April 12-17, and each event (except the men's 1500 free and women's 800 free) will feature three championship final heats in the evening session. The "Open Final" will consist of the top eight qualifiers in each event, regardless of age. That heat will exclusively be used to select athletes for the 2016 Olympic team.

The second-fastest finals heat will be called the "Target Tokyo Final," for athletes who do not make the cut for the "Open Final" but will have the experience of getting a second swim at the Olympic Trials, as a rehearsal of sorts for the 2020 Trials. The boys' "Target Tokyo Final" will be limited to swimmers born between 1996 and 1999 and for girls born between 1997 and 2000.

The meet will also feature for the first time, a "Junior Final" heat specifically designed to pick athletes for next summer's European junior championships. Those heats will be only for boys born between 1998 and 2001 and for girls born between 1999 and 2002, in accordance with the age limits for the European junior championships.

"Everyone quite liked the idea of having three finals (at nationals), and having a bit of a progression to see what was coming through the pathway," Jones said in an interview with *Swimming World*. "It gives a nice bit of progression from youth swimming into senior swimming."

Jones brings the idea of putting the junior athletes into the spotlight at a major meet from his five years working with the British senior gymnastics team before taking his current post in 2013. The country saw its best performance in gymnastics at the Olympics in London in 2012, taking four medals.

"A number of times we competed in major venues with the pressure on, and it helped the team to produce when it mattered in 2012," Jones said. He wants the younger swim-

mers who compete in the "Target Tokyo Final" to have the same feeling as the gymnasts, to know the experience of racing at their best under pressure so they are ready for it when they make their first international team.

Putting an age limit on the "Target Tokyo Final" came from extensive research "around what the profile of a typical Olympian would look like" in 2020, Jones said. He didn't want the second-fastest final of each event to be merely a B final for the ninth- through 16th-place swimmers, but rather a place for athletes of a certain age to get their appetites whetted for the future.

"We're almost acting as prospectors in terms of trying to get a group of athletes that might just miss out on Rio (and give them) an opportunity to feel as if they're on a journey to Tokyo," Jones said.

Besides being able to see who's right on the cusp of breaking through into the senior elite ranks in Great Britain, the two extra finals will show the British government how dedicated British Swimming is to developing future talent while taking care of the present crop of world-class swimmers. The government funds a large chunk of British Swimming, including the money given to athletes as they continue to train. That includes the 21 athletes named this week to the Podium Squad and the 45 picked for the Podium Potential team, all of whom have been identified by British Swimming as medal prospects in the near and far future.

"It's part of a process to show (the British government) that we're really thinking this through," Jones said.

British Swimming is on a roll in the pool, having won a history-making gold medal in the men's 800 free relay at the world championships as one of the five gold medals won at the meet. That bodes well for next year's Olympics, but Jones said British Swimming needs to get the next generation ready to replace those who might retire after Rio.

"We need to move our program along," he said. "We don't need to rest on our laurels. We need to be better than we've been in the past." ◀



# USA SWIMMING RELEASES FOUR-DAY OLYMPIC TRIALS TICKET PACKAGES

by Jeff Commings

[ Photo Courtesy: Peter H. Bick ]

**T**ime is running out to get tickets for the 2016 U.S. Swimming Olympic Trials in Omaha, and now that USA Swimming has officially opened sales for four-day ticket packages, seats will fill up quickly for the year's biggest domestic swim meet.

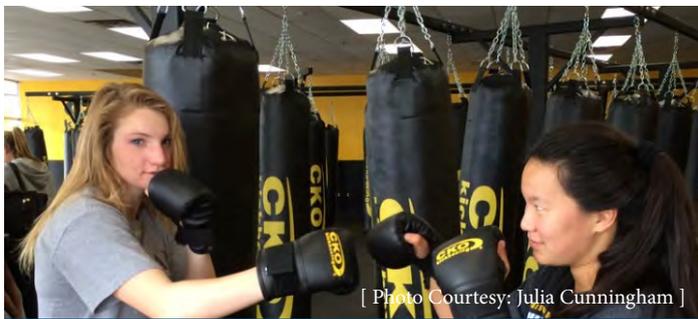
Fans can choose to buy packages for the first four days of the meet (June 26-29) or the final four days of the meet (June 30-July 3). Either way, expect sold-out crowds by the time the meet begins, where the likes of Michael Phelps, Ryan Lochte, Katie Ledecky, Missy Franklin and more will race for the chance to once again represent the United States on the biggest sporting stage. And you won't want to miss the excitement of seeing the reactions from athletes getting named to their first Olympic team.

USA Swimming said fewer than 4,500 tickets are available, and the best seats in the house — the lower bowl of the CenturyLink Center — are almost sold out for all eight days. If you're interested in just attending just a couple of sessions, you'll have to wait until next spring to get single-session tickets.

About 1,400 swimmers have already qualified for the Olympic Trials. The meet is bound to be one of the biggest Olympic Trials the CenturyLink Center has seen, given that athletes have about seven more months to make the qualifying times. Organizers have promised an event that will improve on the previous two held in Omaha in 2008 and 2012.

Prelims will begin at 10 a.m. each day and will swim athletes in all 10-lanes of the temporary pool that will be installed in the CenturyLink Center. For finals at 6 p.m., only the middle eight lanes will be used, to mirror racing conditions at the Olympics.

To buy the four-day packages, go to [Ticketmaster.com](http://Ticketmaster.com), call 800-745-3000 or visiting the CenturyLink box office. ◀



[ Photo Courtesy: Julia Cunningham ]

## 4 REASONS WHY YOU SHOULD START KICKBOXING

by Julia Cunningham, Swimming World Intern

Who doesn't love trying to find extra time in their schedule for dryland training? I should rephrase that. Has there ever been a form of training, non-swimming, that you love as much as swimming? I found one this summer—kickboxing.

It didn't take me long to get into after my first free trial class. It was a typical instructor-calling-out-directions-as-every-one-frantically-tries-to-keep-up type of class. I'm not going to lie, I'm pretty awful at following directions. Most of the time I don't know what's going on during a set. But as long as you're moving, you could succeed in this class. I ended up going as often as possible, sometimes even as a stand-in for swim practices.

Once I got back to school, I found a similar class, and made sure to sign myself (along with an unsuspecting friend) up for it. With school in full swing and work piling up, and my collegiate season starting a week ago, I haven't had a chance to go as often.

But here are the four reasons why YOU should find a pair of gloves and try the sport out for yourself:

### 1. IT'S GREAT CROSS TRAINING.

The first thing I learned was that you throw punches from your core. The second thing I learned was that kickboxing is exhausting. It's not like weight-lifting, where you do a few reps before taking a break and moving on. When I wasn't punching the 100 pound bag in front of me, I was doing sit-ups or burpees or squats or anything else you can think of. To say I got my cardio in during those one-hour sessions would be an understatement. Short interval sets definitely became easier as the summer rolled on.

As for the technical aspect, the momentum to initiate a punch or a kick starts from the movement of your hips. As

a righty, I would stand feet shoulder width apart with my left foot a little more forward. That way, I was already set up to throw a cross, which is a more powerful punch, with my right fist. The power comes from your core, and is generated through the same opposite-arm-opposite-leg concept as swimming!

### 2. ANYONE CAN DO IT.

You don't have to be flexible or strong or even in shape to take up kickboxing. People would come to the class exhausted from sitting at a desk all day long, or they would just be stepping out of their house for the first time. Reasons for participating in the class ranged from people trying to get in shape and get their bikini body, or just get active, or in my case, stay active. There were people who had histories of bad knees, and for them, the instructors always had modifications. Any time I showed up for a class, it seemed as though there was at least a 40-year difference between the youngest and oldest person in the room.

It's not easy to stay moving for an hour, let alone stay moving at such high intensity for an hour. Everyone would always do it, however, regardless of whether or not the instructor was watching. In a sense, we were all a team. Like swimming, when you're kickboxing, you're essentially by yourself. If you know the rest of the team is putting in the work, you don't want to be the one to let them down.

### 3. IT'S FUN.

There's not much to add to this one. Over the summer, occasionally I went with a friend, one time I dragged my mom along, but for the most part I went to the class alone. It didn't matter that I didn't know anyone. We were all there to get better, to look better, to be better. I received encouragement from people I didn't know, and offered it back. I struggled through the killer ab sets at the end alongside everyone else. It was still some of the most fun I've ever had working out on land.

### 4. IT MAKES YOU FEEL LIKE A BADASS.

Everyone's heard of the undefeated Ronda Rousey and her 34 second fight. While kickboxing is not the same as what she does, I like to think I'm one step closer to being that crazy.

As swimmers, we're no strangers to putting in hours and hours of hard work. Kickboxing requires the same kind of dedication and motivation. I felt quite accomplished, albeit a bit nervous, when I could barely lift my arms to drive myself home after some workouts.

Putting on the boxing gloves certainly makes you feel ready to take on anything. ◀

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# Prep School Directory

## 2015

The listings on pages 35-41 are paid advertisements.

### Baylor School



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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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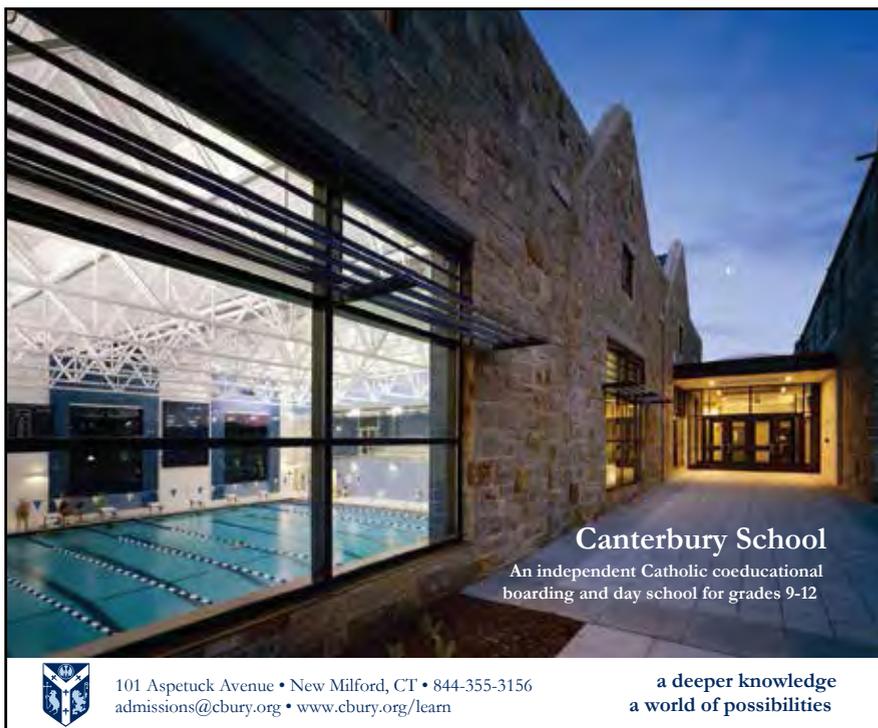
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## Gulliver Schools



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 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

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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

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Scott Ward, Aquatic Director  
 4443-554-7161  
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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

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## Mercersburg Academy

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— continued on 39



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609-944-7501 admission@peddie.org

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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.

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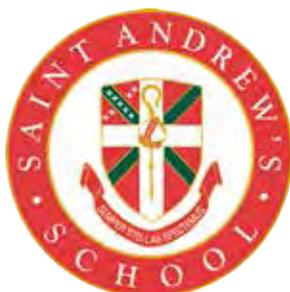
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- Co-ed Boarding Program, Grades 9-12
- Episcopal Affiliation; All Faiths Welcome



Saint Andrew's School ■ Boca Raton, Florida ■ 561.210.2128 ■ [www.saintandrews.net](http://www.saintandrews.net)

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](mailto: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. ❖

# SUFFIELDACADEMY

Suffield Academy's swimming and water polo programs have produced over 50 All-Americans in recent years

Private schools in U.S. under 900 enrollment

**Girls Ranked #2** in 2015

**Boys Ranked #4** in 2015

New England Prep Division 1

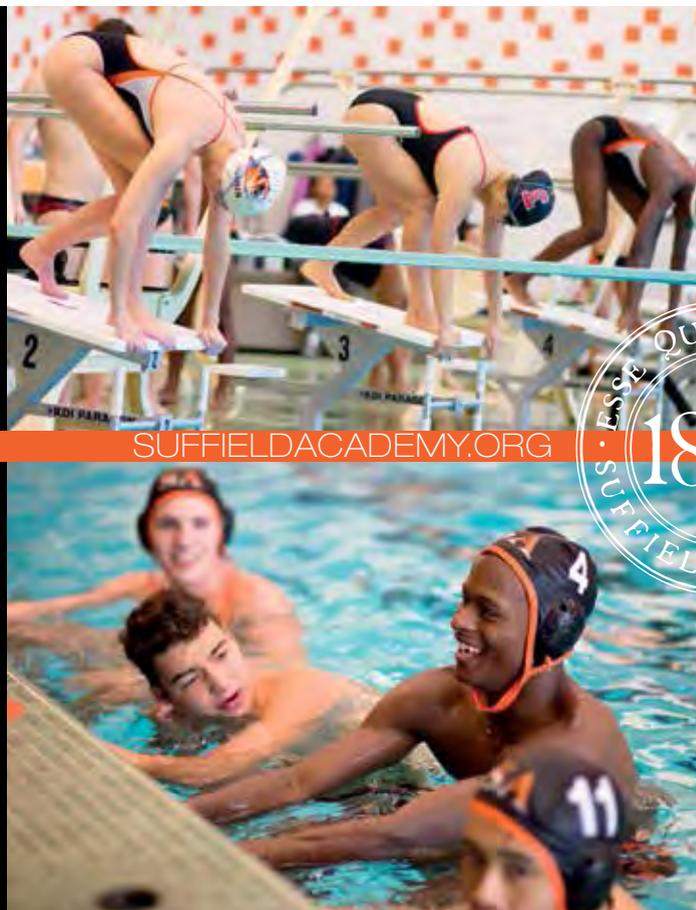
**Girls Champions** 2013/2014/2015

**Boys Runner-up** 2013/2014/2015

Suffield Academy is grounded in rich tradition, with a strong sense of community, and an eye toward innovation. Come discover endless opportunities to create your Suffield experience.

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

185 North Main Street Suffield, Connecticut 06078



[SUFFIELDACADEMY.ORG](http://SUFFIELDACADEMY.ORG)