

# SW

## SWIMMING WORLD

BIWEEKLY

NOVEMBER 2015 | VOL. 1 | ISSUE 18

# MITCH LARKIN

## A FUTURE SO BRIGHT



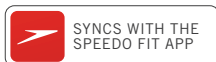
MISFIT  
**SHINE**  
SWIMMER'S EDITION



**MISSY FRANKLIN**  
5x OLYMPIC MEDALIST  
WORLD RECORD HOLDER

## MAKE EVERY LAP COUNT.

Speedo Shine tracks swimming as well as measures all your activity and sleep automatically. It never requires charging and is the thinnest, sleekest and only waterproof device of its kind.



[speedousa.com](http://speedousa.com)

Speedo and  are registered trademarks of and used under license from Speedo International Limited.





fast is more fun.

coming soon!

## FUSE

The Fuse performance compression technical suit is affordable, fun and fast. The resilient properties of the fabric ensure a comfortable fit and reduce drag. The suit is designed to provide flexible compression without limiting range of motion. The Fuse provides UVA/UVB protection and is available in two fresh colors. Designed in California at the FINIS Stroke Lab. Race ready 2016.



Available in caribbean and slate  
[FINISinc.com](http://FINISinc.com)

**FINIS**<sup>®</sup>  
simplify swimming



**AVICTOR**

THE ULTIMATE ADVANTAGE.

**OMAHA NIGHTS  
LIMITED EDITION**

COMING SOON...

MANUFACTURED IN THE U.S.A.  
OF IMPORTED MATERIALS

**TYR**



**DRAG TIGHTS...for happy legs!** 😊



**uglies™**

**DOLFIN®**

[www.dolphinswimwear.com](http://www.dolphinswimwear.com)



## FEATURES

### 008 HEAVILY- STACKED LINEUPS ANNOUNCED FOR DUEL IN THE POOL

by Jeff Commings

Both the USA and the European All-Stars announced their lineups for the 7th edition of the Duel in the Pool.

### 012 KATIE LEDECKY ON TIME MAGAZINE LIST OF 30 MOST INFLUENTIAL TEENS

by Jeff Commings

Katie Ledecky made Time magazine's list of Most Influential Teens. Ledecky was part of a group that made a "global impact through social media and overall ability to drive news."

### 013 BILL FURNISS NAMED BRITISH SWIMMING OLYMPIC HEAD COACH

by Jeff Commings

Great Britain's Olympic swim team will be led by renowned coach Bill Furniss, British Swimming announced. Furniss is largely known for guiding Rebecca Adlington to two gold medals at the 2008 Olympics.

### 014 LAFONTAINE TAKES JOB AS HEAD OF CANADIAN SKI FEDERATION

by Jeff Commings

After more than 20 years as a coach and executive in various positions in swimming, Pierre Lafontaine is stepping away from the sport to take a new job as head of Canada's cross-country skiing federation.

### 015 STORY OF PARALYMPIC SWIMMING CHAMPION BRAD SNYDER TO BECOME FEATURE FILM

by Jeff Commings

The story of Brad Snyder's journey from Navy hero to Paralympic swimming star is made for the movies, and starting next summer, that is exactly what will happen.

### 016 CLARK SMITH GIVES EDDIE REESE "CHILLS" IN 2000 FREESTYLE TIME TRIAL

by Jeff Commings

Eddie Reese has seen a lot of great performances in a career spanning more than four decades. His athletes have set world and American records, made many Olympic teams and won NCAA titles by the truckload. Perhaps current sophomore Clark Smith's performance at a special time trial will rank among Reese's top swims.

### 017 GEORGIA WOMEN, TEXAS MEN LEAD FIRST CSCAA DIVISION I POLLS OF THE SEASON

by Jeff Commings

The first CSCAA poll of the 2015-16 NCAA season is out, and not surprisingly, the Georgia women and Texas men lead the way.

### 018 ARTHUR FRAYLER LEADS FLORIDA DISTANCE GROUP IN FRAN CRIPPEN TRIBUTE SWIM

by Jeff Commings

This month marked the five-year anniversary of the death of Fran Crippen. Many took to social media to honor Crippen, but former teammate Arthur Frayler wanted to do more.

### 019 PEREIRA, PINI WIN HONORS FROM ASSOCIATION OF NATIONAL OLYMPIC COMMITTEES

by Jeff Commings

The Association of National Olympic Committees met in Washington, D.C. to award the top athletes in each of this year's continental championships. Among the winners were two swimmers: Brazil's Thiago Pereira and Papua New Guinea's Ryan Pini.

### 020 HOW SWIMMING IS HELPING OLIVIA HALLISEY SAVE THE WORLD FROM EBOLA

by Jeff Commings

It's quite possible that the name Olivia Hallisey will roll off the tongue as easily as Marie Curie in a few years. Where Curie made a landmark discovery of radioactivity, Hallisey soon could be known as the woman who was instrumental in eradicating the Ebola virus from the planet.

### 022 THE FUTURE LOOKS BRIGHT FOR AUSSIE MITCH LARKIN

by Jeff Commings and Jason Marsteller

Roland Matthes. John Naber. Rick Carey. Lenny Krayzelburg. Aaron Peirsol. These are five legendary names in the history of backstroke, each of them winning the 100 and 200 distances in one Olympics. In about nine months, Mitch Larkin could add his name to that exclusive list.

### 024 WORLD ANTI-DOPING AGENCY ACCUSES RUSSIA OF MASSIVE DOPING COVER-UP

by Jeff Commings

A commission of the World Anti-Doping Agency has released a 323-page report that does not mince words, accusing the Russian government of destroying urine samples and accepting bribes from athletes to cover up positive drug tests.

PUBLISHING, CIRCULATION AND ACCOUNTING OFFICE

www.SwimmingWorldMagazine.com

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

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

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

Circulation Manager - Taylor Brien  
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 Carnetti (ITA),  
Oene Rusticus (NED), Rokur Jakupsstovu (FAR)  
Japan: Hideki Mochizuki  
Middle East: Baruch "Buky" Chass, Ph.D. (ISR)  
South Africa: Neville Smith (RSA)  
South America: Jorge Aguado (ARG)

PHOTOGRAPHERS/SWTV

Peter H. Bick, USA Today Sports Images,  
Reuters, Getty Images

## SEE OUR HOLIDAY GIFT GUIDE STARTING ON PAGE 28

### ON THE COVER - MITCH LARKIN BY DELLY CARR







*agonswim.com*

CUSTOM CUSTOM CUSTOM CUSTOM

info@agonswim.com

www.agonswim.com

1.877.718.9403





[Photos Courtesy: Peter H. Bick]



[Photos Courtesy: Joao Marc Bosch]

## HEAVILY- STACKED LINEUPS ANNOUNCED FOR DUEL IN THE POOL *by Jeff Commings*

The United States' streak of team victories at the Duel in the Pool was threatened in 2013, but a narrow victory in the tie-breaking mixed medley relay gave the Americans the win over the European All-Stars.

The rivalry resumes in December with the seventh edition of the Duel in the Pool at the famed IUPUI Natatorium. USA Swimming released its roster of athletes today, and it includes superstars Missy Franklin and Ryan Lochte among the 36 Americans on the list. Jack Bauerle will serve as the head coach. With the exception of the inaugural 2003 meet, the roster has possibly the most stacked lineup of Americans in the meet's history with 11 Olympic medalists set to race. Though the meet won't feature Katie Ledecky or Michael Phelps, the team has plenty of talent to win a seventh team title.

Swimmers can compete in a maximum of six events (individual and relays), and each team may enter up to four swimmers per individual event and one relay. A running score will be kept combining the points earned by both

women and men to determine the winning team.

The meet will be comprised of 15 events per gender (13 individual and two relays) with more than \$120,000 in prize money on the line. The winning team will take home a portion of the winnings, while prize money will be awarded to the winner of each race. A bonus will also be awarded for any world-record swim at the event.

The meet will be run in short course meters, which is not a very familiar racing format for Americans. But that hasn't stopped Team USA from rolling over its competition since the Duel in the Pool started in 2003.

The United States and Australia participated in the first three editions of the Duel In the Pool. The 2003 meet featured a world record in the 400 IM by Michael Phelps in Indianapolis. Grant Hackett set a couple of U.S. Open records in freestyle, with relay races also featuring U.S. Open marks. The 2005 meet, held in California immediately after the



world championships, didn't feature any world records, but not for lack of trying. Australian Leisel Jones, coming off her first world title in the 100 breast, tried to get Jessica Hardy's fresh world record in the event but came up .01 short. Brendan Hansen, the men's 100 breast world champion, came within .21 of the 100 breast world mark.

Major controversy erupted at the 2007 Duel In the Pool, held in April in Australia. This was the first meet to feature mixed relays for elite swimmers, and it was a doozy. Libby Lenton (now Libby Trickett) swam faster than the world record in the women's 100 free leading off the mixed free relay for Australia, but it was later revoked by FINA because the mixed relay was not yet an official event. (FINA later created a rule saying records of any kind could not be set in leadoff legs for mixed relays.) Lenton's record overshadowed anything else from the meet in the ensuing months, including hints that the U.S. vs. Australia version of the meet might be at an end.

That was confirmed shortly after the 2007 meet with the announcement that the 2009 version of the Duel In the Pool with the U.S. would consist of a team made of swimmers from European countries. Australia went its own way in 2009, scheduling a dual meet against Japan. The 2009 U.S. vs. Europe All-Stars meet was set in short course meters, the first time it wasn't held in long course. It featured many records set in the polyurethane suits, one of the final meets where they were allowed. USA Swimming did not allow any American records to be set at the meet in the techsuits, which meant the 100 back world record by Nick Thoman and the 400 IM world record from Julia Smit would not be ratified as American records.

The point spread was tight throughout the two-day meet in Scotland as the European All-Stars brought some of its best talent to race the Americans. After the first day, the Europeans led 68-54, the first time the U.S. hadn't led after the first day. The Americans fought back throughout the second day to keep it interesting, tying the score 131-131 after the men's 400 free relay.

An exciting mixed medley relay decided the meet. The Americans took the lead early with backstroker Eugene Godsoe, and kept it with Kevin Cordes on breaststroke. Claire Donahue lost some ground on butterfly against Jeanette Ottesen, which made the freestyle leg between American Simone Manuel and Brit Fran Halsall a dogfight. Manuel got to the wall two tenths ahead to give the Americans the team victory. *continued on pg. 10 >>>*

## USA SWIMMING DUEL IN THE POOL ROSTER

### WOMEN

CAMMILE ADAMS  
CLAIRE ADAMS  
COURTNEY BARTHOLOMEW  
NATALIE COUGHLIN  
HALI FLICKINGER  
MISSY FRANKLIN  
MARGO GEER  
JESSICA HARDY  
SARAH HENRY  
MICAH LAWRENCE  
CAITLIN LEVERENZ  
BECCA MANN  
SIMONE MANUEL  
MELANIE MARGALIS  
KATIE MEILI  
LIA NEAL  
LEAH SMITH  
LAURA SOGAR  
KELSI WORRELL

### MEN

NATHAN ADRIAN  
MICHAEL CHADWICK  
TYLER CLARY  
KEVIN CORDES  
CONOR DWYER  
NIC FINK  
MATT GREVERS  
ZANE GROTHE  
CONNOR JAEGER  
RYAN LOCHTE  
MICHAEL MCBROOM  
CODY MILLER  
JOSH PRENOT  
JOSH SCHNEIDER  
TOM SHIELDS  
NICK THOMAN  
ANDREW WILSON

### MISSY FRANKLIN

[ Photo Courtesy: Griffin Scott ]





*continued from pg.9* The European All-Stars lineup for this year's Duel In the Pool with the United States features 33 athletes from 12 countries. The team will be looking for revenge after losing the 2013 edition by one point to the Americans.

World champions Ranomi Kromowidjojo, Yulia Efimova, Aliaksandra Herasimenia, Jeanette Ottesen and Katinka Hosszu lead the women's roster for the Europeans, giving them a big boost in terms of their recent performances in the pool. The 17-woman roster is also filled out with world championship medalists Hannah Miley, Jazz Carlin, Lotte Friis, Mie Nielsen and Siobhan-Marie O'Connor.

On the men's side, 200 breast world record holder Daniel Gyurta will be a major factor in the meet, as will fellow Hungarian Laszlo Cseh. Sprinter Vlad Morozov could be a big factor in helping Team Europe on relays, as will Italy's Marco Orsi. Gregorio Paltrinieri, who won gold in the 1500 freestyle at last summer's world championships, will race for the European All-Stars as well.

The American roster for this year's competition is also impressive, setting up a meet that could be as nailbiting for fans as the 2013 meet.

The meet will be held in short course meters December 11-12 at the famed IUPUI Natatorium in Indianapolis, the site of the inaugural 2003 meet where Michael Phelps set a world record in the 400 IM. This will mark the third duel featuring the Americans and the European All-Stars. The 2009 edition featured many world records set in the polyurethane suits, one of the final meets where they were allowed.

The 2011 meet in Atlanta, held a week after U.S. nationals, didn't feature world records, but it had plenty of star power for the fans to see in the months before the 2012 Olympics. The 2013 edition, however, was possibly the most exciting yet.

The point spread was tight throughout the two-day meet in Scotland as the European All-Stars brought some of its best talent to race the Americans. After the first day, the Europeans led 68-54, the first time the U.S. hadn't led after the first day. The Americans fought back throughout the second day to keep it interesting, tying the score 131-131 after the men's 400 free relay.

An exciting mixed medley relay decided the meet. The Americans took the lead early with backstroker Eugene Godsoe, and kept it with Kevin Cordes on breaststroke. Claire Donahue lost some ground on butterfly against Jeanette Ottesen, which made the freestyle leg between American Simone Manuel and Brit Fran Halsall a dogfight. Manuel got to the wall two tenths ahead to give the Americans the team victory. ◀

## EUROPEAN DUEL IN THE POOL ROSTER

### WOMEN

JAZZ CARLIN  
YULIYA EFIMOVA  
LOTTE FRIIS  
EYGLO GUSTAFSDOTTIR  
FRANZISKA HENTKE  
ALIAKSANDRA HERASIMENIA  
KATINKA HOSSZU  
ZSUZSANNA JAKABOS  
BOGLARKA KAPAS  
RANOMI KROMOWIDJOJO  
FANNY LECLUYSE  
HILDA LUTHERSDOTTIR  
HANNAH MILEY  
MIE NIELSEN  
SIOBHAN-MARIE O'CONNOR  
JEANETTE OTTESEN  
LAUREN QUIGLEY

### MEN

PETER BERNEK  
VIKTOR BROMER  
LASZLO CSEH  
ANDRII GOVOROV  
JAMES GUY  
DANIEL GYURTA  
RADOSLAW KAWECKI  
LUCA MENACARINI  
VLADIMIR MOROZOV  
MARCO ORSI  
GREGORIO PALTRINIERI  
PAVEL SANKOVICH  
JAN SWITOWSKI  
DAVID VERRASZTO  
DAN WALLACE  
ANDREW WILLIS

**RANOMI KROMOWIDJOJO**

[ Photos Courtesy: Joao Marc Bosch ]







***“We have worked with leading coaches to develop the perfect end-to-end elite performance system for swimming”***

**- Ryan Bennett, SwimPro Founder**

**WORLD'S LEADING SWIMMING VIDEO ANALYSIS TECHNOLOGY INCORPORATING:**

- ✓ Purpose built preprogrammed **HD wireless cameras**
- ✓ Custom above and below water mounts
- ✓ Powerful and portable IQ2 Enterprise software
- ✓ Real-time, delayed streaming to pool-deck displays and iPads
- ✓ Extensive multi-view and frame-by-frame analyses
- ✓ CommentaryCAM for simple poolside and post analysis coaching
- ✓ SwimmingCloud for Internet storage, post analysis, collaboration and sharing
- ✓ 12 month full replacement warranty
- ✓ Online and telephone support



*“SwimPro has helped revolutionise how we work with swimmers. To be able to capture real-time footage from multiple angles, add delays, analyse, diagnose and then be able to communicate to a swimmer at the pool deck helps improve the quality and effectiveness of our coaching. Thus speeding up the improvement in the swimmers technique and performance.”*

Jim Fowle, elite Olympic coach, has joined SwimPro as our Director of Coaching

Enquire today at [info@swimmingcam.com](mailto:info@swimmingcam.com)

[www.swimmingcam.com](http://www.swimmingcam.com)

**DIVE INTO OUR WEBSITE**  
for our  
**Christmas Special**





[ Photo Courtesy: Griffin Scott ]

## KATIE LEDECKY ON *TIME* MAGAZINE LIST OF 30 MOST INFLUENTIAL TEENS

by Jeff Commings

Since winning the gold medal in the 800 freestyle at the 2012 Olympics, Katie Ledecky has been inspiring a generation of female swimmers to become the next top distance swimmer in the world.

This year, she continued to amaze and motivate with five gold medals at the world championships, including becoming the first person to win four gold medals in freestyle events at one meet. That earned Ledecky the Female Swimmer of the Meet award and USA Swimming's Athlete of the Year honor. Now, she is part of a talented group, named on the list of *Time* Magazine's 30 Most Influential Teens of 2015.

Ledecky was part of a group that made a "global impact through social media and overall ability to drive news." Ledecky, 18, certainly did that during the week of the world championships in Russia, setting world records in the 800 and 1500 freestyles.

"The next Michael Phelps has arrived," *Time* wrote in its blurb about Ledecky.

Ledecky isn't the only competitive swimmer on the list. Olivia Hallisey is gaining acclaim for discovering a way to test for Ebola cheaply and without the need for refrigeration, a discovery that could help disadvantaged areas of the world. Hallisey won a Google competition for developing the test. Hallisey represents the Chelsea Piers Aquatic Club in Connecticut, where she is an accomplished butterfly and freestyler.

Among the others on the list are entrepreneurs, entertainers and athletes. Many are using their fame to push social change agendas, while others are turning heads for their business savvy. Among the other athletes on the list are snowboarder Chloe Kim, soccer player Martin Odegaard and golfer Lydia Ko.

Missy Franklin was part of this list in 2013, the year she won six gold medals at the world championships. ◀





## BILL FURNISS NAMED BRITISH SWIMMING OLYMPIC HEAD COACH

by Jeff Commings

Great Britain's Olympic swim team will be led by renowned coach Bill Furniss next year, British Swimming announced today. Furniss will have six assistant coaches working with him in Rio de Janeiro, all of whom are likely to have some of their personal swimmers on the trip as well.

Furniss is largely known for guiding Rebecca Adlington to two gold medals at the 2008 Olympics. Less than a year after what was deemed a disappointing showing at the home Olympics in 2012, Great Britain named Furniss as the national team head coach.

His assistant coaches include two well-known Olympians who became successful coaches. Melanie Marshall has been named British Swimming's top coach for the past two years, the first female to do so. She helped Adam Peaty to two world records and two individual world titles in a span of two years. James Gibson was one of Great Britain's top breaststrokes, and now runs the team at Loughborough where the likes of Fran Halsall and Liam Tancock train.

Jolyon Finck, who saw his top swimmer James Guy win the 200 free at this year's world championships, will be another strong assistant coach for Team GB next year. David McNulty is also set to serve as assistant coach, and hopes his top charge Michael Jamieson will return to the team to improve on his 2012 silver medal in the 200 breast.

Ben Higson brought Ross Murdoch back from illness in late 2014 to a spot on the world championship team in 2015. That led to a surprise bronze medal in the 100 breast, almost

a year after Murdoch won the Commonwealth Games title in the 200 breast. Russ Barber rounds out the list of pool assistant coaches, and could have Nicholas Grainger on the team as part of the 800 free relay that will be looking to add Olympic champion to the world title from 2015.

Serving as the two coaches for the marathon swimmers will be Kevin Renshaw and Laurel Bailey.

"Early selection gives us an opportunity to plan more effectively and build relationships ahead of time to ensure we can support athletes and their home coaches to successfully integrate them into the national team programme," said National Team Director Chris Spice in British Swimming's announcement. ◀

### **Support staff for British Olympic swim team:**

*Team Leader: Chris Spice (Pool and Marathon Swimming)*

*Team Manager: Dawn Peart (Pool and Marathon Swimming)*

*Marathon Lead: Bernie Dietzig*

*Media Manager: Dave Richards (Pool and Marathon Swimming)*

*Head of Sports Science Sports Medicine: Karl Cooke*

*Doctor: Dr Jon Greenwell (Pool and Marathon Swimming)*

*Physiotherapists: Carl Butler, Rhys Shorney, Jane Carre, Louise Imrie (Marathon Swimming)*

*Strength and Conditioning: John Watson*

*Performance Scientists: Mike Peyrebrune, Ben Holliss, Clare Lobb*

*Nutritionist: Nigel Mitchell*





[ Photo Courtesy: Darryl Dyck ]

## LAFONTAINE STEPPING AWAY FROM SWIMMING, TAKES JOB AS HEAD OF CANADIAN SKI FEDERATION

by Jeff Commings

After more than 20 years as a coach and executive in various positions in swimming, Pierre Lafontaine is stepping away from the sport to take a new job as head of Canada's cross-country skiing federation, Cross Country Ski de Fond Canada.

Lafontaine will take up the position as CEO on December 1, continuing a career of serving as a leader in various federations of Canadian sports. Lafontaine had previously been the CEO of Canadian Interuniversity Sport for two years, a job he took after working as CEO and national team coach for Swimming Canada from 2005 to 2013.

After leaving his post with the CIS, Lafontaine returned to the pool deck this past April as head coach of Club de Natation Gatineau.

"There are many synergies between swimming and cross-country skiing. They are technically-driven sports that have athletes with great engines who are fiercely dedicated to achieving excellence," said Lafontaine in the official announcement by the skiing federation. "Similar to swimming in the Summer Games, cross-country skiing is one of the most iconic winter Olympic and Paralympic sports. I believe we have an opportunity to be a real powerhouse and posi-

tion our sport, in its rightful place, as a constant pillar in the Canadian sport scene."

Canadian cross-country skiing has only won three medals at the Winter Olympics. Beckie Scott took gold in the 2x5K pursuit in 2002, while Scott teamed with Sara Renner for silver in the team pursuit in 2006. Chandra Crawford won gold in 2006 in the sprint event.

Lafontaine was a big part of turning the tide in Canadian swimming during his stint as national team coach and CEO. The country won medals at the 2008 and 2012 Olympics, and celebrated medals at all of the long course world championships during his tenure, including a shared gold by Brent Hayden in the 100 free at the 2007 meet. He was instrumental in the creation of Own the Podium, a multi-sport initiative to create elite athletes that can challenge for Olympic medals.

Before his time as Swimming Canada CEO, Lafontaine was head coach at the Australian Institute of Sport from 2003 to 2005. That was preceded by coaching stints in the United States with Phoenix Swim Club and Dynamo Swim Club. His longest time with one team was with the Point-Claire Swim Club from 1976 to 1981. ◀





[ Photo Courtesy: Andrew Fielding-US PRESSWIRE ]

# STORY OF PARALYMPIC SWIMMING CHAMPION BRAD SNYDER TO BECOME FEATURE FILM

by Jeff Commings

The story of Brad Snyder's journey from Navy hero to Paralympic swimming star is made for the movies, and starting next summer, that is exactly what will happen.

Screenwriter Robert Knott (Appaloosa) has agreed to write the script for the yet-to-be-named film that will chronicle Snyder's life, according to Deadline.com, with production expected to begin next summer. Though several documentaries have featured some of the sport's most popular individuals, this is believed to be the first scripted film about a non-fictional swimmer.

Snyder was part of the swim team at the Naval Academy in the mid-2000s, and after graduation served in the field as an explosive ordinance disposal officer. Essentially, that meant traveling in war-torn areas searching for Improvised Explosive Devices (IED) that were designed to blow up cars on the road. In 2011, Snyder lost his eyesight when an IED exploded near him during a deployment in Afghanistan.

After rehabilitation, Snyder turned tragedy into opportunity, competing in the 2012 Paralympics. He won the 100 and 400 freestyles, setting a Paralympic record in the 100 free with a 57.18. He's on his way to more gold after taking three wins this past summer at the IPC world championships in the 50, 100 and 400 freestyles. Being sponsored by FINIS is helping him continue to train to reach that goal.

The road to getting the green light for Snyder's biopic began a little more than a year ago, when the brother-in-law of one of the men in his unit in Afghanistan brought up the idea of making a movie of Snyder's life. The Hollywood machine began working shortly after that, and now that a screenwriter is on board, the possibility of production is very high.

"It's very strange and very foreign," Snyder said. "But it's cool to say 'They're making a movie about me.'"

Snyder said he will have some involvement in the shaping of the script, but doesn't think he'll be present for much of shooting next year. By then, he'll be in the final stages of prepping the Paralympics in Rio de Janeiro.

Snyder said he hopes the film about his life has the same emotional impact as the film *50/50*, in which Joseph Gordon-Levitt played a man in his late 20s dealing with cancer. Snyder wants the film of his life to balance the line between drama and humor that *50/50* did, which he said will mirror the way he lived, especially in the aftermath of the IED explosion.

"It's important to me that the story comes out as reflective of real life as possible," Snyder said.

Snyder said Gordon-Levitt would be his top candidate to play him in the film.

"It's strange to pick out who you want to play you (in a movie)," Snyder said. "It may end up in any of 100 directions." He added that the ideal person is an actor "who can exist in a tragic environment, but also be funny."

Snyder has been an inspirational figure on the road, giving talks to military groups and others who can learn from his motivational story. He hopes the film conveys the same message he's enjoyed conveying in his talks.

"The reason behind doing this is to inspire the community to do something they didn't think they were capable of doing before," he said.

This past summer Snyder dominated the IPC World Swimming Championships, taking home 3 gold medals, all in meet record fashion. He is considered the best blind swimmer in the world and is FINIS-sponsored athlete. ◀





[ Photos Courtesy: Peter H. Bick ]

## CLARK SMITH GIVES EDDIE REESE “CHILLS” IN 2000 FREESTYLE TIME TRIAL *by Jeff Commings*

Texas men’s swimming head coach Eddie Reese has seen a lot of great performances in a career spanning more than four decades. His athletes have set world and American records, made many Olympic teams and won NCAA titles by the truckload. Perhaps current sophomore Clark Smith’s performance Friday at a special time trial will rank among Reese’s top swims.

At the “Eddie Reese Invite” – open only to the Texas men’s swim team – athletes raced in 300 yards of each stroke, a 100 IM and a 2000 freestyle. It was that ultra-distance event that had the hairs on Reese’s neck stand on end.

Smith, the reigning NCAA champion in the 500 freestyle, uncorked a 17:44.39 in the 2000 free. Since it’s not an official event, it’s tough to compare the swim to anything else, but it is indeed fast. Smith averaged 53.22 per 100 yards, an astounding pace for such a long swim.

Consider this: Matias Koski averaged in the high-52 second range in winning the 1650 at last March’s NCAA championships. Smith’s per-100 average in his NCAA title swim in the 500 was 49.94.

“It gave me chills, and I’m definitely too old for chills,” Reese reportedly said after Smith’s swim.

Smith hasn’t raced the 1000 free yet this season, but is ranked first in the collegiate standings in the 500 free with a 4:21.95.

Though Smith’s swim was a major standout performance, three of his fellow NCAA champion teammates shined in the unofficial meet. Though he’s known for his butterfly prowess, especially after sweeping the butterfly events at the NCAA championships as a freshman, Joe Schooling put up an impressive 2:29.61 in the 300 freestyle to win by 11 seconds.

Jack Conger, the American record holder in the 200 fly, won the 300 fly with a 2:39.88. That would have been good enough to place second in the 300 freestyle race.

Will Licon, who made a major breakthrough at the NCAA meet with wins in the 400 IM and 200 breast, won the 300 breast with a very strong 2:57.89 and finished second in the 100 IM with a 49.09 behind Ryan Harty’s 48.86.

Schooling and Conger stepped up for a special 50 butterfly duel at the end of the meet. Conger took the win in 20.71 to Schooling’s 20.86. - [See Video Here](#) ◀





## GEORGIA WOMEN, TEXAS MEN LEAD FIRST CSCAA DIVISION I POLLS OF THE SEASON

by Jeff Commings

The Georgia women's swimming and diving team is off to a great start this season, winning their dual meet against North Carolina in dramatic fashion. The Bulldogs' winning streak at home was challenged by North Carolina, but Georgia pulled off a four-point victory to keep their streak alive.

The first poll of the 2015-2016 season by the College Swimming Coaches Association of America has Georgia on top, well ahead of Stanford and Texas. Virginia takes fourth in the poll, while North Carolina's strong meet against Georgia put them fifth.

The CSCAA DI Poll Committee will produce in-season rankings of the 25 best performing NCAA Division I Swimming and Diving teams in rank order at the time of each poll. The poll is not designed to predict the results of the NCAA Championship, but rather which teams would win head-to-head against other teams in the country. Rankings are based on performances that have taken place since the previous poll and include invites as well as dual meets. The committee does not consider teams that have not yet competed in the current college season.

The Texas Longhorn men's swimming and diving team kicked off its 2015-16 in a strong way with wins against Florida and Indiana, which put the squad atop the CSCAA/TYR Men's Division I Top 25 rankings.

The first poll of the 2015-16 season by the College

Swimming Coaches Association of America has Texas on top with California close behind. Florida, Georgia and NC State round out the top five.

The CSCAA DI Poll Committee will produce in-season rankings of the 25 best performing NCAA Division I Swimming and Diving teams in rank order at the time of each poll. The poll is not designed to predict the results of the NCAA Championship, but rather which teams would win head-to-head against other teams in the country. Rankings are based on performances that have taken place since the previous poll and include invites as well as dual meets. The committee does not consider teams that have not yet competed in the current college season. ◀

### DI WOMEN'S TOP 5

- 1 Georgia 249
- 2 Stanford 226
- 3 Texas 224
- 4 Virginia 218
- 5 North Carolina 188

### DI MEN'S TOP 5

- 1 Texas 225
- 2 California 216
- 3 Florida 204
- 4 Georgia 194
- 5 NC State 189



[ Photos Courtesy: University of Florida ]

## ARTHUR FRAYLER LEADS FLORIDA DISTANCE GROUP IN FRAN CRIPPEN TRIBUTE SWIM

by Jeff Commings

Friday marked the five-year anniversary of the death of Fran Crippen, the popular open water swimmer who affected the lives of many before his untimely passing in a race in 2010. Many took to social media to honor Crippen, but former teammate Arthur Frayler wanted to do more.

Frayler and Crippen are alumni of Germantown Academy and Richard Shoulberg's intense training program. Frayler was viewed as a successor of sorts to Crippen, making that official in his senior year of high school by taking down Crippen's school record in the 500 freestyle with a 4:17.96. Frayler is now a junior at the University of Florida, where he has been one of the school's top distance swimmers since his arrival there.

On Friday, Frayler came up with a special "Fran Crippen Memorial Set" that would honor Crippen's hardworking mentality while also challenging his fellow Florida distance swimmers. The goal: 105×100-yard swims on a 1:00 interval.

Frayler enlisted teammates Ben Lawless, Max Bungert, Mitch D'Arrigo, Justin Kaisrlik, Alejandro Gomez and Blake Manganiello for the set, with the rest of the Gator squad eventually cheering them on from the side of the pool.

"I decided to do that particular workout because at Germantown we always loved doing sets of 100s," Frayler said. "I did them a lot with Fran when we trained together, along with many other sets. In my mind, I knew 100s were what I wanted to do on that Friday."

By the 86th repeat, Frayler and Manganiello were the only ones who hadn't stopped for a break. After number 87, Manganiello tapped out. Frayler wasn't deterred and continued to make the interval as others rejoined the set. Everything was going so well that Frayler decided to do five more, and stopped at 110. As you can see at the end of the video below, Frayler was overjoyed at completing the set.

"Being able to honor Fran with a set like that feels great," Frayler said. "For me though it wasn't about making 110 of them. It was about pushing myself as much as possible the way Fran always did. It worked out to be a very good set for me, but the part I'm most proud about is how my teammates stepped up and did the challenge with me."

"I think about Fran everyday along with many other people in the swimming community. I think he would have enjoyed what happened on deck for that set." ◀



# PEREIRA, PINI WIN HONORS FROM ASSOCIATION OF NATIONAL OLYMPIC COMMITTEES

by Jeff Commings

Earlier this week, the Association of National Olympic Committees (ANOC) met in Washington, D.C. to outline future agendas and to award the top athletes in each of this year's continental championships.

Among the winners were two swimmers: Brazil's Thiago Pereira and Papua New Guinea's Ryan Pini. Pereira earned the honor as the top male athlete from the Pan American Games, while Pini was awarded the top male athlete of the South Pacific Games.

Pereira likely competed in his final Pan American Games last July, which was his fifth appearance at the meet that brings together athletes from the American continents and Caribbean nations. Pereira won five medals in Toronto this year, bringing his career Pan American Games medal total to 23. That's the most any athlete in any sport has won, beating the former record of 22 by Cuban gymnast Erick Lopez.

Though the award, recommended by Brazil's Olympic Committee, focused on Pereira's performances at the Pan American Games, Pereira also shined a few weeks later at the world championships. He won a silver medal in the 200 IM, his best performance in the meet across four long course worlds appearances.

Pini has been largely out of the spotlight for a few years, but continues to shine for Papua New Guinea. A finalist in the 100 butterfly at the 2008 Olympics, Pini shined this year at the South Pacific Games in his native country, collecting seven gold medals among 11 total. Pini competed in the 50 and 100 butterfly events at the world championships in August, placing 30th overall in both races.

Swimming had more star power at the awards ceremony, as Olympic champions Katie Ledecky, Kirsty Coventry and Ryan Lochte were on hand to present awards.

The ANOC's meeting pushed the Olympic 2020 agenda, which sought to create a worldwide Olympic television channel, support a no-tolerance drug policy and improve governance in each nation's Olympic committees. ◀

## FULL LIST OF WINNERS:

### **Best Male Athlete of the African Games 2015:**

Franck Elemba (Athletics), from Comité National Olympique et Sportif Congolais

### **Best Female Athlete of the African Games 2015:**

Marie-Josée Ta Lou (Athletics), from the Comité National Olympique de Côte d'Ivoire

### **Best Male Athlete of the Pan American Games 2015:**

Thiago Pereira (Swimming), from the Comitê Olímpico Brasileiro

### **Best Female Athlete of the Pan American Games 2015:**

Kim Rhode (Shooting), from the United States Olympic Committee

### **Best Male Athlete of the Asian Games 2014:**

Femi Seun Ogunode (Athletics), from the Qatar Olympic Committee

### **Best Female Athlete of the Asian Games 2014:**

Yao Jinnan (Gymnastics), from the Chinese Olympic Committee

### **Best Male Athlete of the European Games 2015:**

Togrul Asgarov (Wrestling), from the National Olympic Committee of the Azerbaijani Republic

### **Best Female Athlete of the European Games 2015:**

Katie Taylor (Boxing), from the Olympic Council of Ireland

### **Best Male Athlete of the Pacific Games 2015:**

Ryan Pini (Swimming), from the Papua New Guinea Olympic Committee Inc

### **Best Female Athlete of the Pacific Games 2015:**

Jennifer Chieng (Boxing) Federated States of Micronesia National Olympic Committee

### **ANOC Award for Outstanding Performance:**

Bob Beamon (USA)

### **ANOC Award for Outstanding Lifetime Achievement:**

Francesco Ricci Bitti (Italy)

**ANOC Award for Contribution to the Olympic Movement:** IOC President Thomas Bach (Germany)



[ Photo Courtesy: Julia Hallisey ]

## HOW SWIMMING IS HELPING OLIVIA HALLISEY SAVE THE WORLD FROM EBOLA

by Jeff Commings

It's quite possible that the name Olivia Hallisey will roll off the tongue as easily as Marie Curie in a few years. That is not an overstatement. Where Curie made a landmark discovery of radioactivity and became a household name, Hallisey soon could be known as the woman who was instrumental in eradicating the Ebola virus from the planet.

In September, Hallisey won the Grand Prize at the Google Regional Science Fair for developing a test for Ebola that would not require refrigeration. This would allow medical staff to go into remote areas of Africa – where the disease is most prevalent – and test for Ebola without the need for bulky refrigerators to store the equipment.

About a month later, she was on Time Magazine's list of the 30 Most Influential Teens with the likes of Katie Ledecky, Jaden Smith and Malala Yousafzai.

Hallisey, 17, possesses more than a sharp mind. She represents the Chelsea Piers Aquatic Club in Connecticut, primarily in the individual medley and distance freestyle events. In between her rigorous schedule at Greenwich High School and her afternoon swim practice, she took time to talk about her newfound popularity.

**Swimming World:** What do you make of being in the spotlight in the past couple of months?

**Olivia Hallisey:** It didn't really sink in for a bit, but now (I'm grateful for) all the opportunities that are presenting themselves. I really want to make sure that I'm able to use all the opportunities to send a positive message and reach other people out there. I think it's a big responsibility, but I'm really enjoying it.

**SW:** What kind of opportunities that are coming your way?

**Hallisey:** It's educational opportunities, talking to kids and young girls about getting involved in science and trying new things. Trying to show them that everyone's capable of excelling at whatever they put their minds to.

**SW:** Did you think this something that would come of your discovery and the subsequent recognition of it?

**Hallisey:** I wasn't (taking) the class for any recognition. I'm just doing it because it's what I'm interested in. I think it's great that I'm able to use the recognition and show other people what they are capable of doing and to inspire them.

**SW:** Are you finding that there aren't a lot of girls in science?

**Hallisey:** I definitely notice that, but I see in my class that there are a lot of girls and they're doing amazing things that are equal to or better than the boys. When it comes to science, it doesn't matter what age you are or what gender you are, it's about what you are trying to discover or explore. That's the whole message of the Google Science Fair, that you should try something, no matter who you are or where you're from.

**SW:** What was more exciting: Winning at the Google Science Fair or being on Time Magazine's list with Katie Ledecky?

**Hallisey:** I think they are both ... I can't even fathom either of them at all. I definitely look up to Katie Ledecky so much, and also when I won Google it was a crazy experience. I can't really rate them. They are incredible recognitions.



**SW:** Let's talk about the development of this test. How did it evolve from an idea into reality?

**Hallisey:** I'm in a science research class at school, so I had the idea initially there. From there, I was really set on making it happen. I think that is what swimming has shown me. If you apply yourself and try, good things will come out of it. I just wanted to put all my effort into it and hopefully I would be able to succeed.

**SW:** What was the most challenging part of creating a testing procedure for Ebola that didn't require refrigeration?

**Hallisey:** Probably the most challenging part was getting the materials and finding the right materials for it, because a lot of the companies weren't willing to sell me the chemicals I needed. Also, it was difficult to find the right paper to make the test on.

**SW:** How long did this project last, from conception to submitting your findings?

**Hallisey:** It was probably around six months. It was a class in school, but I also had to come in on weekends as well and work on it. It was pretty rigorous to get it all done.

**SW:** I'm sure it was havoc on your life, especially in terms of trying to get to swim practice.

**Hallisey:** Yeah. For me, swimming makes me have good time management. If I have swim practice, I just build my whole day around it. It's also real important for me as a stress reliever and also to organize my thoughts. It never interfered with swimming.

**SW:** How does the test work?

**Hallisey:** If the Ebola antigen is present, then there will be a color change (on the test paper), so it's like a pregnancy test for Ebola. It's universal. It can be used anywhere. There's no language barrier. Also, it's temperature-independent, which means it doesn't need to be refrigerated. That's a current problem with the current method.

**SW:** Have you been contacted by the Centers For Disease Control or another agency about putting this test to use?

**Hallisey:** I still have to continue formalizing this test, but I definitely look forward to talking with those companies. That is my ultimate goal, to see this test being used eventually and helping people.

**SW:** How long have you been interested in science?

**Hallisey:** My grandfather was a doctor, so I think that was the beginning for me. I would go to his office, and he would make (his patients) so happy and give them hope. That started it early for me to believe that I wanted to do something like him.

**SW:** What was the first major science project that you created that made you feel that this was a path you wanted to take?

**Hallisey:** Not me personally, but my older brother was also in a science research class, and he loved the class and loved the experience. I remember looking up to him. So, that's when I realized I loved science and also wanted to be in the research class.

**SW:** Did the demands of projects such as this ever make you wonder if you continue to be a good swimmer and follow this path of being a good science?

**Hallisey:** Swimming is what made it possible for me to keep up with the demands. Swimming has made me more disciplined and have time management skills, and look at things from a different perspective. My coach (Jamie Baron) does a good job of supporting us in our outside interests and make it possible that everyone can be dedicated to swimming.

**SW:** You swam a lot of best times this past summer (including a 5:11.05 in the 400-meter IM). What's the next short-term swimming goal for you?

**Hallisey:** I really want to break 5:00 in my (500-yard freestyle) at (the Tom Dolan Invitational) this winter, so I'm hoping to do that. These experiences have taught me that nothing is ever going to be perfect, so I really love being able to go to practice. It's hard for me to miss a day of practice because I'm away, but it taught me that you have to be able to adapt to the situation and work through things that aren't perfect.

**SW:** I understand you've also got a trip to Paris coming up.

**Hallisey:** That is another opportunity that came up because of the science project. It's a trip to talk about my experiences and present the work more.

**SW:** Are there other ideas you have that you want to get into action pretty soon?

**Hallisey:** In races, even if you have a good race, there's something you can improve. With this (Ebola) test, that's about making it work with saliva and also applying it with other tests. There's more work with this test that I want to do. ◀



# THE FUTURE LOOKS **BRIGHT** FOR AUSSIE MITCH LARKIN

by Jeff Commings and Jason Marsteller

[Photo Courtesy: R-Sport / MIA Rossina Segodnya]

Roland Matthes. John Naber. Rick Carey. Lenny Krayzelburg. Aaron Peirsol. These are five legendary names in the history of backstroke, each of them winning the 100 and 200 distances in one Olympics. In about nine months, Mitch Larkin could add his name to that exclusive list. In a span of four months, Larkin has completely rewritten the record books as he puts up consistently fast times that have made him a bigger target for those also looking to win at the Olympics.

Larkin was on track toward Olympic history after winning the 100 and 200 backstrokes at the world championships in August, and now he's become the prohibitive favorite for double Olympic gold after stellar performances at the last three stops on the FINA World Cup circuit.

Larkin kicked off his fall campaign in Tokyo, where he won the 100 back with a 52.48. It was only a tenth off the time he swam at the world championships, suggesting that even better things were to come. He succeeded in lowering his own world best time in the 200 back in Tokyo with a 1:53.34, bettering his 2015 world best by .24 seconds.

Bolstered by his speedy performances in Tokyo, Larkin headed for the Middle East, where he continued to excel. At the World Cup meet in Doha, he won both backstroke events, and managed to improve on his 100 back time. Larkin raced his way to a sizzling 52.26 to break his Australian and Commonwealth records of 52.37 from his relay leadoff leg at the world championships. Larkin, who first made a name for himself as a 200 backstroker with a gold medal at the 2014 Commonwealth Games, was finding his speed.

To follow up his 100 backstroke time with a 1:53.80 in the 200 back a day later in Doha speaks volumes about Larkin's

potential. Not since Peirsol's double gold in the backstrokes at the 2008 Olympics has one person been able to rank at the top of the world in both distances. Many believed the next Peirsol was another generation away, and perhaps that arrival has come in the shape of a lanky 22-year-old Australian.

In his final long course meet before heading home to prepare for next year's Australian Olympic Trials, Larkin gave Peirsol's world record of 51.94 a big threat with a 52.11 in Dubai. That puts him in a tie with Camille Lacourt for the third-fastest performance in history, and the fastest in the world for 2015.

Larkin closed out his World Cup racing with a stellar 200 backstroke in Dubai, posting a 1:53.17 to put himself within reach of the exclusive club of swimmers under 1:53 in the event. The swim is the sixth-fastest in history, with Larkin just 1.25 seconds behind the world record.

Though anything can happen between now and the start of the 2016 Olympics, it's safe to say that Mitch Larkin is blazing a trail toward history in Rio de Janeiro. The consistency he showed in the World Cup meets proved that his swims at the world championships were not a fluke, and we should expect even bigger things next year. ◀

## Top 5 100 Backstroke Performances All-Time

- 51.94 Aaron Peirsol, 2009
- 52.08 Matt Grevers, 2012
- 52.11 Camille Lacourt, 2010
- 52.11 Mitch Larkin, 2015
- 52.16, Matt Grevers, 2012



# JACOBS AQUATIC CENTER

EVENT

ORANGE BOWL SWIM MEET

JANUARY 3, 2016

TIME

WINTER TRAINING DATES AVAILABLE  
DECEMBER AND JANUARY 2015/2016



The Florida Keys  
**Key Largo**



**JACOBS AQUATIC CENTER  
KEY LARGO, FLORIDA**

**EIGHT LANE, 25 METER, MYRTHA COMPETITION POOL  
WWW.JACOBSAQUATICCENTER.ORG**

**1.305.453-SWIM**





## WORLD ANTI-DOPING AGENCY ACCUSES RUSSIA OF MASSIVE DOPING COVER-UP

by Jeff Commings

A commission of the World Anti-Doping Agency has released a 323-page report that does not mince words, accusing the Russian government of destroying urine samples and accepting bribes from athletes to cover up positive drug tests.

The report by the Independent Commission (IC), led by former WADA President Dick Pound, focuses on Russia's track and field program, which had come under fire earlier this year after scathing reports told of improprieties that likely kept many athletes who tested positive for banned drugs in the sport. Though the reports did not directly say that other sports in Russia were participating in illegal activities to the level that track and field was, the article put a spotlight on all sports in Russia.

That cast a shadow over Russia at the FINA world championships in August, where several swimmers who had tested positive for banned drugs in the past 18 months – including 100 breast champion Yuliya Efimova — were cleared to compete.

Pound's commission was created to independently investigate the allegations set forth by a German television program that first suggested illegal actions in Russia concerning doping. But the commission did take on any other sports besides track and field, so its findings stayed within one sport while publishing the disclaimer that “there are reliable indications that sports in Russia, other than athletics, are affected by doping. The IC wishes to make it clear that, in its considered view, Russia is not the only country, nor athletics the only sport, facing the problem of orchestrated doping in sport.”

The Russian government was also in the crosshairs by the WADA Commission. It did not have any written proof that Russia's government was being duplicitous in its drug-testing actions, but added that “it would be naive in the extreme to conclude that activities on the scale discovered could

have occurred without the explicit or tacit approval of Russian governmental authorities.”

The commission put the spotlight on Mariya Savinova-Farnosova and Ekaterina Poistogova, who won gold and bronze in the 800 meters at the 2012 Olympics. The commission claims to have testimony that the two regularly took illegal substances in training and before competitions, and the two were taught how to cheat the system by their respective coaches. Their non-participation in interviews with the commission further confirmed the commission's claim that the two were hiding a lengthy doping past.

The commission blasted the Russian Anti-Doping Agency (RADA) and the Russian athletics federation for essentially looking the other way while Savinova-Farnosova, Poistogova and other athletes routinely took drugs to gain an unfair advantage over their competitors. That was one step that led the commission to call for sanctions on RADA and the athletics federation.

This should surely put pressure on Cornel Marculescu, FINA's Executive Director, to revisit his earlier statement to John Leonard of the American Swim Coaches Association when Marculescu said, “I would like to confirm that we have excellent working relations with RUSADA and we co-ordinate with them our doping control program in Russia.”

The WADA report includes testimonies from several witnesses that claim government agents that were not under the employ of the Russian Anti-Doping Agency (RADA) were often present to monitor drug testing. The presence of the government agents, the report claims, removed any semblance of “integrity” in the testing process. The report also states that witnesses believed the various drug testing facilities were under surveillance by the Russian government.



Another highlight of the report includes testimony that the director of one of Russia's top drug testing laboratories, Grigory Rodchenkov, was "at the heart of the positive drug test coverup" by overseeing the destruction of more than 1,000 doping samples last December before an official WADA visit, and accepted bribes to make it happen. In an interview earlier this year with the WADA commission, Rodchenkov admitted to destroying the samples, but said he did it to clean up the laboratory and remove any samples he believed were not needed.

Rodchenkov's actions were just part of what the WADA Commission called "a fundamentally flawed mindset that is deeply ingrained in all levels of Russian athletics." The findings, based on interviews with many unnamed sources, led the commission to recommend that the Russian athletics federation receive a suspension and its athletes not be allowed to compete.

The commission did not explicitly recommend that Russia not be allowed to compete in track and field events at the Rio Olympics, but the recommendations set forth by the commission to bring the Russia Anti-Doping Agency and the Russian athletics federation back to being "compliant" with the WADA Code of Conduct could take more than a year to complete. That includes a report by RADA that will identify the areas that need a comprehensive overhaul, and that the Russian athletics federation remove any officials, coaches and athletes who were part of unethical actions.

One day after a commission created by the World Anti-Doping Agency found many instances of unethical practices in Russian track and field in terms of destroying doping samples and accepting bribes to hide positive drug tests, WADA has removed the certification of the Moscow laboratory that was the primary facility that falsified reports

The World Anti-Doping Executive Committee meets next week in Colorado Springs, where the results of the Independent Committee's report will likely be reviewed and its actions taken into consideration. Sebastian Coe, the head of the International Association of Athletics Federations (IAAF), said he will push for a ban of Russian athletics that will keep them out of the Rio Olympics.

The head of the Russian athletics federation, Vadim Zeli-chenok, told The Associated Press that the federation has been working to clean up the organization since the alleged cover-up actions took place. That includes a restructuring of the management, which he hopes will convince the IAAF to not place a ban on the federation. ◀

**NEW EXCLUSIVES**

AS LOW AS **99¢**  
M-729W  
3"

AS LOW AS **\$395**  
B-335AWBM  
7"

AS LOW AS **\$495**  
ACR-LEGW  
6"

AS LOW AS **\$795**  
ACR-PPW7  
7"

AS LOW AS **99¢**  
M-745W  
8"

AS LOW AS **99¢**  
M-733W  
2.5"

**www.hastyawards.com • 800-448-7714**

**SPH LEX** **Bigger & Smarter**

**www.splashkr.com**  
**E-mail : yejinsp@unitel.co.kr**



**POWERSKIN**  
THE CARBON SERIES



GEAR UP FOR SHORT COURSE SEASON WITH THE  
**WORLD'S FASTEST FAMILY.**

**CARBON CAGE**  
POWERSKIN carbon.pro POWERSKIN carbon.flex



CARBON FIBER NYLON

**CARBON BANDS**  
POWERSKIN carbon.air



CARBON FIBER



**CARBON CAGE**



**CARBON BANDS**

**CARBON TECHNOLOGY**

**POWERSKIN TECHNOLOGY COMPARISON**

	POWERSKIN carbon.flex	POWERSKIN carbon.pro	POWERSKIN carbon.air
CARBON CAGE	●	●	●
CARBON BANDS	●	●	●
INTELLIGENT MUSCLE COMPRESSION	●	●	●
POWER RETURN CONSTRUCTION EXTERNALLY SEAMLESS	●	●	●
TWO-PANEL CONSTRUCTION	●	●	●
V-FLEX SYSTEM	●	●	●
SLEEK CONSTRUCTION ULTRA LIGHTWEIGHT FABRIC	●	●	●
SMARTSTRETCH SHOULDER STRAP	●	●	●

**POWERSKIN carbon.flex**

THE POWER OF CARBON GOES FLEXIBLE

**CARBON CAGE**



REVOLUTIONARY PLACEMENT OF FRONT AND REAR SEAMS FOR MAXIMUM RANGE OF MOTION



**V-FLEX SYSTEM**

BACK SEAMS CREATE A TENSION LINE TO OPTIMIZE BODY POSITION

BONDED SEAMS FOLLOW BIOMECHANICAL "FLEX LINES" ON BOTH FRONT SEAMS

BONDED AND TAPED SEAMS ALIGN WITH QUADS AND HAMSTRINGS, PROVIDING OPTIMUM MUSCLE SUPPORT.

**POWERSKIN carbon.pro**

EXPERIENCE THE POWER OF CARBON

**CARBON CAGE**



TWO-PANEL CONSTRUCTION



POWER RETURN SYSTEM

STRATEGIC PLACEMENT OF SEAMS

**POWERSKIN carbon.air**

COMPRESSION MEETS COMFORT

**CARBON BANDS**



SLEEK CONSTRUCTION

EASY TO PUT ON



SMART STRETCH SHOULDER STRAP

ULTRA LIGHTWEIGHT FABRIC





*Hard work beats talent when  
talent doesn't work hard . . .*

*Tim Knotke*

**SwimLabs**

Swim School KIDS: COMPETITIVE TRIATHLETE

FIND SWIMLABS IN  
CALIFORNIA  
COLORADO  
ILLINOIS  
UTAH  
VIRGINIA  
WASHINGTON



**FASTER SWIMMERS START  
IN THE LAB.**

Find out more and register today at [swimlabs.com](http://swimlabs.com)  
Visit [swimlabsfranchise.com](http://swimlabsfranchise.com) for more information  
about owning your own SwimLabs



**WYLAS  
TIMING**

**OFFERING FULLY WIRELESS  
TIMING SYSTEMS FOR LESS  
THAN \$2500**



More info:

[www.wylas-timing.com](http://www.wylas-timing.com)

[media@wylas-timing.com](mailto:media@wylas-timing.com)

[facebook.com/wylastiming](https://facebook.com/wylastiming)



Wylas Timing is software that co-ordinates the collection, recording and display of timing information for swimming meets and racing carnivals.



[www.LumaLanes.com](http://www.LumaLanes.com)

**AQUATICA IK SWIM  
IMAGINE BECOMING THE LEGEND**



**FREESWIMMERS RULE**

**GATORS...YES  
MONSTER...MAYBE**

**CARRY A KNIFE...OK**

**LEGENDS CREATED DAILY**

[WWW.LUCKYSLAKESWIM.COM](http://WWW.LUCKYSLAKESWIM.COM)

FOR THOSE THAT DO!

**800-448-7714**



**FREE  
ENGRAVING!**

**AS LOW AS  
\$395**

**AS LOW AS  
99¢**

**M-729W  
3"**



[www.hastyawards.com](http://www.hastyawards.com)



# Holiday Gift



## IST's SWIMCLOCK

with Bluetooth (R) Wireless Technology

Control your pace clock with your cell phone. All of your workouts are in the palm of your hand.

Available with built in Bluetooth or as an adapter that connects to any IST clock.

Visit [www.istime.com](http://www.istime.com) or call 800-835-2611 for pricing and details.

## 1FASTCATCH PADDLES

The NEW Strapless

THE GEAR YOU'VE ALWAYS LOOKED FOR

## POWER BAGS

Power Four Kicks



[swimmersbest.com](http://swimmersbest.com)

[www.SWIMMINGOnTheWall.com](http://www.SWIMMINGOnTheWall.com)

DISPLAY YOUR AWARDED RIBBONS



Swim like a girl

FUTURE OLYMPIAN

SWIMMING  
Never settle for less than your best.

You can't put a limit on anything. The more you dream the farther you get. - Michael Phelps

I ♥ Swimming

SWIMMING

CUSTOM ORDER AVAILABLE



THE GIFT THAT WON'T SHOOT YOUR EYE OUT

12 Issues | Subscribe at [SWIMMINGWORLD.COM/GIFT](http://SWIMMINGWORLD.COM/GIFT)

USE PROMO CODE: SWFRIEND

Twitter: @swimmingworld | Instagram: @swimmingworldmag



# Guide 2015

**HALO HEAT**

SWIM BENCH - \$444  
 HALO TUBING - \$30  
 HALO H.E.A.T - \$30

**HALOSWIM.COM**

TREAT SOMEONE SPECIAL TO  
**SBR** PRODUCTS  
 FOR THE HOLIDAYS

**TRISWIM**  
 Chlorine / Salt Water-Out Hair & Skin Care

**TRISLIDE**  
 Anti-Chafe Continuous Spray Skin Lubricant  
 Eases entries into tech suits

**DERMASPORT**  
 skincare  
 The ONLY facial skincare line formulated to gently remove chlorine / salt water

**FOGGIES**  
 Anti-Fog Cleaning Towlettes

20% OFF Code: SWHOL15  
[www.sbrsportsinc.com](http://www.sbrsportsinc.com)

U.S. MASTERS SWIMMING  
 #1 Tested & Approved

**Science of SWIMMING FASTER**  
 The training, technology, and evolution of extraordinary performance

**Give the Gift of Improved Swim Performance**

*Science of Swimming Faster* brings together many of the world's leading swimming experts to reveal the latest in research, technology, training, medicine, psychology, and performance across the sport.

NEW! Scott Riewald, PhD  
 Scott Rodeo, MD

**More great books**

SWIMMING Anatomy  
 COMPLETE CONDITIONING FOR SWIMMING  
 SWIMMING FASTEST  
 THE SWIM COACHING BIBLE VOLUME I  
 THE SWIM COACHING BIBLE VOLUME II

**HUMAN KINETICS**  
 The Premier Publisher for Sports & Fitness

Order today @  
**HumanKinetics.com**

**Full Color Team Microfiber Towels**

• Compact, Lightweight • Ultra Absorbant • Fast drying • Soft on Skin

**Perfect for Fundraising!**  
 Custom Team Towels - We Print Any Artwork

2 Sizes available:  
 16" x 32"  
 32" x 60"

compared to standard towel

**AGRAPHICSOURCE**

**No Minimums! Wholesale Accounts**

For more information: [www.agraphicsource.com](http://www.agraphicsource.com) / Ken 602.359.5999



# Holiday Gift



## SEIKO & ULTRAK TIMERS

The 300 memory SEIKO S141 is the crown jewel of coaches' stopwatches with its revolutionary multi-mode memory function. . . . . \$198.00

The 100 memory Ultrak 495's exclusive memory function allows users to take splits in recall mode. Includes stroke frequency function. . . . . \$40.95

Purchase these and other SEIKO & Ultrak timers at <http://www.swimmingworldmagazine.com/swimshop>  
Distributed by CEI - (800) 735-0871

**Add another dimension to your training.**

Find out how we can help you swim stronger, smarter and faster! Bring this ad into any SwimLabs location and receive 10% off one video analysis session. Only one per swimmer. May not be used with other offers. Offer expires May 1, 2016.

## SPORT + SCIENCE

# SwimLabs

Swim School KIDS | COMPETITIVE | TRIATHLETE

Visit [swimlabs.com](http://swimlabs.com) for more information and to find the location nearest you.

## Our Towels Dry Faster... ...Than You Can Swim

- Dries Super Fast
- Silver Ions Inhibit Bacteria
- Better Than Microfiber
- High SPF Protection
- Soft to Touch
- Ultra-Light & Compact

Phone: 877-551-6577 [www.DiscoveryTrekking.com](http://www.DiscoveryTrekking.com) info@discoverytrekking.com

Discover you. Find your passion, life purpose, and take action.

# Sprint Aquatics

THE BEST SOURCE FOR YOUR AQUATIC EQUIPMENT

[www.sprintaquatics.com](http://www.sprintaquatics.com)  
info@sprintaquatics.com Ph. 800-235-2156



# Guide 2015

Talk or play music to your swimmers as they train up and down the pool!

Introducing:

## iCOACH



For more information contact us at:  
[swimwave1@gmail.com](mailto:swimwave1@gmail.com)  
[swimwaves.net](http://swimwaves.net)

## XMETRICS

THE ULTIMATE ACTIVITY TRACKER  
DESIGNED FOR SWIMMERS

A uniquely positioned wearable device  
to improve performance  
via analytics & real-time audio feedback!

[xmetrics.it](http://xmetrics.it)

20% OFF  
XMas-SW

## What's On Your Skin?



Extremely smooth and pain-free Shave Downs | No shaving cream required  
[miseldisel.com](http://miseldisel.com)

## 25% OFF

### HERE WE GO RIO!

SUBSCRIBE TO SWIMMING WORLD FOR THE LATEST NEWS, TRAINING & PERSPECTIVES LEADING TO RIO.

**USE SUBSCRIPTION CODE Rio2016**



# Holiday Gift



the perfect gift  
for every swimmer

**new!**  
**DUO**  
UNDERWATER MP3 PLAYER

**FINIS**  
simplify swimming



**PACE PAL**  
UNDERWATER PACE CLOCK

ENDORSED BY:  
USA HEAD COACH GREGG TROY  
& HEAD COACH MIKE BOTTOM

U.S. PATENT NO. 8,472,286

**\$179**  
Buy Now

[www.mypacepal.com](http://www.mypacepal.com)

- ▶ DIGITAL PACE TIMERS FOR SWIMMERS
- ▶ COUNTS UP FROM 0 TO 99:59 AND THEN AUTOMATICALLY RESTARTS AT 0
- ▶ CLOCK IS WATERPROOF TO 10 FEET UNDERWATER
- ▶ BATTERIES, CUSTOM CASE AND GO PRO ADAPTER INCLUDED



Made in USA

**Give the gift no swimmer can resist.**

Increase flexibility, strength and endurance.  
Improve speed and maximize athletic performance.

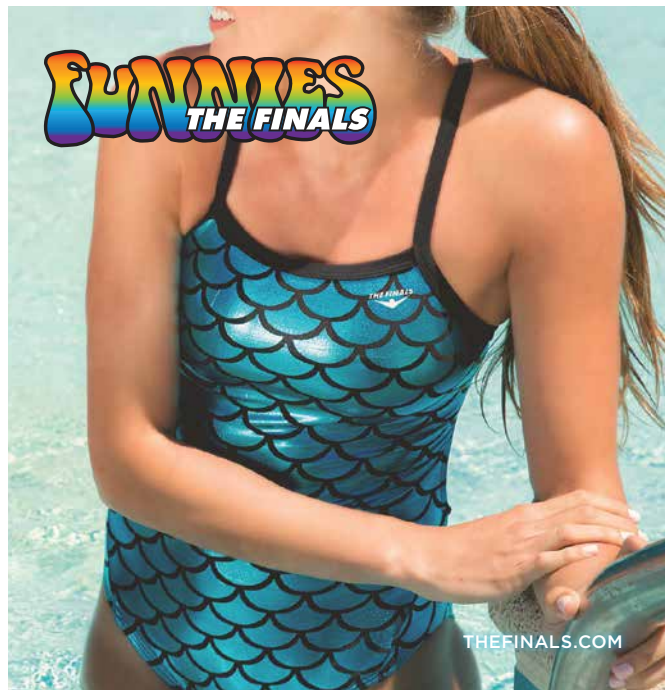
Give the Drag Belt/Tow Tether this year to enhance the endurance and strength of the swimmer on your list.

Gear up for the holidays with StrechCordz® training gear!  
**Order yours today!**

[www.strechcordz.com](http://www.strechcordz.com)

**STREHCORDZ**  
Gear for stretching, exercising and training.

f You Tube  
/NZCordz  
800-886-6621



**FUNNIES**  
THE FINALS

THEFINALS.COM



# Guide 2015



The original • Made in the USA  
Patent No. 9,101,795

**SMACK**  
Strap

Available in these great **COLORS**:

Twist Steel Neon Beach Thunder  
Speed Blush Crush Lemon Frog  
Rugby Vibe Glory

Braided Elastic Goggle Replacement Strap  
It is so comfortable • No more headaches!

Visit us at: [www.smackswim.com](http://www.smackswim.com)



Simple  
Accurate  
Economical

WORLD'S BEST LAPCOUNTERS  
AND SPORTS TIMERS

**SPORTCOUNT.COM**

\$16  
Swim Beanies - various colors

\$38  
Life Is Good Swimming Tote Bag  
Made exclusively for Toad Hollow by Life Is Good

To Order, Call 800.322.8623 or  
[www.toadhollowathletics.com](http://www.toadhollowathletics.com)

**SW**

**GIVE 12 GIFTS IN 1**  
TO THE SWIMMER ON YOUR LIST WITH A  
SUBSCRIPTION TO SWIMMING WORLD!  
Go to [SwimmingWorldMagazine.com](http://SwimmingWorldMagazine.com) / Click on "Subscribe"