

GOLDEN GOGGLES RECAP | 22 TIMES SWIMMERS LACK GRATITUDE | FOOD FUEL AND GUILTY PLEASURES

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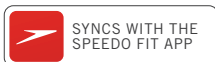
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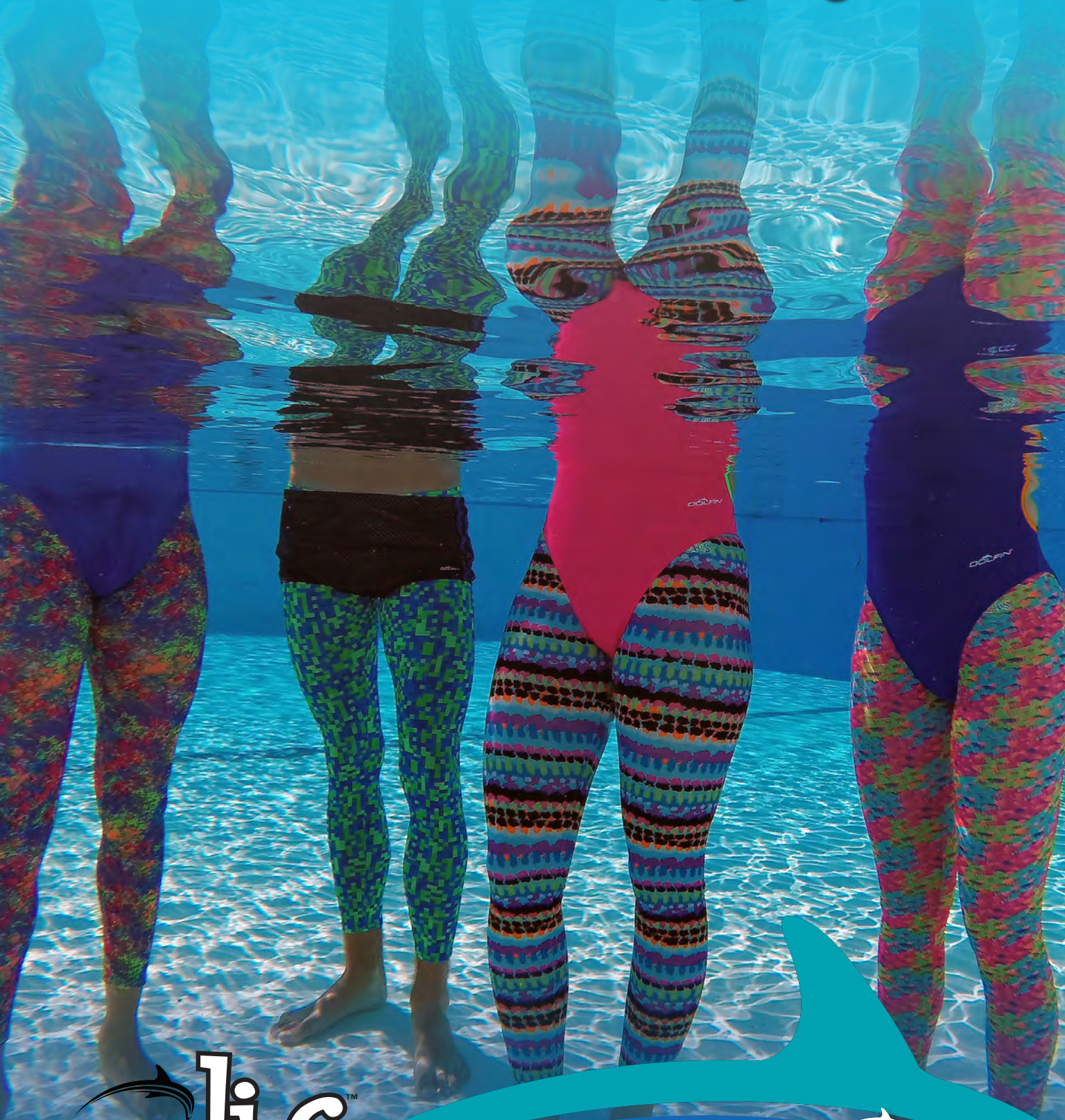
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[PHOTO COURTESY: ANNIE GREVERS]

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**ON THE COVER - MICHAEL PHELPS BY BRENTON TSE**



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## 2015 ARENA PRO SWIM SERIES MINNEAPOLIS: DAY 1 FINALS RECAP

BY JASON MARSTELLER

### WOMEN'S 200 FREE

**N**CAP's Katie Ledecky powered her way to the pool record in the women's 200-meter free at the 2015 Arena Pro Swim Series Minneapolis.

Ledecky surged to a blazing time of 1:55.37. That swim eclipsed the pool record of 1:55.82 set by Allison Schmitt back in 2011.

Ledecky's time was just off her sizzling fourth-ranked season best of 1:55.16 from the World Championships as she continued to put her foot down as the best swimmer in the world.

Only Sarah Sjöström (1:54.31), Femke Heemskerk (1:54.68) and Federica Pellegrini (1:55.00) have been faster this year.

Colorado Stars' Missy Franklin put up a pretty strong

1:56.73 of her own to take second. That's a second back of her sixth-ranked best of 1:55.49 from Worlds this summer as well.

Schmitt claimed the third spot on the podium with a time of 1:57.27.

Virginia's Leah Smith (1:57.79), Saint Petersburg's Melanie Margalis (1:58.11), NBAC's Cierra Runge (1:59.15), California's Camille Cheng (1:59.85) and Aggie's Sarah Henry (2:01.15) also competed in the championship heat.

Mission Viejo's Stephanie Peacock walked away with the B final victory with a time of 1:59.93 in what proved to be an incredibly close consolation heat. Bulldog's Shannon Vreeland took second in 2:00.04 with California's Katie McLaughlin earning third in 2:00.14. Badger's Lindsay Vrooman was also in the mix with a 2:00.17 as was



NBAC's Becca Mann with a 2:00.21.

### **MEN'S 200 FREE**

Trojan's Conor Dwyer finished a second back of Michael Phelps' pool record in the men's 200-meter free.

Dwyer hit the wall in a top time of 1:47.88 to collect the first-place prize. That's a full second off Phelps' pool record of 1:46.88 from 2011. The time also finished a second back of Dwyer's 15th-ranked season best of 1:46.64 from Worlds.

SwimMAC's Ryan Lochte chased down second place with a time of 1:48.66, while Cardinals' Joao De Lucca rounded out the podium with a third-place effort of 1:49.06.

SESI's Giovanni Lima (1:49.87), Wisconsin's Michael Weiss (1:50.12), Louisville's Trevor Carroll (1:50.26), Louisville's Matthias Lindenbauer (1:50.35) and Club Wolverine's Bobby Hurley (1:50.36) finished fourth through eighth.

UBCD's Markus Thormeyer touched out NBAC's Michael Phelps in the consolation heat, 1:50.28 to 1:50.39. That's a rare finish for Phelps even though he's coming down from intense altitude training in Colorado Springs. Yuri Kisil took third for UBCD in 1:51.00.

### **WOMEN'S 100 BREAST**

Saint Petersburg's Melanie Margalis clipped SwimMAC's Micah Lawrence for the women's 100-meter breast title.

Margalis edged Lawrence by the slimmest of margins, 1:07.44 to 1:07.45. That put both on the outskirts of the top 20 times in the world this year, and a second back of Jessica Hardy's pool record of 1:06.42 from 2011.

Louisville's Andee Cottrell finished third overall in 1:08.14 with Breeja Larson taking fourth in 1:08.50.

Minnesota's Rachel Munson (1:09.36), Penn State's Melissa Rodriguez (1:09.63), Badger's Emily McClellan (1:09.79) and Franko Jonker (1:09.80) also competed in the finale.

Emma Reaney, now back to Indiana after her time with SwimMAC, topped the B final in 1:09.64. Toronto's Martha McCabe (1:09.88) and T2's Justine Bowker (1:09.91) placed second and third in the B final.

### **MEN'S 100 BREAST**

Missouri's Sam Tierney was the surprise winner in the

men's 100-meter breaststroke.

With bigger names like Cody Miller and Felipe Lima in the mix, Tierney still managed to get his hand on the wall first in 1:00.82. That broke the pool record of 1:01.02 set by Carlos Claverie this morning, which broke the previous mark of 1:01.13 set by Brendan Hansen in 2011.

Miller, who has a 59.51 to his credit from the Santa Clara stop of the Arena Pro Swim Series last season, finished second in 1:00.86. Claverie settled for third in 1:01.19.

Indie's Michael Andrew missed the 15-16 national age group mark with a 1:01.25 for fourth.

Felipe Lima (1:01.35), Club Wolverine's Richard Funk (1:01.66), Limmatt Sharks' Yannick Kaiser (1:01.82) and Longhorn's Andrew Wilson (1:02.66) claimed fifth through eighth.

Bulldog's Nic Fink topped the B final in a time of 1:01.82 with Wisconsin's Nick Schafer close behind with a 1:01.96. BJ Johnson wound up third in 1:02.24.

### **WOMEN'S 100 FLY**

Louisville's Kelsi Worrell popped her pool record from prelims with a sub-58 time in the women's 100-meter fly at the 2015 Arena Pro Swim Series Minneapolis.

Worrell clinched the title with a time of 57.91, breaking her preliminary record of 58.03. That swim, in turn, downed the long-standing pool record of 58.15 set by Jenny Thompson way back in 1999.

Worrell's time fell just half-a-second shy of her third-ranked 57.24 from the Pan American Games this summer. Only Sarah Sjostrom (55.64) and Jeanette Ottesen (57.04) have been faster this year.

California's Dana Vollmer, the former world record holder in this event prior to taking a sabbatical to have a child, proved she's back in shape with a scorching 58.07 to move to 19th in the world.

California's Noemie Thomas hit the wall third in a time of 58.23 with Trojan's Kendyl Stewart earning fourth in 58.44.

SESI's Daynara De Paula (58.84), Mason Makos'

Amanda Kendall (58.93), SoFlo's Claire Donahue (59.14) and California's Farida Osman (59.14) also put up times in the A final.

Schroeder Y's Hannah Saiz took the B final in 59.61 with California's Katie McLaughlin joining her under 1:00 with a 59.88.

### **MEN'S 100 FLY**

Phoenix's Giles Smith downed a stacked men's 100-meter fly final at the 2015 Arena Pro Swim Series Minneapolis.

Smith raced his way to a winning time of 52.57, just a bit off Kohei Kawamoto's pool record of 51.71 from 2008. There's a bit of irony there in that Kawamoto swam for the previous iteration of the Phoenix Swim Club called BEST before the club disassociated itself with Brophy Preparatory in Phoenix.

Canyons' Santo Condorelli picked up silver with a time of 52.58, while superstar Michael Phelps snared third overall in 52.99 just days after the release of a tell-all article in Sports Illustrated.

Club Seminole's Pavel Sankovich (53.25), Tucson Ford's Masa Kishida (53.48), SwimMAC's Matt Josa (54.09) and Indie's Michael Andrew (55.65) also swam in the finale.

SwimMAC's Ryan Lochte was disqualified.

Santa Clara's Kyler Van Swol topped the consolation heat in a time of 53.51 with Clovis' Carl Weigley claiming second in 53.85.

### **WOMEN'S 400 IM**

Open water star Becca Mann of NBAC cruised to victory in the women's 400-meter IM.

Mann, who initially trailed IM veteran Caitlin Leverenz, overtook the field and extended her lead until she won in 4:37.04. That time vaulted her to 12th in the world rankings and crushed the previous pool record of 4:40.51 set by Katie Hoff back in 2011.

Leverenz, fresh off some cash winnings on the FINA World Cup tour, collected some more money to-

night with a second-place 4:39.10. That's well off her sixth-ranked season best of 4:35.46 from the Pan American Games, but more than enough to win money tonight.

Leverenz wasn't even slated to compete in the A final after finishing ninth, but Maya DiRado's scratched opened the door for her to make some noise.

NCAP's Katie Ledecky, the best freestyler on the planet, became the first person to win a pair of medals tonight with a 4:39.18 for third overall.

Minnesota's Brooke Zeiger (4:42.49), Gator's Elizabeth Beisel (4:43.12), SwimMAC's Cammile Adams (4:44.07), Aggie's Sarah Henry (4:45.35) and UBCD's Emily Overholt (4:45.58) finished fourth through eighth.

Vietnam's Vien Nguyen took down the consolation heat title in 4:45.15 with Trojan's Haley Anderson earning second in 4:45.37.

### **MEN'S 400 IM**

NBAC's Chase Kalisz outlasted SwimMAC's Tyler Clary for the men's 400-meter IM win at the 2015 Arena Pro Swim Series Minneapolis.

Kalisz, who battled with Clary throughout most of the race, pulled away down the stretch with a 4:18.50. That's a full eight seconds back of his fourth-ranked season best of 4:10.05 from Worlds, but more than enough for the win tonight.

Clary, meanwhile picked up second-place honors with a time of 4:21.01. His best time this year is a fifth-ranked 4:11.71 also from Worlds.

Princeton's Corey Okubo rounded out the podium with a third-place time of 4:23.89.

Gator's Sebastien Rousseau (4:25.93), Louisville's Nolan Tesone (4:28.26), Minnesota's Jakub Maly (4:29.00), Purdue's Guillermo Blanco (4:29.65) and Wisconsin's Michael Weiss (4:31.23) comprised the rest of the A final.

Club Wolverine's Kyle Whitaker captured the B final win in 4:26.24.◀



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## 2015 ARENA PRO SWIM SERIES MINNEAPOLIS: DAY 2 FINALS RECAP

BY JASON MARSTELLER

### WOMEN'S 200 FLY

SwimMAC's Cammile Adams turned in a strong in-season time to capture the women's 200-meter fly at the 2015 Arena Pro Swim Series Minneapolis.

Adams back-halfed her way to victory with a top time of 2:08.16. That swim missed Mary DeScenza's 2008 pool record of 2:07.26.

Schroeder Y's Hannah Saiz earned second overall in a time of 2:10.37 with Trojan's Haley Anderson demonstrating her pool speed away from open water with a third-place time of 2:10.77.

NBAC's Becca Mann (2:11.16), California's Noemie Thomas (2:12.38), Louisville's Kelsi Worrell (2:12.58) and IFly's Ruby Martin (2:13.18) also battled in the A final.

California's Caitlin Leverenz picked up the B final win in the event with a time of 2:12.19. NBAC's Sierra Schmidt raced her way to second in 2:12.80 with Stanford's Maya DiRado taking third in 2:13.05.

### MEN'S 200 FLY

NBAC's Chase Kalisz had more in the tank in the men's 200-meter fly as he overtook superstar training partner Michael Phelps for the win.

With Phelps out in 56.04 to lead at the halfway mark, Kalisz powered home with a winning time of 1:58.07. That's still not a super fast time at this part of the season, but still showed some racing ability against the greatest of all time.

Phelps settled for silver with a time of 1:58.38 as he finished just behind Kalisz.

Mission Viejo's Grant Shoults took third overall in 2:00.41, while Nashville's Dakota Hodgson placed fourth in 2:00.64.

Princeton's Corey Okubo (2:00.66), SwimMAC's Tyler Clary (2:00.81), Missouri's Mack Darragh (2:01.19) and

Club Wolverine's Michael Flach (2:01.83) also swam in the finale.

Northern Kentucky's Brendan Meyer took home the consolation heat win in 2:01.72 with Gator's Sebastien Rousseau snaring second in 2:02.10. Santa Clara's Kyler Van Swol picked up third in 2:02.83.

### **WOMEN'S 50 FREE**

After setting the pool record during prelims with a 24.73, SESI's Etiene Medeiros touched out Simone Manuel for the women's 50-meter free title.

Medeiros clipped Manuel at the wall, 24.92 to 24.94, while Canyon's Abbey Weitzeil checked in with a third-place time of 25.07.

California's Kelsi Worrell (25.35), Tucson Ford's Margo Geer (25.68) and Wisconsin's Ivy Martin (25.74) took fourth through seventh.

NCAP's Katie Ledecky turned in a 25.87 to finish eighth as a warmup to her 400 free later tonight.

SwimAtlanta's Amanda Weir won the B final in a time of 25.35. Mason Makos' Amanda Kendall took second in 25.38 with California's Amy Bilquist earning third in 25.69.

### **MEN'S 50 FREE**

California's Nathan Adrian blasted a 13-year-old pool record with a win in the men's 50-meter free at the 2015 Arena Pro Swim Series Minneapolis.

Adrian raced his way to a 21.56 to crush the 22.00 posted by legend Jason Lezak back in 2002. That time is not far off Adrian's second-ranked season best of 21.37 from Worlds.

Canyon's Santo Condoirelli turned in a 22.24 to take second overall while Tucson Ford's Brad Tandy claimed third in 22.27.

George Bovell (22.44), Club Wolverine's Geoff Cheah (22.71), Marcelo Chierighini (22.75), Louisville's Joao De Lucca (22.82) and Trinity Prep's Elvis Burrows (22.86) also swam in the championship heat.

Indie's Michael Andrew won the B final in 22.44 with SwimAtlanta's Karl Krug tying Trojan's Kenta Ito with 22.82s.

### **WOMEN'S 100 BACK**

Colorado Stars' Missy Franklin won her first individual gold since NAAs with a win in the women's 100-meter backstroke.

Franklin turned in a top time of 1:00.18 as she claimed victory for the first time since missing gold at the 2015 Santa Clara Arena stop, 2015 Worlds as well as several stops on the 2015 FINA World Cup circuit.

That's a good sign for Franklin as she still adjusts to being a full time professional swimmer with the weight of an entire country on her shoulders.

Toronto's Kylie Masse took second in 1:00.31 with Oakville's Dominique Bouchard placing third in 1:00.66.

California's Rachel Bootsma (1:01.02), Stanford's Maya DiRado (1:01.07), SwimMAC's Kirsty Coventry (1:01.15), California's Amy Bilquist (1:01.39) and California's Kathleen Baker (1:01.47) finished fourth through eighth.

Regan Smith, 13 out of Riptide Aquatics, won the B final in a time of 1:01.49. Kendyl Stewart finished second in 1:01.95.

### **MEN'S 100 BACK**

Former Minnesota Golden Gopher David Plummer turned in a near pool record to win the men's 100-meter back.

During prelims, Plummer broke Nick Thoman's 2008 mark of 52.92 with a time of 52.83. Tonight, Plummer nearly matched it with a time of 52.85.

Louisville's Grigory Tarasevich placed second in 54.28 with NYAC's Arkady Vyatchanin turning in a third-place time of 54.45.

SwimMAC's Ryan Lochte (55.24), Club Wolverine's Guy Barnea (55.58), Indie's Michael Andrew (55.80), Club Wolverine's Bobby Hurley (56.09) and Louisville's

Aaron Greene (56.12) also put up times in the finale. Missouri State's Paul Le managed to beat NBAC's Michael Phelps to the wall in the B final, 55.78 to 56.12.

### **WOMEN'S 200 BREAST**

Another hometown favorite, Kierra Smith, popped the pool record in the women's 200-meter breast.

Smith hit the wall in a time of 2:24.36, clipping the previous record of 2:24.77 set by Rebecca Soni in 2011.

Another former Golden Gopher, Haley Spencer, took second in 2:26.92, while Toronto's Martha McCabe claimed third in 2:27.13.

California's Marina Garcia Urzainqui (2:27.26), Saint Petersburg's Melanie Margalis (2:27.73), Breeja Larson (2:27.99), Louisville's Andee Cottrell (2:28.16) and Aggie's Sarah Henry (2:32.08) placed fourth through eighth.

T2's Justine Bowker picked up the B final win going away with a time of 2:30.85. Louisville's Rachael Bradford-Feldman finished second in 2:32.55 with NBAC's Lara Bate third in 2:32.64.

### **MEN'S 200 BREAST**

Louisville's Carlos Claverie just missed the pool record in the men's 200-meter breast.

Claverie hit the wall in a time of 2:10.86, just off Scott Usher's 2008 record of 2:10.67. Bulldog's Nic Fink also nearly broke the pool mark with a second-place time of 2:10.93.

Badger's Cody Miller rounded out the podium with a third-place time of 2:13.91.

BJ Johnson (2:14.03), Louisville's Thomas Dahlia (2:14.55), NBAC's Chase Kalisz (2:14.62), Wisconsin's Nick Schafer (2:14.97) and Yannick Kaiser (2:15.04) comprised the rest of the championship heat.

Missouri's Sam Tierney raced his way to a 2:14.61 to dominate the B final. Purdue's Guillermo Blanco finished second in 2:17.11.

### **WOMEN'S 400 FREE**

NCAP's Katie Ledecky dropped more than five seconds

off the pool record today in the women's 400-meter free. Ledecky, who already clocked a scorching 3:59.13 to lead the world this year at Worlds, put up a 4:03.05 during prelims to break Allison Schmitt's pool record of 4:07.78 from 2011.

Tonight, Ledecky took it a step more with a strong 4:02.67 for the win. That's fastest than the second-fastest swimmer of the year, Sharon van Rouwendaal's 4:03.02 from Worlds.

Virginia's Leah Smith put in a nearly season best time of 4:04.67 for second. That's just off her sixth-ranked 4:04.66 from the World University Games.

Mission Viejo's Stephanie Peacock (4:08.23), Badger's Lindsay Vrooman (4:09.81), Trojan's Haley Anderson (4:13.22) and NBAC's Allison Schmitt (4:13.53) also vied for the title in finals.

NBAC's Sierra Schmidt touched out Saint Petersburg's Melanie Margalis for the B final win, 4:11.33 to 4:11.52.

### **MEN'S 400 FREE**

Trojan's Conor Dwyer made a run at Michael Klueh's pool record in the men's 400-meter free.

Dwyer, swimming by himself more than five seconds ahead of the field, took the win in 3:48.11. That swim just missed Klueh's 2008 mark of 3:47.62.

Azura Florida's Marcelo Acosta took second in 3:53.57 with Club Wolverine's Connor Jaeger earning third in 3:55.23.

SESI's Giovanni Lima (3:55.35), Louisville's Trevor Carroll (3:57.88), Gator's Nicholas Sweetser (3:58.19), Wisconsin's Michael Weiss (3:58.19) and Mission Viejo's Grant Shoults (4:02.16) claimed fourth through eighth.

Andres Olvera Alejos won the B final with a time of 3:58.10, while Nezir Karap took second in 3:58.70. ◀

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## 2015 ARENA PRO SWIM SERIES MINNEAPOLIS: DAY 3 FINALS RECAP

BY TAYLOR BRIEN

### WOMEN'S 800 FREE

Katie Ledecky of Nation's Capital cruised to another first place finish and a new pool record in the women's 800 free posting a final time of 8:19.16. Ledecky's time sits only 12 seconds off her world record time of 8:07.39.

Ledecky's 8:19.16 replaces the former pool record of 8:31.23 set in 2011 by Camille Muffat.

Fellow distance star Becca Mann of North Baltimore stuck close to Ledecky for a second place finish with a final time of 8:21.77, also under the former pool record.

Mission Viejo's Stephanie Peacock turned in a time of 8:28.39 to grab third in the event, finishing just shy of her 2015 world best of 8:28.25 from this summer's US Nationals in San Antonio.

Leah Smith, swimming unattached, slipped to fourth in the event with a final time of 8:30.27.

North Baltimore teammates Cierra Runge and Sierra Schmidt finished fifth and sixth respectively. Runge stopped the clock at 8:31.64, while Schmidt turned in a final time of 8:35.16.

Trojan Swim Club's Haley Anderson stuck close to Schmidt finishing a slim .04 behind her with a time of 8:35.19.

Sam Harding of the University of Minnesota finished eighth in the event with a time of 8:40.36.

### WOMEN'S 200 IM

Caitlin Leverenz of Cal held off the competition in the wom-

en's 200 IM posting a final time of 2:11.24. Leverenz's time better the pool record of 2:11.53 set by Ariana Kukors in 2008.

Melanie Margalis closed the gap between herself and Leverenz during the back half of the race but it was not enough to catch Leverenz. Margalis finished second overall with a time of 2:11.99, securing the gap between the top two finishers and the rest of the A final.

Justine Bowker delivered a third place finish with a time of 2:15.18, just ahead of Louisville's Tanja Kylliainen. Kylliainen finished fourth with a time of 2:15.37.

Becca Mann made a quick turn around after finishing second in the women's 800 free by posting a final time of 2:15.67, good for fifth place.

Sarah Henry took sixth in the event, stopping the clock at 2:16.33, while Brooke Zeiger finished seventh with a 2:17.81.

### MEN'S 200 IM

Michael Phelps of North Baltimore held off the competition in the men's 200 IM keeping a body length between him and the competition for the majority of the race. Phelps stopped the clock at the 1:59.30 mark, finishing less than five seconds off his 2015 best of 1:54.75 from the US Nationals in San Antonio.

Conor Dwyer of Trojan Swim Club managed to close the gap slightly, finishing just over a second behind Phelps with a time of 2:00.73.

Louisville's Carlos Claverie posted a final time of 2:03.04 to grab third in the event, dropping .23 seconds off his prelims time of 2:03.27.

Guillermo Blanco, swimming unattached, took fourth overall with a time of 2:04.18, shaving a total of .88 seconds from his prelims time of 2:05.06.

North Baltimore's Chase Kalisz finished fifth in the event with a 2:04.30, while Louisville's Nolan Tesone kept it close with a 2:04.48 for sixth place.

Dan Wallace posted a final time of 2:04.75, good for a seventh place finish, while Austin Surhoff of North Baltimore turned in a 2:04.86 for eighth.

### WOMEN'S 200 BACK

Missy Franklin of the Colorado Stars dashed to first in the women's 200 back with a final time of 2:07.24.



Franklin's time was quick enough to lower her own pool record of 2:08.03 from 2011.

Stanford's Maya DiRado took second overall with a final time of 2:08.85, dropping 3.56 seconds from her prelims time of 2:12.41.

Dominique Bouchard rounded out the top three finishers with a time of 2:09.47, making them the only three athletes under the 2:10-mark.

Kylie Masse finished fourth overall with a time of 2:13.38, while Regan Smith turned in a 2:13.72 for a close fifth.

### **MEN'S 200 BACK**

Arkady Vyatchanin delivered a swift 1:57.30 for first in the men's 200 back, finishing just shy of his 2015 world best of 1:56.31 from last spring's Charlotte stop of the Arena Pro Swim Series.

Louisville's Gregory Tarasevich turned in a time of 1:59.67 for second, shaving 2.06 seconds off his prelims time of 2:01.73. Teammate Aaron Greene finished third overall with a 2:00.57.

Corey Okubo turned in a time of 2:01.93, good enough for fourth, while Paul Le posted a 2:02.88 for fifth.

Sixth place went to Pedro Oliveira and his time of 2:03.87. Markus Thormeyer delivered a time of 2:06.63 for seventh overall.

Nolan Tesone of Louisville rounded out the top eight with a time of 2:10.82.

### **WOMEN'S 100 FREE**

Simone Manuel, swimming unattached, grabbed first in the women's 100 free with a final time of 54.19. Manuel's time lowered the pool record from its former 54.27, set in 2011 by Missy Franklin.

The young Abbey Weitzeil put up a good fight turning in a time of 54.46 for second, while North Baltimore's Allison Schmitt finished third with a 54.90.

Distance All-Star Katie Ledecky demonstrated some speed by picking up a fourth place finish with a final

time of 54.95.

Cal's Camille Cheng grabbed fifth overall with a time of 55.09, while Missy Franklin of Colorado Stars took sixth in the event with a 55.26.

### **MEN'S 100 FREE**

Cal's Nathan Adrian and Santo Condorelli battled throughout the men's 100 free for first, but it was Adrian who won out, stopping the clock at 48.49. Adrian's time was good for a new pool record, lowering the former record of 48.60 set in 2013 by Brett Fraser.

Condorelli settled for second and a time of 48.65, shaving a total of .29 seconds off his prelims time of 48.94.

Joao De Lucca delivered a 49.35 to round out the top three finishers.

Marcelo Chierighini, swimming unattached, turned in a time of 49.63 for fourth, while Trojan Swim Club's Conor Dwyer took fifth overall with a time of 49.85.

Sixth went to Yuri Kisil and his time of 49.97, while Renzo Tjon A Joe finished seventh in the event with a 50.32.

### **MEN'S 1500 FREE**

Michael McBroom soared ahead of the competition to first in the men's 1500 free with a time of 15:14.82.

American record holder Connor Jaeger finished second overall with a time of 15:19.59, while Trojan Swim Club's Ous Mellouli took third in the event with a 15:21.32.

Marcelo Acosta delivered a final time of 15:26.20 for fourth overall in the event.

Nation Capitol's Andrew Gemmell stopped the clock at 15:35.47, good for fifth overall in the event.

Mission Viejo's Grant Shoult's grabbed sixth in the event with a time of 15:40.38.

Arturo Perez Vertti (15:47.00) and Daniel O'Connor (15:48.45) finished seventh and eighth respectively. ◀



## 2015 GOLDEN GOGGLES: MICHAEL PHELPS, KATIE LEDECKY WIN TOP HONORS

COURTESY OF USA SWIMMING

The 2015 Golden Goggles were held Sunday, November 22nd in Hollywood, California Spindrift Beck, the host of the Swimcerely podcast and friend of Swimming World, was in Hollywood to cover the event as it happened live.

### MALE ATHLETE OF THE YEAR

*This award is given to the top male swimmer of the year with special emphasis on achievements at the 2015 FINA World Championships.*

**MICHAEL PHELPS** – Michael Phelps was dominant at the Phillips 66 National Championships in San Antonio, posting world-best times for 2015 in a trio of events – the 100m fly, 200m fly and 200m IM. Equally as impressive was that each swim also cracked the top-eight performances of all-time. Phelps opened the meet with a victory in the 200m fly in 1:52.94, good for the seventh-fastest performance of all-time and his best time in the event since 2009. He followed with a win in the 100m in 50.45, also the seventh-fastest swim in history and his top effort since 2009. In the 200m IM, Phelps was under world-record pace early in the race and touched in 1:54.75, his quickest swim in the event since the 2012 London Olympic Games and the eighth-fastest performance of all-time.

### FEMALE ATHLETE OF THE YEAR

*This award is given to the top female swimmer of the year with*

*special emphasis on achievements at the 2015 FINA World Championships.*

**KATIE LEDECKY** – Katie Ledecky continued to stake her place among swimming's all-time greats in 2015 with five gold medals, four of them in individual events, at the FINA World Championships. With victories in the 200m, 400m, 800m and 1500m freestyle events, Ledecky became the first swimmer to win gold in all four events at the same FINA World Championships. She opened her meet in Kazan with a meet record in the 400m free (3:59.13) on Aug. 2 and followed with back-to-back world records in the 1500m free on Aug. 3 and 4. After eclipsing her own world mark in the prelims, Ledecky followed with a world-record time of 15:25.48 and a 15-second victory in the 1500m final. Just one night later, she stepped down to the 200m free distance to take gold in 1:55.16, and wrapped up her meet on Aug. 8 with a third world-record swim in Kazan to take gold in the 800m free in 8:07.39, a 10-second victory. Ledecky also anchored the Team USA women to a come-from-behind gold in the 4x200m free relay. She now has nine career World Championships medals – all gold.

### RELAY PERFORMANCE OF THE YEAR

*This award is given to the best team relay performance, male or female. The performance considered must be a finals performance, with special emphasis on the 2015 FINA World*

*Championships.*

**WOMEN'S 4X200M FREE RELAY – 2015 FINA WORLD CHAMPIONSHIPS** – Katie Ledecky dominated the final leg of the women's 4x200m free relay, overcoming a 0.34-second deficit, to lead the American team to a 3-second victory at the 2015 FINA World Championships. Missy Franklin (1:55.95), Leah Smith (1:56.86) and Katie McLaughlin (1:56.92) kept the American squad within striking distance despite strong swims from Sweden over the first three legs of the relay. The Swedish lead was quickly nullified on the anchor, as Ledecky made quick work of the final 200 meters with a 1:55.64 split to secure the gold medal for Team USA.

### **COACH OF THE YEAR**

*This award is given to the coach whose athlete(s) performed at the highest level throughout the year, with special emphasis on the 2015 FINA World Championships.*

**BRUCE GEMMELL – NATION'S CAPITAL SWIM CLUB** – A Team USA assistant coach at the FINA World Championships, Bruce Gemmell once again guided Katie Ledecky to a remarkable season in 2015. She dominated in Kazan, capturing five gold medals and setting three world records in eight days. In the process, she became the first swimmer to win the 200m, 400m, 800m and 1500m freestyle at the same FINA World Championships. Ledecky eclipsed her own world record in the 800m free and twice clipped her world-best mark in the 1500m free. Gemmell's son Andrew added to the NCAP medal haul with a silver medal in the 1500m free at the Pan American Games. Gemmell is a two-time Golden Goggle Award winner (2013, 2014).

### **PERSEVERANCE AWARD**

*This award is given to the athlete who came back from adversity, retirement, sickness, injury, etc., to have an outstanding performance(s) in 2015, with special emphasis on the 2015 FINA World Championships.*

**ALLISON SCHMITT** – Olympic gold medalist Allison Schmitt bounced back in a big way in 2015 with a gold-medal performance and a Pan American Games record of 1:56.23 in the 200m free in Toronto. In her first international competition since the 2012 Olympic Games, Schmitt added three relay medals at Pan Ams to wrap up the Games with four total medals, including three gold. At Phillips 66 Nationals, Schmitt claimed the national title in the 200m free and a runner-up finish in the 100m free. Outside the pool, Schmitt opened up this year about her battle with post-Olympic depression with the aim of helping others gain the courage oftentimes needed to seek help.

### **BREAKOUT PERFORMER OF THE YEAR**

*This award is given to the athlete whose performance(s) stand out in relation to other years, with special emphasis given to the 2015 FINA World Championships.*

**JORDAN WILIMOVSKY** – Jordan Wilimovsky broke out in a big way in 2015 with a victory in the open water 10-kilometer event at the FINA World Championships and U.S. national titles in open water and pool competitions. His first career national title in the 10K at the 2015 Open Water National Championships secured his start in the same event at Worlds. In Kazan, he pulled away late to earn his first world title and becoming the first swimmer clinch a spot on the U.S. roster for the 2016 Olympic Games. Wilimovsky then proved his versatility with a victory in the 1500m free at the Phillips 66 National Championships.

### **MALE RACE OF THE YEAR**

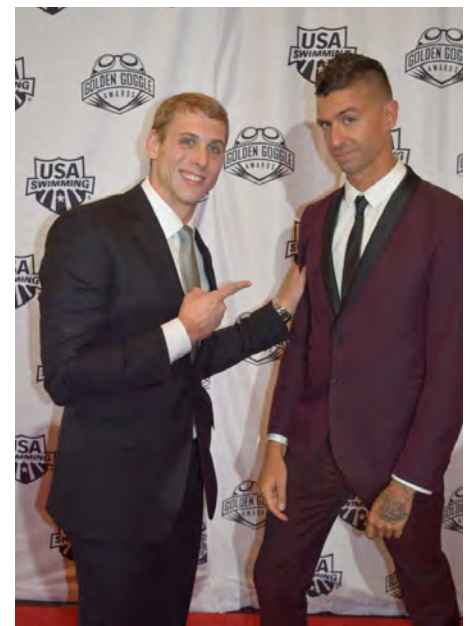
*This award is given to the male swimmer with the greatest single individual race of the year, with special emphasis on the 2015 FINA World Championships.*

**JORDAN WILIMOVSKY – 10K OPEN WATER – 2015 FINA WORLD CHAMPIONSHIPS** – Jordan Wilimovsky turned in an epic performance at the 2015 FINA World Championships, as he cruised to a 12.1-second victory in the men's 10-kilometer event and a spot on the 2016 U.S. Olympic Team. Wilimovsky made a clean break from the pack of at the 3-kilometer mark and powered himself to the touch pad in 1:49:48.2 seconds. With the convincing victory, he became the first American to win the men's 10K world title since 2005.

### **FEMALE RACE OF THE YEAR**

This award is given to the female swimmer with the greatest single individual race of the year, with special emphasis on the 2015 FINA World Championships.

**KATIE LEDECKY – 200M FREE – 2015 FINA WORLD CHAMPIONSHIPS** – In search of her third gold medal at the 2015 FINA World Championships, Katie Ledecky came through in the clutch with a come-from-behind victory in the women's 200m free. Ledecky, who was in fourth place at the 100-meter mark, surged her way to second place at the final turn. Over the final 50 meters, she held off a hard-charging Federica Pellegrini of Italy, the world-record holder in the event, to touch in 1:55.16 – just 0.16 seconds ahead of Pellegrini. Her swim scored 944 points on the FINA Points Table. ◀





[ALL PHOTO COURTESY: ANNIE GREYERS]



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[PHOTO COURTESY: DONNA NELSON]

## 22 TIMES SWIMMERS LACK GRATITUDE...AND 22 OPTIMISTIC REBUTTALS

BY ANNIE GREVERS

I listened to a rousing speech by 1996, 2000 Olympian Josh Davis a couple months ago. One of the things that made it most stirring was the attitude of gratitude he so genuinely exuded. He challenged the clinic participants to say thank you loudly in the way they live their lives. Davis talked about Paralympian Tao Zheng who lost his arms to electric shock as a child. After explaining how the swimmer gets through the water and finishes his race with his head, Davis asked the kids, “Do you think he slows down into the wall?” No. His skull came crashing into the touchpad with ferocity.

This particular clinic’s participants were able-bodied swimmers. “Be grateful for your sore arms, not everyone has arms that get sore,” Davis said. This was not pointed out to make us pity the outstanding athlete, but to make us aware that our normal is very different from someone else’s.

Be grateful for your long practices, not everyone has the means to pay for club swimming or a parent willing to support their endeavor. Be grateful for your teammate beating you in practice, not everyone experiences the privilege of competition; drawing out a version of yourself you might have never known.

There’s a lot to be grateful for in our sport, but far and away the best thing we wring out of swimming are the relation-

ships. There are fabulous people in the pool beside you, on the pool deck above, and in the stands beyond. But we do not always dwell on how wonderful our company is...no, there are times swimmers are modern-day Ebenezer Scrooges.



[PHOTO COURTESY: PETER H. BICK]

Like when, you ask? Well, the 22 times below for starters. I could go beyond 22, but there are a lot of idiosyncracies in every sport that make certain days worse than others. I’m going to put on my Missy Franklin optimist cap now and see how we can squeeze the lemonade out of the 22 lemons below. **Rebuttals in bold.**



1. After a lousy swim.

*Why was it lousy? Oh, I'm learning!*

2. After a lousy practice.

*Why was it lousy? And, again, I'm learning something.*

3. After a teammate's incredible swim.

*Why am I mad at them for swimming fast? Ah, jealousy. I should try reveling in that triumph with them next time... that's probably more beneficial for both parties.*

4. After receiving constructive criticism. "Why does my coach think he/she knows more than me?!"

*Oh, that's their job. And they're trying to help. And I'm stubborn.*

5. When you hear the main set.

*Yet another opportunity to get better.*

6. After a DQ.

*I definitely touched with two hands. C'mon. (Watches race footage). Okay, my left hand never quite made it. More turn work necessary.*

7. When your parents make you stay on the podium forever to get a photo. So embarrassing.

*Ten years later in your wedding slide show. "Ah, the glory days! Look at those abs!"*

8. When you realize the high of a good race doesn't last forever. *But I acquired invaluable skills on the journey that will stick with me for life.*

9. When you find no point to a set.

*On your third 400 free pull of eight. "I think I'm finally feeling water up front!" Boom. Epiphany during boring set.*

10. When the teammate who doesn't work hard beats you.

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

11. When a nagging injury keeps you out of the pool.

*So much time for edifying dry land activities!*

12. Standing on the deck shivering before December morning practices.

*In two hours, I will feel so accomplished, energized, and deserving of a massive breakfast. And the pool's warmer than THIS.*

13. After your foot slips on a backstroke start.

*Wedges. Coming soon to a pool near you.*

14. When your breakout kick of your breaststroke pullout is all air and you spin your stroke in panic to catch up.

*Stay under control. Find thick water. No more air kicks. Best pullout of my life on the next wall.*

15. When you get the toe cross-over cramp mid kick-set.

*Water. I need to drink more water. And bananas help too, right?*



16. When your coach chooses someone else over you for the relay. *Incentive to prove myself later.*

17. When you haven't dropped time in two years.

*Patience. "The hard is what makes it great."*

18. When you've applied every technical tip you can think of and you're still spinning in place.

*I've improved myself technically, now I just need to strengthen the new muscles that I'm using.*

19. When you flip and your heel hits the wall. Ouch.

*The adrenaline and pain from that heel-to-wall combat is a welcome distraction from the pain of my race.*

20. When someone's paddle makes you bleed.

*I've never looked more badass.*

21. When you miss a cut by .01.

*I'll tuck that fly-away hair into my cap and get it next time.*

22. When a teammate over-celebrates.

*Teammates helped them accomplish that goal- they are just celebrating for all of us. ◀*

*Special thanks to the extraordinary optimist, Matt Grevers, for helping with #8, #18-#20, and #22. Also, thanks to Tom Hanks in "A League of Their Own" for #17. These sunny reactions do not come naturally to most of us, but going with the seemingly campy attitude might make your swim journey brighter and help you say thank you loudly with your life.*



## LAURA SOGAR AND MADISYN COX TALK FOOD FUEL AND GUILTY PLEASURES

BY TASIJA KAROSAS, SWIMMING WORLD COLLEGE INTERN

Athletes all fuel up differently. You will find this even at the highest level. Something that may work for one athlete may not work for another. There are noticeable trends among high-level athletes in performance and fueling. I recently talked with UT Longhorns, Laura Sogar and Madisyn Cox, about the importance of nutrition, food and some of their strategies that have helped them make it to the top.

Sogar has been at the top of her game for what seems like her whole swimming career, but this past summer she has made some exceptional jumps in the pool, cruising to victory in the 200 breast (2:23.54) at Phillips 66 Summer Nationals. Although Sogar's hard work and dedication has gotten her to the level she is today, she does not underestimate the importance of nutrition.

*SW: Did you notice a change in performance when you started to focus on how you fueled your body?*

LS: Absolutely! The effects of some long-term diet changes on my performance have become extremely apparent to me. About a year ago I made a conscious effort to cut out highly processed foods and after a little while I started noticing dramatic effects. My training improved, I got sick less often and I got much stronger. Now I try to stick to the outer edges of the grocery store where the produce and perishables are.

*SW: Have you ever tried cutting out any food? If so, what and how did it impact your performance?*

LS: My rule of thumb has become: if I don't recognize the

words on the nutrition label then I don't need to be eating that item. I haven't cut out specific food items, I just try to practice moderation and eat "real" versions of foods. I found that when I started to focus on eating nutrient-rich foods instead of strictly watching calories, my cravings went down dramatically and I lost fat mass because I wasn't filling up on empty calories, each food was being consumed for a specific purpose.

*SW: What are your favorite snacks to bring to a swim meet?*

LS: Fruits are some of my favorite things to bring to a meet but there are also some great natural energy bars out there which are good for something with protein. I also have recently discovered CocoLibre Coconut water with protein. It's a great recovery drink for post practice or racing.

*SW: What is your favorite meal to eat during a big meet?*

LS: I don't have a specific meal that I go to but I like to eat how I would before a tough workout- a meal that contains a solid amount of protein, lots of vegetables and a healthy source of carbs like rice, quinoa or orzo.

*SW: What is your favorite food? Any guilty pleasures?*

LS: I like so many different foods, but I have to say chips and salsa might be my favorite. I try to keep sweets to a minimum but I really really enjoy a piece of dark chocolate with a cup of coffee. Or birthday cake!

Madisyn Cox made huge leaps in her swimming career these past few years. Cox went into college swimming full force, excelling from her first meet with the Texas Longhorns. This past summer, Cox made her mark at Phillips 66 Nationals in the 200 IM with a 2:10.75– rocketing her to top 10 in the world. Although her strength and will power have gotten her to where she is now, Cox expresses that fueling every day for practice is a top priority.



**SW:** *Did you notice a change in performance when you started to focus on how you fueled your body?*

**MC:** In high school, I went from cross country practice to swim practice. I never ate enough for the amount I was working out, nor did I focus on fueling. Swim practices always seems to be hit or miss. Since college I have thought about it so much more, and once I started tuning in to what I ate I found my practices to be much more consistent.

**SW:** *Have you ever tried cutting out any food? If so, what, and how did it impact your performance?*

**MC:** The summer going into college I went vegetarian. I did not think this was going to be a problem but I never supplemented protein back into my diet with other food. I lost muscle mass and my training and racing suffered.

**SW:** *What are your favorite snacks to bring to a swim meet?*

**MC:** Two and a half hours before a finals race I eat a turkey sandwich (wheat bread and turkey). If it's a longer session I like to eat bananas and Gatorade in between my races.

**SW:** *What is your favorite meal to eat during a big meet?*

**MC:** At almost every meet I eat spaghetti and meatballs with salad- it's my good juju food!

**SW:** *What is your favorite food? Any guilty pleasures?*

**MC:** I absolutely love lobster, but I would have to say that my guilty pleasure is kettle corn and the Ben & Jerry's "The Tonight Dough." ◀

*Tasija Karosas is a nutrition major and swimmer at the University of Texas. She grew up in Stowe, Vermont, where she developed her passions for nutrition and swimming.*

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*Tim Knotke*



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