

REECE WHITLEY | MAKE IT THROUGH THE MID-SEASON GRIND | WHAT TO SAY AFTER A BAD SWIM

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SWIMMING WORLD

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MY OH MAYA

MAYA DIRADO GOES 2 FOR 2 IN THE 200 & 400 IM AT US WINTER NATIONALS

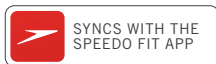
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FEATURES

- 008 AT&T WINTER USA NATIONAL CHAMPIONSHIPS DAY 1 FINALS RECAP**
by Diana Pimer
All the action from night one including the 400 Freestyle, 200 IM and the 50 Freestyle.
- 012 AT&T WINTER USA NATIONAL CHAMPIONSHIPS DAY 2 FINALS RECAP**
by Jason Marsteller
The recap from night two including the 400 IM, 100 Butterfly and 200 Freestyle.
- 016 AT&T WINTER USA NATIONAL CHAMPIONSHIPS DAY 3 FINALS RECAP**
by Jason Marsteller
The recap from night three including the 1500 Freestyle, the 200 Backstroke and the 200 Breaststroke.
- 018 MITCH LARKIN BREAKS 200 BACK WORLD RECORD, FIRST UNDER 1:46**
by Jason Marsteller
It took only 1:45.63 for Mitch Larkin to become Swimming Australia's first individual world record holder in six years.
- 020 TEXAS' CLARK SMITH SPLITS WAY TO 1000 FREE NCAA, AMERICAN RECORD**
by Jason Marsteller
While pushing the pace early as part of the 1650-yard freestyle, Texas' Clark Smith broke the NCAA and American records in the 1000-yard free at the 2015 Texas Hall of Fame Invitational.
- 021 LILLY KING CRUSHES AMANDA BEARD'S 17-18 NAG RECORD IN 200 BREAST**
by Jason Marsteller
Indiana's Lilly King took down a 15-year-old U.S. National Age Group record in the 17-18 age division in the women's 200-meter breaststroke en route to winning the national title at the 2015 USA Swimming Winter Nationals.
- 022 CATE CAMPBELL LOWERS WORLD RECORD IN 100 FREE WITH 200 FREE SPLIT**
by Jason Marsteller
Sprint queen Cate Campbell created history in Sydney when she became the first woman to crack 51 seconds for 100m freestyle.
- 024 REECE WHITLEY NAMED SPORTS ILLUSTRATED'S SPORTSKID OF THE YEAR 2015**
by Jason Marsteller
Reece Whitley, one of the top national age group record breakers in recent memory, has been named Sports Illustrated's Sportskid of the Year for 2015.
- 026 WHAT TO SAY TO A SWIMMER AFTER A BAD SWIM**
by Abby Boone
Every swimmer has come to the wall at the end of a race and been unhappy with their swim. Whether they are sad or mad, whether there are tears or frustration, each swimmer turns to their coach for comfort and counsel.
- 027 COCHRANE NAMED SWIMMING CANADA MALE SWIMMER OF THE YEAR**
Eight was a lucky number for Canada's swimming star Ryan Cochrane in 2015. The 27-year-old swimmer won his all-time Canadian best eighth FINA World Championships medal this year, and for his efforts is being recognized with his eighth straight Swimming Canada Male Swimmer of the Year award.
- 028 FINA ANNOUNCES SHORT COURSE RETURN TO 2016 FINA WORLD CUP**
FINA announced the 2016 schedule of the 2016 FINA World Cup circuit, and also revealed a return to short course meter racing. The circuit also will feature nine total stops.
- 030 5 WAYS TO MAKE IT THROUGH THE MID-SEASON GRIND**
by Molly Lloyd
For us college kids, with the end of the semester and finals upon us, the swimming and diving season is reaching its midpoint and that can only mean one thing: the mid-season grind.

SEE OUR HOLIDAY GIFT GUIDE STARTING ON PAGE 36

ON THE COVER - MAYA DIRADO BY PETER H. BICK



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2015 AT&T WINTER USA NATIONAL CHAMPIONSHIPS DAY 1 FINALS RECAP BY DIANA PIMER

The 2015 AT&T Winter USA National Championships are under way. The meet will take place from Dec. 3 through Dec. 5 in Federal Way, Washington. Big names highlight the heat sheets, which should lead to some great races over the course of the weekend.

WOMEN'S 400 FREE

North Baltimore's Allison Schmitt stole the show in the women's 400 free A final. She had the lead from the first

to last 50 and completely dominated the field. Her time of 4:06.88 is her best this year, bumping her into the top 20 of the world rankings.

Trojan Swim Club's Haley Anderson had an impressive swim placing second in 4:08.38, followed closely by Sarah Henry in 4:08.86. The race for second through sixth was close right through the 350 meter mark. Henry out-split the field including Schmitt on the final fifty, but Ander-

son had enough to hang on for the silver.

Cierra Runge (4:08.93), Lindsay Vrooman (4:09.00), Elizabeth Beisel (4:10.21), Gillian Ryan (4:13.81) and Kennedy Goss (4:16.47) rounded out the A final. Andreina Pinto of Venezuela raced home to win the B final in 4:11.07, holding off Hannah Moore who swam a 4:11.78. Emily Overholt took complete control of the C final winning in 4:12.10.

MEN'S 400 FREE

All three finals of the men's 400 free seemed to won in dominant fashion. Rising swim-star Maxime Rooney started off the men's competition by claiming the C final in 3:51.88, almost three full seconds ahead of his closest competitor.

Similarly, Matias Koski took the B final in 3:49.37, finishing four seconds ahead of second-place Pj Ransford. This swim would have gotten Koski the silver medal had he made the A final after his morning swim.

Conor Dwyer finished out the event by winning the title in 3:48.11. His last 150 set him apart from the rest of the field; silver medalist Ryan Cochrane was within half a second of Dwyer through the 250. Michael McBroom was not far behind in 3:50.50 to get the bronze.

Takeshi Matsuda (3:51.86), Jordan Harrison (3:51.99), True sweetser (3:52.76), Anton Oerskov Ipsen (3:52.85) and Ryan Feeley (3:56.96) placed fourth through eighth in the B final.

WOMEN'S 200 IM

Stanford's Maya DiRado out-split the field in the fly, back, and free legs in tonight's final. It's always a battle between DiRado and Caitlin Leverenz, but DiRado was able to fight off Leverenz's swift breaststroke split this time around. Leverenz finished second in 2:11.79 followed by Cal teammate Kathleen Baker in 2:12.13. None of these swims propel these women to the top of the world rankings, but all were incredible swims for this point in the season.

Sarah Henry was back in the pool to take the fourth spot in 2:13.05, followed by Siobhan Haughey (2:13.20), Erika Seltenreich-Hodgson (2:13.28), Stina Gardell (2:13.53) and Celina Li (2:15.31).

Ella Eastin fought off Elizabeth Beisel in the B final of this event winning in 2:13.79. Beisel finished strong in 2:14.26. Kelly Naze dropped more time from her morning

swim to claim victory in the C final in 2:15.28.

MEN'S 200 IM

While it may not have been the time from Summer Nationals, Michael Phelps was still able to race to victory in the men's 200 IM. After going out hard, he was able to hold off teammate Chase Kalisz who is strong back-half Imer. Eduardo Solaeche narrowly held off David Nolan for bronze getting the edge 2:00.14 to 2:00.15.

Michael Weiss (2:00.19), Patrick Mulcare (2:00.48), Uvis Kalnins (2:00.56) and Dan Wallace (2:01.25) rounded out the A final.

Michigan went 1-2-3 in the B final: Evan White (2:01.79), Dylan Bosch (2:01.98), and Kyle Whitaker (2:01.98) took the top spots. Carlos Claverie took the C final in 2:03.24.

WOMEN'S 50 FREE

Simone Manuel came out on top of a tight 50 freestyle battle with the winning time of 24.83. Abbey Weitzeil was not far behind in 24.86. This time bumps up Abbey Weitzeil to 24th in the world, an improvement on her previous best time and morning swim.

Cal's Farida Osman was also in the mix in 25.22, with Ivy Martin not far behind for fourth in 25.26. Natalie Coughlin had a great start but fell to fifth in 25.27, while Margo Geer (25.35), Liz Li (25.43) and Amanda Weir (25.61).

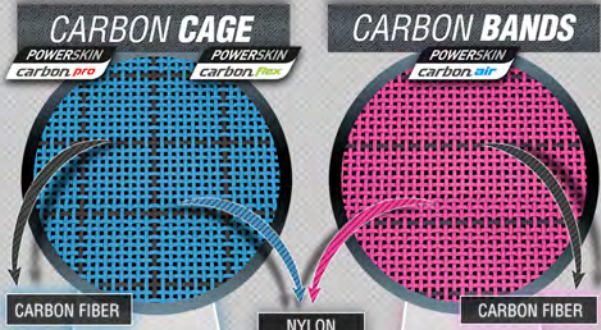
Other veterans found themselves in first place, as Lia Neal won the B final in 25.25, preceded by Missy Franklin claiming the C final in 25.60.

MEN'S 50 FREE

Nathan Adrian got to the wall first in the men's 50 free final. He out-touched Brad Tandy, whose swim puts him 11th in the world this year. Santo Condoirelli got the slight edge over Josh Schneider(22.05) to get bronze in 22.04.

Paul Powers (22.27), Matt Grevers (22.30), Cullen Jones (22.33) and Geoff Cheah (22.39) rounded out the A final. Trojan Swim Club's Vladimir Morozov won the B final in 21.86, while Karl Krug took the C final in 22.77.◀

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2015 AT&T WINTER USA NATIONAL CHAMPIONSHIPS DAY 2 FINALS RECAP

BY JASON MARSTELLER

WOMEN'S 400 IM

In a super close contest, the second-ranked swimmer in the world Maya DiRado of Stanford notched a victory against BlueFish's Elizabeth Beisel in the women's 400-meter IM.

DiRado earned the national championship with a time of 4:36.85. That's well off her World Championship time of 4:31.71 that ranks her second in the world.

Beisel raced her way to silver in 4:37.01, just off her 11th-ranked season best of 4:36.71 from the Austin stop of the Arena Pro Swim Series. That's a big swim considering Beisel was injured this summer and hasn't been able to put together a top effort in awhile.

Aggies' Sarah Henry earned bronze in 4:40.01, while sixth-ranked Caitlin Leverenz wound up fourth in 4:40.79.

Ella Eastin (4:43.65), Vien Nguyen (4:44.88), Trojan's Haley Anderson (4:47.01) and UBCD's Emily Overholt (4:55.69) rounded out the top eight.

Ohio State's Lindsey Clary turned up the heat in the free-

style leg of the B final with a 4:45.50 for the win. Matea Samardzic raced her way to second in the heat with a time of 4:45.91. California's Celina Li, who led most of the race, fell to third in 4:46.81 in the freestyle leg.

Carly Cummings topped the C final in a time of 4:49.63 with Ohio State's Meg Bailey taking second in 4:50.20. Erika Seltenreich-Hodgson posted a 4:52.87 for third in the heat.

MEN'S 400 IM

NBAC's Chase Kalisz, now training in Tempe with Michael Phelps during an Olympic redshirt from Georgia, demolished the field in the men's 400-meter IM championship heat.

Kalisz uncorked a blazing time of 4:12.80 for an eight-second victory. That swim fell just three seconds short of his scorching 4:10.05 at Worlds that ranked him fourth in the world.

Max Williamson checked in with a second-place time of 4:20.86, while Gator's Dan Wallace took third in 4:21.03.

Bolles' Christian Carbone (4:25.18), RAC's Kieran Smith (4:26.54), BlueFish's Max Miranda (4:26.60) and PACK's

Ben Walker (4:31.97) took fourth through seventh. Michigan's Stephen Holmquist drew a DQ.

Michigan's Ian Rainey had an eight-second drop from this morning with a dominant 4:20.94 to win the B final of the distance medley, and would have finished third in the A final. Carlos Omana took second in the heat in 4:25.44 with Tal Davis earning third in 4:27.00.

Pasadena's Sean Lee won the C final in a time of 4:28.65. Michigan's Ryan Sebastian placed second in 4:29.33 with Tristan Cote earning third in 4:29.85.

WOMEN'S 100 FLY

Olympic champion Dana Vollmer dipped under 58 seconds for the first time since the 2013 World Championships to win the 100 fly.

Vollmer turned in a swift time of 57.95 for the win, vaulting to 16th in the world rankings.

Vollmer is still on the comeback trail after giving birth following the 2012 London Olympics.

SoFlo's Claire Donahue chased down second in 58.37 with Kendyl Stewart taking third in 58.45.

California's Noemie Thomas (58.64), Kelly Naze (58.95) and Farida Osman (59.13) took fourth through sixth.

Amber Carter (59.46) and Stanford's Felicia Lee (1:00.00) also swam in the A final.

Aquazot's Eva Merrell hit the wall in 58.58 to win the B final. Beata Nelson finished second in 59.68 with Gold's Lauren Case earning third in 59.74.

SMU's Marne Erasmus touched out Duke's Isabella Paez for the C final win, 59.91 and 59.99. Duke's Leah Goldman took third in 1:00.33.

MEN'S 100 FLY

NBAC's Michael Phelps collected another national title as he overhauled California's Tom Shields in the men's 100-meter fly.

Phelps raced his way to a 51.38 to overtake Shields, who placed second in 51.41. Phelps stunned the world with a top-ranked time of 50.45 this summer at Nationals in San Antonio, and he's showing he's in good form heading down the final stretch to the 2016 Rio Olympics.

Phelps is swimming some of his fastest unshaved times ever,

with a pair of sub-52s in one day here in the 100 fly. Shields finished half-a-second off his fifth-ranked 51.03 from Worlds as well. Auburn's Luis Martinez finished third in 52.35.

Canyons' Santo Condorelli (52.41), Tucson Ford's Masa Kishida (52.73), Santa Clara's Kyler Vanswol (53.13), David Nolan (53.51) and Venezuela's Albert Subirats (53.84) also competed in the championship heat.

California's Seth Stubblefield threw down a 53.29 to win the B final. Alex Valente took second in 53.41 with Eugene Godsoe placing third in 53.57.

Wolfpack Elite's David Williams won the C final in 54.22 with BJ Hornikel taking second in 54.28. Michigan's Dylan Bosch posted a third-place time of 54.31.

WOMEN'S 200 FREE

In a star-studded finale, NBAC's Allison Schmitt cranked out a 1:56 to win the women's 200-meter free.

Schmitt took home the title in 1:56.77, just off her 10th-ranked season best of 1:56.23 from the Pan American Games this summer. That gives her a second title this weekend after topping the 400 free.

Colorado Stars' Missy Franklin raced her way to second in 1:57.30 with Michigan's Siobhan Haughey claiming third in 1:58.48.

Michigan's Gillian Ryan (1:58.50), Stanford's Simone Manuel (1:58.54), California's Camille Cheng (1:58.78), NBAC's Cierra Runge (1:59.76) and Indiana's Kennedy Goss (2:01.60) touched fourth through eighth.

Badger's Lindsay Vrooman put up a 1:59.45 to win the B final. Emma Nordin took second in 2:00.59 with Ohio State's Sam Cheverton claiming third in 2:00.81.

California's Elizabeth Pelton won the C final in 2:00.52 with Stanzi Moseley taking second in 2:00.74. California's Melanie Klaren picked up third in 2:01.79.

MEN'S 200 FREE

Trojan's Conor Dwyer cruised to victory in the men's 200-meter free with a time of 1:46.62. That cleared his 15th-ranked season best of 1:46.64 from Worlds.

Wisconsin's Michael Weiss took down second in 1:47.85 with Matias Koski putting up a third-place 1:47.96. Pleasanton's Maxime Rooney (1:48.00), YMCA Westside's Darian

Townsend (1:48.77), Sega's Takeshi Matsuda (1:49.10), Indiana's Blake Pieroni (1:49.13) and Club Wolverine's Michael Wynalda (1:50.47) closed out the top eight.

Matthew Stanley of New Zealand claimed the B final in 1:49.25 with Club Wolverine's Justin Glanda taking second in 1:49.74. Island's Jeremy Bagshaw placed third in 1:50.04.

Indiana's Anze Tavcar took the C final in 1:49.83. SLU's Ryan McCoy posted a second-place 1:51.13 with Ohio State's Brayden Seal taking third in 1:51.40.

WOMEN'S 100 BREAST

Russia's Yuliya Efimova had enough in the tank to hold off Indiana's Lilly King in the women's 100-meter breast.

Efimova, still battling the specter of performance enhancement after a positive test and the rampant issues in Russian anti-doping circles, managed to win in 1:06.17. That swim was not far off her second-ranked 1:05.60 from Worlds.

King, meanwhile, chased down silver in a time of 1:06.43 to vault into a sixth-ranked tie with Kanako Watanabe. King's previous best had been a 1:06.69 at Nationals in San Antonio. She's the second-fastest American behind Katie Meili's third-ranked 1:05.64 this year.

Tennessee's Molly Hannis placed third overall in 1:07.51 with SMU's Rachel Nicol taking fourth in 1:07.89.

Indiana's Miranda Tucker (1:07.95), NYAC's Breeja Larson (1:08.15), Kierra Smith (1:08.27) and California's Marina Garcia Urzainqui (1:08.98) put up the rest of the times in the A final.

Franko Jonker claimed the B final win in 1:08.99 with Michigan's Emily Kopas placing second in 1:09.14. Badger's Emily McClellan finished third in 1:09.65.

SMU's Tara-Lynn Nicholas stopped the clock in 1:09.63 to win the C final. Greta Leberfinger finished just behind in 1:09.67 with T2's Justine Bowker earning third in 1:09.80.

MEN'S 100 BREAST

Sam Tierney took down the men's 100-meter breast title in 1:00.15, while Tucson Ford's Marcus Titus took second in 1:00.55. Nick Schafer finished third in 1:00.71 with GPAC's Brendan McHugh in fourth in 1:00.83.

Club Wolverine's Richard Funk (1:00.91), Venezuela's Carlos Claverie (1:01.08), California's Chuck Katis (1:01.28) and Mexico's Miguel Ojeda (1:01.47) touched fifth through eighth.

NYAC's Mike Alexandrov provided some outside smoke with a 1:01.66 to win the B final from lane 1. Grand Canyon's Youssef El Kamash took second in 1:02.30 with Jonathan Leopold taking third in 1:02.43.

Uvis Kalnins claimed the C final with a time of 1:02.78 with Sean Mahoney just behind in 1:02.84. Mike Fisher picked up third in 1:03.08.

WOMEN'S 100 BACK

In another loaded finale, Colorado Stars' Missy Franklin seized the women's 100-meter back national championship.

Franklin put up a top time of 1:00.03 for the win, touching out Michigan's Ali DeLoof (1:00.10). California's Rachel Bootsma (1:00.25) and Natalie Coughlin (1:00.41) finished third and fourth.

Carmel's Claire Adams (1:00.46), California's Kathleen Baker (1:00.48), Michigan's Clara Smiddy (1:00.49) and Kira Toussaint (1:01.41) placed fifth through eighth.

Cascade's Brooklynn Snodgrass captured the B final in 1:00.68. Johanna Roas touched just behind in 1:00.77. Cascade's Ingrid Wilm earned third in 1:01.06.

Tualatin Hills' Keaton Blovad won the C final in 1:02.03. Phoenix's Noriko Inada finished second in 1:02.15 with Grand Canyon's Iryna Glavnyk taking third in 1:02.31.

MEN'S 100 BACK

Tucson Ford's Matt Grevers blasted the finale with a season-best time in the men's 100-meter back.

Grevers won the last finale of the night with a 52.54. That swim cleared his fifth-ranked time at Worlds of 52.66, but wasn't enough to surpass David Plummer's 52.51 for fourth in the world.

Louisville's Grigory Tarasevich took second in 53.80 with NYAC's Arkady Vyatchanin claiming third in 54.12.

Club Wolverine's Junya Koga (54.45), Alabama's Christopher Reid (54.47), Patrick Mulcare (54.50), Eugene Godsoe (55.63) and Alabama's Luke Kaliszak (56.81) placed fourth through eighth.

Trojan's Vlad Morozov picked up the B final in 53.85, while Anton Loncar took second in 55.57. Paul Le wound up third in 55.58. ◀

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2015 AT&T WINTER USA NATIONAL CHAMPIONSHIPS DAY 3 FINALS RECAP

BY JASON MARSTELLER

WOMEN'S 800 FREE

In a back-and-forth matchup, Olympic silver medalist Haley Anderson managed to hold off a game Lindsay Vrooman of Badger Swim Club.

Anderson won the national title in 8:29.32 with Vrooman taking second in 8:29.70 after the two traded the lead the last 200 meters of the race.

Anderson, an open water specialist, moved to 19th in the world with her swim, while Vrooman already had the 11th-best time this year with an 8:26.67 from the World University Games.

Michigan's Gillian Ryan snagged the bronze in 8:31.97 from an earlier heat, while NBAC's Cierra Runge managed to take fourth in 8:32.19.

Hannah Moore (8:33.66), Aggies' Sarah Henry (8:36.43), TFA's Gabrielle Kopenski (8:39.67) and Venezuela's Andreina Pinto (8:42.19) closed out the top eight in the timed final event.

MEN'S 1500 FREE

The Woodlands' Michael McBroom, who just watched his 1000-yard free NCAA record take a tumble tonight, dominated the men's 1500-meter free for a national title.

McBroom clocked a 15:10.31 to win by more than eight seconds. That's well off his 11th-ranked season best of 14:57.07 from Worlds, but plenty enough for the win tonight.

Michigan's PJ Ransford held the lead during the middle portion of the swim, but watched as early leader McBroom revved his legs up again to pull away the final third of the swim.

Ransford took second in 15:18.46 with Gator's True Sweetser earning third in 15:26.57.

Australia's Jordan Harrison (15:28.49), N.C. State's Anton Ipsen (15:29.35), Azura Florida's Marcelo Acosta (15:31.61), FAST's Jerad Kaskawal (15:32.05) and Michigan's Ian Rainey (15:36.15) made up the rest of the top eight in the timed final event.

WOMEN'S 200 BACK

Colorado Stars' Missy Franklin held off a hard-charging Maya DiRado of Stanford for the women's 200-meter back national title in what was a truly loaded finale.

Franklin led throughout and put her hand on the wall in 2:07.87 for the win. That's off her third-ranked season best of 2:06.34 from Worlds.

DiRado threw down a 2:08.28 for silver to move up the rankings to ninth in the world, while seventh-ranked Hillary Caldwell tracked down third in 2:10.05. Caldwell posted a 2:08.22 at Pan Ams earlier this year to rank seventh in the world.

California's Elizabeth Pelton (2:10.54), BlueFish's Elizabeth Beisel (2:10.77), Michigan's Clara Smiddy (2:11.15), Matea Samardzic (2:13.06) and Indiana's Kennedy Goss (2:16.54) rounded out the top eight.

HMST's Erin Earley cranked out a 2:11.87 to win the B final. Carmel's Claire Adams took second in 2:12.57 with California's Kathleen Baker placing third in 2:12.70.

MEN'S 200 BACK

Tucson Ford's Matt Grevers stopped the clock first ahead of a tight finish in the men's 200-meter back to add the national title to his 100 back win last night.

Grevers clocked a 1:57.24 for the win, just ahead of Patrick Mulcare's 1:57.34. NYAC's Arkady Vyatchanin finished third in 1:57.43 with Louisville's Grigory Tarasevich also in the 1:57 range with a fourth-place 1:57.98.

The time improved Grevers' 17th-ranked season best of 1:57.43, but was not enough to clear Christian Diener (1:57.17) for 16th. Mulcare moved up to 18th with his swim. Vyatchanin already ranked ninth with a 1:56.31 from the Charlotte stop of the Arena Pro Swim Series.

Sarasota's Austin Katz (2:00.02), Alabama's Chris Reid (2:00.06), Michigan's Tristan Sanders (2:00.23) and Anton Loncar (2:01.04) wound up fifth through eighth.

Josh Artmann topped the B final in 2:01.65 with Michigan's Luke Papendick close behind in 2:01.91. Badger's James Wells put up a 2:02.81 for third.

WOMEN'S 100 FREE

Stanford's Simone Manuel and Lia Neal went 1-2 in the women's 100-meter freestyle.

Manuel clocked the top time of 53.98, a bit off her ninth-ranked season best of 53.81 from Worlds. Stanford teammate Neal took second in 54.01 to move just outside the top 20 in the world.

Canyons' Abbey Weitzel tracked down bronze in 54.11 with Colorado Stars' Missy Franklin missing the podium with a fourth-place 54.69.

California's Camille Cheng (54.88), California's Dana Vollmer (54.96), Michigan's Siobhan Haughey (55.00) and Tucson Ford's Margo Geer (55.20) comprised the rest of the finale.

The Americans still have a lot of work to do in women's sprint as Australia has five different individuals faster than Manuel this year. Manuel, the top American sprinter, is a full second-and-a-half off the Campbell sisters who are 1-2 in the world.

In a surprisingly stacked B final, NBAC's Allison Schmitt won the consolation heat in 54.71. SwimAtlanta's Amanda Weir took second in 55.25 with Stanford's Felicia Lee (55.35) and California's Natalie Coughlin (55.55) third and fourth.

MEN'S 100 FREE

Canyons' Santo Condorelli proved that his third-ranked 47.98 from the Pan American Games wasn't a fluke by winning a loaded 100-meter free finale tonight.

Condorelli put up a time of 48.05 for the win, just off his top time this year. Trojan's Vlad Morozov, who also put up a 47.98 to rank this third year at Russian Nationals, placed second tonight in 48.51.

California's Nathan Adrian, the top American in the heat with Condorelli representing Canada, took third in 48.60.

NYAC's Josh Schneider (48.76), Pleasanton's Maxime Rooney (49.13), Trojan's Conor Dwyer (49.18), UBCD's Yuri Kisil (49.22) and Alabama's Kristian Gkolomeev (49.77) fin-

ished fourth through eighth.

Indiana's Anze Tavcar snared the B final win in 49.69 with teammate Blake Pieroni second in 49.75. Renzo Tjon A Joe placed third in 49.76.

UBCD's Markus Thormeyer claimed the C final in 49.95, while David Nolan took second in 50.06. Club Wolverine's Justin Glanda wound up third in 50.13.

WOMEN'S 200 BREAST

Indiana's Lilly King took down a 15-year-old U.S. National Age Group record in the 17-18 age division in the women's 200-meter breaststroke en route to winning the national title at the 2015 USA Swimming Winter Nationals.

King threw down a scorching time of 2:24.47 for the win, breaking the 2000 mark of 2:25.35 set by Amanda Beard. That was the oldest 17-18 girls long course meter record as Kasey Carlson's 2009 mark of 1:05.75 in the 100-meter breast is now the oldest in the books. The time also vaulted King up to 19th in the world rankings.

Minnesota's Kierra Smith took second tonight in 2:24.60 with Tennessee's Molly Hannis taking third in 2:25.81.

Indiana's Miranda Tucker (2:26.08), TSC's Martha McCabe (2:26.51), California's Marina Garcia Urzainqui (2:30.26), SMU's Rachel Nicol (2:30.47) and Stina Colleou (2:30.81) made up the rest of the championship heat.

NYAC's Breeja Larson took the B final title in 2:28.44 with Michigan's Emily Kopas placing second in 2:29.67. Greta Leberfinger snared third in 2:31.46.

MEN'S 200 BREAST

Venezuela's Carlos Claverie cleared the FINA A cut standard to qualify for the Olympics as he won the 200-meter breast.

Claverie clocked a winning time of 2:11.53, while Nick Schafer took second in 2:12.23. Sam Tierney wound up third in 2:12.49.

GPAC's Brendan McHugh (2:12.81), Marat Amaltdinov (2:13.51), Cardinals' Thomas Dahlia (2:14.11), Club Wolverine's Richard Funk (2:14.13) and California's Chuck Katis (2:14.81) also competed in the championship heat.

BJ Johnson and Mexico's Miguel Ojeda tied for the B final win with matching 2:13.91s. Sean Mahoney took third in 2:15.72.◀



[PHOTO COURTESY: R-SPORT / MIA ROSSIYA SEGODNYA]

MITCH LARKIN BREAKS 200 BACK WORLD RECORD, FIRST UNDER 1:46 BY JASON MARSTELLER

It took only 1:45.63 for Mitch Larkin to become Swimming Australia's first individual world record holder in six years at the Sydney Olympic Park Aquatic Centre tonight.

The 22-year-old from Brisbane unleashed a dream swim in the 200m backstroke on a record breaking night three at the Hancock Prospecting Australian Short Course Championships which saw one World, two Australian, two Commonwealth and five Australian All-Comers records fall.

Many swimming pundits were quick to describe the night as a return to the glory days.

Larkin capped off what he described as "an amazing 12 months" with his first world record to go alongside his three world championships and a whirlwind record-breaking World Cup series.

He is now without a doubt the hottest backstroker in the
18 - SWIMMING WORLD BIWEEKLY

world – with number one world rankings in both the 100 and 200m long course and 100 and 200m short course and a swag of records to boot.

Larkin was at his silky smooth best through the first 50 metres in 24.46 and when he turned in 51.35 at the 100m mark the world record of 1:46.11 set by Russia's Arkady Vyatchanin in the "supersuit" year of 2009 was very much under fire.

He continued to open up a commanding lead with superb underwater skills on every turn to split 1:18.42, coming home over the final 50m in 27.21.

The last world record set by an Australian was by Christian Sprenger in the 200m breaststroke at the 2009 FINA World Championships in Rome.

The last world records set in Australia were back in 2008

to Eamon Sullivan, Libby Trickett and Stephanie Rice at the Olympic trials, all at the Sydney Olympic Park Aquatic Centre – dubbed the “Pool of Dreams” through the 1999 Pan Pacs and 2000 Olympics and 2004 and 2008 Olympic Trials.

The very much down-to-earth, considered Larkin was excited with his swim but still measured in his thoughtful answers with the media straight after his swim.

“The plan is always to improve,” said Larkin, “This morning was cruisey and I said I would be happy with a 1:46 really, really low and if things went really well a 1:45.

“I didn’t think I was that quick tonight; some of my turns were a little bit out and I didn’t really hit all of them but I’m really happy with that.

“You look back on the year and you think did that really happen in six months? It’s just amazing.

“I asked my coach Michael Bohl what have I done differently? How am I swimming that fast now?

“He attributes that to a bit of confidence and I got that from Kazan at the World Championships.

“It’s something you always dream of and I’m in a bit of shock to be honest. To finally realise that I’ve done it.

“It is short course and I would really like a long course world record but there are steps to that and it’s a major goal.

“It’s incredible, hopefully the ball keeps rolling and on to Rio and maybe a couple of years after that as well.”

In other record breaking swims:

CAM MCEVOY broke Ian Thorpe’s 15-year-old Australian record; his own Australian all comers record and equalled Canadian Brent Hayden’s Commonwealth record in a time of 1:40.80.

It was McEvoy’s first Australian open record and he was quick to admit he was “flat” in his warm up, saying: “I got in the water and felt pretty flat, really down and different to my normal self in the warm up and I thought to myself this might turn into a survival swim, we’ll see how it goes in the last 100m.”

And on breaking Thorpe’s record? “To give Ian credit he didn’t swim too many short course competitions. I’m pretty sure he did that record when he was still a teenager (Thor-

pe was 17 in 2000) and he most likely would have swum quicker than that in the latter part of his career but I’m still going to take it. It still makes me feel nice to have my first Australian record.”

EMILY SEEBOHM continued on her record breaking ways to set a new Australian All-Comers record in a time of 55.46 in the women’s 100m backstroke, to go with her Commonwealth and Australian records in the 200m last night.

The dual long course world champion said: “In short course swimming it comes down to making sure your skills are 100 percent and tonight they probably weren’t and that’s where it hurt me but I was really happy with my 200 last night and certainly not disappointed tonight.

“I know where I can improve in my long course as well and it’s good feedback to have as well.

“It’s been a strong year for me and if I can continue that on for next year then I’ll be happy.”

CATE CAMPBELL followed up her nail-biting win in the 100m freestyle from last night with another cliff-hanger over sister Bronte in the 50m final tonight. Cate lowered Libby Trickett’s 2007 Australian All-Comers mark of 23.77 to 23.64 with Bronte touching in 23.79 for second and Emma McKeon 24.24 third while;

JESSICA ASHWOOD became the second swimmer in the last 10 years behind Laura Crockart in 2011 to win the 400, 800 and 1500m treble when she won the 400m in a new Australian All-Comers record of 3:59.23 – only the third Australian to go under the four minute mark, behind Blair Evans and Kylie Palmer.

“The boys in my squad were teasing me that I better swim under four minutes so that certainly became the goal and I was pretty happy to get under it and shown them.

“I didn’t realise what the Australian record was until I looked up after the race and saw it on the scoreboard but to get the Australian All-Comers is also pretty good.

“To win the treble (400, 800 and 1500m) was the goal but you always want to do better but I have to be happy with those results.

“I always want to improve and swim faster and that’s what keeps you going. I’ve still got the 200m in the morning.” ◀



[PHOTO COURTESY: ANDY RINGGOLDI/RINGO]

TEXAS' CLARK SMITH SPLITS WAY TO 1000 FREE NCAA, AMERICAN RECORD BY JASON MARSTELLER

While pushing the pace early as part of the 1650-yard freestyle, Texas' Clark Smith broke the NCAA and American records in the 1000-yard free at the 2015 Texas Hall of Fame Invitational today.

Smith hit the wall in 8:33.93 at the 1000 before finishing 12th overall in 15:41.16 as he cruised the last 650.

That swim broke the American record of 8:36.49 set by Erik Vendt back in January of 2008. It also crushed Texas-Ex Michael McBroom's NCAA record of 8:43.48 from February 2013 in Austin as well.

As you can see by the splits below, Smith definitely enjoyed the record before picking up his speed down the stretch.

Splits:

48.25, 1:38.99 (50.74), 2:30.55 (51.56), 3:22.35 (51.80), 4:14.44 (52.09), 5:06.69 (52.25), 5:59.04 (52.35), 6:51.04 (52.00), 7:42.86 (51.82), 8:33.93 (51.07), 9:57.81 (1:23.88), 11:07.11 (1:09.30), 12:22.11 (1:15.00), 13:23.44 (1:01.33), 14:18.22 (54.78), 15:14.96 (56.74), 15:41.16 (26.20)

Vendt's time is one of the oldest American SCY records in the books. Peter Vanderkaay's 4:08.54 500-yard free from February 2008 is the oldest on the men's, while Natalie Coughlin's 49.97 100-yard back still remains for the women from March 2002. ◀



[PHOTO COURTESY: ANDY RINGGOLD/ARINGO]

LILLY KING CRUSHES AMANDA BEARD'S 17-18 NAG RECORD IN 200 BREAST

BY JASON MARSTELLER

Indiana's Lilly King took down a 15-year-old U.S. National Age Group record in the 17-18 age division in the women's 200-meter breaststroke en route to winning the national title at the 2015 USA Swimming Winter Nationals.

King threw down a scorching time of 2:24.47 for the win, breaking the 2000 mark of 2:25.35 set by Amanda Beard. That was the oldest 17-18 girls long course meter record as Kasey Carlson's 2009 mark of 1:05.75 in the 100-meter breast is now the oldest in the books. The time also vaulted King up to 19th in the world rankings.

Minnesota's Kierra Smith took second tonight in 2:24.60 with Tennessee's Molly Hannis taking third in 2:25.81.

Indiana's Miranda Tucker (2:26.08), TSC's Martha McCabe (2:26.51), California's Marina Garcia Urzainqui (2:30.26), SMU's Rachel Nicol (2:30.47) and Stina Colleou (2:30.81) made up the rest of the championship heat.

NYAC's Breeja Larson took the B final title in 2:28.44 with Michigan's Emily Kopas placing second in 2:29.67. Greta Leberfinger snared third in 2:31.46.

California's Maija Roses won the C final in 2:32.58 with Canyons' Nikol Popov just behind in 2:32.66. Venezuela's Mercedes Toledo took third in 2:33.06. ◀



CATE CAMPBELL LOWERS WORLD RECORD IN 100 FREE WITH 200 FREE SPLIT

BY JASON MARSTELLER

Sprint queen Cate Campbell created history in Sydney tonight when she became the first woman to crack 51 seconds for 100m freestyle in the final of the 200m event on a record-breaking final night of the Hancock Prospecting Australian Short Course Swimming Championships in Sydney.

Campbell told her competitors in the marshalling room at the Sydney Olympic Park Aquatic Centre just minutes before the race that she would only swim the first 100 metres – and only her coach Simon Cusack and a handful of coaches knew the plan.

When she split 24.20 at the 50m mark even National head coach Jacco Verhaeren knew “something was on” and all eyes were on lane six as the long, fluid strokes of the 2013 world champion ploughed through the water.

Then she stopped, touched the wall at the 100m mark and looked around to see her time of 50.91 – 0.10 faster than Australian Olympic gold medallist Libby Trickett had swum in 2008 with her 51.01 – as Emma McKeon continued through the next 100m to set a new Commonwealth record for the 200m of 1:51.66.

“It is my first individual world record, I can’t believe that just happened,” Campbell told a stunned press corps.

“It doesn’t really feel real, especially because I came dead last by about 25m, so I think it is pretty unique to get a world record and finish dead-last in your race.

“Not many people can claim that but I have always been a trailblazer, so I will take it.”

There was a total of seven records in that one race – the World, Commonwealth, Australian and Australian All-Comers records in the 100m to Campbell and the Commonwealth, Australian and Australian All-Comers records in the 200m to McKeon.

All-in-all there were 20 records broken tonight – one world, five Commonwealth, six Australian and eight Australian All-Comers and records set on the final night – taking the record tally to 40 in three days – two world, eight Commonwealth, 12 Australian and 18 Australian All-Comers.

Mitch Larkin, who set a new 200m backstroke world record last night, continued the record rage, twice setting new Commonwealth, Australian and Australian All-Comers records – first off in his individual 100m backstroke final with a sizzling 49.04 and then improving it 30 minutes later to 49.03 as he led the St Peters Western medley relay team to an Australian club relay record – just 0.09 shy of Nick Thoman’s 2009 world mark of 48.94.

Not to be out done, a revitalised, refreshed and re-loaded Tom Fraser-Holmes put his hand up, slashing his own Commonwealth and Australian records in the men’s 400m individual medley in a time of 3:57.91 – and only 3.41 outside Ryan Lochte’s 2010 world mark.

Then Emily Seebohm finished her campaign with a new Australian All-Comers record of 26.30 in the 50m backstroke final, only just out-touching her training partner, 15-year-old World junior champion Minna Atherton who clocked 26.56.

Then 24 hours after breaking Ian Thorpe’s 200m freestyle

[PHOTO COURTESY: DELLY CARR.]

Commonwealth record, Cam McEvoy kept the records tumbling with his 20.75 in the 50 metres freestyle final to become only the second swimmer since 1982 to win the 50,100 and 200m freestyle treble to Tom Stachewicz (1988).

McEvoy analysed his race, saying: “The first 25 metres felt a bit messy because I just wanted to get out as quick as I could and the technical side of things kind of fell apart.

“I guess with the 50 short course, after the turn it’s all about trying to get into that rhythm, not trying to over-spin and just trying to get to the other end as quick as you can as well. A lot of it is a blur.

“I’ve been very close to getting the treble the past two years at the long course championships. It is an added bonus, it’s nice to finish off a competition like that and the week with three gold medals and it’s great to do be able to do something like that for the first time in a long time.”

In other events:

Kenneth To (Trinity Grammar, NSW) won his fifth 100 individual medley title in six years in 52.38, with Justin James (Mackay) second in 53.59 and defending champion Daniel Lester (Lawnton, QLD) third in 53.89. To also won the 200IM earlier in the meet.

Madeline Groves (St Peters Western, QLD) won her first 200m butterfly short course title, to match her long course gold medal from earlier in the year, hanging on to stop the clock at 2:03.08 – just 0.20 outside the Commonwealth and Australian record of 2:02.88, set by Ellen Gandy in 2013. Groves held on to beat the fast finishing Brianna Throssell (Perth City, WA) 2:03.25 and An Sehyun (Korea) 2:08.74.

David Morgan (TSS Aquatic, QLD) successfully defended his 100m butterfly title with an all-the-way win in a personal best time of 50.14 from Chris Wright (50.59) and Tommaso D’Orsogna (50.79).

World Junior Championship silver medallist in this event Matthew Wilson is proving his potential at the open level with a win in the men’s 200m breaststroke final tonight. Wilson took his first title in emphatic fashion, finishing half a body length ahead of the rest of the field. The 16-year-old clocked a 2:06.50 to relegate Canada’s Ashton Baumann (2:08.01) to second with TSS Aquatics swimmer Joshua Tierney (2:08.89) taking the bronze.

World Championship representative Jake Packard touched in second place but was later disqualified for an illegal touch. St Peters Western swimmer Georgia Bohl is brimming with

confidence after taking her second title for the meet in the 50m breaststroke tonight, only her second ever open national’s title. Bohl held on to take the win in a time of 30.03 leaving Leiston Pickett (30.11) to settle for second and Sally Hunter (30.34) with the bronze.

After taking the win and equalling her own Australian record in the 400m individual medley earlier in the week, Ellen Fullerton added the 200m IM title to her tally tonight. Sprinting home in the freestyle leg, Fullerton finished in 2:07.97 with West Australian Blair Evans (2:07.97) sneaking into second and Alicia Coutts (2:08.11) rounding out the top three.

The men’s 1500m freestyle was a fight to the finish, with both Jack McLoughlin (14:54.12) and George O’Brien (14:55.69) going stroke for stroke for the duration of the 60 laps. McLoughlin started to pull away at the 1400 metre mark and managed to touch just ahead of O’Brien and steal the national short course title. The bronze medal went to Marion’s Ethan Owens who hit the wall in 15:21.71.

IPC World Champion Tiffany Thomas-Kane (1:38.40, 992 Multi Class points) wrapped up a successful short course meet with a gold medal in the women’s 100m Multi Class breaststroke. The 14-year-old got the better of Madeleine Scott (1:18.66, 934 Multi Class points) and Paige Leonhardt (1:20.95, 857 Multi Class points).

The men’s 100m Multi Class breaststroke saw Ahmed Kelly in his element. Kelly was crowned the eventual winner with a time of 1:49.94 – giving him 936 Multi Class points. The Silver medal went to Mitchell Kilduff (1:12.92, 709 Multi Class points) with Matthew Ward taking the bronze in 1:13.28 (653 Multi Class points).

Fourteen-year-old Jenna Jones (32.75, 1111 Multi Class points) collected her first national short course title in front of a home crowd in the women’s 50m Multi Class backstroke final. The silver medal was awarded to Taylor Corry (31.07, 1029 Multi Class points) with Teigan Van Roosmalen (34.09, 985 Multi Class points) joining them on the podium for third.

In the corresponding men’s Multi Class event, Michael Anderson (26.97, 1038 Multi Class points) was too strong over the 50m backstroke, taking the title ahead of Sean Russo (27.62, 966 Multi Class points) and Joshua Alford (30.49, 835 Multi Class points). ◀

Swimming Australia contributed this report.

KIDS



[PHOTO COURTESY: SPORTS ILLUSTRATED]

Super Swimmer
Reece Whitley

REECE WHITLEY NAMED SPORTS ILLUSTRATED'S SPORTSKID OF THE YEAR 2015

BY JASON MARSTELLER

Reece Whitley, one of the top national age group record breakers in recent memory, has been named Sports Illustrated's SportsKid of the Year for 2015. The honor comes after taking two silver medals at the 2015 World Junior Championships.

The 15-year-old swimmer who stands at 6-8 and swims for Penn Charter in Pennsylvania has made plenty of noise in the past few years as he's traded national age group records with another phenom in Michael Andrew.

The award was announced on Good Morning America this morning with Whitley in New York as part of the festivities.

"This is a tremendous honor for Reece and his family. He has a magnetic personality and has shown success in the pool, with the potential to be an incredible role model to the next generation of elite swimmers in our country," said USA Swimming Executive Director Chuck Wielgus. "Reece represents the characteristics of youth athletes who are attracted to the sport of swimming."

Sports Illustrated posted the entire feature article online as well.

On top of the standard quotes from coaches and family:

"I've had so much fun watching him grow, continue to love the sport, and advocate for the sport," Crystal Keelan, the

head coach at Penn Charter Aquatic Club (PCAC), told SI. "As he's maturing, he's wanting to spread the word about swimming and making connections with people of all ages."

SI also talked to the best swimmer in history, Michael Phelps. Phelps has had a chance to get to know Whitley during Phelps' recent comeback as they've been on deck together at times. Put simply, Phelps says Whitley is a stud, and that is high praise from the top swimmer ever.

"Getting to know Reece a little bit, he's incredible. The guy is very talented, he's super relaxed, super outgoing, just kind of go-with-the-flow," says Phelps. "He's seeing results, he's having fun, he's enjoying himself. He's a stud."

Full Sports Illustrated Release:

Time Inc.'s Sports Illustrated Kids has named Reece Whitley of Lafayette Hill, PA, the 2015 SportsKid of the Year. Reece, who was selected from among thousands of entries, is the cover story of the December issue of Sports Illustrated Kids, on newsstands tomorrow and available online at www.sikids.com/skoty. This is the first of several upcoming announcements for the SI Kids franchise. In early 2016, look for the relaunch of its SIKids.com digital platform.

Reece was interviewed on ABC's Good Morning America today about this honor, and the Office of the First Lady Mi-

Michelle Obama, congratulated Reece via Twitter: “Congrats @_reecewhitley on becoming @SIKKids #SportsKid of the Year. We are so proud of you! SIKIDS.com/skoty”

Mark Bechtel, Managing Editor of Sports Illustrated Kids, said, “Reece embodies all the qualities of what it means to be SportsKid of the Year. Of course, he’s a talented and committed athlete with a great attitude, but he’s also kind, and generous, and he genuinely cares about helping others and bettering the world around him.”

An all-around athlete who has excelled in basketball and baseball, Reece found his calling as a swimmer where he’s breaking records and becoming an ambassador for the sport. This year, he won the 200-meter breaststroke at the 2015 Speedo Junior National Championships and came in second in the 100-meter breaststroke at the 2015 FINA World Junior Championships. He’ll be competing in the 2016 U.S. Olympic Trials this June.

“I’ve had so much fun watching him grow, continue to love the sport, and advocate for the sport,” says Crystal Keelan, head coach at Penn Charter Aquatic Club. “As he’s maturing, he’s wanting to spread the word about swimming and making connections with people of all ages.”

A sophomore at William Penn Charter School in Philadelphia, Reece is a role model for young swimmers in his community and wherever he travels. He mentors younger kids during their practices and offers advice to help them stay focused. As Reece said, “Making an impact on a young swimmer at a meet is probably more important than the times that you swim. All these records are meant to be broken, but if you change a kid’s life or if you put a smile on a kid’s face because you took a picture with them, that never dies.”

Olympic champion Michael Phelps said, *“Getting to know Reece a little bit, he’s incredible. The guy is very talented, he’s super relaxed, super outgoing, just kind of go-with-the-flow. He’s seeing results, he’s having fun, he’s enjoying himself. He’s a stud.”*

The annual SportsKid of the Year award was introduced in 2007 to recognize young athletes who excel on the field, in the classroom and in service to their communities. Past recipients include:

2014: Mo’ne Davis (Philadelphia, PA) – Davis, the honor roll student who became only the fourth girl in history to play in the Little League World Series, the first girl in 75 years to win a game in the Little League World Series and the first girl to pitch a shutout in the World Series, illustrated for the

world that no matter age, gender or race, everyone has the ability to make an impact and inspire.

2013: Jack Wellman (Newtown, CT) – A three-sport star, while sidelined with a neck injury uplifted the Newtown community by volunteer coaching the local youth wrestling team in the aftermath of a tragedy that took one of their teammates.

2012: Brothers Conner and Cayden Long (White House, TN) – The elder Connor competes in youth triathlons side-by-side with his brother Cayden, who suffers from cerebral palsy. Connor pushes Cayden in a stroller during the run portion of the competition, and he pulls Cayden in a raft during the swim and in a trailer during the bike race.

2011: Noah Flegel (Lighthouse Point, FL) – Flegel, who won the World Wakeboard Association’s World Championship, was equally impressive in the classroom and also dedicated much of his time to organizing and cooking meals for the homeless in his community.

2010: Jessica Aney (Rochester, MN) – Aney became the first female to receive the honor. A two-sport athlete, with a perfect academic record, Jessica was one of the top-ranked tennis players nationally in her age group and excelled at an elite level in ice hockey.

2009: Austin McCarthy (Ludington, MI) – McCarthy scored 430 points with 63 hat tricks in only three years of playing ice hockey. Off the ice, Austin was very involved in his community, working at a number of fundraising events to help raise money for his local hockey association and to help boost interest in hockey among other local children.

2008: Derek Andrews (Buffalo, NY) – Despite suffering from an unknown muscle disorder, Andrews inspired the entire city of Buffalo through his participation in baseball, hockey, soccer, swimming and gymnastics.

2007: Brock Heffron (Chandler, AZ) – Heffron became the International Cycling Union World Champion and the USA Cycling Champion in his age class. Away from the track he was a straight-A student and played on local football and baseball teams.

Reece will be honored—along with the Sports Illustrated 2015 Sportsman of the Year and the 2015 Muhammad Ali Legacy Award recipient—at the Sports Illustrated Sportsman of the Year event in New York City on December 15. ◀



PHOTO COURTESY ABBY BOONE

WHAT TO SAY TO A SWIMMER AFTER A BAD SWIM

BY ABBY BOONE, SWIMMING WORLD COLLEGE INTERN

Every swimmer has come to the wall at the end of a race and been unhappy with their swim. Whether they are sad or mad, whether there are tears or frustration, each swimmer turns to their coach for comfort and counsel.

Coaches from around the country gave their advice on what they say to a swimmer after a bad swim:

“You have to look at the bigger picture. It’s all a part of the process. Respect the process. I try to teach the life skills as opposed to the finality of the swim.” - *Seth Orlove, Swift Aquatics (Skokie, IL)*

“There is going to be a lot worse things that are going to happen in your life. I think about all the swimmers I have had come through my program and all that has happened to them after their time on the team. Swimming is just a game; life is a much tougher game.” - *Ed Brennan, University of Tampa (Tampa, FL)*

“Mostly, I try to listen them. I ask them how they feel and let them talk. They often say it better than I would and often comfort themselves. If they can tell themselves what they did wrong, they learn much more than if I am telling them.” - *Jay Porteus, Empire Swimming (White Plains, NY)*

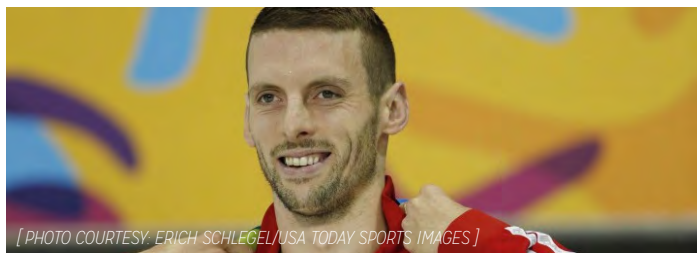
“An emotional response is valid, but they have to have it on their own so I often tell them to walk away and come back later when they just want to talk. This race is not the most important thing that is going to happen or the worst thing that is going to happen in their lives. Yes, learn from it, but then let it go. My friend Eric Nelson from Miami say ‘every heat is winnable,’ and it is. Sometimes you just have to focus on the small successes.” - *Mary Liston, Rockwood Swim Club (St. Louis, MO)*

“You always have to focus on what they did that made them so upset. Learn from it. Not every race is perfect, but there is always another swim meet. Life doesn’t end with that one swim and they can’t act like it will.” - *Tim Bauer, Woodland Swim Team (Shenandoah, TX)*

“At an upper level meet, they’re all here for a reason. They’re talented, so I remind them of that. I give them the basics and remind them of what they need to bring it back to where they want. But if it’s a bad performance, I’m going to tell them that. Everyone appreciates honesty, even if they don’t want to hear it right then.” - *Dave Krotiak, Fox Valley Swim Team (Naperville, IL)*

“I always tell swimmers to focus on what you can control before you swim. Afterwards you can only learn from it. Not every swim is a good and you do get emotional sometimes, but only while you’re in the water can you do your best.” - *Olga Espinosa, Saint Croix Swim Club (Stillwater, MN)*

“I work off the condition that athletic performances must be evaluated pragmatically. I foster an understanding of how a race could have been better and facilitate the swimmer to evaluate their own abilities in making changes. There is not a window to make excuses or “lame shift” in this program, but rather a systematic approach of breaking down the race that can teach the swimmer to move forward and perform better in the future whether that is the next race or next competition.” - *Hollie Bonewit-Cron, Nova Southeastern University (Ft. Lauderdale, FL)* ◀



[PHOTO COURTESY: ERICH SCHLEGEL/USA TODAY SPORTS IMAGES]

COCHRANE NAMED SWIMMING CANADA MALE SWIMMER OF THE YEAR

Eight was a lucky number for Canada's swimming star Ryan Cochrane in 2015.

The 27-year-old swimmer won his all-time Canadian best eighth FINA World Championships medal this year, and for his efforts is being recognized with his eighth straight Swimming Canada Male Swimmer of the Year award.

Cochrane took bronze in both the 400-m and 1,500-m freestyle at the worlds in Kazan, Russia. That performance came on the heels of a double gold performance in those distances at the Toronto 2015 Pan Am Games. He also helped the men's 4x200-m freestyle relay to bronze at Pan Ams.

Cochrane's 2015 achievements are even more impressive considering the difficult year he and his teammates faced due to the death of High Performance Centre – Victoria head coach Randy Bennett in April.

"After a year filled with many ups and downs, it's nice to be recognized for the hard work my team and I have put in to perform on the world stage," Cochrane said. "Representing Canada at the Pan Am Games as well as the world championships was incredible and I'm thankful to have had the opportunity to stand on the podium multiple times."

Ryan Mallette, who took over as HPC – Victoria coach and guided the swimmers through the international competition season, will also be honoured as Swimming Canada Coach of the Year (Male Swimmer).

Both receive Inuit sculptures by Canadian artists, certified by the Government of Canada. Cochrane's sculpture is a seal crafted by George Arragutainaq, while Mallette also receives a seal, by Charlie Eyaituk. The award sculptures were created by artists from the Inuit community of Sanikiluaq, Nunavut, on the Belcher Islands in Hudson Bay.

Swimming Canada will continue announcing its Big Splash Awards throughout the coming days. ◀

Swimming Canada contributed this report.

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FINA ANNOUNCES SHORT COURSE RETURN TO 2016 FINA WORLD CUP

[PHOTO COURTESY: FABIO FERRARI - LAPRESSE]

FINA announced the 2016 schedule of the 2016 FINA World Cup circuit today, and also revealed a return to short course meter racing. The circuit also will feature nine total stops.

FINA Press Release:

FINA is pleased to announce the calendar of the FINA/airweave Swimming World Cup 2016, running from August through October 2016, and distributing over US\$ 2 million in prize money (2'178'000), making it the world's richest annual swimming series. The prize money will be distributed as follows:

USD 102'000 at each of the 9 meets (Sub-total USD 918'000)

USD 300'000 at each of the 3 clusters (Sub-total USD 900'000)

USD 180'000 for the 3 highest ranked Men & Women swimmers (Sub-total USD 360'000)

In addition, World Record Bonuses of USD10'000 will be awarded for each new World Record during the series.

For 2016, this prestigious FINA circuit will return to the 25m-pool, and will comprise nine meets, with one more European stop than in 2015, distributed into three clusters. Each meet will include 34 individual events on the two-day programme.

Shortly after the conclusion of the Rio 2016 Olympic Games, the world's elite swimmers will travel to Paris-Chartres in France to compete in the initial leg of the series on August 26-27. Three days later, a comeback in the circuit- Berlin (GER) - will welcome the stars. The first cluster will then conclude with a last European rendezvous in Moscow (RUS).

The competition will then proceed to the second cluster with events in Beijing (CHN), Dubai (UAE) and Doha (QAT).

Finally the World Cup 2016 will come to an end in Asia with three stops in Singapore (SIN), Tokyo (JPN) and Hong Kong (HKG).

The complete calendar of the FINA/airweave Swimming World Cup 2016 is as follows:

Cluster 1: Paris-Chartres: August 26-27, Berlin: August 30-31* Moscow: September 3-4

Cluster 2: Beijing: September 30 - October 1, Dubai: October 4-5, Doha: October 8-9

Cluster 3: Singapore: October 21-22, Tokyo: October 25-26, Hong-Kong: October 29-30

“The calendar of this 2016 edition of the Swimming World Cup is definitely attractive as we are working with prestigious hosts and top-level venues. FINA will ensure that everything is in place to welcome the world's best swimming athletes to recognise and pay tribute to their continuous efforts and outstanding performances.

The FINA/airweave Swimming World Cup has grown in important within the international aquatic calendar and the competition has become a key yearly rendezvous tailored around regional clusters which give the impportunity to athletes all over the world to take part.”, considered FINA President Dr. Julio C. Maglione. ◀



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5 WAYS TO MAKE IT THROUGH THE MID-SEASON GRIND

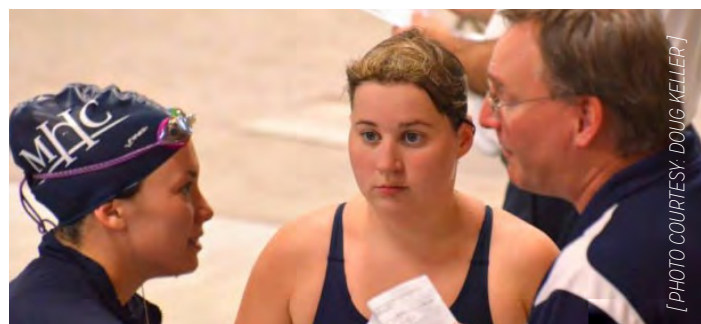
BY MOLLY LLOYD, SWIMMING WORLD COLLEGE INTERN

For us college kids, with the end of the semester and finals upon us, the swimming and diving season is reaching its midpoint and that can only mean one thing: the mid-season grind. Things aren't so new anymore – the excitement of a new season and the opportunity to swim with new people has died down and part of you feels stuck. There aren't any big, career defining meets coming up and you can't help but feel stagnant. Maybe your times and scores have plateaued, or you're just feeling tired and fatigued during practice. Maybe you're ready to go home for break and just take some time off.

Regardless of what you're feeling, you need to make it through this physically and mentally tough part of the season; so what can you do to keep yourself going?

1. TALK TO YOUR COACH

Your coach is there to help you in any way they can. They always have been and always will be your biggest critic, but also your biggest fan, and they care about how you're feeling and performing. Tell your coach how you're feeling before practice starts. Ask your coach what you can do to better improve your stroke, how you can improve your times, or even just how you can better motivate yourself in the pool or on the boards. They will be happy to help you and see you improve.



[PHOTO COURTESY: DOUG KELLER.]

2. RELY ON YOUR TEAMMATES

There's no one in your life that understands your sport better than your teammates. They've been with you through all the up and all the downs and will understand how you're feeling, which can be helpful when you need to talk. They're there to encourage you and keep you motivated, and can always give you something to look forward to about practice if swimming feels too daunting; there is always at least one person at practice to cheer you up and get you amped up. Play games during practice and between sets, challenge each other to see who can make the interval first, or challenge them to do something new on the boards. Make practice fun with your teammates. Afterwards, you know they'll be there to pat you on the back or give you a well deserved and long needed hug.



3. THINK ABOUT PAST MEETS, FUTURE MEETS, AND SET GOALS

When you're feeling stuck and unmotivated, setting goals for yourself gives you something to look forward to. Even the smallest goals can help. Think about the meets that you've had in the past and consider what went well and what didn't – maybe it was a bad start or poor under waters, maybe you let your head drop in your front double or you didn't point your toes on the entry; use the mistakes you made in the past to set yourself up for success in the future.

Think about the meets you have coming up and set goals for yourself regarding where you want to be by that point. Set goals for the small dual meet coming up in three weeks and set goals for your conference meet, or even nationals. No goal is too small, so feel free to set goals for yourself on a practice by practice basis. Tell yourself what it is you hope to improve on that day in practice and do it. It will help you feel more focused and in control of what you're doing and of the outcome of that day's practice.

4. TAKE CARE OF YOUR MIND AND BODY

Practice is the time for you to focus on practice and nothing else – leave all the stressors of your academic and social life outside the pool. Practice is your time to decompress, to let your mind take a break from all the work you've been doing out of the water, let it be your break from reality. Let practice be fun and challenging for you, don't let it stress you out too much.

Along with taking care of your mind, take care of your body.

This is the time of year where it's easy to forget to eat and where late nights or all-nighters are common; your workouts will suffer if you don't sleep or eat. Push yourself during practice, but be sure to take care of yourself afterwards. Ice and ibuprofen are your friends. Taking care of your body will help you feel better about your abilities during practice.



5. REMEMBER WHY YOU STARTED SWIMMING OR DIVING

Sometimes we get so entrenched in our daily lives and in the constant practices and workouts that we forget why we got involved in this sport in the first place. During these times, take a step back and focus yourself. You started swimming when you were a little kid because you loved the water; you loved the exhilaration of trying your best and going as fast as you could and seeing where that would get you. Sure, you loved winning, but more than anything, you loved participating. You started diving because you loved the rush; flipping and twisting and somehow landing safely in the water was so impressive to you. Sure, you thought you looked pretty cool while doing it, but it was seeing how much you could achieve that really drove you. When the mid-season grind hits you, return to your roots and try to love your sport for what it is. ◀



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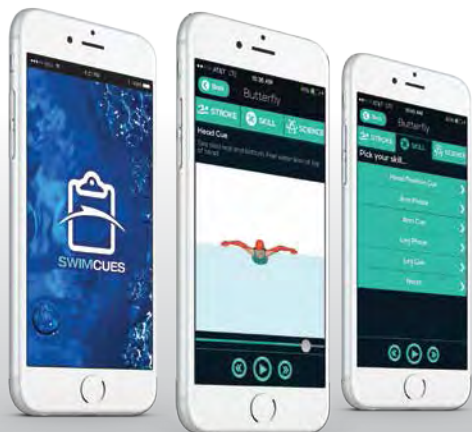
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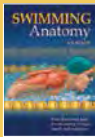
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