

Swimming WORLD magazine



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ON THE COVER:

Minot High School's Dagny Knutson was named Swimming World Magazine's female High School Swimmer of the Year. At the North Dakota High School Championships last season, Knutson set national public school records in the 100, 200 and 500 yard freestyles. Her 100 and 200 times were also the fastest ever by a female high school swimmer.

(See story, page 12.)

[COVER PHOTO BY PETER H. BICK; SNIPES PHOTO BY WOLFGANG RATTAY, REUTERS]



- 7 REMEMBERING RICHARD QUICK**
Legendary swimming coach Richard Quick passed away June 10 at the age of 66.
- 8 NEXT STOP: ROME** by Peter H. Bick
U.S. swimmers set three world records and an additional seven American and two U.S. Open marks at the ConocoPhillips USA Swimming National Championships, which also served as the qualifying meet for the World Championships in Rome.
- 12 ONE OF AMERICA'S FINEST** by Jason Marsteller
Not only is Dagny Knutson of Minot High School in North Dakota the top female high school swimmer of the year, but she is also among the elite women swimmers in the United States.
- 14 SUPER SHIELDS** by Brian Savard
Edison's Tom Shields (Calif.), who broke the national high school record in the 200 yard free this past season, was named Swimming World Magazine's male High School Swimmer of the Year.
- 16 CELEBRATING 50+ YEARS IN AQUATICS: 1985-88**
by Jeff Commings
As we celebrate 50+ years in aquatics, Swimming World Magazine will be taking a trip through history, highlighting some of the top moments of the magazine's existence.
- 18 THEN AND NOW** by Jeff Commings
With her double gold performance in Beijing and a world record in the women's 800 free, Britain's Rebecca Adlington is the new reigning queen of distance swimming, a title once held by the USA's Janet Evans.
- 20 JESSICA HARDY: IN HER OWN WORDS** by Jason Marsteller
Jessica Hardy, who was dismissed from the U.S. Olympic team last summer for testing positive for the banned stimulant, clenbuterol, talks about her intense, emotional experience.

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24 THE POOL'S EDGE: Relax! by Karlyn Pipes-Neilsen
What is the key to swimming faster with less effort? It's simple: RELAX!



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