

SwimmingWORLD

magazine



ON THE COVER:

When it came to high school swimming in the 2010-11 season, Hershey High School's (Pa.) David Nolan had no equal, setting three individual national high school records, along with a scholastic relay record. *Swimming World's* Male High School Swimmer of the Year will begin his college career this fall at Stanford, with the Olympics a future goal.

(See story, page 8.)

[COVER PHOTO BY PETER H. BICK; SNIPE PHOTO BY BILL COLLINS]



8 THE DAVID NOLAN SHOW by John Lohn
Not only was Hershey High School's (Pa.) David Nolan the runaway selection as *Swimming World's* Male High School Swimmer of the Year, but many fans believe he may be the greatest scholastic performer in history.

11 FIT TO BE TIED by Jason Marsteller
For the first time since 1996 when *Swimming World* first recognized a high school swimmer of the year, there is a tie. Rachel Bootsma and Jasmine Tosky are this year's Female High School Co-Swimmers of the Year.

14 THE RUNNERS-UP by Tyler Rimmel
Andrew Kusic, Clay Youngquist and Maddy Schaefer had excellent high school swimming seasons, finishing as runners-up for *Swimming World's* High School Swimmers of the Year awards.

18 PIED PIPER OF THE POOL by John Lohn
What Coach Dave Salo has put together at Trojan Swim Club is inarguably the finest collection of aquatic talent in the world.

20 STANFORD WINS BAY-AREA SHOWDOWN by Emily Sampl
Stanford captured its second NCAA Division I women's water polo title—and first since 2002—by beating conference rival Cal, 9-5, in the championship game.



24 LANE LEADERS: Tom Barton, Plano WetCats by Emily Sampl

25 DRYSIDE TRAINING: Summer Shape-up by J.R. Rosania

27 THE WORKOUT CARD: Training with Bainbridge Aquatic Masters by April Cheadle



29 Q&A WITH COACH BRIAN BISHOP, THE COLLEGE OF NEW JERSEY MEN'S TEAM by Michael J. Stott

31 HOW THEY TRAIN: Tom Medvecky, TCNJ by Michael J. Stott

32 THE SCIENCE OF PERFORMANCE: Sweat Loss by G. John Mullen
Some people do not believe they sweat while swimming, but research shows that they're "all wet." Swimmers, therefore, should stay hydrated before, during and after practice.

34 THE ULTIMATE PARTNERSHIP by Michael J. Stott
In many ways, prepping swimmers for their biggest stage—be it the World Championships or summer league championships—is about marshaling resources and helping athletes be the best they can be on a particular day.



37 NATIONAL AGE GROUP RECORD SETTER: Matthew Limbacher, SoNoCo Swim Club (New Haven, Conn.)

38 AMERICAN RELAY by Judy Jacob

39 TYR AGE GROUP SWIMMER OF THE MONTH: Jonah Saya, Mission Aurora Colorado Swimming (Aurora, Colorado)

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