

FULL OLYMPIC RECAP

**SW**  
MAGAZINE

# SWIMMING WORLD

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NATIONAL  
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
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*By winning six more medals in Rio, Michael Phelps' historic totals have grown to 23 gold and 28 overall in five consecutive Olympic Games from 2000 to 2016! He even made history by becoming only the second swimmer ever to carry the American flag and lead the USA contingent at the opening ceremonies. Oh, and he also finished in a three-way tie for the silver medal in the 100 fly—another Olympic "first" for the greatest Olympian of all time who insists that these Games will be his last.*

*(See feature, page 10, plus our 2016 Rio De Janeiro Olympics photo gallery, pages 12-28.)*

[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]

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# LESSONS with the LEGENDS

SWIMMING WORLD  
CONTINUES A SERIES  
IN WHICH TOP  
COACHES SHARE SOME  
OF THE SECRETS OF  
THEIR SUCCESS.

BY MICHAEL J. STOTT

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## SHERM CHAVOOR



**A**n Hawaiian-born multi-millionaire and one-time football coach, Merlinesc (Sherm) Chavoor will be forever remembered for the club he built, the athletes he coached as well as the training he employed. Chavoor founded the Arden Hills Swim and Tennis Club in Carmichael, Calif. in 1954. During the late 1960s and 1970s, his athletes were earning individual and team national titles as well as Olympic championships.

While his most recognized athletes were **Mark Spitz** (nine Olympic gold medals plus one silver and one bronze), **Debbie Meyer** (three gold) and **Mike Burton** (three gold), Chavoor also coached Olympic medalists **Sue Pedersen** (two gold, two silver), **John Nelson** (one gold, one silver, one bronze), **Ellie Daniel** (one gold, one silver, two bronze), **John Ferris** (two bronze), **Dave**

**Fairbank** (two gold) and **Jeff Float** (one gold). In all, Chavoor's Arden Hills swimmers won 32 Olympic medals (22 gold), produced 83 world and 131 American records and won an AAU national title (1968). In 1968 and 1972 alone, Arden Hills swimmers garnered 16 Olympic golds, two silver medals and three bronze medals.

Chavoor coached swimming for 32 years. He was on the staff of the 1968 and 1972 U.S. Olympic teams, was coach of the 1967 women's squad for the Pan American Games and was named ASCA Coach of the Year in 1968. He was inducted into the International Swimming Hall of Fame in 1977.

To this day, he remains the only coach to have mentored two AAU Sullivan Award winners (Meyer and Spitz).

\* \* \*

Chavoor died in September 1992. Most likely, he would have loved this post-Olympic time of year. In his halcyon days, he could bask in the success of his revolutionary overdistance training methods, in which he asked his charges to swim twice as far and twice as long as anyone else...and often on short intervals.

Today, three-time 1968 Olympic gold medalist Debbie Meyer has temporarily retired from coaching. She and Olympian Mike Burton swam at Arden Hills doing overdistance with repeat swims on minimal rest of no more than 10 seconds.

"That was the key to our success," says Meyer. "I am not sure swimmers today would be able to handle the practices mentally for more than a day. By today's standards, they were boring. We swam twice a day, approximately 80-grand a week and mostly six days a week. There were optional days like the holidays, and I swam those with Mike.

"One session was a taper practice prior to the nationals in April 1968. We would do anything Sherm asked. I swam five 500s on six minutes or less. I can't really remember the exact amount, but I know I couldn't get more than a complaining sentence out after each swim. All but one of the swims was under five minutes—4:58-pluses and a 5.00-plus. Sherm later told both of us that we were breaking world records in practice," says Meyer.

"Sample sets we did were: back-to-back 1650s swimming and pulling, 3,000s swimming and pulling, 20 100s with five seconds rest and 10 200s with five seconds rest. We always started a.m. and p.m. practices with a 1,000 kick, then did a 2,000 to 2,500 main set—except when doing 1650s and 3000s—and the same thing pulling. We finished up with 800 IMs, 400 IMs, 1000 back or breast, or 40 25s, no breath.

"After a while, I started doing the no-breathers butterfly. Sherm thought I was being tough," says Meyer, "but it was easier to do than free, no breaths. These were fast, too—probably on 30 seconds. Most everyone in our group swam the same intervals. If you didn't get back to the wall in time, you swam a straight swim. That motivated everyone to bust their butts. In the '70's, even our sprinters swam the practice...well, all but one—guess who!!

"I do not think I would have changed anything. I wish there had been an 800 IM and a 1500 to swim in the Games. I was a distance swimmer. I think volume was and still is necessary. Overdistance is important, too. When I coach today, I try to incorporate some overdistance into practice. I get resistance, but when my swimmers do personal bests at longer distances, they understand why," she says.

Such is the legacy of Sherm Chavoor. ❖

*Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams have won nine state high school championships. He has been named a 2017 recipient of NISCA's Outstanding Service Award.*

*bellas*



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# ROCKIN' IN RIO!

Winning half of the events and collecting more than three times more medals than any other country, Team USA dominated the swimming competition at the XXXI Olympiad in Brazil.

BY DAVID RIEDER

**RIO DE JANEIRO, Brazil**—The setting was different, but the scene startlingly familiar. Eight days of Olympic swimming, Aug. 6-13, had come to an end with the men's 400 meter medley relay, and the Americans were again gold medalists, as they have been in every non-boycotted Olympics in which the relay has been contested.

But as the crowd in Rio roared, its attention focused on one man, the man who moved the U.S. into first place on the butterfly leg—just as he did four years ago in London and eight years ago in Beijing.

That was Michael Phelps, who had just put the finishing touches on a prolific Olympic Games—again. This one was not the dominant, all-time effort from 2008 that saw Phelps win a record eight gold medals, but as far as swan songs go—and Phelps insists that the Rio Games were it for him—this could not have finished much better. With six more medals (five gold and a silver), the most decorated Olympian of all time raised his career Olympic gold medal count to 23 and overall total to 28.

Phelps made his Rio debut at the end of the second night of finals, swimming the second leg of the U.S. men's 400 free relay. Phelps dove in trailing France and was still behind at the turn—but then his trademark underwater dolphin kicks pushed him ahead of the field, and the Americans never looked back.

There was the 200 fly, where Phelps showed that knack he has for getting his hand on the wall—and then just how much it meant to him to reclaim the gold in his signature event.

Two days later, it was the old dominant Phelps that showed up in the 200 IM, and he won by nearly two seconds. His gold medal in the event was his fourth in a row—no other male swimmer has, in any event, ever won three straight.

And then, Phelps swam the 100 fly, where he faced a massive deficit at the halfway point, as he had in each of the past three Olympic finals—all of which he won.

But this one was different. No one was catching Singapore's Joseph Schooling, and Phelps had to settle for a three-way tie for silver. And minutes later, the world watched as a contented Michael Phelps stood on the podium, hands locked with long-time rivals, South Africa's Chad le Clos and Hungary's Laszlo Cseh.

Finally, as Phelps wrapped up his career the next day as the butterfly leg of the U.S. men's 400 medley relay, he shared the spotlight with the two breakout men of the Games.

Ryan Murphy, fresh off sweeping the gold medals in the 100 and 200 back, led off the U.S. relay in 51.85, the first world record of his career. On the next leg, Adam Peaty went in for Great Britain, and the gold medalist and world record holder in the 100 breast (57.13) followed that up with an unearthly 56.59 breast-stroke split.

## SUPERWOMEN

On the women's side, the standouts were no less impressive. Hungary's Katinka Hosszu and Sarah Sjöström of Sweden each arrived in Rio without any Olympic medals to their names, but that changed quickly. In her first race, Hosszu demolished the world record in the 400 IM (4:26.36), and she also topped the podium in the 100 back and 200 IM and won a silver medal in the 200 back.

Sjöström was the big favorite in the 100 fly, and she delivered, winning gold and setting a world record (55.48). She ended up winning one medal of each color.

But as superb as these two were, neither could rival what Katie Ledecky achieved in Rio. Her week, of course, began with her first-ever medal that was not gold at a major international meet when she anchored the American women to silver in the 400 free relay (3:31.89, an American record).

A day later, she won the 400 free by five seconds (3:58.46), knocking two seconds off her own world record. The 200 free brought a tight race with Sjöström, but Ledecky held tough the last 50 and won gold by 35-hundredths.

Swimming the anchor leg for the U.S. women's 800 free relay, Ledecky went in with a small deficit and made quick work of the challenging Australians. And then Ledecky won her fourth gold medal of the meet in the 800 free, defending the title she won as a



## OLYMPIC SWIMMING MEDAL STANDINGS

Country	Gold	Silver	Bronze	Total
1. United States	16	8	9	33
2. Australia	3	4	3	10
3. Hungary	3	2	2	7
4. Japan	2	2	3	7
5. Great Britain	1	5	0	6
6. China	1	2	3	6
7. Canada	1	1	4	6
8. Russia	0	2	2	4
9. Sweden	1	1	1	3
10. Italy	1	0	2	3
11. South Africa	0	3	0	3
12T. Denmark	1	0	1	2
12T. Spain	1	0	1	2
14. France	0	2	0	2
15T. Kazakhstan	1	0	0	1
15T. Singapore	1	0	0	1
17. Belgium	0	1	0	1
18. Belarus	0	0	1	1

\* = chart reflects medals won in pool swimming only (not open water)

15-year-old in London—only she swam nearly 10 seconds faster and broke the 13th world record of her career (8:04.79).

### THE TEAM RACE

Led by Ledecky, Phelps, Murphy and others, it was a dominant effort for the Americans in the pool at the Olympic Aquatic Stadium. They won half of the gold medals on offer (as they did four years ago in London), and finished with 33 overall medals, matching its highest total (Sydney 2000) since Los Angeles 1984 (34). The U.S. team put swimmers on the podium in an amazing 29 out of 32 pool events.

For the traditional rival to U.S. dominance in swimming, things were not quite so golden in Rio. Australia again had high expectations after winning just a single gold medal in London. On the plus side, its women set a world record in the 400 freestyle relay (3:30.65), and the Aussies finished second in the team medal standings. However, matching their combined total of 10 medals from London was not quite the big bounce-back Australian head coach Jacco Verhaeren had in mind.



None of America's stars—and there were many—shined brighter at Rio's Olympic Aquatic Stadium than Michael Phelps and Katie Ledecky.

[PHOTO BY ERICH SCHLEGEL-USA TODAY SPORTS]

Hungary and Japan each won seven medals—Hosszu provided much of the hardware for Hungary, while Kosuke Hagino and Rie Kaneto each won gold for Japan—and they were followed by Great Britain, China and Canada with six apiece. Yes, Canada—which had won four total medals in the pool over the previous four Olympics, all of them on the men's side. Their women had not finished on the podium since Marianne Limpert got second in the 200 IM in 1996.

Leading Canada was 16-year-old Penny Oleksiak, who departed Rio as one of the ordained future stars in the sport. She anchored two bronze-medal relays, finished second to Sjostrom in the 100 fly, and, in one of the signature moments of the Olympic Games, tied for gold in the 100 free with the USA's Simone Manuel.

But the Games produced so many more extraordinary moments, including Lilly King taking down rival Yulia Efimova in the 100 breast and Maya DiRado's walk-off upset win over Hosszu in the 200 back.

Among some of the men's highlights was Hagino edging out Chase Kalisz for gold in the men's 400 IM in the very first race of the Games, and Dmitriy Balandin winning the first-ever swimming medal for Kazakhstan when he won gold in the 200 breast from Lane 8.

Not a bad eight days in Brazil.

For extensive day-by-day reports and complete results of the Rio Olympics, check out *Swimming World's* online coverage at <http://swimmingworldmagazine.com/meet/2016-rio-olympic-games>

—Olympic gold medalists photo gallery continued on 12



**TOTAL ACCESS MEMBERS CLICK HERE**

to see the women's and men's Olympic swimming medal standings and to download memorable quotes from many of the Olympic swimming stars at Rio.



# MICHAEL PHELPS

## 5 GOLD

200 fly (1:53.36)

200 IM (1:54.66)

400 medley relay

(3:27.95/Olympic record)

400 free relay (3:09.92)

800 free relay (7:00.66)

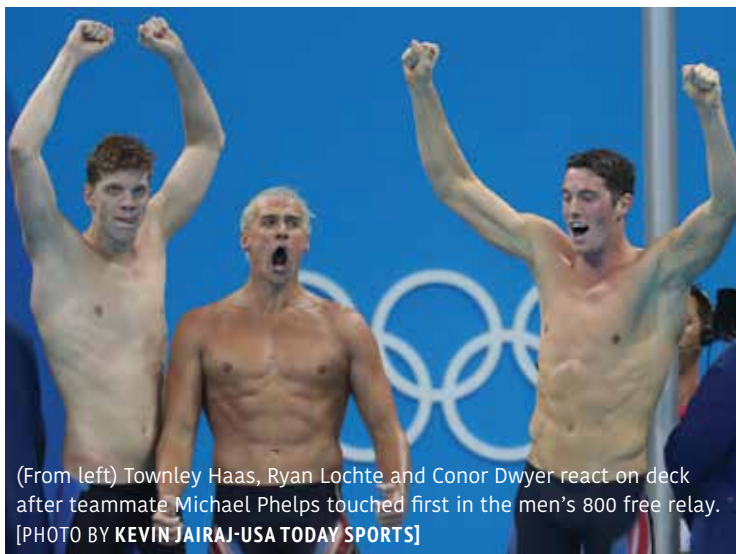
## 1 SILVER

100 fly (51.14/3-way tie)

By winning six more medals in Rio, Michael Phelps' historic totals have grown to 23 gold and 28 overall in five consecutive Olympic Games from 2000 to 2016 (although he did not medal in his first Olympiad). He even made history by becoming only the second swimmer ever to carry the American flag and lead the USA contingent at the opening ceremonies. Oh, and he also finished in a three-way tie for the silver medal in the 100 fly—another Olympic “first” for the greatest Olympian of all time.

[PHOTO BY USA TODAY SPORTS]





(From left) Townley Haas, Ryan Lochte and Conor Dwyer react on deck after teammate Michael Phelps touched first in the men's 800 free relay. [PHOTO BY KEVIN JAIRAJ-USA TODAY SPORTS]

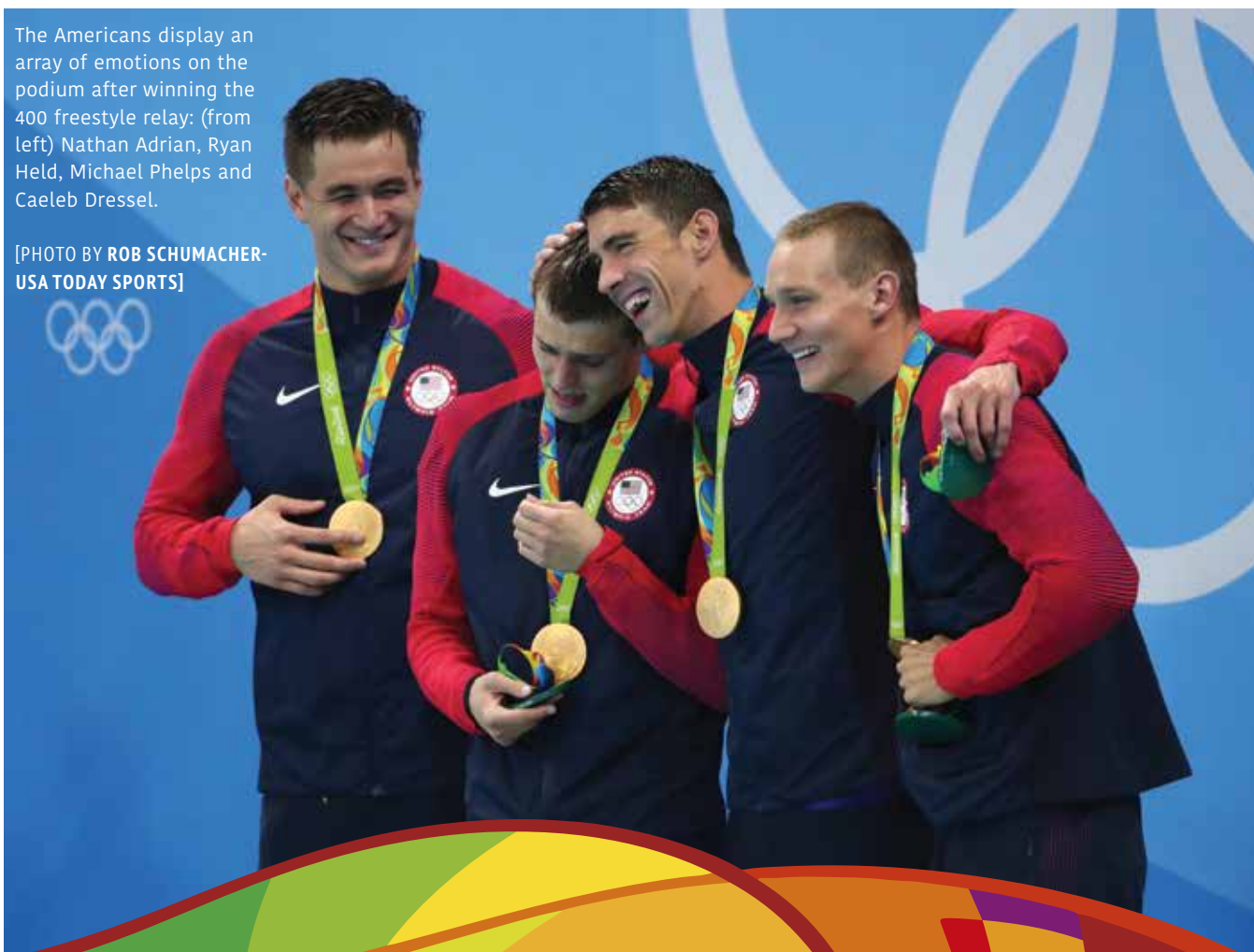


Phelps carries American flag at the Opening Ceremony.

[PHOTO BY GEOFF BURKE-USA TODAY SPORTS]

The Americans display an array of emotions on the podium after winning the 400 freestyle relay: (from left) Nathan Adrian, Ryan Held, Michael Phelps and Caeleb Dressel.

[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]





# KATIE LEDECKY

## 4 GOLD

200 free (1:53.73)

400 free (3:56.46/world record)

800 free (8:04.79/world record)

800 free relay (7:43.03)

## 1 SILVER

400 free relay

(3:31.89/American record)

Katie Ledecky became only the second swimmer ever to win the 200, 400 and 800 freestyle events at a single Olympic Games. The first was fellow American Debbie Meyer, whose historic triple took place 48 years ago in Mexico City. Ledecky also set world records in the 400 and 800 and won those events by nearly five seconds (4.77) in the 400 and more than 11 seconds (11.38) in the 800.

[PHOTO BY ERICH SCHLEGEL-  
USA TODAY SPORTS]





It was an emotional week for the USA's Katie Ledecky. On Day 2 (above), she set a world record in the 400, then two days later, she was thrilled to win the 200 free by 35-hundredths of a second (three-photo sequence at right). The next night (below, from left), Maya DiRado, Allison Schmitt and Leah Smith cheered on their teammate Ledecky as she anchored Team USA to a victory in the women's 800 free relay. On the final night of competition (bottom right), the 19-year-old was overcome with emotion after setting her second world record of the Olympics, winning by half a pool's length in the 800.

[PHOTOS BY ROB SCHUMACHER-USA TODAY SPORTS]





## MAYA DiRADO

### 2 GOLD

200 back (2:05.99)

800 free relay (7:43.03)

### 1 SILVER

400 IM (4:31.15)

### 1 BRONZE

200 IM (2:08.79)

After six days of competition, Hungary's Katinka Hosszu (next page) had been unbeatable, having won three individual gold medals. And in the women's 200 back on Day 7, it appeared she would add a fourth...that is, until the final touch. The USA's Maya DiRado (above right) attacked the race and stayed with Hosszu. DiRado's superb touch at the end of the race gave her the gold medal by 5-hundredths of a second, resulting in her reaction of overwhelming joy!

[PHOTOS BY ROB SCHUMACHER-  
USA TODAY SPORTS]

**PICTURED >** (From left) Katinka Hosszu and Maya DiRado pose with their gold and silver medals, respectively, after the 400 IM. During the eight-day meet, the two faced each other three times, with Hosszu winning two races and DiRado one.





# KATINKA HOSSZU

## 3 GOLD

100 back (58.45)

200 IM

(2:06.58/Olympic record)

400 IM (4:26.36/world record)

## 1 SILVER

200 back (2:06.05)

Hungary's Katinka Hosszu knows all about winning medals. The 27-year-old first won a bronze medal in the 400 IM back in 2004 at the European SC Championships. Since then, she had won 58 international medals (not to mention becoming the first swimmer in history to earn more than a \$1 million in race prizes). She had competed in three Olympics prior to this year, but she had never won an Olympic medal...until now... and how! After eight days of swimming in Rio, the "Iron Lady" of the sport now has *four* Olympic medals—three gold and one silver!

[PHOTO BY ROB SCHUMACHER-  
USA TODAY SPORTS]



# LILLY KING

## 2 GOLD

100 breast

(1:04.93/Olympic record)

400 medley relay (3:53.13)



[PHOTO BY ERIC SEALS-USA TODAY SPORTS]

The United States dominated the swimming competition in Rio, winning half of the Olympic events (eight gold medals for the women and the men) and collecting 33 medals overall. That matched its medal haul in Sydney 2000 and was the most since the boycotted L.A. Games in 1984, when it won 34. Its 16 gold medals also were the most since 1984 (21). No fewer than 38 of its 45 swimmers won at least one medal, while 18 Americans went home with multiple medals.

World records? Three, including Ryan Murphy (next page, top), who not only won both backstrokes, but who set a world record leading off Team USA's men's 400 medley relay (next page, bottom; from left, Cody Miller, Michael Phelps and Murphy). Freestyler Nathan Adrian was in the pool).

American records? Six. Olympic records? Six, including Lilly King (top; with teammate Katie Meili—right—after the two Americans won gold and bronze, respectively, in the 100 breast). King broke Australia's Leisel Jones' Olympic record of 1:05.17, set in 2008, and also swam on the USA's winning 400 medley relay relay (right; from left, Dana Vollmer, King and Kathleen Baker reacting to teammate Simone Manuel's anchor leg).



[PHOTO BY GEOFF BURKE-USA TODAY SPORTS]



# RYAN MURPHY

## 3 GOLD

- 100 back**  
(51.97/Olympic record)
- 200 back** (1:53.62)
- 400 medley relay**  
(3:27.95/Olympic record;  
51.85 leadoff/world record)

[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]



[PHOTO BY ERICH SCHLEGEL-USA TODAY SPORTS]



[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]

# SIMONE MANUEL

## 2 GOLD

**100 free-tie**  
(52.70/American & Olympic record)  
**400 medley relay** (3:53.13)

## 2 SILVER

**50 free** (24.09)  
**400 free relay**  
(3:31.89/American record)



Australia's Cate Campbell had set a world record in the women's 100 free about a month before the Olympics were to begin. Her younger sister, Bronte, was last year's world champion. And on the first night of swimming, Australia (right, from left: Emma McKeon, Brittany Elmslie, Bronte Campbell and Cate Campbell) won the women's 400 freestyle relay...in world record time!

Five days later was the final of the 100 free. Surely, this race would belong to the Campbell sisters. But this is the Olympics...anything can happen. And it did! The USA's Simone Manuel and Canada's Penny Oleksiak (top, from left) tied for first (next page, bottom, from left to right: Manuel, Cate Campbell and Oleksiak).

Manuel, who turned 20 on Aug. 2—before the women's 100 free final on Aug. 11—became the first African-American woman to win an Olympic title—and the first American to win the event since 1984 when Nancy Hogshead and Carrie Steinseifer also finished in a tie! Oleksiak, 16, became only the second Canadian woman to win an Olympic gold medal—Anne Ottenbrite won the 200 breast in 1984.

[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]



[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]



# PENNY OLEKSIK

## 1 GOLD

100 free-tie  
(52.70/Olympic record)

## 1 SILVER

100 fly (56.46)

## 2 BRONZE

400 free relay (3:32.89)  
800 free relay (7:45.39)



[PHOTO BY USA TODAY SPORTS]



## KOSUKE HAGINO

### 1 GOLD

400 IM (4:06.05/Asian record)

### 1 SILVER

200 IM (1:56.61)

### 1 BRONZE

800 free relay (7:03.50)



[PHOTO BY ERICH SCHLEGEL-USA TODAY SPORTS]

## KYLE CHALMERS

### 1 GOLD

100 free  
(47.58/world junior record)

### 2 BRONZE

400 medley relay (3:29.93)

400 free relay (3:11.37)



[PHOTO BY JACK GRUBER-USA TODAY SPORTS]

Sweden's Sarah Sjöström (next page) and Japan's Kosuke Hagino (above right) gave themselves early birthday presents in Rio. They both took home three Olympic medals—one of each color. Sjöström, who turned 23 on Aug. 17, became Sweden's first female swimmer to win Olympic gold and the first to win a medal since 2000. Hagino (22 on Aug. 15) became the first male swimmer from Japan to win the 400 IM and to capture a medal in the 200 IM (silver). Kyle Chalmers (right), 18, also captured three medals. His 100 free victory was Australia's first triumph in the event in 48 years.



[PHOTO BY DAVID E. KLUTHO-USA TODAY SPORTS]

# SARAH SJOSTROM

## 1 GOLD

100 fly (55.48/world record)

## 1 SILVER

200 free (1:54.08)

## 1 BRONZE

100 free (52.99)



**What does it feel like to win an Olympic gold medal?** Seeing the look on these swimmers' faces will definitely give you an idea. In fact, if you “listen closely,” you just might be able to hear some of their reactions!

## 1 ANTHONY ERVIN

**1 gold:** 50 free (21.40)

Earlier in the week, Michael Phelps—at age 31—became the oldest swimmer ever to win an Olympic gold medal. That soon changed when the USA's Anthony Ervin won the men's 50 free at 35 years, 2 months and 17 days. Sixteen years ago, he tied Gary Hall Jr. for gold in the event in Sydney. Since then, he retired from the sport for eight years, auctioned off his gold medal to help raise money for the Tsunami relief fund and had a series of highs and lows. But today, he can claim having won an Olympic gold medal at the ages of 19 and 35.



[PHOTO BY ROBERT HANASHIRO-  
USA TODAY SPORTS]

## 2 JOSEPH SCHOOLING

**1 gold:** 100 fly

(50.39/Asian & Olympic record)

Joseph Schooling's grand-uncle, Lloyd Valberg, was Singapore's first Olympic participant at the 1948 Games. Sixty-eight years later, it was the nephew's time for history. Qualifying first after prelims and semifinals, the 21-year-old won the 100 fly to become his country's first-ever Olympic gold medalist—but that was only the beginning. Seventy-five hundredths of a second later, Michael Phelps, Chad le Clos and Laszlo Cseh in lanes 2, 5 and 6 touched the wall simultaneously for an historic three-way tie for silver!



[PHOTO BY ROB SCHUMACHER-  
USA TODAY SPORTS]



3

### 3 GREGORIO PALTRINIERI

**1 gold: 1500 free** (14:34.57)

Early on, people knew the men's 1500 would be a race against the clock. Italy's Gregorio Paltrinieri (front, with countryman and bronze medalist Gabriele Detti) took the lead at 150 meters—the same point at which he first turned under Sun Yang's world-record pace from 2012. By 400, he led by two body lengths. By 950, he was a second under the world record; by 1150, 1.66 seconds. Still ahead of the pace at 1400 (-0.74), Paltrinieri swam 4.29 seconds off the WR pace on the final 100 meters—Sun Yang's last 100 was 53.49; Paltrinieri's, 57.78. Despite losing the world record, he became Italy's first swimmer to win gold in the 1500.

[PHOTO BY GEOFF BURKE-  
USA TODAY SPORTS]

### 4 MIREIA BELMONTE GARCIA

**1 gold: 200 fly** (2:04.85)

**1 bronze: 400 IM** (4:32.39)

Competing in her third Olympics, Mireia Belmonte Garcia came from behind to win the women's 200 fly by 3-hundredths of a second over Australia's Madeline Groves. She was the first Spanish female swimmer to become an Olympic champion. Spain has won five Olympic medals in women's swimming, and Belmonte Garcia has four of them (1 gold, 2 silver, 1 bronze).

### 5 RIE KANETO

**1 gold: 200 breast** (2:20.30)

Japan's Rie Kaneto competed at the Beijing Olympics in 2008 as a 19-year-old, placing seventh in the 200 breast. She missed London, but made the team headed for Rio and won her specialty event at the age of 27. Japan's women have won five Olympic gold medals, and three of them are in the 200 breast: Hideko Maehata (1936), Kyoko Iwasaki (1992) and Kaneto.



4

[PHOTO BY  
ROB SCHUMACHER-  
USA TODAY SPORTS]



5

[PHOTO BY ROB SCHUMACHER-  
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[PHOTO BY JACK GRUBER  
-USA TODAY SPORTS]



[PHOTO BY ROB SCHUMACHER-  
USA TODAY SPORTS]



[PHOTO BY ERICH SCHLEGEL-  
USA TODAY SPORTS]

## 6 DMITRIY BALANDIN (previous page)

**1 gold: 200 breast** (2:07.46)

Kazakhstan, whose athletes formerly represented the Soviet Union (1952-88) and Unified Team (1992), first competed as an independent nation at the Olympics in 1996. In the five Olympiads before Rio, the country won its share of medals (52) at the Summer Games, but had never won a medal in swimming. Dmitriy Balandin, 21, who finished sixth last year at Worlds (2:09.58), qualified eighth for the finals of the men's 200 breast in 2:08.20. Swimming in Lane 8, he surprised everyone, winning the final by 7-hundredths of a second over American Josh Prenot, and becoming his country's first-ever medalist in swimming.



[PHOTO BY DAVID E. KLUTHO-USA TODAY SPORTS]

## 10 SUN YANG

**1 gold: 200 free** (1:44.65)

**1 silver: 400 free** (3:41.68)

China's Sun Yang, the defending Olympic gold medalist in the 400 free who also won the last two titles at the World Championships, lost that race opening night by 13-hundredths of a second, settling for the silver medal. But he came back two nights later to capture the 200 free and become the first Chinese swimmer to win the event.

## 7 MACK HORTON (previous page)

**1 gold: 400 free** (3:41.55)

Australia's Mack Horton first earned international recognition as an elite junior swimmer when he won six medals (five gold and a silver) at the 2013 World Junior Championships in Dubai. Now 20, Horton added his first Olympic gold medal to his resumé. Trailing Great Britain's James Guy for 300 meters, Horton turned first at 350, then held off Olympic defending champion Sun Yang of China by 13-hundredths of a second, giving Australia three gold medals in this event in the last five Olympiads.

## 8 PERNILLE BLUME (previous page)

**1 gold: 50 free** (24.07)

**1 bronze: 400 medley relay** (3:55.01/European record)

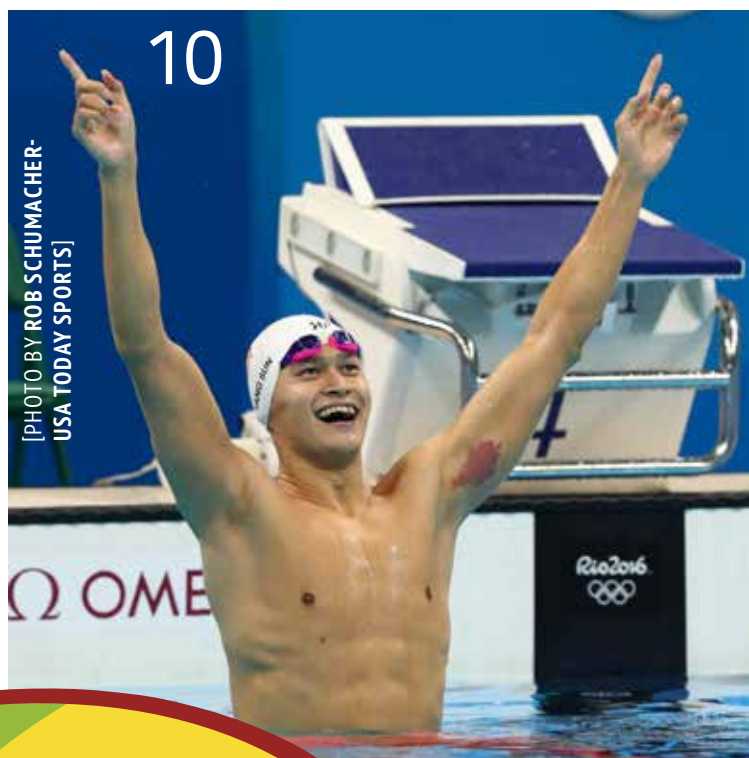
Pernille Blume was one of Rio's most emotional champions, displaying tears of joy after claiming Denmark's first swimming gold medal since 1948. Posting the top times after prelims, semifinals and finals in the 50 free, Blume is now the third Danish swimmer to capture a gold medal.

## 9 ADAM PEATY

**1 gold: 100 breast** (57.13 and 57.55p/world records)

**1 silver: 400 medley relay** (3:29.24)

Adam Peaty set a world record in the men's 100 breast. His margin of victory (1.56 seconds) was the largest in that event since 1972. He also turned in the fastest-ever breaststroke split (56.59) in Great Britain's 400 medley relay (silver medal). The previous best by anyone was 57.74!



[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]



## SYNCHRONIZED SWIMMING

Russia's Natalia Ishchenko and Svetlana Romashina were golden in the duet and team competitions at Rio. Both swimmers now have five Olympic gold medals—one from 2008 and two each from 2012 and 2016.

[PHOTO BY ROBERT HANASHIRO-USA TODAY SPORTS]



## DIVING

The USA has won more Olympic diving medals than any other country (138 to China's 69), but the world's diving powerhouse today is China. It matched its 7-of-8 gold-medal performance from 2008, and since 1984, China has won 40 of 56 events (71 percent). Chen Aisen, 20, and Shi Tingmao (left), with victories in both men's platform and both women's springboard events, respectively, won their first Olympic medals. In the 3-meter synchro, Shi, 24, teamed with Wu Minxia, 30, who has won five Olympic gold medals in four straight Olympiads.

[PHOTO BY GEOFF BURKE-USA TODAY SPORTS]



## 10K MARATHON

The Netherlands swept the women's and men's open water events. Sharon van Rouwendaal and Ferry Weertman (left) both won their first Olympic gold medals. They also finished second last year at Worlds, with van Rouwendaal adding a silver medal in the women's 400 free.

[PHOTO BY KYLE TERADA-USA TODAY SPORTS]



## WATER POLO

Maggie Steffens and Kiley Neushul (from left) celebrate USA's 12-5 victory over Italy in the women's water polo gold-medal match. Steffens, who scored the most goals (21) four years ago in London, did the same in Rio (17 of 24, 71 percent). Serbia won the gold medal in men's polo.

[PHOTO BY PETER CASEY-USA TODAY SPORTS]



# THE OLYMPIC EXPERIENCE

BY CECIL GORDON

How can one ever adequately prepare for the experience of a lifetime? Even now, as I reflect on Rio 2016 and the impact it will forever have on my life, it is almost impossible to comprehend its magnitude.

There were far too many memorable moments to capture them all here. Some, however, are so special that they will forever be included on my short list.

First of all, the pride I felt in Rio will always remain. Representing one's country in any capacity is a special honor, indeed. Having been selected to represent the United States as a swimming official at the Olympic Games—and to represent all of my supportive colleagues back home—is a recognition I will forever cherish.

Swimming officials in the U.S. are the most experienced, skilled and best-trained officials anywhere in the world. We are a family, comprised of several thousand volunteers dedicated to the sport we all love. It was my privilege and responsibility to represent all of us as professionally as I possibly could on the international stage. Hopefully, I succeeded in doing that.

The friendships formed during my two-week stay will last a lifetime. Each official in Rio was chosen by FINA to represent his/her federation. We all felt a kindred spirit of being “the best of the best.” In many ways, our camaraderie and sense of accomplishment were identical to those shared by the Olympic athletes. Even more meaningful to me was working alongside Jay Thomas, an outstanding U.S. official and longtime personal friend.

The swimming competition was absolutely amazing. Always mindful of my responsibilities on deck, at times I was happy just to be a fan with the best seat in the house.

Katie Ledecky was at her all-time best. Hearing “The Star-Spangled Banner” played for the first time on Day 2 of the competition as Katie was recognized for her world-record time in the 400 free will remain a vivid memory. Michael Phelps was clearly the storyline of the competition. Would this be his last competition? Katinka Hosszu, Maya DiRado, Anthony Erving, Simone Manuel, the domination by the USA relay teams, eight world records—it was awesome!

What, perhaps, meant the most to me was having the time to fully appreciate this wonderful opportunity, trying my best to soak it all in. Nearing the end of the week while I stood on deck patiently waiting for the crowd to quiet before starting a race, I frequently found myself purposefully surveying the crowd and the arena, trying to imprint one lasting image.

Much like the athlete who realizes this will be his last hurrah, I fully understood that I would never again have this experience. Hopefully, I didn't miss one thing. ❖

*Cecil Gordon, Middle Atlantic Swimming, was a starter for the 2016 Olympic Games in Rio de Janeiro, Brazil.*



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## TED CURLEY

Sierra Nevada Swimming's Ted Curley first became a swimming official in 2001. His children have long since retired from the sport, yet he continues to officiate and train local officials to be the best that they can be. Curley started as a stroke-and-turn judge, then became a starter in 2005 and a deck referee a year later. Since 2008, he



has been a meet referee at 29 LSC meets. During this time, he has been a starter for 128 sessions and a deck referee for an additional 111 sessions. Curley also has completed the requirements for becoming an N3 certified stroke-and-turn judge, starter, chief judge and deck referee, and he's used these skills at several Arena Grand Prix meets. When Sierra Nevada Swimming needed administrative officials to get meets sanctioned, he volunteered to become an AO. In 2014, Curley was honored as the Sierra Nevada Swimming Volunteer of the Year.

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# CONGRATULATIONS NATIONAL CHAMPIONS

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**4 CONSECUTIVE  
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**30 CONSECUTIVE INDIANA  
STATE CHAMPIONSHIPS**

**9 STATE CHAMPIONS  
6 INDIVIDUAL • 3 RELAY**



The Carmel High School girls' swimming and diving team won their 30th straight Indiana state championship this season on their way to becoming *Swimming World Magazine's* girls' national high school champions for the fifth time in the last six years.

# THE NUMBERS SPEAK FOR THEMSELVES

BY SHOSHANNA RUTEMILLER

The Carmel (Ind.) High School girls' swimming team just keeps on winning...and doing so with class.

[PHOTO BY PETER H. BICK]

**Thirty.** Three decades. Five times six. A Jackson and a Hamilton. Any way you look at it, 30 is a considerable number—which is why Carmel (Ind.) High School's 30th consecutive girls' state swimming and diving championship is such a big deal.

Yet, as impressive as that number is, "30" was just the springboard to additional worthy numbers for the Carmel girls' swimming team during the 2015-16 high school swimming season:

- 4 consecutive years as *Swimming World Magazine's* girls' national high school champions
- 5 national titles in the last 6 years
- 7 public school titles in the last 8 years
- 10 public school championships since Carmel's first title in 1995
- 10 state titles (a record) for Carmel coach Chris Plumb

Put the numbers together, and they add up to No. 1.

Eight Carmel swimmers—seniors Claire Adams (56 points), Veronica Burchill (50) and Kendall Smith (20); juniors Sammie Burchill (26) and Emma Nordin (12); sophomore Trude Rothrock (20); and freshmen Grace Pangburn (10) and Kelly Pash (10) combined to score 204 points and lay claim as the nation's premier girls' high school team...again! Their score was nearly double the 118 points of runner-up Sacred Heart Academy (Louisville, Ky.), the top independent school.

"The team's culture is just so strong right now," says Plumb. "They're willing to put in the work, come together for a cause bigger than themselves, and do it all with class.

"My favorite moment of the season happened the day after the state championships," Plumb continues. "Carmel High School

held breakfast for all the athletes and coaches from the past 30 years, and we had a speaker to represent different eras of the program. It was great to see the past and present united."

Adams and Veronica Burchill certainly represented the present era of the program well. Adams turned in the nation's top time in the 100 yard back (51.65) and the third best time in the 100 free (48.63). With her four-win performance at states (100 free, 100 back, 200 medley relay and 400 free relay), she became the first swimmer in Indiana history to win 16 state titles, including four in a row in the 100 back.

Burchill wasn't far behind her teammate—she won 15 state titles! This season, she swam the nation's fastest high school time in the 50 free (22.39) and tied for the fastest 100 free (48.55) with Katie Drabot (Cedarburg, Wis.). She also clocked the second-fastest time in the 100 fly (51.79), just 17-hundredths of a second slower than *Swimming World's* Female High School Swimmer of the Year Beata Nelson's (Verona Area/Mount Horeb, Wis.) national high school record (51.62). However, Burchill's times in the 100 free and 100 fly were non-scoring in the national team contest since she also swam on Carmel's three winning relays: 200 medley (1:39.86), 200 free (1:31.59) and 400 free (3:16.15).

Looking ahead to next year, Plumb remains optimistic: "Claire Adams and Veronica Burchill are going to be difficult to replace. However, I am confident our team will meet the challenge. Sammie Burchill (Veronica's younger sister who placed third in the 200 IM in 1:57.99) and Emma Nordin (seventh in the 200 free, 1:46.03) will lead next year's team. Both understand the effort it takes to lead the charge." ❖

## BY BOB KLAPTHOR

FOLLOWING IS A MOCK HEAT SHEET OF THE GIRLS' MYTHICAL NATIONAL CHAMPIONSHIPS, BASED ON THE TOP TIMES SWUM DURING THE **2015-16 HIGH SCHOOL SEASON.**

## EVENT #1

## 200 YARD MEDLEY RELAY

NATIONAL RECORD: PUBLIC SCHOOL

Carmel – Carmel, Ind. (2-14-15).....1:39.25

*Sammie Burchill, Alex Clarke, Veronica Burchill, Amy Bilquist*

NATIONAL RECORD: INDEPENDENT SCHOOL

Carondelet – Concord, Ca. (5-21-11).....1:40.73

*Madison White, Allison Gargalakis,**Christina Ray, Chelsea Chenault*

## CHAMPIONSHIP FINAL

LANE 1 Palo Alto – Palo Alto, Ca.....1:42.41

LANE 2 Notre Dame – Park Hills, Ky.....1:42.06

LANE 3 Lincoln SW – Lincoln, Neb.....1:41.39

LANE 4 Carmel – Carmel, Ind.....1:39.86

LANE 5 SacredHeart – Louisville, Ky.(2-27-16)1:40.61\*\*

*Tonner DeBeer, Kennedy Lohman,**Asia Seidt, Brooke Bauer*

LANE 6 Wayzata – Plymouth, Mn.....1:41.57

LANE 7 Woodlands – Woodlands, Tx.....1:42.40

LANE 8 Westlake – Austin, Tx.....1:42.49

## CONSOLATION FINAL

LANE 1 Wm. A. Hough – Cornelius, NC.....1:43.21

LANE 2 Rosary – Aurora, Ill.....1:43.08

LANE 3 Monte Vista – Danville, Ca.....1:42.93

LANE 4 Upper Arlington – Up. Arlington, Oh...1:42.73

LANE 5 San Ramon Vly. – Danville, Ca.....1:42.85

LANE 6 Trinity Prep – Winter Park, FL.....1:42.98

LANE 7 Bolles – Jacksonville, FL.....1:43.14

LANE 8 Fossil Ridge – Ft. Collins, Co.....1:43.31

## EVENT #2

## 200 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

Dagny Knutson – Minot, N.D. (11-14-08).....1:42.81

NATIONAL RECORD: INDEPENDENT SCHOOL

Katie Ledecy – Stone Ridge, Md. (2-7-15).....1:41.55

## CHAMPIONSHIP FINAL

LANE 1 Emma Nordin, Jr. – Carmel, Ind.....1:46.03

LANE 2 C. Lappin, Sr. – Lincoln Charter, NC.....1:45.95

LANE 3 Lauren Case, Sr. – Woodstock, Ga.....1:45.85

LANE 4 Katie Drabot, Sr. – Cedarburg, Wis.....1:44.21

LANE 5 S. Shelton, So. – Santa Margarita, Ca...1:45.06

LANE 6 Kenisha Liu, Sr. – Ayala, Ca.....1:45.89

LANE 7 K. Krolkowski, Jr. – Woodbridge, Ca.....1:45.96

LANE 8 Erica Laning, Jr. – Hardin Vly. Acad.....1:46.36

## CONSOLATION FINAL

LANE 1 Gabrielle Kopenski, So. – Prosper, Tx...1:47.13

LANE 2 Katherine Trace, Jr. – Up. Arlington, Oh.1:47.11

LANE 3 Brooke Forde, Jr. – Sacred Heart, Ky...1:46.76

LANE 4 Katie Portz, Sr. – Skyline, Mi.....1:46.47

LANE 5 Taylor Ruck, So. – Chaparral, Az.....1:46.51

LANE 6 Dakota Luther, So. – Westlake, Tx.....1:46.90

LANE 7 Lauren Green, Jr. – Pioneer, Ca.....1:47.12

LANE 8 Monica Gumina, So. – College Park, Tx.1:47.27

## EVENT #3

## 200 YARD INDIVIDUAL MEDLEY

NATIONAL RECORD: PUBLIC SCHOOL

Dagny Knutson – Minot, N.D. (11-13-09).....1:53.82p

NATIONAL RECORD: INDEPENDENT SCHOOL

Ella Eastin – Crean Lutheran, Ca. (5-16-15).....1:53.90

## CHAMPIONSHIP FINAL

LANE 1 Keaton Blovad, Sr. – Lakeridge, Or.....1:58.95

LANE 2 Chloe Isleta, Sr. – Presentation, Ca.....1:58.38

LANE 3 Sammie Burchill, So. – Carmel, Ind.....1:57.99

LANE 4 Asia Seidt, Sr. – Sacred Heart, Ky.....1:56.83

LANE 5 Tatum Wade, Sr. – Christ Pres., Tn.....1:57.87

LANE 6 Kenisha Liu, Sr. – Ayala, Ca.....1:58.13

LANE 7 Margaret Aroesty, Jr. – Long Beach, NY1:58.45

LANE 8 Allie Szekely, Sr. – Gwynedd Mercy, Pa.1:59.33

## CONSOLATION FINAL

LANE 1 Jaden Bellina, Jr. – Pearland, Tx.....1:59.81

LANE 2 Lauren Edelman, Jr. – Fishers, Ind.....1:59.77

LANE 3 Cassidy Bayer, So. – W. Potomac, Va....1:59.59

LANE 4 Ella Nelson, Fr. – Harpeth Hall, Tn.....1:59.45

LANE 5 Nora Deleske, Jr. – Edison, Ca.....1:59.53

LANE 6 Olivia Paoletti, So. – Avon Grove, Pa...1:59.76

LANE 7 Alexis Margett, Jr. – Glendora, Ca.....1:59.78

LANE 8 Kylie Jordan, Sr. – Madeira, Va.....1:59.81

## EVENT #4

## 50 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

Abbey Weitzel – Saugus, Ca. (5-16-15).....21.64

NATIONAL RECORD: INDEPENDENT SCHOOL

Maddy Schaefer – St. Francis, Ca. (5-22-10).....22.24

## CHAMPIONSHIP FINAL

LANE 1 Elise Garcia, So. – Crean Lutheran, Ca...22.64

LANE 2 Rachel Wittmer, Jr. – Edina, Mn.....22.54

LANE 3 Madelyn Murphy, Sr. – Carondelet, Ca...22.49

LANE 4 Veronica Burchill, Sr. – Carmel, Ind.....22.39

LANE 5 Ashley Volpenhein, Jr. – Mason, Oh.....22.45

LANE 6 Daria Pysnhenko, Jr. – Lake Forest, Ill...22.52

LANE 7 R. Clevenger, Sr. – Hamilton SE, Ind.....22.60

LANE 8 Katie Smith, Sr. – Pittsford Central, NY ..22.72

## CONSOLATION FINAL

LANE 1 Lindsey Horejsi, Sr. – Albert Lea, Mn.....22.79

LANE 2 Olivia Calegan, Jr. – Lincoln SW, Neb.....22.77

LANE 3 Amalie Fackenthal So. – Country Day, Ca.22.75

LANE 4 Izzie Henig, So. – Menlo-Atherton, Ca...22.73

LANE 5 Katherine Wagner, Sr. – Alemany, Ca.....22.73

LANE 6 Alyssa Marsh, Sr. – Pine Lake Prep, NC...22.75

LANE 7 Julia Cook, So. – Bryan, Tx.....22.79

\* = NATIONAL PUBLIC SCHOOL RECORD

\*\* = NATIONAL INDEPENDENT SCHOOL RECORD

p = PRELIM TIME

r = RELAY SPLIT TIME

KEY

LANE 8 Kelly Jacob, Sr. – Arrowhead, Wis.....22.84

Erika Brown, Sr. – Wm. A. Hough, NC.....22.84

## EVENT #5

## 100 YARD BUTTERFLY

NATIONAL RECORD: PUBLIC SCHOOL

Beata Nelson – Verona/Horeb, Wis. (11-15-14).....51.70

NATIONAL RECORD: INDEPENDENT SCHOOL

Katie McLaughlin – Santa Margarita, Ca. (5-16-15)51.53

## CHAMPIONSHIP FINAL

LANE 1 Alyssa Marsh, Sr. – Pine Lake Prep, NC...53.23

LANE 2 Victoria Edwards, Jr. – Westlake, Tx.....52.93

LANE 3 Lauren Case, Sr. – Woodstock, Ga.....52.78

LANE 4 B.Nelson, Sr. – Verona/Horeb, Wis.(11-14-15)..51.62\*

LANE 5 Alexis Margett, Jr. – Glendora, Ca.....52.59

LANE 6 Lauren Green, Jr. – Pioneer, Ca.....52.90

LANE 7 Kylie Jordan, Sr. – Madeira, Va.....53.00

LANE 8 Cassidy Bayer, So. – W. Potomac, Va.....53.30

## CONSOLATION FINAL

LANE 1 Cailey Grunhard, Jr. – Bishop Miege, Ks..53.64

LANE 2 Coleen Gillilan, Fr. – Fossil Ridge, Co.....53.61

LANE 3 Brittany Weiss, Sr. – Pennridge, Pa.....53.44

LANE 4 Caitlin Tycz, Jr. – Brunswick, Me.....53.32

LANE 5 Madison Hart, Sr. – Haverford, Pa.....53.35

LANE 6 Grace Oglesby, Sr. – N. Oldham, Ky.....53.55

LANE 7 Gianna Garcia, Sr. – San Ramon Vly., Ca.53.63

LANE 8 Halladay Kinsey, So. – Folsom, Ca.....53.65

## EVENT #6

## 100 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

Abbey Weitzel – Saugus, Ca. (5-16-15).....47.09r

NATIONAL RECORD: INDEPENDENT SCHOOL

Missy Franklin – Regis Jesuit, Colo. (2-13-10) ...48.39r

## CHAMPIONSHIP FINAL

LANE 1 Amalie Fackenthal, So. – Country Day, Ca.49.26

LANE 2 Morgan Hill, Sr. – Sherwood, Md.....49.07

LANE 3 Claire Adams, Sr. – Carmel, Ind.....48.63

LANE 4 Katie Drabot, Sr. – Cedarburg, Wis.....48.55

LANE 5 Madelyn Murphy, Sr. – Carondelet, Ca...48.62

LANE 6 Ashley Volpenhein, Jr. – Mason, Oh.....48.96

LANE 7 Izzie Henig, So. – Castilleja, Ca.....49.09

LANE 8 Julia Cook, So. – Bryan, Tx.....49.27

## CONSOLATION FINAL

LANE 1 Jamie Stone, Jr. – Centennial, Or.....49.46

LANE 2 Katherine Wagner, Sr. – Alemany, Ca.....49.41

LANE 3 Riley Gaines, So. – Station Camp, Tn.....49.36

LANE 4 Katie Portz, Sr. – Skyline, Mi.....49.34

LANE 5 Siena Salvaggio, Sr. – Parkland, Pa.....49.34

LANE 6 Tatum Wade, Jr. – Christ Pres., Tn.....49.39

LANE 7 Chloe Clark, Fr. – Granite Bay, Ca.....49.45

LANE 8 Claire Fisch, Sr. – ML King, Ca.....49.54

## EVENT #7 500 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

Dagny Knutson – Minot, N.D. (11-14-08)..... 4:34.78

NATIONAL RECORD: INDEPENDENT SCHOOL

Katie Ledecky – Stone Ridge, Md. (2-6-15)..... 4:26.58p

### CHAMPIONSHIP FINAL

- LANE 1 Amanda Nunan, Jr. – Ocean City, NJ..... 4:46.31
- LANE 2 Megan Byrnes, Sr. – Oakton, Va..... 4:45.60
- LANE 3 Gabrielle Kopenski, So. – Prosper, Tx... 4:44.56
- LANE 4 Erica Laning, Jr. – Hardin Vly., Tn..... 4:42.79
- LANE 5 Miranda Heckman, Fr. – Granada, Ca... 4:43.04
- LANE 6 Taylor Ruck, So. – Chaparral, Az..... 4:45.17
- LANE 7 Isabella Rongione, Jr. – Langley, Va..... 4:46.00
- LANE 8 Joy Field, Jr. – Magnolia, Tx..... 4:46.70

### CONSOLATION FINAL

- LANE 1 Madelyn Donohoe, Fr. – O'Connell, Va. 4:47.20
- LANE 2 Brittany Kampfer, Sr. – Crean Lutheran, Ca..... 4:47.00
- LANE 3 Cassidy Jernberg, Sr. – Rufus King, Wis. 4:46.93
- LANE 4 Courtney Tseng, Jr. – Sunny Hills, Ca... 4:46.87
- LANE 5 Zoe Gawronska, Fr. – Woodlands, Tx... 4:46.88
- LANE 6 Niki Urquidi, Sr. – Gulliver Prep, FL..... 4:46.97
- LANE 7 Kirsten Jacobsen, Sr. – Barrington, Ill. 4:47.08
- LANE 8 Kendall Brent, Sr. – Fort Myers, FL..... 4:47.45

## EVENT #8 200 YARD FREESTYLE RELAY

NATIONAL RECORD: PUBLIC SCHOOL

Carmel – Carmel, Ind. (2-14-15)..... 1:30.72

*Veronica Burchill, Claire Adams, Kendall Smith, Trude Rothrock*

NATIONAL RECORD: INDEPENDENT SCHOOL

Baylor – Chattanooga, Tn. (2-11-12)..... 1:31.18

*Kristen Vredeveld, Bria Deveaux,*

*Kimberlee John-Williams, Ashley Yearwood*

### CHAMPIONSHIP FINAL

- LANE 1 Pittsford Central – Pittsford, NY..... 1:33.77
- LANE 2 Palo Alto – Palo Alto, Ca..... 1:33.64
- LANE 3 Pennridge – Perkasio, Pa..... 1:32.91
- LANE 4 Carmel – Carmel, Ind..... 1:31.59
- LANE 5 Southeastern – Hamilton, Ind..... 1:32.60
- LANE 6 Carondelet – Concord, Ca..... 1:33.28
- LANE 7 Rosary – Aurora, Ill..... 1:33.72
- LANE 8 Verona/Mt. Horeb – Mt. Horeb, Wis.... 1:33.97

### CONSOLATION FINAL

- LANE 1 Lake Forest – Lake Forest, Ill..... 1:34.53
- LANE 2 Walton – Marietta, Ga..... 1:34.47
- LANE 3 Upper Arlington – Up. Arlington, Oh... 1:34.07
- LANE 4 Santa Margarita – RS Margarita, Ca... 1:34.02
- LANE 5 Visitation – Mendota Hts., Mn..... 1:34.07
- LANE 6 Sacred Heart Acad. – Louisville, Ky.... 1:34.09
- LANE 7 East Grand Rapids – Grand Rapids, Mi. 1:34.48
- LANE 8 Mason – Mason, Oh..... 1:34.62

## EVENT #9 100 YARD BACKSTROKE

NATIONAL RECORD: PUBLIC SCHOOL

Olivia Smoliga – Glenbrook So., Ill. (11-17-12)..... 51.43

NATIONAL RECORD: INDEPENDENT SCHOOL

Ally Howe – Sacred Heart Prep, Ca. (5-17-14)..... 51.54

### CHAMPIONSHIP FINAL

- LANE 1 Lucie Nordmann, So. – Woodlands, Tx... 53.34
- LANE 2 Chloe Clark, Fr. – Granite Bay, Ca..... 53.23
- LANE 3 Kaitlyn Harty, Sr. – Beverly, Ma..... 52.78
- LANE 4 Claire Adams, Sr. – Carmel, Ind..... 51.65
- LANE 5 Beata Nelson, Sr. – Verona/Horeb, Wis... 52.13
- LANE 6 Asia Seidt, Sr. – Sacred Heart, Ky..... 52.89
- LANE 7 Brittany Weiss, Sr. – Pennridge, Pa..... 53.27
- LANE 8 Hannah Whitely, Jr. – Springboro, Oh.... 53.38

### CONSOLATION FINAL

- LANE 1 Victoria Edwards, Jr. – Westlake, Tx..... 53.87
- LANE 2 Keaton Blivad, Sr. – Lakeridge, Or..... 53.79
- LANE 3 Alex Summer, So. – Episcopal, Pa..... 53.57
- LANE 4 Chloe Isleta, Sr. – Presentation, Ca..... 53.50
- LANE 5 S. Krivokapic-Zhou, Jr. – Santa Clara, Ca. 53.50
- LANE 6 Aria Bernal, So. – Cinco Ranch, Tx..... 53.79
- LANE 7 Julia Menkhaus, So. – Charlotte Cath., NC... 53.84
- LANE 8 Allie Szekely, Sr. – Gwynedd Mercy, Pa... 53.93

## EVENT #10 100 YARD BREASTSTROKE

NATIONAL RECORD: PUBLIC SCHOOL

Kasey Carlson – Las Lomas, Ca. (5-16-09)..... 58.75p

NATIONAL RECORD: INDEPENDENT SCHOOL

Sarah Haase – Good Counsel, Md. (2-11-12).... 1:00.05

### CHAMPIONSHIP FINAL

- LANE 1 Grace Zhao, Jr. – Palo Alto, Ca..... 1:00.96
- LANE 2 Halle Morris, Jr. – Terra Linda, Ca..... 1:00.85
- LANE 3 Madison Winstead, Sr. – PL Dunbar, Ky. 1:00.45
- LANE 4 Lindsey Horejsi, Sr. – A. Lea, Mn. (11-19-15) 58.56p\*
- LANE 5 Margaret Aroesty, Jr. – Long Beach, NY 1:00.00
- LANE 6 Kennedy Lohman, Sr. – Sacred Heart, Ky. 1:00.60
- LANE 7 Allie Raab, So. – Brentwood, Tn..... 1:00.95
- LANE 8 M. Korenwinder, Sr. – Tulare Western, Ca. 1:01.14

### CONSOLATION FINAL

- LANE 1 Emily Weiss, Fr. – Yorktown, Ind..... 1:01.59
- LANE 2 M. Vonderhaar, Sr. – Notre Dame, Ky... 1:01.52
- LANE 3 Jacqueline Clabeaux, Jr. – Chantilly, Va. 1:01.51
- LANE 4 Olivia Jack, So. – Scotia-G'ville Central, NY 1:01.48
- LANE 5 Olivia Paoletti, So. – Avon Grove, Pa... 1:01.48
- LANE 6 Hanna Gresser, Jr. – Walsh Jesuit, Oh... 1:01.52
- LANE 7 Alicia Harrison, Jr. – Ventura, Ca..... 1:01.56
- LANE 8 Caroline White, Sr. – Trinity Prep, FL... 1:01.68

## EVENT #11 400 YARD FREESTYLE RELAY

NATIONAL RECORD: PUBLIC SCHOOL

Carmel – Carmel, Ind. (2-14-15)..... 3:15.38

*Veronica Burchill, Claire Adams,*

*Kendall Smith, Amy Bilquist*

NATIONAL RECORD: INDEPENDENT SCHOOL

Crean Lutheran – Irvine, Ca. (5-23-15)..... 3:20.03

*Ella Eastin, Tianna Jorgenson, Emily Eastin, Elise Garcia*

### CHAMPIONSHIP FINAL

- LANE 1 Carondelet – Concord, Ca..... 3:23.79
- LANE 2 Lake Forest – Lake Forest, Ill..... 3:23.58
- LANE 3 William A. Hough – Cornelius, NC..... 3:23.49
- LANE 4 Carmel – Carmel, Ind..... 3:16.15
- LANE 5 Edina – Edina, Mn..... 3:23.48
- LANE 6 Cedarburg – Cedarburg, Wis..... 3:23.49
- LANE 7 Southeastern – Hamilton, Ind..... 3:23.60
- LANE 8 Penridge – Perkasio, Pa..... 3:23.88

### CONSOLATION FINAL

- LANE 1 Lincoln SW – Lincoln, Neb..... 3:25.16
- LANE 2 Martin Luther King – Riverside, Ca.... 3:24.77
- LANE 3 Santa Margarita – RS Margarita, Ca... 3:24.38
- LANE 4 Sacred Heart Acad. – Louisville, Ky.... 3:24.14
- LANE 5 Mason – Mason, Oh..... 3:24.25
- LANE 6 Skyline – Ann Arbor, Mi..... 3:24.56
- LANE 7 Rosary – Aurora, Ill..... 3:24.79
- LANE 8 Pittsford Central – Pittsford, NY..... 3:25.24❖

## TEAM STANDINGS: THE TOP 10 COMBINED

1. Carmel, Ind..... 204.0
2. Sacred Heart Academy, Ky..... 118.0
3. Carondelet, Calif..... 87.0
4. Hamilton Southeastern, Ind..... 73.0
5. Pennridge, Pa..... 73.0
6. Cedarburg, Wis..... 71.0
7. Palo Alto, Calif..... 64.0
8. Verona Area/Mount Horeb, Wis..... 59.0
9. Edina, Minn..... 48.0
10. Mason, Ohio..... 48.0

### PUBLIC SCHOOLS

1. Carmel, Ind..... 204.0
2. Hamilton Southeastern, Ind..... 73.0
3. Pennridge, Pa..... 73.0
4. Cedarburg, Wis..... 71.0
5. Palo Alto, Calif..... 64.0
6. Verona Area/Mount Horeb, Wis..... 59.0
7. Edina, Minn..... 48.0
8. Mason, Ohio..... 48.0
9. Lake Forest, Ill..... 47.0
10. The Woodlands, Texas..... 45.0

### INDEPENDENT SCHOOLS

1. Sacred Heart Academy, Ky..... 118.0
2. Carondelet, Calif..... 87.0
3. Santa Margarita Catholic, Calif..... 47.0
4. Aurora Rosary, Ill..... 40.0
5. Notre Dame Academy, Ky..... 32.5
6. Hardin Valley Academy, Tenn..... 31.0
7. Christ Presbyterian Academy, Tenn..... 22.0
8. Pine Lake Prep, N.C..... 17.5
9. Sacramento Country Day, Calif..... 17.5
10. Crean Lutheran, Calif..... 16.0



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# NO. 1 FOR NO. 1

BY ANNIE GREVERS

After finishing runner-up last year in *Swimming World's* boys' national high school championships, La Salle College High School of Wyndmoor, Pa. came back and won its first-ever national team title.

La Salle College High School, shown here after winning its fifth straight Pennsylvania (PIAA-AAA) state title, was also recognized by *Swimming World Magazine* as the best boys' high school team in the country.



[PHOTO BY PATTI FINLAY]

**A**t this year's Pennsylvania (PIAA-AAA) Boys' Swimming and Diving Championships, few knew that the battle for first place at states would also turn out to be a battle for the boys' national high school championship.

Back in March, La Salle captured its fifth straight state title, outscoring neighboring Upper Dublin High School (Fort Washington, Pa.)—located about five miles north of La Salle off of PA-309—by 45 points.

By season's end, Upper Dublin closed the gap, but La Salle maintained bragging rights, edging the country's top public school, 119.5 to 105. Last year's winner and six-time national champion Bolles (Jacksonville, Fla.) finished third (103.5).

The 2015-16 season was an especially emotional one for La Salle, as the team dedicated their efforts to Coach Frank Lichter, who had passed away in October of 2015. He led the Explorers to 25 straight Philadelphia Catholic League titles and four PIAA-AAA state championships during his 25-year career.

The team mourned the loss of a tremendous mentor who guided so many men in the pool and in life. "His funeral was a goodbye, but also a huge celebration of his life," head coach Steve Duncheskie said.

Last fall, Duncheskie sat down with his three senior captains, Greg Brocato, Sean Finlay and Joe Vizza. Duncheskie swam under Lichter in his first season as the La Salle coach (1990) and then coached alongside him for the last 16 years.

"A chapter has concluded; now, it's a new chapter," Duncheskie said to his team leaders. "How it will be written starts with us in this room." And the captains responded, encouraging their team-

mates to make sure the success of the program would continue.

Junior Jake Sannem was the team's MVP. He placed second nationally in the 500 yard free, setting a state record and crushing the PIAA competition by eight seconds with a 4:19.64. Sannem also finished second at states in the 200 free (1:35.44), which ranked fourth nationally.

Brocato won the 50 free at states (20.01) and placed second in the 100 (44.46). Nationally, those times earned him a tie for fourth in the 50 with senior Dean Farris of The Paideia School (Atlanta, Ga.) and 10th in the 100.

In addition to its 53.5 individual points, La Salle added 66 relay points. Brocato, Vizza, Finlay and Sannem won the state title in the 200 free relay in 1:21.84. That earned them a second-place finish nationally, just 6-hundredths behind top-ranked Brecksville Broadview Heights (Ohio).

The 400 free relay team of Sannem, Vizza, junior Jake Lubinski and Brocato seized silver at states in 3:00.80—the third fastest time nationally. The only teams to go faster were Upper Dublin (2:59.58) and Southlake Carroll High School, Texas (2:59.69).

Coach Duncheskie spoke highly of his team's contagiously ambitious culture. The captains led "through their presence at practice and their composure during our big dual meets," he said.

The La Salle boys train in a four-lane pool, which Duncheskie describes as a bloodbath. "They know during certain sets, they're constantly battling against the best kids in the state. Every day is a battle against the next best kid. Everyone behind them wants a piece of that action. The success breeds success that trickles down to the freshmen." ❖

## BY BOB KLAPTHOR

FOLLOWING IS A MOCK HEAT SHEET OF THE BOYS' MYTHICAL NATIONAL CHAMPIONSHIPS, BASED ON THE TOP TIMES SWUM DURING THE **2015-16 HIGH SCHOOL SEASON**.

\* = NATIONAL PUBLIC SCHOOL RECORD  
 \*\* = NATIONAL INDEPENDENT SCHOOL RECORD  
 p = PRELIM TIME  
 r = RELAY SPLIT TIME

KEY

## EVENT #1

## 200 YARD MEDLEY RELAY

NATIONAL RECORD: PUBLIC SCHOOL

Chesterton – Chesterton, Ind. (3-1-14).....1:29.64

Aaron Whitaker, Jack Wallar, Blake Pieroni, Gary Kostblade

NATIONAL RECORD: INDEPENDENT SCHOOL

Baylor – Chattanooga, Tenn. (2-14-14).....1:27.74

Luke Kaliszak, Dustin Tynes,

Sam McHugh, Christian Selby

## CHAMPIONSHIP FINAL

LANE 1 Upper Dublin – Ft. Washington, Pa.....1:30.99

LANE 2 Minnetonka – Minnetonka, Mn.....1:30.71

LANE 3 San Ramon Vly. – Danville, Ca.....1:30.68

LANE 4 Bolles – Jacksonville, Fl.....1:29.86

LANE 5 St. Xavier – Cincinnati, Oh.....1:30.40

LANE 6 Eden Prairie – Eden Prairie, Mn.....1:30.70

LANE 7 Avon – Avon, Ind.....1:30.72

LANE 8 Zionsville – Zionsville, Ind.....1:31.66

## CONSOLATION FINAL

LANE 1 Baylor – Chattanooga, Tn.....1:31.99

LANE 2 Carroll – Fort Wayne, Ind.....1:31.86

LANE 3 Brother Rice – Bloomfield Hills, Mi.....1:31.55

LANE 4 Memphis Univ. – Memphis, Tn.....1:31.27

LANE 5 Campolindo – Moraga, Ca.....1:31.36

LANE 6 Science Hill – Johnson City, Tn.....1:31.65

LANE 7 Regis Jesuit – Aurora, Co.....1:31.88

LANE 8 Westminster – Atlanta, Ga.....1:32.03

## EVENT #2

## 200 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

Tom Shields – Edison, Ca. (5-13-09).....1:33.83p

NATIONAL RECORD: INDEPENDENT SCHOOL

Grant Shoults – Santa Margarita, Ca. (5-16-15)1:34.54

## CHAMPIONSHIP FINAL

LANE 1 Trenton Julian, Jr. – Glendale, Ca.....1:36.21

LANE 2 James Murphy, Sr. – Robinson, Va.....1:35.76

LANE 3 Aukai Lileikis, Sr. – Punahou, Hi.....1:34.82

LANE 4 G. Shoults, Sr. – S. Margarita, Ca. (5-14-16).....1:33.26\*\*

LANE 5 Michael Jensen, Sr. – Upper Dublin, Pa.1:33.90

LANE 6 Jake Sannem, Jr. – La Salle, Pa.....1:35.44

LANE 7 Paul Delakis, Jr. – EC Memorial, Wis.....1:36.10

LANE 8 Alex Liang, Jr. – Palo Alto, Ca.....1:36.65

## CONSOLATION FINAL

LANE 1 Mike Taylor, Jr. – Johns Creek, Ga.....1:37.04

LANE 2 Grant House, Jr. – St. Xavier, Oh.....1:36.93

LANE 3 Cody Bybee, So. – Bellbrook, Oh.....1:36.75

LANE 4 L. O'Haimbirgin, Sr. – Bella Vista, Ca.....1:36.67

LANE 5 Trey Freeman, So. – Baylor, Tn.....1:36.70

LANE 6 Matt Elkington, Sr. – Clovis West, Ca.....1:36.91

LANE 7 Will MacMillan, Sr. – Carrboro, NC.....1:36.99

LANE 8 Austin Katz, Jr. – Riverview, Fl.....1:37.05

## EVENT #3

## 200 YARD INDIVIDUAL MEDLEY

NATIONAL RECORD: PUBLIC SCHOOL

David Nolan – Hershey, Pa. (3-18-11).....1:41.39

NATIONAL RECORD: INDEPENDENT SCHOOL

Curtis Ogren – St. Francis, Ca. (5-18-14).....1:44.90

## CHAMPIONSHIP FINAL

LANE 1 Xiangfei Xie, Sr. – Saratoga, Ca.....1:47.43

LANE 2 Tommy Cope, Sr. – Butler, Oh.....1:47.20

LANE 3 Cooper Hodge, Sr. – Moeller, Oh.....1:46.58

LANE 4 Cameron Craig, Sr. – Monroe, Mi.....1:45.42

LANE 5 Daniel Chang, Jr. – Science Hill, Tn.....1:46.52

LANE 6 M. McLaughlin, Sr. – Iowa City W, Ia...1:46.91

LANE 7 J. Montague, Sr. – Grosse Pointe So., Mi.1:47.40

LANE 8 SWIMOFF

N. Alexander, Sr. – St. J. Vianney, Mo.....1:47.55

Reece Whitley, So. – Wm. Penn, Pa.....1:47.55

## CONSOLATION FINAL

LANE 1 Jason Arthur, Sr. – Teaneck, NJ.....1:48.14

LANE 2 Andrew Loy, Sr. – Normal West, Ill.....1:48.13

LANE 3 Griffin Back, Sr. – Eden Prairie, Mn.....1:47.72

LANE 4 Runner-up of championship final swimoff

LANE 5 Ethand Dillard, Sr. – Oak Ridge, Ca.....1:47.58

LANE 6 Mark Jurek, Sr. – Chandler, Az.....1:47.86

LANE 7 Charles Vaughn, Jr. – Carmel, Ind.....1:48.13

LANE 8 Sean Lee, Jr. – Loyola, Ca.....1:48.15

## EVENT #4

## 50 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

Caeleb Dressel – Clay, Fl. (11-9-13).....19.29

NATIONAL RECORD: INDEPENDENT SCHOOL

Ryan Murphy – Bolles, Fl. (11-10-12).....19.54r

## CHAMPIONSHIP FINAL

LANE 1 Raiz Tjon-A-Joe, Sr. – Westlake, Fl.....20.10

LANE 2 Greg Brocato, Sr. – La Salle, Pa.....20.01

LANE 3 Calvin Koethke, Jr. – Grove City, Oh.....19.97

LANE 4 Ryan Hoffer, Jr. – Chaparral, Az.....19.95

LANE 5 Maxime Rooney, Sr. – Granada, Ca.....19.95

LANE 6 Dean Farris, Sr. – Paideia, Ga.....20.01

LANE 7 Albert Gwo, Jr. – Los Altos, Ca.....20.07

LANE 8 Jack Franzman, So. – Zionsville, Ind.....20.13

## CONSOLATION FINAL

LANE 1 Christian Musterait, Jr. – Souderton, Pa.....20.32

LANE 2 Will Scott, Sr. – Iowa City West, Ia.....20.29

LANE 3 Brody Heck, Sr. – Boca Raton, Fl.....20.18

LANE 4 Cody Cline, Sr. – Wellington, Fl.....20.14

LANE 5 Adam Koster, Sr. – Byron Nelson, Tx.....20.17

LANE 6 Jack Levant, So. – Carroll, Tx.....20.23

LANE 7 Corbin Miles, Jr. – Acton-Boxboro, Ma.....20.30

LANE 8 Ryan Torie, Sr. – Chestnut Hill, Pa.....20.35

## EVENT #5

## 100 YARD BUTTERFLY

NATIONAL RECORD: PUBLIC SCHOOL

Caeleb Dressel – Clay, Fl. (9-28-13).....45.89

NATIONAL RECORD: INDEPENDENT SCHOOL

Joseph Schooling – Bolles, Fl. (11-8-13).....45.52

## CHAMPIONSHIP FINAL

LANE 1 Ariel Spektor, So. – Bolles, Fl.....47.85

LANE 2 Franco Reyes, Jr. – Hinsdale Central, Ill.47.50

LANE 3 Xiangfei Xie, Sr. – Saratoga, Ca.....47.40

LANE 4 Jian Mao, Jr. – Maryknoll, Hi.....47.13

LANE 5 Maxime Rooney, Sr. – Granada, Ca.....47.17

LANE 6 Ryan Hoffer, Jr. – Chaparral, Az.....47.47

LANE 7 Nicolas Albiero, Jr. – Christian, Ky.....47.63

LANE 8 Trenton Julian, Jr. – Glendale, Ca.....47.88

## CONSOLATION FINAL

LANE 1 Grant Watson, Sr. – College Prep, Ca.....48.14

LANE 2 Andrey Tretyakov, Jr. – Jones, Al.....48.07

LANE 3 Kyle Ward, Sr. – Bartlesville, Ok.....47.92

LANE 4 Bryce Mefford, Jr. – Oak Ridge, Ca.....47.89

LANE 5 Daniel Hein, Sr. – Dekalb, Ill.....47.92

LANE 6 Jack Levant, So. – Carroll, Tx.....48.06

LANE 7 Spencer Carl, Jr. – West Ottawa, Mi.....48.12

LANE 8 Noah Lense, Sr. – Countryside, Fl.....48.18

## EVENT #6

## 100 YARD FREESTYLE

NATIONAL RECORD: PUBLIC SCHOOL

David Nolan – Hershey, Pa. (3-19-11).....42.34r

NATIONAL RECORD: INDEPENDENT SCHOOL

Jack Conger – Good Counsel, Md. (2-9-13).....42.81r

## CHAMPIONSHIP FINAL

LANE 1 James Murphy, Sr. – Robinson, Va.....44.27

LANE 2 Aukai Lileikis, Sr. – Punahou, Hi.....43.92

LANE 3 M. McLaughlin, Sr. – Iowa City W, Ia.....43.64

LANE 4 Michael Jensen, Sr. – Upper Dublin, Pa.....42.69

LANE 5 Cameron Craig, Sr. – Monroe, Mi.....43.55

LANE 6 L. O'Haimbirgin, Sr. – Bella Vista, Ca.....43.86

LANE 7 Albert Gwo, Sr. – Los Altos, Ca.....44.05

LANE 8 David Madej, So. – Broadview Hts., Oh.....44.31

## CONSOLATION FINAL

LANE 1 Justin Nguyen, Jr. – Fountain Vly., Ca.....44.58

LANE 2 Mason Gonzalez, So. – N. Allegheny, Pa.44.52

LANE 3 Michael Thibert, Sr. – Mansfield, Tx.....44.49

LANE 4 Brody Heck, Sr. – Boca Raton, Fl.....44.36

LANE 5 Greg Brocato, Sr. – La Salle, Pa.....44.46

LANE 6 Maxwell Bottene, Sr. – Northgate, Ca.....44.51

LANE 7 Christopher Staka, Sr. – Aptos, Ca.....44.53

LANE 8 Tyler Rice, Sr. – Bolles, Fl.....44.58

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**EVENT #7**  
**500 YARD FREESTYLE**

**NATIONAL RECORD: PUBLIC SCHOOL**

Jeff Kostoff – Upland, Ca. (5-14-83).....4:16.39

**NATIONAL RECORD: INDEPENDENT SCHOOL**

Jack Conger – Good Counsel, Md. (2-9-13).....4:13.87

**CHAMPIONSHIP FINAL**

- LANE 1** Zachary Yeadon, Jr. – Reagan, Tx.....4:23.01
- LANE 2** Trey Freeman, So. – Baylor, Tn.....4:22.48
- LANE 3** D.Erlenmeyer, Sr. – Lakewood Ranch, Fl.4:20.21
- LANE 4** G. Shoults, Jr. – S. Margarita, Ca. (5-14-16).....4:12.87\*\*
- LANE 5** Jake Sannem, Jr. – La Salle, Pa.....4:19.64
- LANE 6** Drew Clark, Sr. – Riverview, Fl.....4:21.84
- LANE 7** Alex Zettle, So. – Carroll, Tx.....4:22.64
- LANE 8** Santiago Corredor, Jr. – Bishop Verot, Fl.4:23.17

**CONSOLATION FINAL**

- LANE 1** Colter Carman, Jr. – Carroll, Tx.....4:25.35
- LANE 2** William Thomas, Jr. – Westlake, Tx.....4:24.48
- LANE 3** Theodore Smith, Jr. – Bayshore, Fl.....4:23.91
- LANE 4** Alex Liang, Jr. – Palo Alto, Ca.....4:23.41
- LANE 5** Lane Stone, Jr. – W, Springfield, Va.....4:23.73
- LANE 6** Miguel Cancel, So. – Gulliver, Fl.....4:24.35
- LANE 7** Grant House, Jr. – St. Xavier, Oh.....4:24.61
- LANE 8** Spencer Lehman, Jr. – Northridge, Ind.4:25.60

**EVENT #8**

**200 YARD FREESTYLE RELAY**

**NATIONAL RECORD: PUBLIC SCHOOL**

Hershey – Hershey, Pa. (3-18-11).....1:21.01

*David Nolan, Ben Bauchwitz, Shota Nakano, Jeff Young*

**NATIONAL RECORD: INDEPENDENT SCHOOL**

Bolles – Jacksonville, Fl. (11-10-12).....1:19.27

*Ryan Murphy, Joseph Schooling, Emiro Goossen, Santo Condorelli*

**CHAMPIONSHIP FINAL**

- LANE 1** St. Xavier – Cincinnati, Oh.....1:22.62
- LANE 2** Iowa City West – Iowa City, Ia.....1:22.55
- LANE 3** San Ramon Vly. – Danville, Ca.....1:22.35
- LANE 4** Broadview Hts. – Brecksville, Oh.....1:21.78
- LANE 5** La Salle – Wyndmoor, Pa.....1:21.84
- LANE 6** Cinco Ranch – Katy, Tx.....1:22.54
- LANE 7** Peddie – Hightstown, NJ.....1:22.61
- LANE 8** Memphis Univ. – Memphis, Tn.....1:22.89

**CONSOLATION FINAL**

- LANE 1** St. Charles Prep – Bexley, Oh.....1:23.22
- LANE 2** Carroll – Southlake, Tx.....1:23.19
- LANE 3** Clovis – Clovis, Ca.....1:23.12
- LANE 4** E. Grand Rapids – Grand Rapids, Mi...1:23.02
- LANE 5** North Allegheny – Wexford, Pa.....1:23.12
- LANE 6** Baylor – Chattanooga, Tn.....1:23.18
- LANE 7** Avon – Avon, Ind.....1:23.20
- LANE 8** Huntington Beach – Hunt. Bch., Ca.....1:23.23

**EVENT #9**

**100 YARD BACKSTROKE**

**NATIONAL RECORD: PUBLIC SCHOOL**

David Nolan – Hershey, Pa. (3-19-11).....45.49

**NATIONAL RECORD: INDEPENDENT SCHOOL**

Ryan Murphy – Bolles, Fl. (11-10-12).....45.34p

**CHAMPIONSHIP FINAL**

- LANE 1** Matthew Garcia, Sr. – Mooney, Fl.....47.88
- LANE 2** Glen Coward, Jr. – Cinco Ranch, Tx.....47.40
- LANE 3** Ethan Young, Sr. – Dalton, Ga.....47.20
- LANE 4** Mike Taylor, Jr. – Johns Creek, Ga.....47.17
- LANE 5** Christopher Staka, Sr. – Aptos, Ca.....47.18
- LANE 6** Dean Farris, Sr. – Paideia, Ga.....47.22
- LANE 7** Andy Song An, Sr. – Bolles, Fl.....47.58
- LANE 8** Austin Katz, Jr. – Riverview, Fl.....47.92

**CONSOLATION FINAL**

- LANE 1** Kyle Maas, Sr. – West Ottawa, Mi.....48.49
- LANE 2** Ben Ho, Sr. – St. Francis, Ca.....48.35
- LANE 3** David Crossland, Sr. – Tatnall, Del.....48.24
- LANE 4** Daniel Hein, Sr. – Dekalb, Ill.....47.97
- LANE 5** James Wilson, Sr. – Conestoga, Pa.....48.09
- LANE 6** Matt Marquardt, Sr. – Seven Hills, Oh.....48.29
- LANE 7** John Montesi, Sr. – Greenwich, Ct.....48.44
- LANE 8** Dan Whisenant, Jr. – Univ. School, Tn.....48.64

**EVENT #10**

**100 YARD BREASTSTROKE**

**NATIONAL RECORD: PUBLIC SCHOOL**

Connor Hoppe – Golden Vly., Ca. (5-17-14).....53.06

**NATIONAL RECORD: INDEPENDENT SCHOOL**

Jacob Molacek – Creighton, Neb. (2-28-14).....52.92p

**CHAMPIONSHIP FINAL**

- LANE 1** Raiz Tjon-A-Joe, Sr. – Westlake, Fl.....54.64
- LANE 2** Daniel Chang, Sr. – Science Hill, Tn.....53.94
- LANE 3** Hank Poppe, Sr. – San Ramon Vly., Ca.....53.87
- LANE 4** ChandlerBray, Sr. – Avon, Ind. (2-26-16).....52.65p\*
- LANE 5** Reece Whitley, So. – Wm. Penn, Pa.....52.97
- LANE 6** Jacob Montague, Sr. – GrossePointeSo., Mi.53.93
- LANE 7** Jian Mao, Jr. – Maryknoll, Hi.....54.40
- LANE 8** Keefer Barnum, Jr. – St. Xavier, Ky.....54.69

**CONSOLATION FINAL**

- LANE 1** Tommy Cope, Sr. – Butler, Oh.....54.87
- LANE 2** Wyatt Amdor, Sr. – Upper Dublin, Pa.....54.82
- LANE 3** Corey Lau, Jr. – Minnetonka, Mn.....54.81
- LANE 4** James Daugherty, Jr. – Bolles, Fl.....54.79
- LANE 5** Paul Delakis, Jr. – EC Memorial, Wis.....54.81
- LANE 6** Elijah Warren, So. – Regis Jesuit, Co.....54.82
- LANE 7** Jack Lanphear, Sr. – Mt. Lebanon, Pa.....54.82
- LANE 8** Edgar Chin, Sr. – Fairmont Prep, Ca.....54.89

**EVENT #11**

**400 YARD FREESTYLE RELAY**

**NATIONAL RECORD: PUBLIC SCHOOL**

Granada – Livermore, Ca. (5-17-14).....2:59.00

*Nick Silverthorn, Bryce McLaggan,*

*Trent Trump, Maxime Rooney*

**NATIONAL RECORD: INDEPENDENT SCHOOL**

Bolles – Jacksonville, Fl. (11-10-12).....2:54.43

*Ryan Murphy, Santo Condorelli,*

*Josh Booth, Joseph Schooling*

**CHAMPIONSHIP FINAL**

- LANE 1** Peddie – Hightstown, NJ.....3:02.03
- LANE 2** Bolles – Jacksonville, Fl.....3:01.26
- LANE 3** La Salle – Wyndmoor, Pa.....3:00.80
- LANE 4** Upper Dublin – Ft. Washington, Pa.....2:59.58
- LANE 5** Carroll – Southlake, Tx.....2:59.69
- LANE 6** Westlake – Austin, Tx.....3:00.90
- LANE 7** St. Xavier – Cincinnati, Oh.....3:01.34
- LANE 8** Broadview Hts. – Brecksville, Oh.....3:02.09

**CONSOLATION FINAL**

- LANE 1** North Allegheny – Wexford, Pa.....3:03.19
- LANE 2** Huntington Beach – Hunt. Bch., Ca.....3:03.16
- LANE 3** Memphis Univ. – Memphis, Tn.....3:02.84
- LANE 4** Cinco Ranch – Katy, Tx.....3:02.27
- LANE 5** Loyola – Los Angeles, Ca.....3:02.63
- LANE 6** San Ramon Vly. – Danville, Ca.....3:03.03
- LANE 7** Iowa City West – Iowa City, Ia.....3:03.18
- LANE 8** Clovis – Clovis Ca.....3:03.35❖

**TEAM STANDINGS: THE TOP 10**  
**COMBINED**

1. La Salle College Prep, Pa.....119.5
2. Upper Dublin, Pa.....105.0
3. Bolles School, Fla.....103.5
4. Cincinnati St. Xavier, Ohio.....91.0
5. San Ramon Valley, Calif.....90.0
6. Brecksville Broadview Heights, Ohio.....73.0
7. Iowa City West, Iowa.....69.0
8. Southlake Carroll, Texas.....67.0
9. Cinco Ranch, Texas.....62.0
10. Avon, Ind.....52.0
- Memphis University, Tenn.....52.0

**PUBLIC SCHOOLS**

1. Upper Dublin, Pa.....105.0
2. San Ramon Valley, Calif.....90.0
3. Brecksville Broadview Heights, Ohio.....73.0
4. Iowa City West, Iowa.....69.0
5. Southlake Carroll, Texas.....67.0
6. Cinco Ranch, Texas.....62.0
7. Avon, Ind.....52.0
8. Monroe, Mich.....37.0
9. Eden Prairie, Minn.....36.0
10. Granada, Calif.....35.5

**INDEPENDENT SCHOOLS**

1. La Salle College Prep, Pa.....119.5
2. Bolles School, Fla.....103.5
3. Cincinnati St. Xavier, Ohio.....91.0
4. Memphis University, Tenn.....52.0
5. Peddie School, NJ.....50.0
6. Science Hill, Tenn.....41.0
7. Santa Margarita Catholic, Calif.....40.0
8. Baylor School, Tenn.....35.0
9. Maryknoll School, Hawaii.....33.0
10. Punahou School, Hawaii.....30.0

SWIMMING WORLD PRESENTS A QUARTERLY SERIES THAT SHOWCASES MOMS AND DADS OF SWIMMERS FROM AROUND THE COUNTRY.



# MOMS AT MEETS

## JEANNINE LEVERENZ

BY ANNIE GREVERS



PICTURED > Caitlin Leverenz (center) with husband, Collin, and Mom, Jeannine

Caitlin Leverenz wasn't like other 7-year-old rookies on her summer league team in Tucson, Ariz. Her coach was awed by her skill, then shocked to hear she'd never swum competitively before. Leverenz rode that natural aquatic finesse to her first national age group record at the age of 12... and later, as a 17-year-old, to the 2008 U.S. Olympic Trials, where she narrowly missed making the Olympic team.

Leverenz swam for Cal and helped the Golden Bears to two NCAA team titles. She won four events at NAAs in 2012, which bolstered the IM/breaststroke specialist's confidence rolling into the Olympic Trials. She qualified for the U.S. team in both medleys, and at London, she finished third in the 200 IM, attaining the pinnacle prize in the sport of swimming—an Olympic medal.

Who was there enduring every nerve-racking race moment with Caitlin? Her mom, Jeannine. After 18 years of watching her daughter compete, this swim mom has some know-how to share.

**What sticks out as the highlight of Caitlin's illustrious swimming career?**

Watching her compete in London and medal at the Olympics was an incredible experience to be part of as a parent. Actually, all of 2011-12 was a fantastic time for her. It was fun to see her so happy and swimming so well. I say that, but I really think most of swimming has been a highlight of her life—the travel, the people she has met, the life experiences. She has gained so much from swimming, so to me, that is the highlight of her career.

**What advice would you give to new swim parents?**

I would advise parents to enjoy the successes and the losses, and know that their child is learning and growing from all of the experiences. I would say support the coach, but do not coach. After each swim, simply give your child a hug, tell them you love them and that they did a great job. As a competitive athlete, they will beat themselves up enough, so let them know they are loved no matter how they swim—and remind them that swimming is fun!

**How has the sport of swimming shaped Caitlin's character?**

Swimming has made Caitlin a stronger person and has helped her with confidence. She was a shy little girl who struggled to talk in front of people. She attended St. Michael's in Tucson, and they helped her learn to present herself to others and to strive to be the best. Her unwillingness to give up manifested itself in the pool and in the classroom. Her success in the pool gave her the confidence she needed to be successful in the classroom and in life. She was blessed with a gift, and she developed it throughout her life. Developing it has helped her open doors for a wonderful future with many opportunities. ❖

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1

**CABLE STROKE PULL FROM KNEES**

While on your knees and holding cables or stroke cords, pull down from a catch position in a fly motion. Return arms the same way to the catch.



2

**MEDICINE BALL WALL SLAMS**

With a medicine ball (6 to 12 pounds) and standing several feet away from the wall, throw the ball from overhead against the wall and catch off of a bounce.



3

**SUPINE CABLE PULLOVER WITH STRAIGHT-LEG LIFT**

While lying supine and holding cables or stroke cords, perform a fly or freestyle pull and, at the same time, do a single- or double-leg lift. Lower and repeat.



4

**WEIGHTED STREAMLINE SQUAT JUMP**

With lightweight dumbbells in your hands, squat and then jump into a streamline.



# THE NEED FOR SPEED

BY **J.R. ROSANIA**  
PHOTOS BY **EMMI BRYTOWSKI**  
DEMONSTRATED BY  
**CARL MICKELSON AND SUSIE PAUL**

Every Olympic year, there seems to be a huge boost of new swimmers into our sport. More and more kids of all ages and levels of ability were certainly motivated by watching the best swimmers in the world compete on the grandest stage of all—the Olympics.

After swimming took center stage in Rio, many of us are now inspired to become faster in the water. Therefore, I have designed a “need-for-speed” workout with you—the reader...and a few future Olympians—in mind.

I have had the opportunity to provide dryland training for many Olympic swimmers, and I’m glad I can share some of this training with you via *Swimming World*.

I’ve selected four exercises that may help with arm-and-leg power/speed.

Perform each exercise two to three times a week. Complete eight to 12 repetitions per set for two to three sets. Discontinue the exercises seven to 10 days before your main competition. ❖

**MEET THE TRAINER**

*J.R. Rosania, B.S., exercise science, is one of the nation’s top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, in Phoenix. Check out Rosania’s website at [www.jrhealthplex.net](http://www.jrhealthplex.net).*

**MEET THE ATHLETES**

*Carl Mickelson swam for the University of Arizona. As a senior, he finished fourth in the 100 and 200 yard breaststroke at the 2012 NCAA Division I Championships.*

*Susie Paul has been a Masters swimmer for the past 10 years.*

**NOTICE**

All swimming and dryland training instruction should be performed under the supervision of a qualified coach or instructor, and in circumstances that ensure the safety of the participants.

# TREVOR MIELE

BY MICHAEL J. STOTT

In four years coaching at his alma mater, New York University grad Trevor Miele has added aquatic excellence to the school's outstanding academic reputation.

**Q. SWIMMING WORLD:** *What appeals to you about swimming?*

**A. COACH TREVOR MIELE:** I love sports and I love to compete. Swimming is a sport requiring extraordinary physical and mental strength and stamina. It gives me an outlet to compete with the best.

**SW:** *Who were some of your early influences as a swimmer and a coach?*

**TM:** I swam for the Long Island Aquatic Club, and I learned a lot from Dave Ferris—especially discipline, accountability and hard work. I took my first head coaching position at Stevens Institute of Technology and will always be grateful to athletic director Russ Rogers for giving me a shot to be a head coach. I learned a

lot from him, from the head coaches of the other teams at Stevens and from my assistants. I have worked hard to integrate their innovative ideas into my program.

**SW:** *As an NYU grad and former assistant, what were the obstacles and challenges in returning and instituting your own program?*

**TM:** Administratively, very few, as the university provides us with everything we need to perform at the highest possible level. When I first arrived, we needed to change the culture of the team and find a talented and hardworking group of swimmers who believed in my vision for NYU Swimming. My former assistant, Rich Munson (now head coach at Drew Uni-



[PHOTO PROVIDED BY NYU SPORTS INFORMATION]

## Coach Trevor Miele

Head Coach

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- New York University, B.S., finance and marketing, '99; Brooklyn College, M.S., physical education, '06
- Three-year team captain at NYU
- Two-time butterfly All-American (NCAA Division III)
- Coach of Stevens Institute of Technology (Hoboken, N.J.) (2006-12), where he transformed the Ducks into national contenders, producing 63 DIII All-Americans and the school's first two individual national champions
- Fifth season as coach of NYU (2012-present), which has won the men's conference title three times (2010-12) and the women's title twice (2012, 2014)

Since returning to Manhattan in 2012, Miele's dual meet record at NYU is 26-10 (.722, men) and 26-7 (.787, women). In 2015-16, his women's team captured a best-ever eighth-place finish at NCAAs, while the men took ninth—tying their best finish from 2014-15. He has coached 15 men and 14 women to 55 and 49 A-A recognitions, respectively. Additionally, the Violet men and women capped off historic seasons by excelling in the classroom, earning CSCAA Scholar Team All-American status.

versity, N.J.), and I worked hard to find student-athletes who would help us lay the foundation. That first recruiting class will be seniors this fall. I am especially grateful for their belief in my vision and their hard work to build the team into the competitive powerhouse it is today.

**SW:** You carry a large roster by college standards (34 women, 33 men).

**TM:** Our roster size is a huge advantage. It allows our freshmen time to develop physically and mentally, and it enables our swimmers to swim fewer events at dual meets.

**SW:** Your athletes excel in the classroom, having earned CSCAA Team Scholar credentials. How do you help them balance the academic and athletic demands at NYU?

**TM:** Academics and athletics are important at NYU, and we strive for excellence in both areas. We are fortunate to have an Academic Affairs Office (AAO), led by Denise Poole, which monitors and assists our athletes academically. The AAO is very proactive in making sure our athletes are prepared for the challenges they face and will intervene when a student has a misstep. In addition to all of the support and services

the AAO provides, I meet one-on-one with the freshman athletes every other week to monitor their adjustment to life at NYU and their academic progress.

**SW:** Where does the team nickname, "Violets," come from?

**TM:** You asked about the challenges that I face at NYU—our nickname is a challenge! I can assure you that we are no longer shrinking! Our team has come a long way over the past few years, and each year we creep closer to accomplishing our goal of winning a national title.

**SW:** You were an All-American butterflyer. These days, do you place more emphasis on kicking than when you swam?

**TM:** Absolutely! Back then, we hardly ever worked on kicking off walls. A great dolphin kick is a weapon. If you cannot kick out 15 meters today, you are going to be left behind.

**SW:** What's a typical mid-season weekly training schedule: in-water and dryland?

**TM:** When our swimmers arrive at NYU, we discuss their events and training history. Then they are placed into a training group—

— continued on 43

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## HOW THEY TRAIN:

# ELISE GIBBS

BY MICHAEL J. STOTT

PHOTOS PROVIDED BY NYU SPORTS INFORMATION



Meet Elise Gibbs, a 6-foot senior chemistry major and CSCAA Academic All-American from Manteo, N.C. “Coming out of high school, Elise was a solid swimmer—top-four finishes in the 100 breast at her North Carolina state championships (in each of her four years of high school),” says her NYU coach, Trevor Miele. “She has since transformed herself into a national-level swimmer through hard work and determination.”

A part of Miele’s first recruiting class, Gibbs, a sprint freestyler and breaststroker, has become a 10-time All-American and a seven-time school record holder in the 100 and 200 yard breaststrokes (1:03.31, 2:18.88), 50 freestyle (23.32) and the 200 and 400 medley and freestyle relays.

Gibbs was instrumental—especially in relays—in the Violets’ eighth-place NCAA finish in March. She anchored the 200 medley (fifth, 23.34) and free relays (fourth, 23.50), swam breast in the 400 medley (eighth, 1:03.88) and the third leg in the 400 free (fifth, 51.85). She was also 16th in the 50 free with a 23.74. At the 2015 NCAA Championships, she anchored NYU’s 200 medley relay to a second-place finish (1:41.43) with a 22.59 split, when her previous best had been a 24.00 flat start.

“She is a two-year captain and one of the best leaders I have ever coached,” says

Miele. “She is always doing the right thing and imploring her teammates to follow her example. Our team has improved significantly over the past three years, and Elise has been one of the driving forces behind our success. She has helped define the culture on the team and has been instrumental in the fostering of a family atmosphere among the men’s and women’s teams,” he says.

“Elise trains in our sprint group and consistently pushes herself and teammates in the pool. We do a lot of fast swimming and racing with the sprint group, and she has a

### SAMPLE WORKOUTS

#### NYU Sprint Group Sets

**Coach Miele:** “The NYU sprint group sprints a lot with yardage kept pretty low. We do a lot of short fast sets on a lot of rest.”

2 rounds:

- 8 x 25 @ :45 all out
- 2 x 50 @ :45 EZ
- 6 x 25 @ :45 all out
- 2 x 50 @ :45 EZ
- 4 x 25 @ :45 all out
- 2 x 50 @ :45 EZ
- 2 x 25 @ :45 all out
- 4 x 50 @ :45 EZ



### PROGRESSION OF TIMES

SCY	2013-14	2014-15	2015-16
50 Free	24.32	24.00	23.32
100 Breast	1:07.05	1:03.58	1:03.31
200 Breast	2:28.73	2:21.13	2:18.88

tremendous ability to get up and train hard every day—even when she is not feeling 100 percent. Outside of the pool, she works just as hard, and as a result, has gained a ton of strength and power. She went from not being able to do a pull-up her freshman year to doing more than 15 in a row this year. She can now outlift some of our guys!”

Miele is also taken with his captain’s emotional development: “Her biggest area of improvement has been on the mental side. As a freshman, she was very inconsistent and would get down on herself when she was a little off. With maturity and confidence, her performance has been much more consistent, and she has learned to move on from an off-swim.”

3 rounds:

- 1 x 200 @ 2:45 (long, good technique; focus on walls and streamlines)
- 4 x 50 @ :45 (HR @ 180)
- 2 x 100 @ 1:30 (long, good technique; focus on walls and streamlines)
- 2 x 50 @ :45 (HR @ 200)

2 rounds:

- 4 x 50 @ 1:00 (HR over 200)
- 1 x 50 @ 1:00 EZ
- 3 x 50 @ 1:00 (HR over 200)
- 1 x 50 @ 1:00 EZ
- 4 x 25 @ :45 all out
- 1 x 50 @ 1:00 EZ
- 2 x 25 @ :45 all out
- 1 x 100 @ 2:00 EZ

**Coach Miele:** “Generally, we don’t focus on times for most of our sets with the sprint group. It’s effort level. On the 25’s, they need to be all out. If swimmers are going all out from the first one, their times are going to get slower as the set goes on—which is fine because it’s about effort level. If they are not going all out, the set is worthless.

“On the sets with 50s, swimmers have to get their HRs up. Again, the focus is not on a time. While HR for everyone is a bit different, aiming to get a HR in the 200 range is pretty darn hard, and swimmers will be going very fast. If that is the case, they will be getting about 20 seconds rest per 50.”

**Sprint Sets with Times**

• 20 x 25 @ :45

**Coach Miele:** “Elise did freestyle and was asked to hold all 20 of her 25s under 12.50 seconds. If she were to miss (going under 12.50 on) a 25, she had to repeat it until she got 20 of her 25s under 12.50.” Here’s how she did:

- 1-10 @ :45: 12.30, 12.40, 12.40, 12.45, 12.46, 12.49, 12.10, 12.48, 12.19, 12.19 = 12.35 average
- 11-20 @:45: 12.26, 12.39, 12.41, 12.37, 12.45, 12.49, 12.48, 12.35, 12.21, 12.19 = 12.36 average ❖



TOTAL ACCESS MEMBERS CLICK HERE to read more Q&A with Coach Trevor Miele.

sprint, mid-distance or distance. Our sprint and mid-distance groups have eight swimming practices a week, and the distance group has nine. In addition, there are seven strength and conditioning sessions, broken into dryland and weight lifting, immediately before or after the swimming workout. The lifting program combines free weights, powerlifting and plyometric exercises, while dryland focuses on developing leg and core strength. The overall goal is to make each swimmer a better, stronger and quicker athlete. This program contributes significantly to our success.

**SW:** Which term best describes NYU in-water training: high volume, race pace, USRPT, none of the above?

**TM:** We definitely are not high volume. We break into training groups, and each group trains differently. Our sprinters sprint—we do low yardage and a lot of racing. Our mid- and distance groups are very different. They get their yards in, but they still do not bang out tons. They focus on hitting tempos and paces.

**SW:** Is your holiday training done locally or elsewhere?

**TM:** NYU has a very long intersession break. We start back up at the end of December and train in NYC for a week, head down to Florida for our annual training trip, and then we get two more full weeks of practice before classes start. I really like having the extended break because it gives our swimmers a large period of time to focus solely on swimming and to bond as a team.

**SW:** Out-of-season training, specifically summer—how does that work at NYU?

**TM:** As a DIII program, we are not allowed to train our swimmers in the off-season. Some head home for the summer and train

with their club teams. Since we are in NYC, many of our swimmers stay in the city and have internships. Those swimmers get together in the morning and practice as a group.

**SW:** As a top-10 NCAA finisher, does it make sense to schedule an in-season meet with schools such as Johns Hopkins, Emory or Denison?

**TM:** We have actually made some major changes to the schedule for next season, and we will be swimming JHU and MIT in a tri-meet. In addition, we have added Bucknell (DI) and LIU-CW Post (DII). We will still be competing against West Chester (DII), TCNJ, USMMA, Cortland and Springfield. I would love the opportunity to swim some more DI schools, but I think many of them are scared we will beat them!

**SW:** Looking back on your NYU student experience, what do you value most?

**TM:** That’s a tough question because NYU and NYC have offered me so much. When I was selecting a school, it was really important for me to get a real-life work experience while I was in college. By attending NYU, I was able to learn at one of the top academic universities in the world, swim at a very high level and still have time to hold down an internship. Those three things are still very important to me as a head coach, and I have developed a practice schedule that enables our swimmers to swim, study and intern on Wall Street or do research at the best hospitals in the world! ❖

*Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams have won nine state high school championships. He has been named a 2017 recipient of NISCA’s Outstanding Service Award.*

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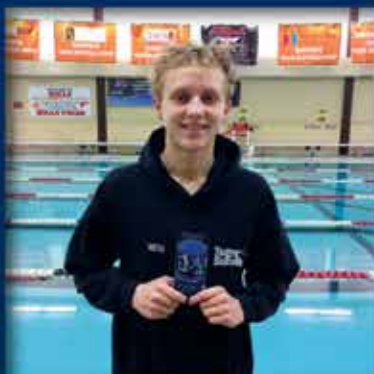
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Phoenix, Arizona  
AZ Swimming Age  
Group LC State Champs.



**Justin Meyn**  
Age 14  
Team Suffolk  
Long Island, New York  
Viking Aquatic Classic, N.Y.



**John Michael Oliphant**  
Age 8  
Sunkist Swim Team  
Flowood, Mississippi  
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**Lilly Sammons**  
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# UP & COMERS

## AGE GROUP SWIMMER OF THE MONTH

BY TAYLOR BRIEN

# Gretchen Walsh

It's an honor to qualify for the U.S. Olympic Trials at any age. What made it even more special for Nashville Aquatic Club's Gretchen Walsh was that she was the youngest competitor this summer in Omaha, Neb. at 13 years, 4 months and 13 days. And she was able to join her sister, Alex, 14, who qualified in four events.

Gretchen, an eighth-grader this fall at Harpeth Hall School, qualified for Trials with a 25.96 in June at the Speedo Summer Sizzler in Nashville. At Trials, she swam a 26.55, tying her for 125th out of 180 swimmers. Her 25.96 would have ranked 41st at Trials.

Currently, she is the nation's top-ranked swimmer for 13-year-old girls in both the 50 and 100 free (25.96, 56.86). As a 12-year-old, she was No. 1 in the 50 meter free (26.97) as well as the 50 and 100 yard free (23.44, 50.58).

Nashville's associate head coach and competitive director, Doug Wharam, told *Swimming World*, "Her ability to work through pain in practice is impressive, and her ability to find that extra gear when needed during workout really makes her stand out from the crowd."

This summer, Walsh became Southeastern Swimming's long course champion in the 50 and 100 back (30.61, 1:05.13) and the 50 fly (28.55). ❖



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### WHAT IS THE BEST THING YOU DO IN SWIMMING?

I am best at working hard in practice so that I can become faster. I am also good at racing and pushing myself to achieve a goal.

### WHAT ARE SOME OF THE TOUGHEST WORKOUTS/SETS YOU'VE DONE?

The hardest sets I have completed are the pace sets that can contain 16 50s.

### WHAT ARE YOU MOST LOOKING FORWARD TO THIS YEAR?

Competing at winter junior nationals.

### WHAT IS YOUR FAVORITE THING ABOUT SWIMMING?

Being with my friends and supporting teammates in practices and at swim meets.

### WHO IS YOUR SWIMMING IDOL...AND WHY?

Katie Ledecky...because she sets goals for herself and works hard to achieve them. She also was fast at a very young age, which inspires me.

### WHAT ARE YOUR FAVORITE HOBBIES?

My favorite hobbies are baking, shopping and playing tennis.



# WHAT IS THE MOST MAGICAL PART OF THE OLYMPIC GAMES?

BY ANNIE GREVERS



**GARRETT WEBER-GALE** / 2008 Olympic Gold Medalist, 4 x 100 Freestyle Relay

[PHOTO BY ANNIE GREVERS]

My best memory of being an Olympian in Beijing was seeing my family in the stands when I was on the award stand accepting the Olympic gold medal for the 400 freestyle relay. The moment was true magic because I saw how fulfilled they were, their excitement, their joy. I then realized that this was their moment, too. The Olympic gold medal draped around my neck was their gold medal. My parents and sister had spent so much time helping me get to this moment, they had sacrificed so much, dedicated themselves to my dream, and certainly spent an unbelievable amount of money helping me realize my dream.



**KRISTY KOWAL** / 2000 Olympic Silver Medalist, 200 Breaststroke

[PHOTO BY PETER H. BICK]

I knew it was an extraordinary honor to finally be able to represent the United States of America—it was something I did not take for granted. Before the opening ceremony, I was running around the Olympic Village trying to get pictures of myself with all of the famous athletes from other sports, thanking them for their time and telling them I was so honored to meet them. Finally, one of them said to me, “You realize you’re at the Olympics, too, so how about I get my picture taken with you?” To me, that was such an awesome feeling—the feeling of “I’m finally here, I did it!”

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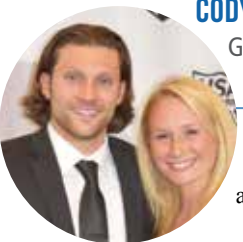




**MATT GREVERS / 2008-2012 Olympian,  
Four-time Gold Medalist**

[PHOTO BY PETER H. BICK]

Walking out for the finals of my 100 backstroke in 2012. Seeing the crowd roar, hearing your name announced, knowing most people you've had personal contact with are watching and rooting for you. Standing behind the block, knowing you earned that spot, knowing you get to represent your country on the biggest stage imaginable. Seeing cameras on you with the U.S. gear that you'll have forever, knowing the world is watching you go to battle. Everything culminates in that moment—an incredible amount of nerves, anxiety, excitement—you don't even know how to contain those emotions. But you know this is for sure the moment you've been optimizing for. It's an opportunity to represent your country, your teammates, your coaches, your family and your friends. No matter what, you've made it to this moment. It's magical for a swimmer to feel like the absolute star—to know that the eyes of the arena, the world, are on you.

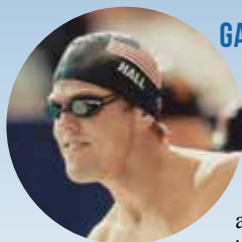


**CODY MILLER / 2016 Olympic  
Gold and Bronze Medalist**

[PHOTO BY ANNIE GREVERS]

Probably the ability for everyone to chill out and get along together, even though a lot of us are meeting for the first time.

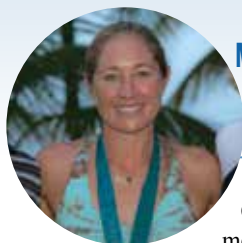
Like 90 percent of the men all watch "Game of Thrones" and nerd-out over Marvel movies...we all have similar things in common outside the pool. It's been incredibly easy bonding with people we've never really spent much time with. I would also attribute Pokemon Go to our team's bonding—the majority of the men have been playing a lot of Pokemon! It's been awesome.



**GARY HALL JR. / 1996-2000-2004  
Olympian, Five-time Gold Medalist**

[PHOTO BY PETER H. BICK]

The best part of being an Olympian is the honor of representing the United States on an international stage. So few people have that privilege. It's a great honor and responsibility.



**MISTY HYMAN / 2000 Olympic Gold  
Medalist, 200 Butterfly**

[PHOTO BY STEVE SIMONSON]

For me, the most magical part of the Olympics was the closing ceremony. I remember all of the athletes walking together from the Village to the Olympic stadium. We were no longer organized or divided by country, sport or medal count. We all rushed onto the field together for the biggest celebration of the human spirit. The energy was palpable and overwhelming. ❖

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# PARTING SHOT

Ever since 1960 when the men's 4 x 100 meter medley relay was introduced as part of the Olympic swimming program, the United States has won every race in which it competed. (Of course, in 1980, the United States boycotted the Moscow Olympics, and Australia claimed the gold medal.) For the Americans, it was a fitting ending for a team that performed so well. Thanking their hosts are the members of that winning medley relay: (from left) Nathan Adrian, Michael Phelps, Ryan Murphy and Cody Miller.

[PHOTO BY ROB SCHUMACHER-USA TODAY SPORTS]

