

SPECIAL EDITION

SWIMMING WEEKLY

NOVEMBER 2016 • VOL 2 • ISSUE 21



THE HISTORY OF THE

GOLDEN GOGGLES

IN THIS ISSUE WE LOOK BACK AT ALL PAST GOLDEN GOGGLE WINNERS. PLUS WE LET YOU KNOW WHO TOOK HOME THE HARDWARE THIS YEAR AT USA SWIMMING'S GALA AWARD SHOW.

PLUS OUR 2016 RED CARPET PHOTO GALLERY!



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ADVERTISING OFFICE**

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Reuters, Getty Images

OFFICIAL MAGAZINE OF:



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PUBLISHER:





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A portrait of David Plummer, a man with short brown hair, smiling at the camera. He is wearing a dark suit jacket, a light blue dress shirt, and a purple tie. The background is a white step-and-repeat banner with repeating logos for 'USA SWIMMING' and 'GOLDEN GOGGLE AWARDS'.

2016 GOLDEN GOGGLES RED CARPET

PHOTOS BY DAVID RIEDER

DAVID PLUMMER

A portrait of Ryan Held, a young man with short brown hair, smiling at the camera. He is wearing a dark suit jacket, a light blue dress shirt, and a dark tie. The background is a white step-and-repeat banner with repeating logos for 'USA SWIMMING' and 'GOLDEN GOGGLE AWARDS'.

RYAN HELD



JOSH PRENOT, RYAN MURPHY, JACOB PEBLEY, MISSY FRANKLIN, ANTHONY ERVIN, TOM SHIELDS & NATHAN ADRIAN



KATHLEEN BAKER



MAYA DIRADO



KATIE MEILI, KATHLEEN BAKER & CAMMILE ADAMS



CAELEB DRESSEL



KATIE LEDECKY



LILLY KING



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ELIZABETH BEISEL & ALLISON SCHMITT



DAVE DURDEN



CODY MILLER





GOLDEN GOGGLE ALL-TIME WINNERS 2004 - 2016

BIO'S PROVIDED BY USA SWIMMING
ADDITIONAL BIO'S BY DAVID RIEDER



LILLY KING
2016 WINNER -
BREAKOUT SWIMMER
OF THE YEAR

PHOTO COURTESY:
PETER H. BICK

THE GOLDEN GOGGLE AWARDS

BREAKOUT SWIMMER OF THE YEAR

2016: LILLY KING

As an Indiana University freshman, Lilly King swept the breaststroke events at the 2016 NCAA Championships and carried that momentum through to this summer's U.S. Olympic Trials and the Olympic Games. In Omaha, she won the 100 and 200 breaststroke to qualify for her first major international event outside of the 2015 World University Games, where she was a silver medalist. In Rio, King struck gold in the 100 breast in an Olympic record 1:04.93 and added a second gold medal in the 400 medley relay. King's 100 breast gold medal was the first for Team USA since 2000.

2004: LARSEN JENSEN

Larsen Jensen established himself as the best distance swimmer in the country this year – all while being the youngest member of the men's Olympic team in Athens. After winning the 1500 free and finishing second in the 400 free at Olympic Trials, Jensen performed admirably in Athens. After coming in fourth behind veterans Ian Thorpe, Grant Hackett and Klete Keller in the 400 free, he waited all week for his best event, and he had the swim of a lifetime in the 1500. Jensen knocked almost 10 seconds off his best time as he challenged defending gold medalist Grant Hackett for much of the race. He ended up with a silver medal, touching in 14:45.29 for a new American record.

2005: JESSICA HARDY

18-year-old Jessica Hardy made her first international team this summer, heading to the World Championships in Montreal, and she set her first world record. Hardy posted a 1:06.20 in the semifinals of the women's 100 breast and then won a silver medal in the final. Towards the end of that meet, she won two more silvers, in the women's 400 medley relay and in the women's 50 breast. Hardy suddenly looks like the future of American sprint breaststroke and figures to be a force on the international stage for years to come.

2006: CULLEN JONES

Cullen Jones burst onto the scene in 2006 and showed himself to be the future of American sprinting. It all started with a victory in the 50-yard freestyle at the NCAA championships, and then he moved on to long course, where he continued to dominate. Jones won the 50 free at the ConocoPhillips National Championships and finished third in the 100 free at that meet. Making his international debut at the Pan Pacific Championships, Jones took gold in the 50 free and helped Team USA break the world record in the men's 400 free relay. Jones combined with Michael Phelps, Neil Walker and Jason Lezak to post a 3:12.46.

2007: BEN WILDMAN-TOBRINER

Ben Wildman-Tobriner has continued to improve over the past three years, but it was at the 2007 World Championships in Melbourne, Australia that the 23-year-old really broke through by surprising the world and capturing gold in the 50 freestyle (21.88). The Stanford graduate was not actually leading the race until the final few meters, edging Cullen Jones for a 1-2 U.S. finish. Wildman-Tobriner also proved

his race toughness by winning the 50 free title at the ConocoPhillips National Championships with a lifetime best of 21.80, earning his second national title. His time ties him with 2000 Olympic champion Anthony Ervin as the second fastest in U.S. history (only Gary Hall has been faster, by .04). Wildman-Tobriner also earned gold by swimming on the preliminary 400 freestyle relay at the World Championships in March.

2008: REBECCA SONI

Rebecca Soni repeats as a nominee in this category. But while she broke through in 2007, she broke out in 2008 with a performance of a lifetime in the 200 breaststroke in Beijing. The 21-year-old New Jersey native set her own dominating standard by defeating heavy favorite Leisel Jones of Australia, who many thought was unbeatable. Soni's time of 2:20.22 broke the world record and earned the USC senior a gold medal. She also earned two silver medals, in the 100 breaststroke (behind Jones) and the 400 medley relay. Her relay performance, along with Natalie Coughlin, Christine Magnuson and Dara Torres broke the American record by five seconds.

2009: TYLER CLARY

Tyler Clary became the only American male rookie on the 2009 U.S. World Championship team to win a medal in the pool in Rome. The 20-year-old from Riverside, Calif., continued the strong tradition of IM dominance for the U.S. men by pulling off a stunning silver medal behind world champion Ryan Lochte in the 400 IM. Clary trailed Laszlo Cseh, the Olympic silver medalist, the entire race before putting on a sensational sprint in the final lap to catch the Hungarian. Clary also finished fifth in the 200 butterfly. The University of Michigan junior qualified for the U.S. World Championship team by finishing second at the Trials in both the 400 IM and 200 fly. He was also third in the 200 backstroke behind Aaron Peirsol and Ryan Lochte in 1:54.53, and ended 2009 as the fourth-ranked swimmer in the world in that event.

2010: MISSY FRANKLIN

At just 15 years of age, Missy Franklin was the youngest member of the U.S. team at the 2010 Mutual of Omaha Pan Pacific Championships. As a member of the 2009-2010 U.S. National Youth Team, Franklin traveled to Stockholm, Berlin and Barcelona to compete against some of the best swimmers of the world and gain valuable international experience. That opportunity paid off with the performance she had at U.S. Nationals in August. In her individual events, she had five top-eight performances, including second-place finishes in the 100 and 200 backstroke and won the Kipthuth Award as the highest total point scorer at the meet. The Colorado native had a strong showing at Pan Pacs, placing fourth in the 100 back and earning a spot on the 2010-2011 U.S. National Team. She also qualified for the 2011 World Championships in the 200 backstroke.

CONTINUED >>>

2011: ALEX MEYER

Making a name for himself in the swimming community, Alex Meyer had the kind of year a swimmer dreams of in 2011. In 2008, Alex placed 34th at the 2008 U.S. Olympic Trials in the 1500 free and then made the transition to open water swimming soon thereafter. He quickly had success earning the 2010 25K Open Water World Championship title in Roberval, Canada. He followed up his 25K performance with a win at the 2011 USA Swimming 10K Open Water National Championship, earning a spot on the 2011 FINA World Championship roster. At the FINA World Championships in Shanghai, the 23-year-old Meyer competed against a tough international field and placed fourth in the men's 10K. His performance earned him a spot in the same event at the 2012 Olympic Games and he became the first U.S. swimmer to qualify for the Olympics. Following Shanghai, Meyer went to London for the 10K Marathon test event and finished in seventh place, the top U.S. male athlete.

2012: KATIE LEDECKY

In the summer of 2011, no one could have predicted Katie Ledecky would make the 2012 Olympic Team, let alone break a 23-year-old American record and become an Olympic champion. She hadn't even qualified for the Olympic Trials in a single event. Yet somehow Ledecky defied all odds. The 15-year-old from Bethesda, Md. swam well early in 2012 at the Missouri and Charlotte Grand Prix meets. She then moved on to the Olympic Trials in Omaha, where she swam two lifetime bests, but finished third in the 400 free and ninth in the 200 free. Despite not making the Team in her first two swims at Trials, Ledecky kept her focus and went on to dominate the 800 free in 8:19.78, her personal best time by almost six seconds. In London, she faced Great Britain's 2008 Olympic champion, Rebecca Adlington, and a crazed hometown crown awaiting the first swimming gold medal for the home country. There was absolutely no backing down for Ledecky, as she took the lead just after the 100 mark and stormed to the gold medal in 8:14.63, winning by over four seconds. In the process, she broke the American record formerly held by Janet Evans.

2013: CHASE KALISZ

Chase Kalisz burst onto the scene in 2013. After winning the 400 individual medley at the 2013 NCAA Championships and earning five podium finishes in the 2012-13 Arena Grand Prix Series, the 19-year-old went on to win the 400 IM at the Phillips 66 National Championships in Indianapolis. His success continued at the 2013 FINA World Championships, his first major international meet, where he won the silver medal in the same event. Kalisz started slowly, in sixth place through the 200-meter mark, but surged in the breaststroke leg. By the 300 mark, he moved into fourth place. Kalisz would climb two more spots during the freestyle leg to finish with a time of 4:09.22 and the silver medal.



JESSICA HARDY
2005 WINNER -
BREAKOUT SWIMMER
OF THE YEAR

PHOTO COURTESY:
PETER H. BICK

2014: MAYA DIRADO

A member of the U.S. roster for the 2013 FINA World Championships, Maya DiRado continued her ascent with Team USA this summer by claiming first individual appearances on an international podium. At the 2014 Pan Pacific Championships, she claimed gold in the 200 IM and silver in the 400 IM with times of 2:09.93 and 4:35.37, respectively. DiRado overtook the race leaders over the final 50 to earn the win in the 200 IM and touched second to teammate Elizabeth Beisel in the 400 IM to give Team USA a one-two sweep. At the Phillips 66 Nationals, DiRado took second in the 200 IM and 400 IM, and she added national titles in both IM events at the 2014 NCAA Championships.

2015: JORDAN WILIMOVSKY

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



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ANTHONY ERVIN
2016 WINNER -
PERSEVERANCE AWARD

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THE GOLDEN GOGGLE AWARDS

PERSEVERANCE AWARD

2016: ANTHONY ERVIN

Sixteen years after winning gold in the 50 free in Sydney and with seven-year hiatus from the sport in between, 35-year-old Anthony Ervin was back on the U.S. Olympic roster for a third time in 2016. He was second in the 50 free at Olympic Trials to become the oldest American male swimmer to qualify for an individual Olympic event since 1904. Once in Rio, Ervin made history again by winning gold in the 50 freestyle in 21.40 by just one-hundredth of a second to become the oldest swimmer to win individual Olympic gold.

2004: KAITLIN SANDENO

Kaitlin Sandeno made her Olympic debut in 2000 as a 17-year-old and won a bronze medal in the 800 free. Her future appeared unlimited, but the odds of her making it back to that level took a dip when she suffered a severe back strain early in her college career. But Sandeno kept battling, and at the Olympic Trials in Long Beach, she qualified for Athens in the 400 IM, 400 free, 200 fly and 800 free relay. And at the Olympics, she won three medals, one of each color. She won gold in the 800 free relay when she anchored the American squad to gold and a new world record.

2005: BRENDAN HANSEN

Brendan Hansen entered the Olympic Games in 2004 as the world record-holder in both the 100 breast and 200 breast, and he left Athens with those records intact – but having failed to win gold in either as Japan's Kosuke Kitajima swept double gold. But in 2005, Hansen avenged both losses and earned individual World titles in both events, just missing his world record in the 100 breast. He also added a third gold as the breaststroke leg of the gold medal-winning men's 400 medley relay.

2006: ERIK VENDT

Erik Vendt took a hiatus from swimming after the 2004 Olympics, where he won a silver medal in the 400 IM, but he returned to the sport this season under Bob Bowman at Club Wolverine. At this summer's ConocoPhillips National Championships in Irvine, he picked up where he left off, winning a National title in the 1500 free and finishing third in the 400 IM. At the Pan Pacific Championships, he won a silver medal in the 1500 free.

2007: RYAN LOCHTE

Since 2004, Ryan Lochte has been making steady strides towards becoming one of the best athletes in the world. Since 2004, he has finished second and third at international meets numerous times, many of them to Michael Phelps. After the first few days of the World Championships this year in Australia, Lochte was still in that familiar position, having finished second twice - in the 100 backstroke and 200 individual medley. But Lochte's perseverance paid off in the 200 backstroke when he battled stroke-for-stroke with Aaron Peirsol, defeating the three-time defending World champion. In the process, he broke his first long course world record, and wrapped up the meet with two gold and three silver medals. The 23-year old from Daytona Beach, Fla., then two days

later went on to win two races at the Mutual of Omaha Duel in the Pool (100 Back and 200 IM).

2008: ERIC SHANTEAU

After finishing second at the 2008 Olympic Trials in Omaha in the 200 breaststroke, Eric Shanteau's celebration on making his first Olympic team was noticeably reserved. Shanteau had all reason to go crazy after near misses, finishing third in both the 200 and 400 IM in 2004 and a fourth-place finish in the 100 breast earlier at the 2008 Trials. But the 24-year-old had good reason to contain himself. He had been diagnosed only a week earlier with testicular cancer, a sobering jolt at the pinnacle of his career, and only his family and coach knew of the news. After further medical tests, Shanteau made the decision to keep his place on the Olympic team and compete in Beijing. He underwent weekly blood tests and his doctors monitored his situation closely. Shanteau raced hard in China, finishing with a lifetime best 2:10.10 for 10th place, just .13 out of making the Olympic final. He returned to his native Atlanta after the Games and had surgery to remove the cancerous growth, and is now cancer-free.

2009: DANA VOLLMER

Dana Vollmer has had to deal with tremendous highs and occasional lows in her career. As a relative newcomer at age 16, Vollmer finished sixth at the 2004 Olympic Games in the 200 freestyle, and also was part of the Americans' gold-medal-winning 800 freestyle relay. It was quite an accomplishment for her first major international meet. As the 2008 Trials approached, Vollmer was a clear favorite to make the team. Unfortunately, she was dealing with injuries, and had a disappointing Olympic Trials, barely missing the team in the 100 free, 200 free and 100 butterfly. She took a short break from the sport after the Trials, healed her aching body, and came back with renewed vigor in 2009. She helped lead the University of California women's swimming and diving team to its first-ever NCAA Championship, and then in Rome, she won bronze in the 200 freestyle, tied for fifth in the 100 butterfly in an American record time (56.94), and helped the American women earn a silver medal in the 800 freestyle relay with an excellent lead-off leg in the finals.

2010: KATE ZIEGLER

Kate Ziegler has known the highs and lows of swimming over the past five years. In 2005 and 2007, she picked up four World Championship titles (and two Golden Goggle awards) by winning the 800 and 1500 freestyle events in both Montreal and Melbourne. But in 2008 and 2009, she struggled to return to that form, with times far off her best swims from Melbourne. Many were wondering if the 22-year-old would be able to bounce back and regain her momentum. At the beginning of this year, Ziegler moved to the west coast to train with legendary coach Jon Urbanchek. The change of scenery provided a positive boost, and at Nationals in August, she placed second in the 800 free, earning a spot on her first International Team since the Olympics in 2008. Later that month at the Pan Pacific Championships, the 22-year-old

 CONTINUED >>>

proved she was back on top with a monumental gold medal performance in the 800 free (ranked second in the world) and a second place finish in the 1500 free

2011: PETER VANDERKAAV

There is perhaps no athlete on the National Team that has taken such a workman-like approach to his swimming career than Peter Vanderkaay. The 27-year-old, two-time Olympian modified his game plan this year, by changing clubs and ramping up the training volume when he moved to Gainesville, Fla. to swim for head Olympic coach, Gregg Troy. The change did him well, as he had three top eight performances at the 2011 World Championships in Shanghai —4th in the 400 free, 7th in the 800 free and 6th in the 1500 free, along with a gold medal on the 800 free relay, swimming in both the preliminaries and finals. Through the years Vanderkaay has endured, with fourth-place finishes in the 400 free at the 2008 Olympics and 2009 and 2011 World Championships. These near-miss finishes may have been disappointments for Vanderkaay, but he has taken these in stride and endeavored to take that next step in his impressive swimming career.

2012: JESSICA HARDY

The highs and lows of the sport have been intensely felt by Jessica Hardy. After not being allowed to compete at the 2008 Olympic Games and 2009 World Championships due to a suspension, Hardy bounced back to be a key member of the 2010 and 2011 National Teams. She entered the 2012 Olympic Trials as a favorite to make the team in three events. The first race was the 100 breast, and all predictions were for Hardy, the world record-holder, and Rebecca Soni, the two-time World champion, to make the team. However, upstart Breeja Larson spoiled those predictions by winning the race, and Hardy found herself third, one spot off the team. A few nights later came the 100 free final, with one of the most competitive fields in the entire meet. To pick Hardy to win would have been a surprise, but that is exactly what she did, with a lifetime best 53.96. After four long years, she was back on the Olympics Team. She went on two nights later to blitz the field in the 50 free with a season-best 24.50. In London, she made two finals, finishing seventh in the 50 and eighth in the 100 free, and picked up a gold and bronze medal swimming on the medley and sprint free relays.

2013: MEGAN ROMANO

Megan Romano fell just short of making the team in the 200 free, finishing seventh. After leading the University of Georgia women to the NCAA team title in March 2013, Romano again just missed making an international team individually with a fourth-place finish in the 100 free at 2013 Phillips 66 Nationals. Romano more than made the most of her international competitions this summer. She collected a team-high six medals at the 2013 World University Games in Kazan, Russia, and followed with a pair of relay gold medals at the 2013 FINA World Championships in Barcelona. Her 52.60 anchor leg in the 400 free relay was one of the lasting memories of the World Championships. Romano began her leg over seven-tenths of a second behind Australia, but caught



anchor Alicia Coutts in the first 50 meters. The two-then swam stroke for stroke over the final length before Romano eked out a narrow victory, 3:32.31 to 3:32.43.

2014: ANDREW GEMMELL/HALEY ANDERSON

Open water swimmers are known for dealing with tough and unpredictable conditions, and Olympians Haley Anderson and Andrew Gemmell did just that this summer when water quality issues forced a dramatic change to the schedule for the 2014 Pan Pacific Championships. Not only was the event delayed a week, it was shifted from Australia to Hawaii where it was contested alongside the Junior Pan Pacific Championships. The change in venue did little to deter Anderson and Gemmell, who each touched first to win gold in their respective 10-kilometer events. Gemmell pulled away late to win the men's race going away, while Anderson out-touched teammate Eva Fabian to take the women's title.

2015: ALLISON SCHMITT

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



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DAVE DURDEN
2016 WINNER -
COACH OF THE YEAR

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THE GOLDEN GOGGLES AWARD

COACH OF THE YEAR



2016: DAVE DURDEN

Dave Durden, an assistant men's coach for the 2016 U.S. Olympic Team and men's head coach at Cal, coached five members of the Team USA men's roster in Rio – Nathan Adrian, Ryan Murphy, Jacob Pebley, Josh Prenot and Tom Shields. This group combined for nine medals, including four by Adrian and three from Murphy, who also set a world record in the 100 backstroke at the Games. Adrian, Murphy and Prenot were each individual medalists. On the collegiate front, Durden guided the Golden Bears to a runner-up finish at the men's 2016 NCAA Championships. This was Durden's first experience on an Olympic coaching staff.

2004: EDDIE REESE

Eddie Reese served as head coach of the 2004 men's Olympic team after helping five different men make the roster. Three athletes under Reese's tutelage broke world records at the U.S. Olympic Trials in Long Beach – Brendan Hansen, Aaron Peirsol and Ian Crocker – and all went on to win individual medals in Athens. Peirsol won gold in both the 100 and 200 back, Hansen finished on the podium in both breaststroke events, and Crocker won silver in the 100 fly. All three, along with Neil Walker, were part of the gold medal-winning 400 medley relay team, and Crocker, Walker and Nate Dusing all contributed to a bronze medal in the men's 400 free relay.

2005: EDDIE REESE

Eddie Reese's Longhorn Aquatics swimmers performed admirably at the World Championships in Montreal. Aaron Peirsol continued his reign as the world's best backstroke, winning gold in both the 100-meter and 200-meter events, the latter in world record-time. Brendan Hansen swept gold medals in the 100 and 200 breast. Ian Crocker set a new world record in a dominant effort in the 100 fly. Finally, Reese helped Neil Walker and Nate Dusing prepare for key legs on the men's 400 free relay in Montreal as the U.S. team reclaimed gold, and Peirsol, Hansen, Crocker and Walker all earned gold medals for their efforts on the 400 free relay.

2006: BOB BOWMAN

Bob Bowman led seven athletes onto the Pan Pacific Championships team in 2006, and he earns a third-straight nomination for Coach of the Year. Bowman guided longtime protégée Michael Phelps to five gold medals and one silver at Pan Pacs, and Phelps also set two world records at that meet. Klete Keller took gold in the 200 free and bronze in the 200 free and also anchored the men's 800 free relay to gold in American record-time. Peter Vanderkaay also played a key role on that relay. Erik Vendt, meanwhile, made his return to the National Team with a silver medal in the men's 1500 free. Hayley Peirsol, Kaitlin Sandeno and Davis Tarwater, all of Bowman's Club Wolverine, swam in the meet as well.

2007: BOB BOWMAN

Bob Bowman coached six swimmers onto the 2007 World Championships team, with Michael Phelps leading the way. Phelps earned seven gold medals in Melbourne to become the athlete with the most gold medals in World Championships

history. Bowman's athletes set a total of five world records in Melbourne. Bowman was the head men's coach for the World Championships, his first major international trip as head coach. This was the seventh consecutive year that the 42-year old Bowman has served on the staff for the top U.S. trip, the longest streak of any coach. Bowman also led Club Wolverine to an impressive win at the 2007 ConocoPhillips National Championships, 178 points ahead of the second-place team. At the event, Davis Tarwater, Peter Vanderkaay, Erik Vendt and Michael Phelps all earned gold medals. Bowman was the 2006 Coach of the Year and has been nominated for this award four straight years.

2008: BOB BOWMAN

Bob Bowman coached four swimmers onto the 2008 Olympic team, with Michael Phelps leading the way. Phelps earned eight gold medals in Beijing to become the most decorated athlete in Olympic history and also broke world records in seven of those eight events. Bowman also placed Peter Vanderkaay, Erik Vendt and Allison Schmitt on the team. All of his athletes earned medals in the 800 free relay, and Vanderkaay earned a bronze in the 200 free behind Phelps. Bowman was a men's assistant coach in Beijing, making his second Olympic staff, and marking the eighth straight year in which he served on a National Team staff of the top U.S. trip. Bowman won the Golden Goggle in 2006 and 2007 as Coach of the Year and has been nominated for this award five straight years. He is currently the head coach of the North Baltimore Aquatic Club.

2009: EDDIE REESE

For the sixth straight year Eddie Reese has been nominated for the prestigious Golden Goggle as Coach of the Year. He placed six athletes on the men's team at the World Championships –

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Aaron Peirsol, Eric Shanteau, David Walters, Ricky Berens, Garrett Weber-Gale and Jackson Wilcox. In Rome, Peirsol won two gold medals (200 back and medley relay), both in world record time, and Shanteau won his first three medals at a major international meet (gold in the medley relay, silver in the 200 breast and bronze in the 200 IM). Reese also coached Peirsol to two world records in the 100 and 200 back at the World Trials in Indianapolis. Reese, who has been at the helm of the University of Texas program for 31 years, has shown amazing consistency over the past years, having also placed eight athletes on the 2008 Olympic team. The three-time Olympic head coach previously won the Golden Goggle for Coach of the Year in 2004 and 2005.

2010: GREGG TROY

Gregg Troy served as U.S. men's Head Coach at the 2010 Mutual of Omaha Pan Pacific Championships. There, the U.S. men's team won 21 total medals, more than twice the number of the second-place nation. Troy's star pupil, Ryan Lochte, had an exceptional meet at Pan Pacs, earning six gold medals and taking home the trophy for the most outstanding male athlete at the meet. Lochte also earned three National titles at the 2010 ConocoPhillips National Championships. Troy also coached Teresa Crippen to a silver medal in the 200 fly at Pan Pacs. As the head coach for the University of Florida men and women's swim teams, Troy led the women to the school's first NCAA championship in 28 years. In addition to his Golden Goggle Coach of the Year nomination (for the fifth straight year), Troy was named the 2010 ASCA Coach of the Year and the 2010 NCAA Women's Swimming Coach of the Year.

2011: GREGG TROY

Gregg Troy served as an assistant coach for the U.S. men's

team at the 2011 FINA World Championships. Troy's long-standing star, Ryan Lochte, had another excellent meet in Shanghai, earning five gold medals and one bronze medal. He also took home the trophy for the top male swimmer of the meet. Lochte also broke the world record in the 200 IM, becoming the first swimmer to set a world mark since the modification of the swimsuit rules in early 2010. Troy also coached Teresa Crippen, who was a member of the women's World Championship team, and Peter Vanderkaay and Conor Dwyer, also members of the gold-medal winning 800 free relay squad in Shanghai. As the head coach for the University of Florida men and women's swim teams, Troy was named the head coach for the U.S. men for next summer's Olympic Games in London. This is sixth straight Golden Goggles nomination (he won in 2010).

2012: BOB BOWMAN

Arguably the most famous coach on deck, Bob Bowman's hard work paid off this year, culminating with an unforgettable experience in London. Both Michael Phelps and Allison Schmitt dominated the pool, leaving legacies that will be forever remembered. At the U.S. Olympic Trials in Omaha, Phelps qualified in the same eight events as Beijing, but instead, chose to focus on just seven. Three weeks later, in London, he surpassed Larisa Latynina for the most individual medals in Olympic history and racked up his 18th career gold medal in the process. He finished London as the most decorated Olympian in history, with a total of 22 Olympic medals. Schmitt had an equally impressive meet, winning three gold, one silver and one bronze medal in London, including an impressive victory in the 200 free. In a larger sense, Bowman's mark on the sport of swimming labels him, without a doubt, as one of the most respected and recognized

coaches in Olympic history. Bowman remains the only coach who has been nominated in all nine years of the Golden Goggles. He won the award in 2006, 2007 and 2008.

2013: BRUCE GEMMELL

An assistant coach for the U.S. at the 2013 FINA World Championships, Bruce Gemmell looked to pursue a career as an engineer when he graduated from Michigan, but he kept getting pulled back to coaching. Coaching eventually became a full-time job and in his first season coaching at Nation's Capital, he helped his star pupil, Katie Ledecky, to four gold medals, two world-record performances and an American record at the FINA World Championships in Barcelona. With an excellent reputation as a distance coach, Gemmell pushed Ledecky to gold in the 400, 800 and 1500 freestyle, as she became the first American woman to win all three events at a single World Championships. Gemmell added a different race strategy to Ledecky by teaching her to come from off the pace, versus only swimming from out in front. In Barcelona, both approaches worked as she set world records in the 800 free (8:13.86) and the 1500 (15:36.53), as well as an American record in the 400 free (3:59.82). This is his first Golden Goggles nomination.

2014: BRUCE GEMMELL

An assistant coach for Team USA at the 2014 Pan Pacific Championships, Bruce Gemmell guided Katie Ledecky and Andrew Gemmell to a combined six gold medals at Pan Pacs at distances ranging from 200 meters to 10 kilometers. In his second season at Nation's Capital, Gemmell continued to push Ledecky to new heights at a variety of distances. She won gold in the 200, 400, 800 and 1500 freestyles at Pan Pacs; anchored the 800 free relay to gold; and in the process became the first woman to win four individual gold medals at the event. On back-to-back nights, she set world records in the 400 and 1500 free at Pan Pacs to cap a stretch of five world-record swims over a two-month period this summer. At Nationals, Ledecky topped the podium in the 200, 400 and 800 free to earn her spot on the Pan Pacs roster. Andrew Gemmell meanwhile overcame a change of venue – from Australia to Hawaii – and a week-long postponement to win gold in the men's open water 10K at Pan Pacs after taking the top spot at Open Water Nationals earlier in the summer. This is Gemmell's second Golden Goggles nomination.

2015: BRUCE GEMMELL

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

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THE MEN'S 400 FREE
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2016 WINNER -
RELAY OF THE YEAR AWARD

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THE GOLDEN GOGGLE AWARDS

RELAY OF THE YEAR

speedo

2016: MEN'S 400 FREE RELAY (OLYMPIC GAMES)

The U.S. men's 400 freestyle relay line-up of Caeleb Dressel, Michael Phelps, Ryan Held and Nathan Adrian won gold in 3:09.62, 0.61 seconds ahead of runner-up France. Dressel led off with a personal best 100 free time, before Phelps posted the team's second-fastest split of 47.12 to give Team USA a lead it would not relinquish. Held kept the U.S. in front on the third leg, and Adrian split 46.97 – the fastest in the field – to secure the gold medal.

2004: WOMEN'S 800 FREE RELAY (OLYMPIC GAMES)

After Natalie Coughlin opened up a two-second lead on the opening leg, the outcome of this relay was never in doubt. But the Americans, who won their third straight gold medal in the event since it was added to the Olympic program in 1996, had their sights on history: East Germany's 17-year-old world record of 7:55.47. After Coughlin's impressive 1:57.74 opening 200, Carly Piper split 1:59.39 on the second leg before 16-year-old Dana Vollmer swam her four laps in 1:58.12. Sandeno came home in 1:58.17, and the Americans were two-and-a-half seconds ahead of the field and more than two seconds under the world record with a final time of 1:58.17.

2005: WOMEN'S 800 FREE RELAY (WORLD CHAMPIONSHIPS)

After winning Olympic gold by two seconds in this relay in Athens, this one was a battle for the Americans as Australia posed a mighty challenge. Libby Lenton led off for the Aussies in 1:57.06, well ahead of Natalie Coughlin (1:58.82), leaving a lot of work for World Championship rookies Katie Hoff and Whitney Myers to do on the middle legs. They both came through, Hoff in 1:58.50 and Myers in 1:58.81, but Kaitlin Sandeno still had work to make up. But she split 1:57.57 on the anchor leg, much quicker than Linda McKenzie's 1:58.42, and the Americans won gold by three tenths of a second in 7:53.70.

2006: MEN'S 400 FREE RELAY (PAN PACIFIC CHAMPIONSHIPS)

Once dominant in the event, the American team faced a six-year losing streak in the 400 free relay heading into the 2005 World Championships. After reclaiming the gold medal a year ago in Montreal, Team USA returned to Canada this summer to reclaim the world record. Michael Phelps provided a 48.83 leadoff leg, and Neil Walker split 47.89 to set up rising sprint star Cullen Jones, who provided a blistering 47.96 third split to move ahead of world record pace. Jason Lezak anchored the squad in 47.78, and the final time was 3:12.46, demolishing South Africa's previous world record of 3:13.17.

2007: MEN'S 800 FREE RELAY (WORLD CHAMPIONSHIPS)

For the fourth consecutive year the quartet of Michael Phelps, Ryan Lochte, Peter Vanderkaay and Klete Keller was the fastest in the world in the 800 free relay...and this time the relay finally smashed the world record. The gold medal swim at the 2007 World Championships trimmed more than a second off the former world mark set by Australia in 2001. Their time of 7:03.24 was more than six seconds ahead of the rest of the field! Phelps led off the relay in 1:45.36, and

was followed by Lochte, who turned in a personal-best split of 1:45.86. Keller swam the third leg in 1:46.31, followed by Vanderkaay's anchor split of 1:45.71, a personal best (at the time). This is the fourth consecutive year the relay has earned a Golden Goggle nomination in this event.

2008: MEN'S 400 FREE RELAY (OLYMPIC GAMES)

After winning the silver medal in this race in 2000 and bronze in 2004, the U.S. men re-captured the gold medal in thrilling style at the Games in Beijing. After some pre-race trash talking by the French, the U.S. men got down to business. Michael Phelps led off the relay in 47.51 to set an American record in the 100 free, and led the French by four-tenths of a second. Garrett Weber-Gale (47.0) and Cullen Jones (47.6) then swam strong legs, handing off to Jason Lezak, the reliable U.S. anchor. Lezak, who trailed by .59 seconds at the start and by .82 at the 50-meter mark, swam perhaps the most miraculous final 50 meters ever, catching Alain Bernard of France (the eventual gold medalist in the 100 free) and launching one of the most intense celebrations the U.S. has ever had. Lezak ending up splitting an unheard of 46.06 to give the U.S. a .08 victory (3:08.24 to 3:08.32) and the quartet broke the world record by four seconds.

2009: MEN'S 400 FREE RELAY (WORLD CHAMPIONSHIPS)

The cards were certainly stacked against the men's 400 free relay at the World Championships in Rome. The men were once again a distinct underdog to France prior to the meet, just as they were in Beijing a year earlier. There was the fact that three of the four members on the relay were different – only Michael Phelps returned, while Jason Lezak, Cullen Jones and Garrett Weber-Gale were replaced by Ryan Lochte, Matt Grevers and Nathan Adrian. None of the three newcomers had ever swum a major international final as a part of this relay. The race started with Michael Phelps' (47.78) opening leg that had the U.S. in third place. Lochte split 47.00 to keep the U.S. in third, staying close to Alain Bernard, the Olympic champion from France. Grevers then split a steady 47.61, to move the U.S. into second place, just behind surprising Russia, with France trailing the U.S. by just five one-hundredths. Over the final 100 meters, Adrian swam the race of his life with a 46.79 split, earning the title "Little Lezak," to hold off both Russia and France, giving the U.S. the gold medal by .31 over Russia and .68 over France.

2010: WOMEN'S 400 MEDLEY RELAY (PAN PACIFIC CHAMPIONSHIPS)

The USA and Australia continued their keen rivalry in the final women's race at the 2010 Mutual of Omaha Pan Pacific Championships. The two countries were neck and neck over the first 200 meters, with Natalie Coughlin (59.85) and Rebecca Soni (1:05.35) competing for the U.S. and staying just behind the Australian women. Dana Vollmer's fly leg (56.91) gave the U.S. a half-second lead before a forceful freestyle finish from Jessica Hardy (53.12) gave the U.S. a 1.7 second victory and the gold medal. The U.S. time of 3:55.23 set a championship record and is the fastest time in the world this year by over one second.

CONTINUED >>>



2011: WOMEN'S 400 MEDLEY RELAY (WORLD CHAMPIONSHIPS)

The United States not only won the 400 medley relay for the first time at a World Championship since 1998 but it also set an American record and narrowly missed the world record by .17 seconds. Natalie Coughlin was sharp over the backstroke leg, splitting 59.1 and giving the U.S. an early lead. The middle 200 for the U.S. was just as strong, with 100 individual gold medalists Rebecca Soni (breast, 1:04.7) and Dana Vollmer (fly, 55.7) stretching the U.S. margin to 2.7 seconds. Sixteen-year-old Missy Franklin anchored the relay with a freestyle split of 52.79, giving the U.S. the victory by more than three seconds over China, 3:52.36 to 3:55.61.

2012: WOMEN'S 400 MEDLEY RELAY (OLYMPIC GAMES)

The American women capped their performance in London with a dominant swim in the women's 400 medley relay, winning the gold medal and breaking the world record. The foursome of Missy Franklin, Rebecca Soni, Dana Vollmer and Allison Schmitt won the first gold for the U.S. in this event since 2000. Franklin got the Americans out to an early half-second lead on the backstroke leg with a 58.5. Soni and Vollmer extended the lead, each posting the fastest splits in the final (1:04.8 for Soni and 55.4 for Vollmer). Schmitt, once again, hammered it home for the U.S. team on the freestyle leg (53.2), touching with a final time of 3:52.05, almost two seconds ahead of Australia.

2013: WOMEN'S 400 FREE RELAY (WORLD CHAMPIONSHIPS)

The U.S. women pulled off a major upset on the first day of the World Championships when they took down the defending Olympic gold medalist Australian women in the 400 free relay.

Cate Campbell opened up a huge lead over Missy Franklin (52.33 to 53.51), but Natalie Coughlin (52.98) and Shannon Vreeland (53.22) chipped into that lead. Still, Megan Romano entered the water more than seven tenths behind Alicia Coutts. But Romano came home in 52.60, almost a full second faster than Coutts (53.44), and the Americans won gold by 0.12.

2014: WOMEN'S 800 FREE RELAY (PAN PACIFIC CHAMPIONSHIPS)

In just her second career international relay, Katie Ledecky anchored the Americans to gold in the 800 free relay at the 2014 Pan Pacific Championships. Shannon Vreeland (1:57.89), Missy Franklin (1:56.12) and Leah Smith (1:58.03) kept Team USA within striking distance of the host Australians, and Ledecky entered the pool for the anchor leg just 1.2 seconds off the pace. She quickly made up the difference over the first 100 meters, and continued to pull away from Australia's Melanie Schlanger over the final 100 to give Team USA the win in 7:46.40, good for a meet record. Ledecky's 1:54.36 split was more than a second faster than any other swimmer in the event.

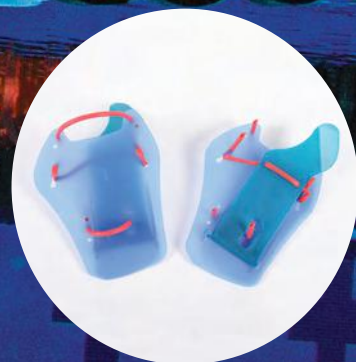
2015: WOMEN'S 800 FREE RELAY (WORLD CHAMPIONSHIPS)

Katie Ledecky dominated the final leg of the women's 800 free relay, overcoming a 0.34-second deficit, to lead the American team to a 3-second victory at the 2015 FINA World Championships. Missy Franklin (1:55.95), Leah Smith (1:56.86) and Katie McLaughlin (1:56.92) kept the American squad within striking distance despite strong swims from Sweden over the first three legs of the relay. The Swedish lead was quickly nullified on the anchor, as Ledecky made quick work of the final 200 meters with a 1:55.64 split to secure the gold medal for Team USA. ◀

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SIMONE MANUEL
2016 WINNER -
FEMALE PERFORMANCE
OF THE YEAR AWARD

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THE GOLDEN GOGGLE AWARDS

FEMALE PERFORMANCE OF THE YEAR

2016: SIMONE MANUEL, 100 FREE AT OLYMPIC GAMES

In a history-making performance Simone Manuel won the gold medal in the 100 freestyle in an American and Olympic record 52.70. Manuel trailed Australia's Cate and Bronte Campbell at the turn and made her move over the final 50. She touched in a tie with Canada's Penny Oleksiak to top the podium. Manuel's victory marked the first gold medal for Team USA in the event since 1984, and she became the first female African-American swimmer to win any medal in an individual event.

2004: AMANDA BEARD, 200 BREAST AT OLYMPIC GAMES

After reclaiming the world record in the 200 breast at the Olympic Trials, Amanda Beard still had to fend off young Australian Leisel Jones to win Olympic gold in the event. Jones opened up a big lead over the first half of the race, but Beard, competing in her third consecutive Olympics, was not to be denied. She powered through the final 50 meters and touched just ahead, 2:23.37 to 2:23.60. The medal was Beard's third straight in the event after winning silver in 1996 and bronze in 2000.

2005: KATE ZIEGLER, 1500 FREE AT WORLD CHAMPIONSHIPS

Swimming in her first long course World Championship final, 17-year-old Kate Ziegler stunned her veteran competition, not to mention the fans in Montreal, when she won gold in the 1500 free. Ziegler swam away from the field and touched in 16:00.41, winning the race by almost four seconds and improving to fourth on the all-time list in the event.

2006: WHITNEY MYERS, 200 IM AT PAN PACIFIC CHAMPIONSHIPS

Katie Hoff was heavily favored to win gold in the 200 IM at the Pan Pacs, but Myers upset the defending World Champion. She dominated the race the entire way and touched in 2:10.11, almost a second-and-a-half ahead of Hoff, who finished in 2:11.51. With the performance, Myers earned her first individual international gold medal and became the second-fastest performer in history in the event, behind just world record-holder Wu Yanyan.

2007: KATE ZIEGLER, 1500 FREE AT MEET OF CHAMPIONS

For the third straight year, Kate Ziegler's metric mile earns her a nomination for the Race of the Year. While Ziegler's time has consistently improved, it was her race at the TYR Meet of Champions in June that will go down in the record books ... literally. While Ziegler narrowly missed Janet Evans's world record by 95-hundredths at the 2007 World Championships, she rose to the occasion three months later in Mission Viejo, Calif. She smashed Evans' record by 9.5 seconds, reaching the wall in 15:42.54. Evans' record had been the longest-standing world record in swimming history, set the same year Ziegler was born. Ziegler's swim scored 1070 points on the FINA Performance Ratings table.

2008: REBECCA SONI, 200 BREAST AT OLYMPIC GAMES

Leading into Beijing, there may have been no female event that had more of an overwhelming favorite than Leisel Jones

(Australia) in the 200 breaststroke. Jones had been sensational for four years, including setting a world record that most thought would never be broached. But Rebecca Soni must not have been paying attention to all the Jones press. In the race in Beijing, she put pressure on Jones right from the start, staying within two tenths of a second at the 100-meter mark, and then edging in front of her by .01 at the 150 turn. In that final 50 meters, Soni turned up the volume by pulling away from Jones, out-splitting her on the last 50 by 1.8 seconds. Her final time of 2:20.22 broke Jones' world record and scored 1029 points on the international performance rankings.

2009: ARIANA KUKORS, 200 IM AT WORLD CHAMPIONSHIPS

At the World Championships in Rome, Ariana Kukors proved her mettle by stepping up to defeat the gold and silver medalists from the 2008 Olympic Games in the final of the 200 IM. Kukors had completed each of the preliminary and semifinal rounds as the top seed, even breaking the world record in the semifinals by nearly 1.5 seconds. It set up a final which included a deep field and Kukors as the one to beat. She calmly swam the opening 50 meters, trailing Olympic champion Stephanie Rice of Australia by four-tenths of a second. The 20-year-old Kukors then recorded the fastest splits in the field in each of the next three legs, finishing with a 29.84 freestyle split to win the gold medal going away (2:06.15 to 2:07.03 for Rice). It was her first medal at a major international meet, and her swim earned 1039 points on the international performance rankings.

2010: REBECCA SONI, 200 BREAST AT PAN PACIFIC CHAMPIONSHIPS

Few people expected any world records to fall this year following the change in FINA competition suit regulations. Still, whispers on the pool deck led some to believe that the 200 breaststroke record could be the first to fall in the post-suit era. Rebecca Soni, the former world record-holder in the event, entered the final as the top seed and would be facing off against other breaststroke stars such as Leisel Jones of Australia and world-record holder Annamay Pierse of Canada. In the much-anticipated race, the 23-year-old Soni took command of the race after the first 50 meters and never looked back. She led the field by almost a whole second at the halfway point and was on pace to possibly break the world record. Soni's fluid stroke pushed her through the final 100 meters to win the gold with a time of 2:20.69. She set a Championship record and was within six-tenths of the world record, proving that records were made to be broken and that the time may come sooner rather than later. The swim garnered 987 points on the FINA Points Table.

2011: MISSY FRANKLIN, 200 BACK AT WORLD CHAMPIONSHIPS

Missy Franklin's performances at the World Championships prior to the 200 back final had many people chattering about how fast she might go, based on her stellar swims over the first six nights of the meet. After her semifinal swim, which broke the American record, she was the heavy favorite heading into the finals. She was in control from start-to-finish, building her lead on each 50. She cruised to the gold medal in 2:05.10, just

CONTINUED >>>



MISSY FRANKLIN
2011 WINNER -
FEMALE PERFORMANCE
OF THE YEAR AWARD

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KATE ZIEGLER
2 TIME WINNER -
FEMALE PERFORMANCE
OF THE YEAR AWARD

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REBECCA SONI
2 TIME WINNER -
FEMALE PERFORMANCE
OF THE YEAR AWARD

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AMANDA BEARD
2004 WINNER -
FEMALE PERFORMANCE
OF THE YEAR AWARD

PHOTO COURTESY:
PETER H. BICK

.29 off the world record, and nearly a second over second-place Belinda Hocking of Australia.

2012: KATIE LEDECKY, 800 FREE AT OLYMPIC GAMES

With British royalty Prince William and his wife Kate watching with great anticipation, Rebecca Adlington of Great Britain took to the blocks in the 800 free in an attempt to win her country's first swimming gold of the 2012 Olympics. The entire venue was abuzz. Fifteen-year-old Katie Ledecky had a different idea, however, and swimming an absolute perfect race, she spoiled the party. The plan had been for her to stay behind the leaders for the first 200-300 meters and then make her move. But Ledecky only waited until the 100-meter mark, and then she confidently took the lead and never looked back. She actually swam a lifetime best as she flipped at the 400 mark (4:04.3), and continued to pull away over the final half of the race, winning the gold medal by over four seconds. Her final time of 8:14.63 broke the 23-year American record of Janet Evans and narrowly missed the world record by just half a second.

2013: KATIE LEDECKY, 1500 FREE AT WORLD CHAMPIONSHIPS

Two days after winning her first career World title in the 400 free, Katie Ledecky returned to the pool for the 1500 final – where she set the first world record of her career. Ledecky trailed Denmark's Lotte Friis for most of the race before turning on the jets over the final 250 meters. A lead of less than a half second at the 1400 ballooned to over two seconds

at the finish as Ledecky touched in 16:53.53, demolishing Kate Ziegler's world record of 15:42.54. Ziegler's mark, first set in 2007, had been the only women's long course world record that was not broken during the supersuit era of 2008 and 2009.

2014: KATIE LEDECKY, 1500 FREE AT PAN PACIFIC CHAMPIONSHIPS

Katie Ledecky set her second world record in as many nights, breaking her own mark in the 1500 free by nearly six seconds at the 2014 Pan Pacific Championships with a time of 15:28.36. After posting incredibly consistent splits over the first 1450 meters, she closed with a final 50-meter split of 28.99 to put an emphasis on the record-setting swim. Ledecky finished 27 seconds – and more than 40 meters – ahead of the field. With the win, Ledecky became the first woman to win four individual gold medals at a single Pan Pacific Championships. The swim notched 1026 points on the FINA Table.

2015: KATIE LEDECKY, 200 FREE AT WORLD CHAMPIONSHIPS

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



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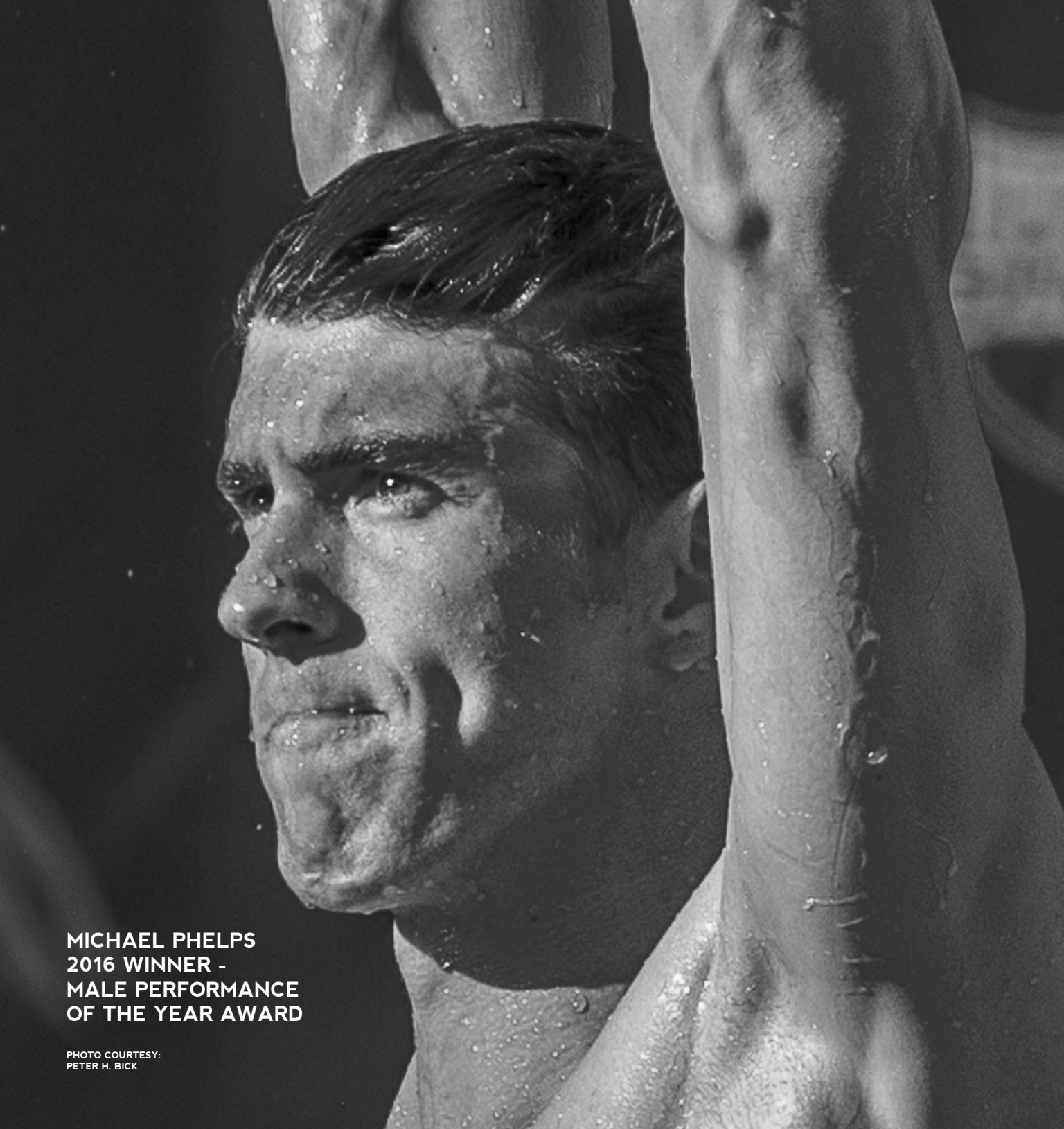
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**MICHAEL PHELPS
2016 WINNER -
MALE PERFORMANCE
OF THE YEAR AWARD**

PHOTO COURTESY:
PETER H. BICK

THE GOLDEN GOGGLE AWARDS

MALE PERFORMANCE OF THE YEAR

2016: MICHAEL PHELPS, 200 FLY AT OLYMPIC GAMES

Michael Phelps earned his first individual gold in Rio – and the 20th gold medal of his decorated career – with a victory in the 200 butterfly, reclaiming the top spot in the event for the first time since 2008. After opening up a lead of nearly a half second at the 100-meter mark, Phelps held off a hard-charging Masato Sakai of Japan to win by four-hundredths of a second in 1:53.36 for the tightest 200 fly finish in Olympic history.

2004: MICHAEL PHELPS, 100 FLY AT OLYMPIC GAMES

Michael Phelps was looking for his fourth Olympic gold medal in an individual event, but it was not going to be easy as he had Ukraine's Andriy Serdinov on one side and American teammate Ian Crocker on the other. A year earlier, Crocker had beaten Phelps in the event at the World Championships, and he set the world record in the event at Olympic Trials with a 50.77. Crocker went out hard in the Olympic final, under world record-pace, but Phelps slowly reeled him in down the stretch. It came down to a photo finish, but Phelps got his fingertips to the wall just four one-hundredths ahead of Crocker in 51.25, with Crocker (51.29) and Serdinov (51.36) just behind.

2005: IAN CROCKER, 100 FLY AT WORLD CHAMPIONSHIPS

Crocker came up just short of Olympic gold in Athens, but he was not letting Michael Phelps catch him again in the World Championship final of the 100 fly. Crocker dominated the race from start to finish, touching well under world record pace at the halfway mark and pulling away on the second lap. Crocker posted a 50.40, crushing his previous world record of 50.77 set at Olympic Trials last year. More importantly, he won the race by more than a second as Phelps got the silver in 51.65.

2006: MICHAEL PHELPS, 200 IM AT PAN PACIFIC CHAMPIONSHIP

Michael Phelps has been dominant in the 200 IM for the past four years, but he had a real challenge on his hand in 2014 in Ryan Lochte. After Lochte dueled Phelps to the wall in the event at the ConocoPhillips National Championships, the two squared off again at Pan Pacs. Phelps led early, but Lochte's strong backstroke and breaststroke legs earned him the lead with 50 meters to go. But Phelps was not to be denied, pushing past Lochte and into the wall in 1:55.84, a new world record. That broke Phelps' previous top mark of 1:55.94, set all the way back in 2003.

2007: MICHAEL PHELPS, 200 FLY AT WORLD CHAMPIONSHIPS

Michael Phelps first set the 200 fly world record at the World Championship Trials in March of 2001, the youngest male swimmer ever to break a world record. Fast forward six years, and in the same event, for the sixth time, Phelps set the world mark again. This time he took an incredible 1.62 seconds off his previous world mark (from 1:53.71 to 1:52.09), and the television world record line was literally at his feet, chasing him. His lead of .7 seconds after the first 100 meters quickly doubled, and then tripled, and then quadrupled, until he touched the final wall a dominating 3.04 seconds ahead of

second place. The 22-year-old's swim scored 1,084 points on the FINA Performance Ratings table.

2008: MICHAEL PHELPS, 100 FLY AT OLYMPIC GAMES

Michael Phelps first set the 200 fly world record at the World Championship Trials in March of 2001, the youngest male swimmer ever to break a world record. Fast forward six years, and in the same event, for the sixth time, Phelps set the world mark again. This time he took an incredible 1.62 seconds off his previous world mark (from 1:53.71 to 1:52.09), and the television world record line was literally at his feet, chasing him. His lead of .7 seconds after the first 100 meters quickly doubled, and then tripled, and then quadrupled, until he touched the final wall a dominating 3.04 seconds ahead of second place. The 22-year-old's swim scored 1,084 points on the FINA Performance Ratings table.

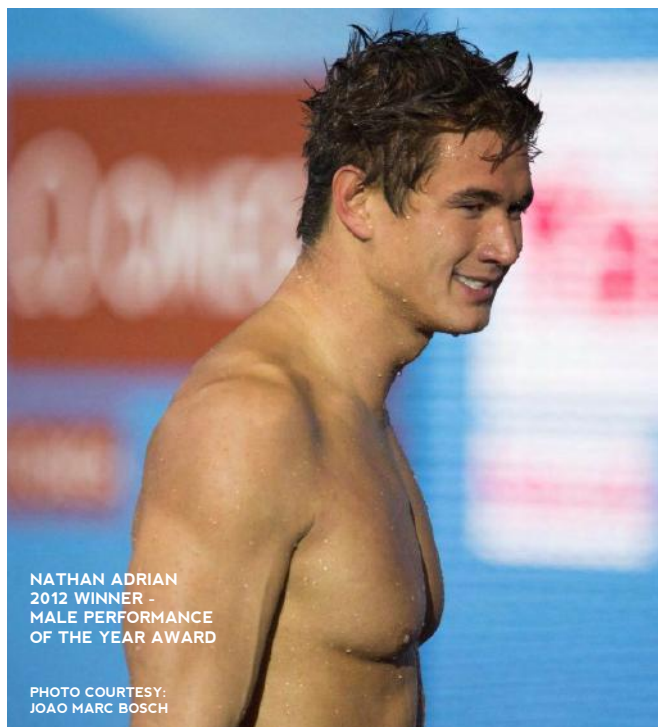
2009: MICHAEL PHELPS, 100 FLY AT WORLD CHAMPIONSHIPS

It was billed as the showdown of the World Championships – a race that caused all the buzz in the media and on the pool deck for days in Rome. Michael Phelps taking on Milorad Cavic of Serbia. A rematch of their epic race at the 2008 Olympic Games in Beijing. This time, a volley of antagonizing Cavic comments were lobbed at Phelps in the days leading up to the race. Phelps didn't say much, preferring to take care of business in the pool. In both the preliminary and semifinal races, Cavic finished as the top qualifier, and in the semis, he took down Phelps' world record and nearly broke the 50 second mark (50.01). The race prognosticators stated that Phelps had to stay close to Cavic at the 50-meter turn, needing to split better than 23.8. He managed to do one better, turning in 23.36, less than seven-tenths behind the Serb. Phelps began to stalk Cavic over the final lap, and with about 10 meters to go, finally had pulled even. Phelps kept charging, and there was no short stroke this time. He nailed the finish to win gold, becoming the first person to break 50 seconds in the 100 fly (49.82). The celebration after the race was almost as exhilarating as the swim itself. He earned 1031 points on the international performance rankings for the swim.

2010: RYAN LOCHTE, 200 IM AT PAN PACIFIC CHAMPIONSHIPS

In 2009, Ryan Lochte solidified his spot as the best 200 IM swimmer in the world, earning a gold medal at World Championships and breaking the world record. At Pan Pacs this summer, Lochte entered the 200 IM as the top seed in the event. From the moment he dove in, the Florida native took control of the race, establishing more than a second lead at the halfway point of the race. Always a strong breaststroker, Lochte commandeered even more of a lead against top competitors Tyler Clary of the U.S. and Thiago Pereira of Brazil and was two seconds ahead of the rest of the field going into the final 50 meters. Lochte finished the race in 1:54.43, more than three seconds ahead of the second place finisher and just .33 hundredths off his world record time. Lochte is the only swimmer to go under 1:55.0 in the 200 IM this year and ranked number one in the world by over 1.5 seconds. His swim earned 991 points on the FINA Points Table.

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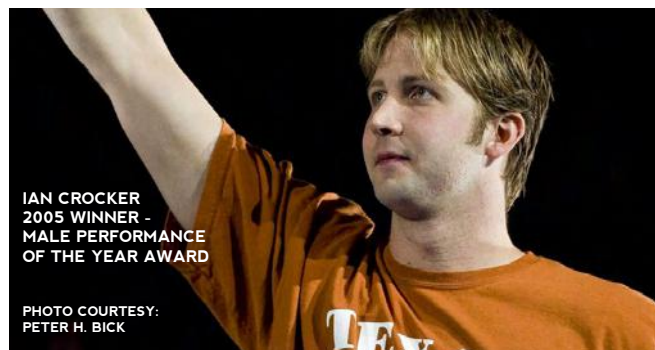


2011: RYAN LOCHTE, 200 IM AT WORLD CHAMPIONSHIPS

Before the highly anticipated men's 200 IM final, the question on the pool deck was quite simple... "who's it going to be, Lochte or Phelps?" It seemed a foregone conclusion that the U.S. would go 1-2. However it was completely up in the air who would win the race. Ryan Lochte once again came out on top, holding off Phelps over the final 25 meters to win (1:54.00 to 1:54.16) and broke the first long course world record since the swimsuit rules changed 19 months earlier. Phelps had a narrow lead of less than one-tenth after the fly, and then Lochte made his move on the backstroke. He led Phelps by 19-hundredths at the 100-meter mark and then extended the lead by another tenth at the 150. The neck-and-neck race came down to the final meters, but Lochte had just enough to hang on for the gold medal. In fact, both athletes did their personal best times in this spectacular race.

2012: NATHAN ADRIAN, 100 FREE AT OLYMPIC GAMES

Nathan Adrian had never won an individual medal at either the Olympic Games or World Championships before the final of the 100 free in London. The 23-year-old picked the perfect time to have the race of his life. With James Magnussen of Australia entering the race as the overwhelming favorite, Adrian went head-to-head with the world No. 1 and took home the gold by .01 seconds. Adrian turned third at the 50, but was .21 ahead of Magnussen, who is known to have tremendous closing speed. Off the wall, Adrian took control of the race, but at the 75m mark, Magnussen had drawn even and seemed to have taken the lead. Adrian fought back, and in the final 15 meters, he went to his familiar straight-arm recovery stroke, his kick driving behind him, and hit the wall perfectly to win the gold 47.52 to 47.53. It was the first gold medal for the U.S. in the men's 100 free since Matt Biondi in 1988.



2013: RYAN LOCHTE, 200 IM AT WORLD CHAMPIONSHIPS

Following a fourth-place finish in the 200 free to open his individual program at the 2013 FINA World Championships, Ryan Lochte re-established his dominance with a third straight World Championships gold medal in the 200 IM. He started quickly and was just 0.03 seconds off the lead following the butterfly leg. At the midway point of the race, he was 0.14 seconds behind Thiago Pereira of Brazil. Lochte turned it on during the breaststroke length and grabbed a lead he would not relinquish. He had a half-second lead at the 150 mark and pulled away over the freestyle leg for a 1.3 second victory over Kosuke Hagino of Japan (1:54.98 to 1:56.29). With his win Lochte became just the fifth man in history to win three straight world titles in a single event.

2014: CONNOR JAEGER, 1500 FREE AT PAN PACIFIC CHAMPIONSHIPS

Connor Jaeger claimed his first career international gold medal with a late surge in the 1500 free at the 2014 Pan Pacific Championships. Throughout much of the race Canada's Ryan Cochrane paced a group of six swimmers, including Jaeger, in contention for the victory. Jaeger made his move over the final 150 meters and grabbed the lead for the first time with 100 meters to go. Over the final 50, he held off a hard-charging Cochrane to win his first of three medals at Pan Pacs, touching in 14:51.79. His time scored 931 FINA points.

2015: JORDAN WILIMOVSKY, 10K AT WORLD CHAMPIONSHIPS

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



JORDAN WILIMOVSKY
2015 WINNER -
MALE PERFORMANCE
OF THE YEAR AWARD

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KATIE LEDECKY
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FEMALE ATHLETE OF
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THE GOLDEN GOGGLE AWARDS

FEMALE ATHLETE OF THE YEAR

2016: KATIE LEDECKY

With four gold medals and a silver medal claimed in Rio, Katie Ledecky once again made history. She became one of just four American women in any sport to win four gold medals at a single Olympic Games, and joined Debbie Meyer (1968) as the only women to win the 200, 400 and 800 freestyle at the same Games. Ledecky added gold in the 800 free relay and silver in the 400 free relay. In addition, she bested her own world records with swims of 3:56.46 in the 400 free and 8:04.79 in the 800 free in Rio. At 2016 Olympic Trials, Ledecky was victorious in the 200, 400 and 800 free. Over the last five summers, she has swum in 15 individual finals at Olympic Games, World Championships and Pan Pacific Championships and won gold medals in each of those races.

2004: NATALIE COUGHLIN

After completing her landmark career at California with a pair of NCAA titles in the 100 fly and 100 back, Coughlin graduated to professional status and competed in her first Olympic Games. After winning the 100 back and placing second in the 100 free at Olympic Trials, Coughlin swam those two events plus three relays in Athens. After leading the U.S. foursome to a silver in the 400 free relay, she held off Kirsty Coventry for gold in the 100 back. Two days later, she led off the women's 800 free relay, combining with Carly Piper, Dana Vollmer and Kaitlin Sandeno to win gold in 7:53.42, and break East Germany's 17-year-old world record in the event by more than two seconds. Coughlin also won a bronze in the 100 free and led off the 400 medley relay squad that picked up a silver medal.

2005: KATIE HOFF

Hoff did not win any Olympic medals in her international debut in Athens in 2004, but she shined at the FINA World Championships in Montreal. After qualifying for the meet in the 200 free, 200 IM and 400 IM, Hoff picked up three gold medals. She first won gold in the 200 IM in 2:10.41, setting a new championship record in the event. She then joined with Natalie Coughlin, Whitney Myers and Kaitlin Sandeno to win gold in the 800 free relay, and she finished off the meet with a dominant effort in the women's 400 IM final. Hoff touched in 4:36.07, beating runner-up Kirsty Coventry by more than three-and-a-half seconds.

2006: KATIE HOFF

Katie Hoff had another strong year in 2006, winning National titles in the 200 & 400 free and 200 & 400 IM before dominating at the Pan Pacific Championships in Victoria. At Pan Pacs, Hoff won gold in the 200 free and 400 IM, anchored the relay squad of Natalie Coughlin, Lacey Nymeyer and Dana Vollmer to a dominant win in the 800 free relay and also added a pair of silver medals, behind American teammate Whitney Myers in the 200 IM and also in the 400 free.

2007: KATIE HOFF

Katie Hoff had another big year in 2007, including a triple-gold showing at the 2007 World Championships and a

solid performance at the 2007 Conoco Phillips National Championships. Between the Worlds, Duel in the Pool and Nationals, Hoff earned a total of 11 medals, eight of them gold. She kicked off her appearance at Worlds in March with her first individual world record and a gold medal in the 400 IM. Hoff touched the wall 7.25 seconds ahead of her closest competitor and seven tenths ahead of the previous world record. The Maryland native also anchored the world record-setting 800 free relay team in Melbourne and collected her third gold in the 200 IM. The teen star followed her stellar Worlds performance with two more gold medals in the 200 and 400 IMs at the Mutual of Omaha Duel in the Pool. In July, Hoff added three national titles to her list of 2007 accomplishments with victories in the 200 free, 200 back and 200 IM. She now has nine career national titles.

2008: NATALIE COUGHLIN

Ryan Lochte left Rome this summer as one of the most decorated athletes of the FINA World Championships. While in Italy, Lochte set two world records and took home a total of four gold medals and one bronze medal. After winning both the 200 and 400 IM at Nationals in July, Lochte solidified his position as the top IM swimmer in the world with World Championship titles in both the 400 and 200 IM. He was also an integral part of both the gold-medal winning 400 relay team that upset the French, as well as the world-record setting 800 free relay.

2009: REBECCA SONI

It was billed as the showdown of the World Championships – a race that caused all the buzz in the media and on the pool deck for days in Rome. Michael Phelps taking on Milorad Cavic of Serbia. A rematch of their epic race at the 2008 Olympic Games in Beijing. This time, a volley of antagonizing Cavic comments were lobbed at Phelps in the days leading up to the race. Phelps didn't say much, preferring to take care of business in the pool. In both the preliminary and semifinal races, Cavic finished as the top qualifier, and in the semis, he took down Phelps' world record and nearly broke the 50 second mark (50.01). The race prognosticators stated that Phelps had to stay close to Cavic at the 50-meter turn, needing to split better than 23.8. He managed to do one better, turning in 23.36, less than seven-tenths behind the Serb. Phelps began to stalk Cavic over the final lap, and with about 10 meters to go, finally had pulled even. Phelps kept charging, and there was no short stroke this time. He nailed the finish to win gold, becoming the first person to break 50 seconds in the 100 fly (49.82). The celebration after the race was almost as exhilarating as the swim itself. He earned 1031 points on the international performance rankings for the swim.

2010: REBECCA SONI

Rebecca Soni had a golden summer in 2010, proving repeatedly that she is the best female breaststroker in the world. No stranger to National titles, Soni again captured the crowns in the 100 and 200 breaststroke events at the 2010 ConocoPhillips National Championships in August, beating the field by more than two seconds in the 100 breast and by

CONTINUED >>>

nearly five seconds in the 200 event. Later that month at the Pan Pacific Championships, Soni set Championship records while collecting more gold in her signature 100 and 200 breaststroke events against other world-class competition including Australian powerhouse Leisel Jones. Additionally, Rebecca earned her fifth gold medal of the summer as part of the Pan Pac 400 medley relay.

2011: MISSY FRANKLIN

The 16-year old from Colorado catapulted herself from rookie to one of the best female swimmers in the world with her 2011 campaign. Not only did she win USA Swimming's Grand Prix circuit by 20 points and had a circuit-high 17 first-place finishes, she also added five FINA World Championship medals and two National titles to her resume. Franklin began her first long course World Championship meet off by helping the women's U.S. 400 free relay team to a silver medal. Next up was a two-medal night when she won the bronze in the 50 backstroke and then got her first gold medal as part of the 800 free relay team. During her final night of swimming in Shanghai, Franklin was part of history as she set two American records in the 200 back in winning the gold in 2:05.10, and then as part of the 400 medley relay. As if five Worlds medals weren't enough, she took part in two events at the ConocoPhillips National Championships and walked away with National titles in the 100 back and 100 free.

2012: MISSY FRANKLIN

At just 17-years-old, Missy Franklin continues to amaze the swimming world. Having an outstanding 2011 campaign in which she tallied five FINA World Championship medals and won the Golden Goggle for Athlete of the Year, the Centennial, Colo., native entered the 2012 summer with high expectations and with all eyes on her. Franklin stormed into Omaha looking to do things no other female swimmer had ever done, qualifying for seven Olympic events (100/200free, 100/200back, 400 free relay, 800 free relay, 400 medley relay). In London, she didn't disappoint, raking in five medals, four of them gold. Her first individual gold medal came on the third night of competition as she set an Olympic and American record in the 100 back with a 58.33. As if that wasn't enough, she set a world record in the 200 back at 2:04.06 and led off the world-record setting performance of the women's 400 medley relay on the final night of swimming. She also won gold in the 800free relay and bronze in the 400free relay. She left London tied with Allison Schmitt with the second most total medals of any athlete at the 2012 Olympics.

2013: KATIE LEDECKY

After bursting on the international scene a year ago in London, 16-year-old Katie Ledecky took her performances to another level this summer in Barcelona with four gold medals and world-record swims in the 800 free and 1500 free. In the process, she became the first American woman to win the 400 free, 800 free and 1500 free at a single FINA World Championships. Ledecky claimed her first world championships medal on the opening night of pool competition by taking the 400 free in an American record of 3:59.82, more than two seconds in front

of her closest competitor. Two nights later, she smashed a six-year-old world record in the 1500 free and edged Lotte Friis of Denmark to win her second gold medal in 15:36.53. In the 800 free, Ledecky pulled away from Friis at the 650 mark and never looked back en route to a second world record and a time of 8:13.86. She also led off the gold-medal winning 800 free relay with the team's second-fastest split in her first international relay. For her efforts, Ledecky won the FINA Trophy as the highest scoring female swimmer at the 2013 FINA World Championships. Earlier in the summer, Ledecky won the 400 free, 800 free and 1500 free; and was second in the 200 free at the 2013 Phillips 66 National Championships in Indianapolis. With those performances, she became the first U.S. woman to qualify for the World Championships in the 200, 400, 800 and 1500 freestyles.

2014: KATIE LEDECKY

For the second straight season, Katie Ledecky simply had a record-setting summer. In 2014, she posted five world-record swims over a two-month stretch, which was capped with world records in the 400 free and 1500 free on back-to-back nights at the 2014 Pan Pacific Championships. Her run of records started by eclipsing her own world-record marks in the 800 free and 1500 free at The Woodlands Swim Team Senior Invitational in Shenandoah, Texas, in late June. It continued in August at the 2014 Phillips 66 National Championships where she took possession of the 400 free world record for the first time with a time of 3:58.86 and in the process became the first woman to hold the 400, 800 and 1500 free world records at the same time since the legendary Janet Evans. At Phillips 66 Nationals, Ledecky won titles in the 200, 400 and 800 free to earn her spot on the Pan Pacs roster. In Australia, she became the first woman to win four individual gold medals as she topped the podium in the 200, 400, 800 and 1500 free and added gold in the 800 free relay. Over the final two nights of competition at Pan Pacs, Ledecky broke her 400 free record by nearly a half second with a time of 3:58.37 and took an amazing six seconds off her 1500 free record with a time of 15:28.36.

2015: KATIE LEDECKY

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



KATIE HOFF
3 TIME WINNER -
FEMALE ATHLETE OF
THE YEAR AWARD

PHOTO COURTESY:
PETER H. BICK



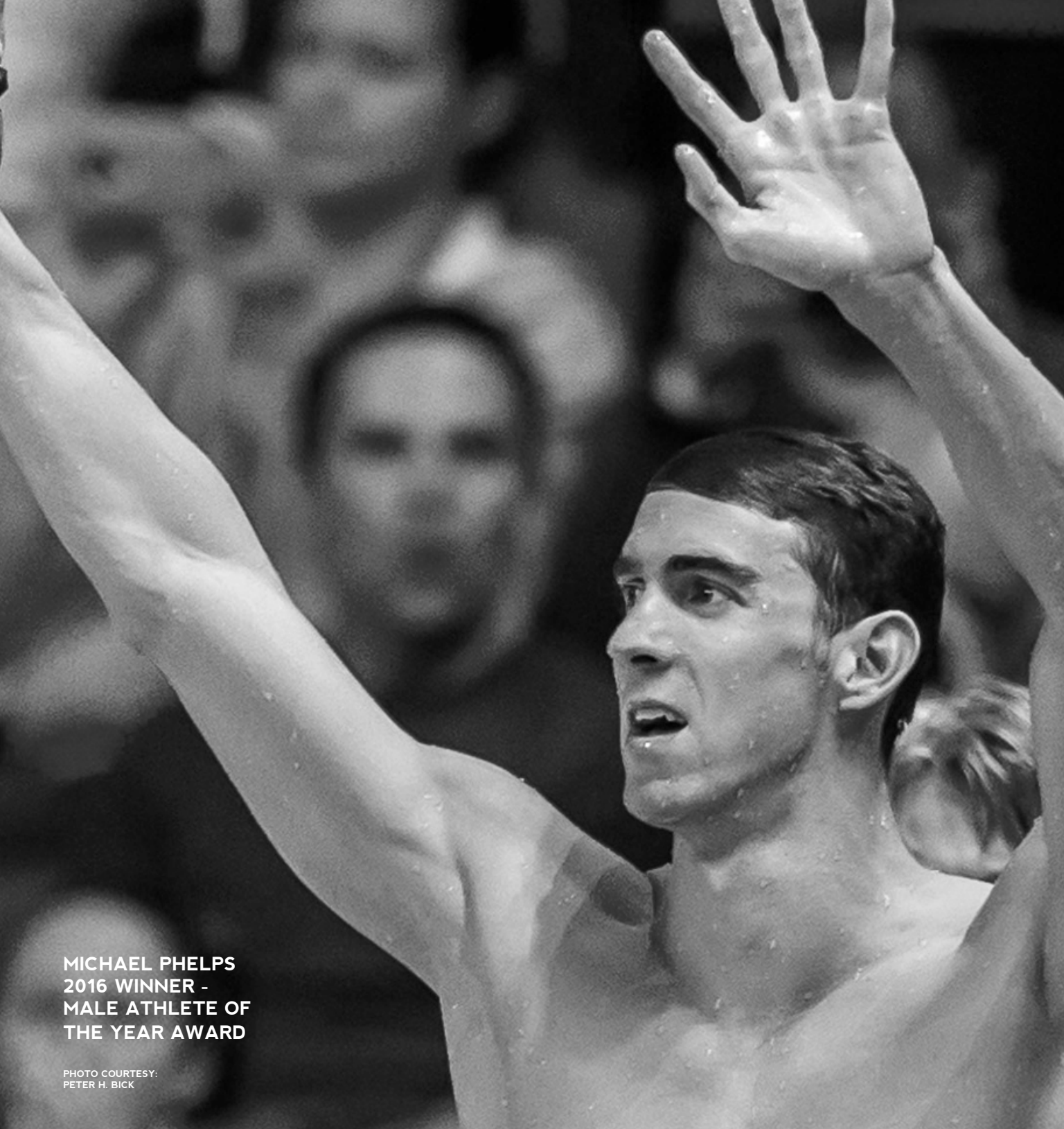
NATALIE COUGHLIN
2 TIME WINNER -
FEMALE ATHLETE OF
THE YEAR AWARD

PHOTO COURTESY:
ERICH SCHLEGEL/USA TODAY



REBECCA SONI
2 TIME WINNER -
FEMALE ATHLETE OF
THE YEAR AWARD

PHOTO COURTESY:
PETER H. BICK

A black and white photograph of Michael Phelps, a professional swimmer, celebrating a victory. He is shirtless, with his arms raised high in the air, and his mouth is open in a shout or cheer. His skin is wet with water droplets. In the background, a crowd of spectators is visible, though out of focus.

MICHAEL PHELPS
2016 WINNER -
MALE ATHLETE OF
THE YEAR AWARD

PHOTO COURTESY:
PETER H. BICK

THE GOLDEN GOGGLE AWARDS

MALE ATHLETE OF THE YEAR

2016: MICHAEL PHELPS

The United States' flagbearer for the Opening Ceremony, Michael Phelps won six medals – five of them gold – at the Rio de Janeiro Olympic Games, boosting his record-setting career totals to 28 medals, including 23 gold, and extending his legacy as the most decorated Olympian of all-time. Individually in Rio, Phelps won a record fourth consecutive Olympic title in the 200 individual medley, reclaimed gold in the 200 butterfly for the first time since 2008 and earned silver in the 100 butterfly. Phelps also helped lead the U.S. to a gold-medal sweep in all three men's relays – 400 freestyle, 800 freestyle and 400 medley. He won the 100 fly, 200 fly and 200 IM at the 2016 Olympic Trials to become the first U.S. male swimmer to qualify for five Olympic Games.

2004: MICHAEL PHELPS

Michael Phelps earns the title of athlete of the year after the 19-year-old won six gold medals at the Olympic Games in Athens. After breaking his own world record in the 400 IM at the U.S. Olympic Trials in Long Beach with a 4:08.41, Phelps again lowered that mark in Athens, down to 4:08.26. After winning bronze medals in the 400 free relay and in the "Race of the Century" against Ian Thorpe and Pieter van den Hoogenband in the 200 free, Phelps won gold in the 200 fly before leading off the American team in the 800 free relay that went on to edge out Australia for gold. He later won gold in dominant fashion in the 200 IM and then touched out countryman Ian Crocker for gold in the 100 fly. He earned a sixth gold medal for his participation on the prelims squad of the men's 400 medley relay, which went on to break the world record on its way to gold in the final.

2005: AARON PEIRSOL

Aaron Peirsol put up several huge swims in 2005, beginning at the World Championship Trials in April, when he won the 100 back in 53.17, shattering his own world record of 53.45. A few months later at the World Championships in Montreal, Peirsol won gold in the 100 back (53.62) before winning the 200 back in world record-time, posting a 1:54.66 and finishing almost two seconds ahead of the rest of the field. Peirsol also led off the men's 400 medley relay for the United States on the meet's final day as he combined with Brendan Hansen, Ian Crocker and Jason Lezak to win gold for Team USA.

2006: BRENDAN HANSEN

After winning World titles in both the 100 and 200 breast a year ago, Brendan Hansen left little doubt that he is the best breaststroker in the world. At the ConocoPhillips National Championships in August, he lowered his own world record in the 100 breast (59.13) and then days later did the same in the 200 breast (2:08.74). Not content with that performance, Hansen then traveled with his National teammates to the Pan Pacific Championships in Victoria, Canada, and he further lowered his 200 breast world record to 2:08.50 while also winning gold in both the 100 breast and 400 medley relay.

2007: MICHAEL PHELPS

Michael Phelps left little to the imagination with his dominant

performance at the 2007 FINA World Championships. Phelps won seven medals, broke four world records in his five individual events, and also broke a relay world record, leading off the 800 free relay. His five individual victories came by a combined 10.24 seconds, an average of over two seconds in each race. He won the 400 IM by 3.52 seconds, the 200 butterfly by 3.04, the 200 free by 2.42 and the 200 IM by 1.21. His closest race was against U.S. teammate Ian Crocker, with Phelps coming away with a narrow .05 win. His seven gold medals made him the most-decorated athlete in World Championships history, in both gold and overall medals. Remaining consistent, Phelps finished first in the 100 free and 200 back at the Mutual of Omaha Duel in the Pool. The 2007 Conoco Phillips National Championships panned out in much the same way as the rest of Phelps' year. Phelps earned four individual gold medals to raise his career total to 40. He nabbed gold in the 100 fly, 100 back, 200 back and 200 free.

2008: MICHAEL PHELPS

It is difficult to find the words to describe the year that Michael Phelps had in the pool. His performance in Beijing captured the hearts and minds of swimming fans around the world, but also of people who had never before paid attention to the sport. Entering Omaha and Beijing, Phelps had to manage an enormous amount of pressure, and lofty expectations from so many people, in particular, the media. His perfect performance in Beijing – eight gold medals in eight swims – surpassed Mark Spitz's seven gold medals at the 1972 Games.

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Combined with his six gold and two bronze medals in 2004 Games, the 23-year-old has 16 career Olympic medals (14 gold, 2 bronze). He is now the most decorated Olympian in history in any sport. At the Water Cube, he won five individual races – the 200 free, 200 IM, 400 IM, 100 fly and 200 fly – and was also a member of all three gold-medal-winning relays. Phelps also won the same five individual events in Omaha. On the year, he broke six world records and now is tied with Mark Spitz for most individual world records (total of 26 in career).

2009: RYAN LOCHTE

Ryan Lochte left Rome this summer as one of the most decorated athletes of the FINA World Championships. While in Italy, Lochte set two world records and took home a total of four gold medals and one bronze medal. After winning both the 200 and 400 IM at Nationals in July, Lochte solidified his position as the top IM swimmer in the world with World Championship titles in both the 400 and 200 IM. He was also an integral part of both the gold-medal winning 400 relay team that upset the French, as well as the world-record setting 800 free relay.

2010: RYAN LOCHTE

It's hard to believe that Ryan Lochte could improve upon his stellar World Championship performance in 2009 but Lochte is the type of swimmer that goes against the grain. The Florida native had an exceptional summer, earning three National Titles (200 back, 200 IM and 400 IM) and winning more gold medals than any other swimmer at the 2010 Pan Pacific Championships. The 26-year-old Lochte won a total of six gold medals at the meet in August and was dominant in all of his individual events. He earned titles in the 200 free, 400 and 200 IM, 200 back and as part of the 400 and 800 free relay teams. Lochte broke a total of five championship records and two U.S. Open records at Pan Pacs.

2011: RYAN LOCHTE

How did Ryan Lochte follow up his 2009 FINA World Championship performance, where he won four gold medals and a bronze? By finishing one gold medal better in 2011! Lochte closed his Shanghai World Championships with five gold medals and one bronze, to go along with being named the male swimmer of the meet. Lochte won gold medals in the 200 free, 200 back, 200 and 400 individual medley and the 800 free relay along with a bronze on the sprint free relay. His most memorable swim was the 200 IM where Lochte's time of 1:54.00 set a world record, besting the old mark he set at the 2009 World Championships, by a tenth of a second. It was the first long course world record since the high-tech, polyurethane suits were banned by FINA at the start of 2010.

2012: MICHAEL PHELPS

The most decorated Olympian in history, Michael Phelps's unprecedented 22 Olympic medals, 18 of which are gold, classify him in a league of his own. Phelps may have set out to change the sport of swimming, but the "Baltimore Bullet" has made a much deeper impact on the sport than even he may realize. Going into his final Olympic Games, Phelps trained

hard and put himself back in "fighting shape." At the Olympic Trials in June, Phelps became the first U.S. man to qualify for four Olympic Games as he qualified in the same eight events as he did for Beijing (he later dropped the 200 free). In London, Phelps won six medals – four gold and two silver. He showed off his top form, winning gold in the 200 individual medley, becoming the first male swimmer to win the same event in three consecutive Olympics. He also did the same "triple" in the 100 butterfly. The 27-year-old also won gold medals on the 800 free and 400 medley relays, and picked up his first two Olympic silver medals in the 200 butterfly and 400 freestyle relay. At the completion of his last event, the crowd rose in a standing ovation as FINA honored Phelps with an award for his career accomplishments.

2013: RYAN LOCHTE

Ryan Lochte won three gold medals at the World Championships in Barcelona this summer, all in defense of titles he had won two years earlier in Shanghai. After starting off his meet with a silver medal in the 400 free relay and a fourth-place finish in the 200 free, Lochte won three gold medals in two days: the 200 IM (1:54.98), the 200 back (1:53.79) and the 800 free relay (7:01.72). Lochte also made his international debut in the 100 fly, finishing sixth in that final.

2014: MICHAEL PHELPS

After returning to competition for the first time since the 2012 London Olympic Games at the April 2014 Arena Grand Prix at Mesa, Michael Phelps quickly re-established himself as a factor on the national and international stages. At the 2014 Phillips 66 National Championships, he logged the fastest time in the world in the 100 fly this year – 51.17 – in the prelims and grabbed second in the 100 fly and 200 IM to earn his ticket to the 2014 Pan Pacific Championships, his fourth career Pan Pacs appearance. In Australia, Phelps led the Team USA men with five medals – three gold and two silver. Individually, he surged past the field on the second 50 to win gold in the 100 fly in 51.29 and took silver in the 200 IM in 1:56.04 – just two hundredths of a second away from gold. In relay action, he won gold in the 800 free and 400 medley relays and silver in the 400 free.

2015: MICHAEL PHELPS

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



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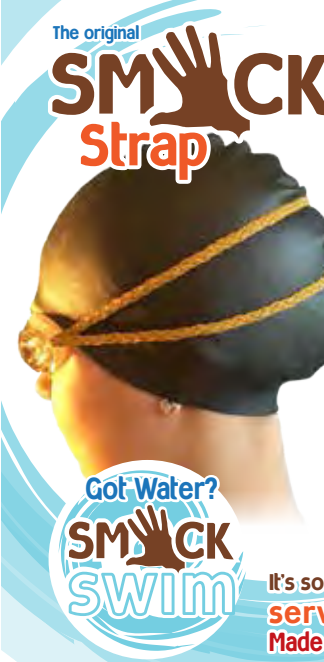
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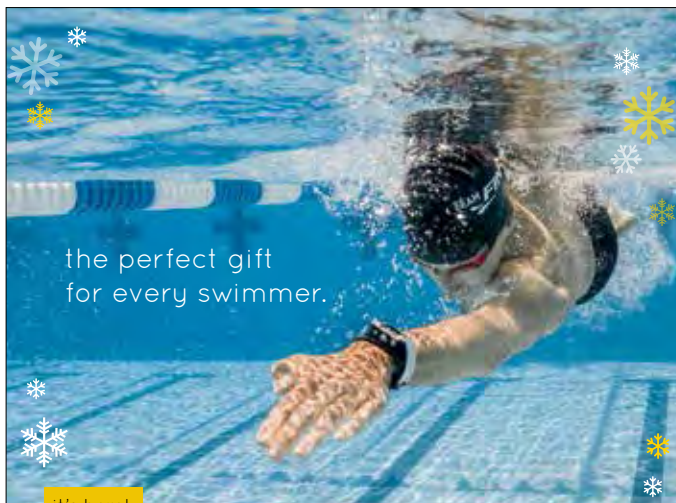
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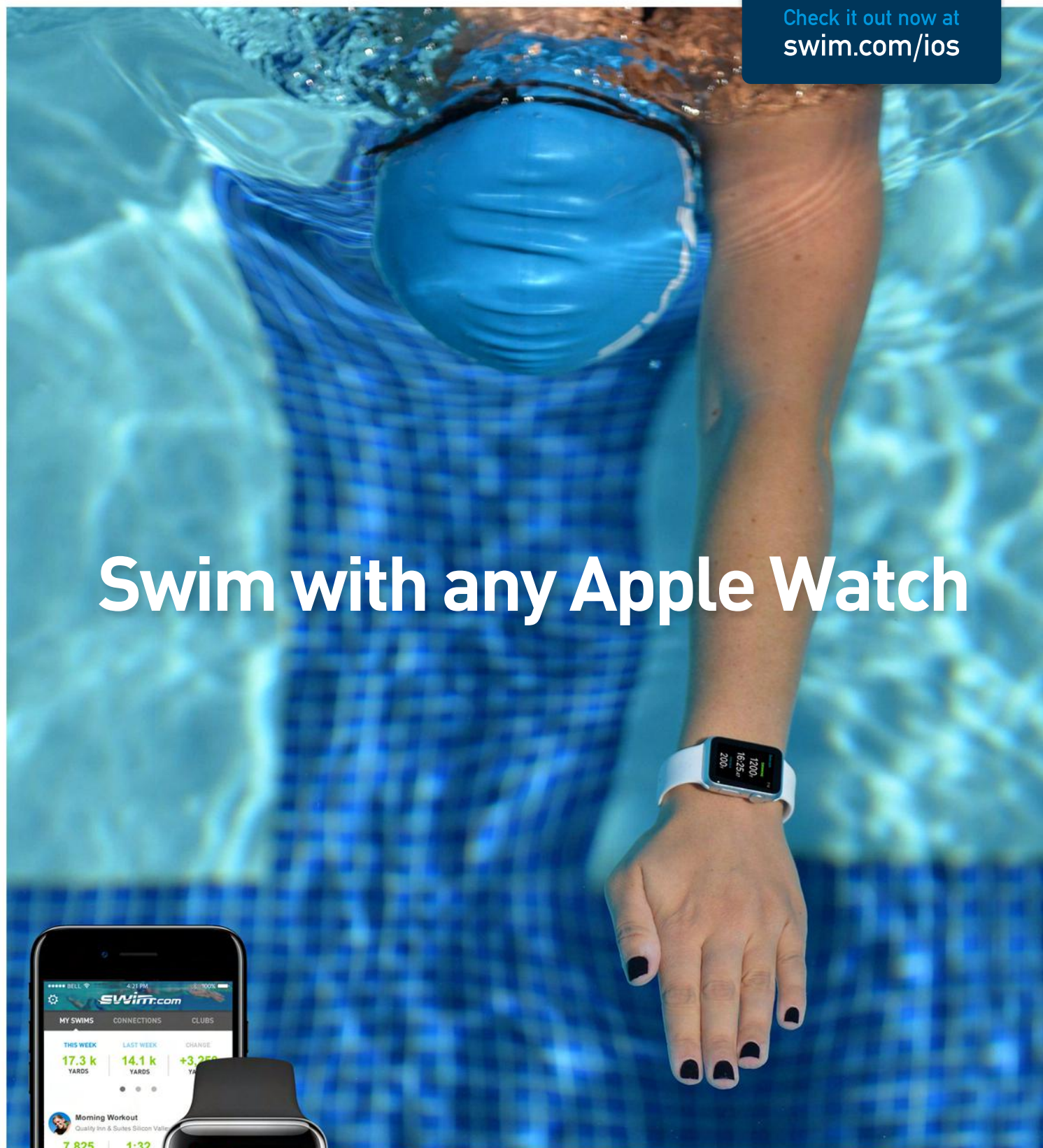
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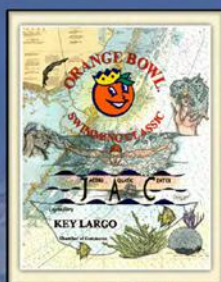
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