

# SwimmingWORLD

JANUARY 2006 – VOLUME 47 NO. 1

m a g a z i n e

## ANSWERS *for* MASTERS' TOP 10 QUESTIONS

### *An Open Letter to* SWIM PARENTS

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**EDDIE REESE** *on*  
**TECHNIQUE**

*page 33*



# Swimming WORLD

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## CONTENTS

- 8 **STILL KICKING: Rowdy Gaines** by Emily Mason
- 10 **THE YEAR IN REVIEW** by Phillip Whitten
- 17 **POWER TRIP** by Michael J. Stott  
FINA puts a fine point on swimming by giving points to performances, enabling comparisons between different events.
- 20 **COACHING: Freestyle: Timing the Kick**  
by Glenn Mills and Barbara Hummel
- 50 **WORLD RANKINGS**
- 52 **NAG TOP 16 (SCY)**

*departments:*

- 6 **A VOICE** for the SPORT
- 49 **FOR THE RECORD**
- 58 **CALENDAR**
- 62 **PARTING SHOT**

**on the cover:**

It is now possible to compare top swimming times with FINA's Point Scoring table and determine which swimmers had the best performances—regardless of stroke. Ian Crocker's 50.40 in the 100 meter fly was last year's hands-down winner. (See story, page 17.)

(Cover photo by Peter H. Bick)



- 23 **TOP 10 QUESTIONS ASKED BY MASTERS SWIMMERS** by Wayne Goldsmith  
Masters swimmers all over the world are constantly asking about training, diet and technique.
- 25 **BUTTERFLY: Kick 3, Swim 1 Drill** by Barbara Hummel
- 26 **DO OR DIET** by Emily Mason  
Eating the right foods can help you swim your best.
- 29 **SURVIVE & THRIVE: Phil Barr** by P.H. Mullen
- 31 **MEET YOUR MASTER: Glen Christiansen** by Emily Mason

- 33 **GETTING IT RIGHT** by Phillip Whitten  
Coach Eddie Reese ties everything together and emphasizes to his swimmers how important technique is to achieve success.
- 36 **FREESTYLE: Broken Wrist Drill** by Glenn Mills
- 37 **WHEN WILL YOU PEAK?** by Genadijus Sokolovas  
Most elite-level swimmers achieve their best performances at an optimal age. It also depends, in part, on what events they swim.
- 39 **ADVERTORIAL PRODUCT REVIEW: On the Cutting Edge** by Emily Mason  
The VASA ErgoMeter helps develop aerobic endurance and anaerobic power.
- 40 **UNITED STATES SWIM SCHOOL ASSOCIATION: Teaching Breaststroke to 4- to 6-Year-Olds** by Otto Hinks

- 42 **SPEEDO AMERICAN RELAY**
- 43 **TYR AGE GROUP SWIMMER OF THE MONTH: Santo Condorelli**
- 45 **GOLDMINDS: An Open Letter to Swim Parents** by Wayne Goldsmith  
The sport of swimming would not exist without the unending support of swim parents.

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# A VOICE for the SPORT

## A NIGHT TO REMEMBER

BY PHILLIP WHITTEN

Following on the heels of America's outstanding performance at the 2004 Olympic Games in Athens, USA Swimming inaugurated a new tradition. Tentatively dipping its toe in unknown waters, the organization produced its first-ever "Golden Goggles"—a Hollywood-style awards and recognition extravaganza to honor Michael Phelps & Crew. Though far from perfect, it was, by any measure, a rousing success.

Afterward, a debate ensued. Would there be enough interest to hold the Golden Goggles every year? Or should it be held every two years, or only in Olympic years?

Finally, Chuck Wielgus, USA Swimming's executive director, made the decision. "Go for it," he said.

Good decision, Chuck.

The 2005 Golden Goggles was held on Nov. 14 in New York's famed Hammerstein Ballroom, and it was superb. Perfectly paced and expertly produced, it was a star-studded event.

Some 75 Olympians attended. Among the Golden Oldies were Mark Spitz, Donna de Varona, Dara Torres, Janet Evans, Mike Barrowman, John Naber, Misty Hyman, Jenny Thompson, Bill Mulliken, Bobby Hackett, B.J. Bedford, Scott Jaffe and George Breen. Virtually the entire 2005 USA World Championship team was there as well.

Newly re-elected New York Mayor Michael R. Bloomberg attended for the second straight year and was one of the award presenters. The master of ceremonies was NBC's Dan Hicks.

The first award—for Breakout Performer of the Year—went to Jessica Hardy, the 18-year-old University of California freshman who set a world record in Montreal last July in the 100 meter breaststroke.

The guests were then treated to a med-

ley of songs by Broadway stars Mandy Gonzales, singing "The Wizard and I" from *Wicked*; Robert Cuccioli, who performed "This is the Moment" from *Jekyll & Hyde*; and the electrifying Rachel York, who belted out "Don't Rain on My Parade" from *Funny Girl*. The three, accompanied by Phantom of the Opera lead pianist Larry Yurman, then combined to sing "Seasons of Love" from *Rent*.

Dinner was served, as swimmers, spouses, children, friends, coaches, officials, media and swim fans cruised and schmoozed, renewing old friendships and making new ones.

The remaining seven awards were presented, with the Texas mafia taking four, thank y'all very much.

- Eddie Reese repeated as Coach of the Year;
- Ian Crocker won the male Performance of the Year award (100 meter fly);
- Brendan Hansen took the Perseverance Award and also was the funniest of the speakers, dethroning Coach Reese; and
- Aaron Peirsol won the male Athlete of the Year trophy.

The remaining awards went to:

- A clearly surprised Kate Ziegler for female Performance of the Year (1500 meter free);
- The U.S. women's 800 free relay squad (Natalie Coughlin, Katie Hoff, Whitney Myers and Kaitlin Sandeno) for Relay Performance of the Year; and
- Katie Hoff, named the female Athlete of the Year.

The idea for the Golden Goggles—for giving America's swimmers some of the recognition they have earned as the world's No. 1-ranked swimming nation for the past 46 years in a row—grew from a brainstorming session involving Chuck Wielgus and USA Swimming's marketing chief, Rod Davis. The credit for the success of this year's event belongs to Rowdy Gaines, Mike Unger, Rod Davis and their staffs.

Congratulations, gentlemen. May the Golden Goggles live long and prosper. And get on TV. ♦



PHILLIP WHITTEN, Chief Media Officer

# SwimmingWORLD magazine

PUBLISHING, CIRCULATION AND ACCOUNTING OFFICE

P.O. Box 20337, Sedona, AZ 86341

Toll Free in USA & Canada: 800-511-3029

Phone: 928-284-4005 • Fax: 928-284-2477

www.SwimmingWorldMagazine.com

Publisher — Richard Deal

e-mail: DickD@SwimmingWorldMagazine.com

Chief Executive Officer — Brent Rutemiller

e-mail: BrentR@SwimmingWorldMagazine.com

Circulation — Karen Deal

e-mail: KarenD@SwimmingWorldMagazine.com

Circulation Assistant — Judy Jacob

e-mail: Subscriptions@SwimmingWorldMagazine.com

Advertising Production Coordinator — Betsy Houlihan

e-mail: BetsyH@SwimmingWorldMagazine.com

EDITORIAL, PRODUCTION, MERCHANDISING, MARKETING AND ADVERTISING OFFICE

2744 East Glenrosa Avenue, Phoenix, AZ 85016

Toll Free: 800-352-7946

Phone: 602-522-0778 • Fax: 602-522-0744

www.SwimmingWorldMagazine.com

EDITORIAL AND PRODUCTION

e-mail: Editorial@SwimmingWorldMagazine.com

Chief Media Officer — Phillip Whitten

phone: 602-522-0778 • fax: 602-522-0744

e-mail: PhilW@SwimmingWorldMagazine.com

Senior Managing Editor — Bob Ingram

e-mail: BobI@SwimmingWorldMagazine.com

Photo Coordinator — Judy Jacob

e-mail: JudyJ@SwimmingWorldMagazine.com

Graphic Arts Designer — Jackie Brown

e-mail: jackie@jaxdesignonline.com

Administrative Assistant — Emily Mason

e-mail: EmilyM@SwimmingWorldMagazine.com

SwimmingWorldMagazine.com WebMaster — Gary Frickey

e-mail: WebMaster@SwimmingWorldMagazine.com

SwimmingWorldMagazine.com NewsMaster — John Lohn

Assistant NewsMaster — Dave Denniston

e-mail: NewsMaster@SwimmingWorldMagazine.com

Technical Advisor — Glenn Mills

e-mail: glenn@goswim.tv

MARKETING AND ADVERTISING

Advertising@SwimmingWorldMagazine.com

Advertising Specialist — Toni Blake

phone: 310-379-2278 • e-mail: ToniB@SwimmingWorldMagazine.com

Advertising Representative — Toni Napper

e-mail: ToniN@SwimmingWorldMagazine.com

MERCHANDISING

SwimShop@SwimmingWorldMagazine.com

Merchandising — Read Boon

ReadB@SwimmingWorldMagazine.com

Printer — Schumann Printers, Inc.

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USA CONTRIBUTORS

Jerry Frentsos, Craig Hummer, John Lohn, Kari Lydersen,

Lois Melina, Tito Morales, PH. Mullen,

J.R. Rosania, Michael J. Stott,

John Leonard (ASCA), Dana Abbott (NISCA)

INTERNATIONAL CORRESPONDENTS

Africa: Chaker Belhadi (TUN); Australia: Forbes Carlile,

Wayne Goldsmith, Stephen J. Thomas;

Europe: Norbert Agh (HUN), Camilo Cametti (ITA),

Bo Hulten (Swe), Craig Lord (Europe & Commonwealth),

Oene Rusticus (NED), Frederic Vergnoux (FRA),

Claudia Weidlich (GER), Andy Wilson (GBR);

Japan: Hideki Mochizuki; Middle East: Baruch "Buky" Chass, Ph.D. (ISR);

South Africa: Neville Smith (RSA); South America: Jorge Aguado (ARG)

PHOTOGRAPHERS

Michael Aron, Peter Bick, Bill Collins, Tony Duffy, Tim Morse,

George Olsen, Stephen J. Thomas, Reuters, Getty Images

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P.O. Box 20337

Sedona, AZ 86341

Toll Free in USA & Canada:

800-511-3029

Phone: 928-284-4005

Fax: 928-284-2477

www.SwimmingWorldMagazine.com

# STILL Kicking

Featuring — Rowdy Gaines

BY EMILY MASON

You've heard of "naturals"—those who enter the game late and find an inordinate amount of success. Certainly Ambrose "Rowdy" Gaines IV qualifies as a "natural" when you consider he didn't seriously begin competitive swimming until he was 17. Seven years later, he won three Olympic gold medals.

This year, he is among the new class of inductees into the U.S. Olympic Hall of Fame. "To be included in this class of nominees is something dreams are made of. It's an incredible honor and very humbling," says Gaines.

The road to Gaines' success began his senior year at the Florida high school state championships in 1977. It was his win in the 200 free that caught the attention of one college coach in particular—Richard Quick, the men's head coach at Auburn University, who gained a great talent and a great person by recruiting Gaines to his team.

Shortly before heading off to college, Gaines had one more stop to make. At the 1978 World Championships in West Berlin, Gaines had his first taste of international success. In fact, winning a silver medal there is one of his all-time favorite memories.

*"But for us, a four-year journey became an eight-year journey. It was pretty devastating.. but I still had my day in the sun."*

## FROM DISAPPOINTMENT TO GLORY

Over the next few years, Gaines won eight NCAA titles and qualified for the 1980 Olympic team, where he was favored to win gold in four events. Sadly, it was not meant to be. President Jimmy Carter's boycott of the 1980 Games smashed many U.S. athletes' dreams of glory. It was a slap in the face to many for their hard work.

"If you cancel the Super Bowl, you can just do it again next year," says Gaines. "But for us, a four-year journey became an eight-year journey. It was pretty devastating..but I still had my day in the sun."

That "day in the sun" would take place at the 1984 Olympic Games in Los Angeles. After a short-lived retirement during 1981, Gaines picked up his goggles and suit and became the "old man" at the U.S. Olympic Trials in 1984.

"My memories from those Trials are not good," admits Gaines. "I didn't make the team in my world record event—I finished seventh in the 200 free." He



## BY THE NUMBERS

- 1** Number of times Rowdy was named Swimming World Magazine's World Swimmer of the Year (1980).
- 7** World Championship medals he won.
- 8** Number of world records he set.
- 8** NCAA titles he won.
- 17** Number of U.S. national titles he won.

## So You Think You KNOW SWIMMING?

**Q:** How did Ambrose Gaines IV become known as "Rowdy"?

**A:** Answer: His parents nicknamed him "Rowdy" after the ram-bunchious Western hero, Ramrod Rowdy Yates, in the 1959-66 TV series, "Rowhide" (played by Clint Eastwood). "They thought it was a cute nickname...but didn't think it would stick," says Rowdy.



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) to read Swimming World's account of Rowdy's gold medal-winning 100 meter free race at the 1984 Olympics.

# The Year in NON-STOP ACTION

BY PHILLIP WHITTEN

*Back in more gentle times, the year after the Olympics was a "breather"—a year in which swimmers toned down their training before ramping up again in preparation for the next Games....No longer....Despite the absence of superstars Ian Thorpe and Amanda Beard, who were pursuing other interests, and Pieter van den Hoogenband, who was sidelined with a hernia, the action during the last 12 months was non-stop.*

world swimming

## NOVEMBER 2004

Olympic champion Laure Manaudou of France cracked the oldest record in the book and the last drug-tainted mark when she swam the short course 1500 meter free in 15:42.39. The old mark of 15:43.31 by East Germany's Petra Schneider lasted almost 23 years.

The FINA World Cup got underway in November with South African Roland Schoeman and German Thomas Rupprath providing the fireworks in Durban with three victories apiece. In Melbourne, Leisel Jones just missed WRs in the 100 and 200 meter breast (1:04.90, 2:19.08), while Aussie teammate Libby Lenton and South Africa's Ryk Neethling won five events apiece.

Michael Phelps was the star of USA Swimming's first-ever Golden Goggles gala in New York. The 19-year-old superstar took home awards as the USA's Male Athlete of the Year and for the male Race of the Year (100 fly at Athens). Natalie Coughlin, whose five Olympic medals topped all female athletes, won Female Athlete of the Year.

Down Under, triple Olympic gold medalist Jodie Henry became only the third woman to be named Australian Swimmer of the Year.

In U.S. high school competition, Bradley Ally set a national HS mark for the 200 yard IM (1:46.31) at the Florida 4A state meet. In Wisconsin, Arrowhead's 200 medley relay team set a national HS mark (1:43.16). Julia Smit was the standout at the New York state meet, as her 1:59.11 in the 200 IM just missed the national HS mark. Alex Righi of Brophy Prep won four events at the Arizona meet, including a nation-leading 48.00 for the 100 back.

**People:** Ian Thorpe announced he might skip the 2005 World Champs in Montreal; Grant Hackett acknowledged that he had swum in Athens with a collapsed lung; Alan Thompson was named Aussie head coach, replacing Leigh Nugent; Dr. Sam Freas resigned as head of the International Swimming Hall of Fame (ISHOF); Jim Penfield, U.S. Masters record holder and former U.S. ambassador, died at 96.



ABOVE » Laure Manaudou  
(Photo by Jason Reed, Reuters)

## DECEMBER 2004

The FINA World Open Water Championships, held in Dubai, UAE, wound up with Russia taking the team title, followed by Germany and Australia. The winners for the 5K were Grant Cleland (AUS) and Larissa Ilchenko (RUS); 10K: Thomas Lurz (GER) and Britta Kamrau (GER); and 25K: Brendan Capell (AUS) and Kamrau.

Germany's Thomas Rupprath won four golds to highlight the European Short Course Championships in Vienna, including a European record 23.27 in the 50 meter back. Also setting European records were Austria's Markus Rogan (200 back, 1:51.24) and Hungary's Laszlo Cseh (400 IM, 4:03.96).

Domestically, Katie Hoff smashed Tracy Caulkins' 15-16 NAG marks from 1979, clocking 1:56.70 and 4:05.74 for the 200 and 400 yard IM at the North Baltimore Christmas Invitational. Rachel Komisarz was the top winner at the Kerr-McGee Pro-Am, taking four events. At the Texas Invitational, the University of Arizona's Simon Burnett, a Brit, slashed Matt Biondi's 17-year-old NCAA record for the 200 yard free (1:33.03)



ABOVE » Thomas Rupprath (Photo by Michael Dalder, Reuters)

with a stunning 1:32.22.

In short course Masters competition, Gail Roper set six WRs for women 75-79 at the Holiday Classic in Long Beach, Scott Lautman set

a WR in the men's 50-54 200 meter fly (2:18.02), while Lincoln Djang blasted the 400 meter IM standard for men 45-49 with his 4:48.97.

At year's end, *Swimming World Magazine* named Michael Phelps (USA) and Yana Klochkova (UKR) as male and female World Swimmers of the Year.

**In other developments:** Poland's Otylia Jedrzejczak, Olympic champ and WR-holder in the 200 fly, auctioned her gold medal and donated the \$86,000 she raised to a hospital that treats childhood leukemia victims; Britain's James Hickman, winner of the 200 fly five consecutive times at the Short Course World Champs, retired at 28.

# Review

## JANUARY 2005

The World Cup was in full swing with South Africans Roland Schoeman and Ryk Neethling providing much of the excitement, particularly in the 100 meter IM. Schoeman opened the proceedings in Stockholm by slicing 7-hundredths of a second off Thomas Rupprath's WR with a 52.51; Neethling clocked 52.61. In Berlin less than a week later, Neethling took the record to 52.11. Two days later, he lowered it to 52.01 in Moscow. Meanwhile, Schoeman equaled Ian Crocker's WR in the 100 free with his 46.25 in Berlin. In Moscow, Slovakia's Martina Moravcova notched her 100th World Cup title, while Australia's Jim Piper set a Commonwealth record in Berlin with his 2:04.03 in the 200 breast.

**In other developments:** FINA took an unprecedented step by withdrawing the 2005 World Champs from Montreal; Cal-Berkeley won the Dallas Morning Classic; Alex Popov, arguably the greatest sprinter in history, retired at 33 and was feted in a gala party in St. Moritz, Switzerland; nine Masters swimmers were inducted into the Masters Hall of Fame; Dale Neuburger stepped down as head of the Indiana Sports Corp.; Yale great Tim Jecko, a 1956 Olympian, NCAA champ and Broadway actor, died of Lou Gehrig's disease.



ABOVE » Roland Schoeman and Ryk Neethling (Photo by COPYWORLD)



ABOVE » Martina Moravcova (Photo by Michael Dalder, Reuters)

## FEBRUARY 2005

Yvon des Rochers, head of the Montreal Organizing Committee (MOC), committed suicide, Feb. 2, after FINA withdrew the meet from Montreal, citing the MOC's failure to meet its financial goals and commitments. Eight days later, FINA reversed its decision, reinstating Montreal as the host.

In an ominous development, former East German doping guru, Dr. Helge Pfeiffer, turned up in Shanghai, ostensibly to help inaugurate China's first flume.

Former Auburn star Dave Denniston was left paralyzed from the waist down after a sledding accident in Wyoming.

The FINA World Cup came to an end with meets in New York and Belo Horizonte, Brazil. Ryk Neethling lowered his WR in the 100 IM to an amazing 51.52, clinching his selection as the top swimmer on the Cup circuit. The South African's seven wins in the final two meets gave him 19 golds in all. Martina Moravcova added three more wins in Brazil to give her a lifetime total of 103, easily the most ever.

In college competition, the Cal men's team upset Stanford 129-114 in what many called "the greatest dual meet ever." After the win, Cal took the CSCAA crown as the nation's best men's dual meet team. Georgia won the women's title. Conference championships were held throughout the U.S. with Florida's Ryan Lochte setting American records for the 200 yard back (1:38.29), 200 IM (1:41.76) and just missing in the 200 free, 100 back and 400 IM. The Georgia women's team set an AR in the 400 free relay (3:13.70).

**People:** Superstar Ian Thorpe confirmed that he would take the year off to concentrate on his growing commercial empire, passing on the World Champs; Britain's Alison Sheppard, a five-time Olympian, retired from the sport; U.S. Masters great Dr. Joe Kurtzman died at 79 of cancer (he had held Masters WRs in the 200 breast and fly); Rafael Vidal, 1984 Olympic bronze medalist in the 200 fly and one of Venezuela's greatest sports legends, died in an auto accident.

— continued on 12

## MARCH 2005

Auburn won its third straight NCAA Division I men's crown, downing Stanford, 491-414. Five national collegiate marks were set, headed by Auburn's Fred Bousquet's barrier-shattering 18.74 in the 50 yard free. Others: Duje Draganja, Cal, 100 free, 41.49; Ryan Lochte, Florida, 200 IM, 1:41.71; Cal's 200 (1:15.78) and 400 (2:47.70) free relays.

Georgia dethroned Auburn, 609.5-492, as the women's DI champ. In the process, the Dawgs won all five relays, an unprecedented feat.

In Division II, Truman State took its fifth straight women's title, besting Drury, 579.5-530. Drury breezed to the men's title, scoring 726 points to 480 for Cal State Bakersfield.

Kenyon rolled to its 26th straight Division III men's crown with 556.5 points, ahead of Emory (404.5). Emory (391.5) won its first-ever NCAA championship, upsetting Kenyon's bid for a fourth-straight women's title.

Cal Baptist (women) and Simon Fraser (men) took the NAIA crowns; Indian River swept the NJCAA titles; British Columbia rolled to its eighth straight Canadian Intercollegiate sweep.

Internationally, Grant Hackett and Alice Mills were hot at the Australian World Championship Trials. Hackett won the four

freestyle events from 200 to 1500 meters (1:46.20, 3:44.44, 7:43.16, 14:44.94), while Mills took the free sprints (24.49 and 53.96).

On the home front, Alex Righi and Bradley Ally each had five wins to highlight the NCSA Junior Nationals in Orlando. Kate Ziegler set a national independent school mark of 4:37.67 in the 500 yard free, while Ben Decker broke John Moffett's 1979 NAG standard in the 100 breast with a 56.60.

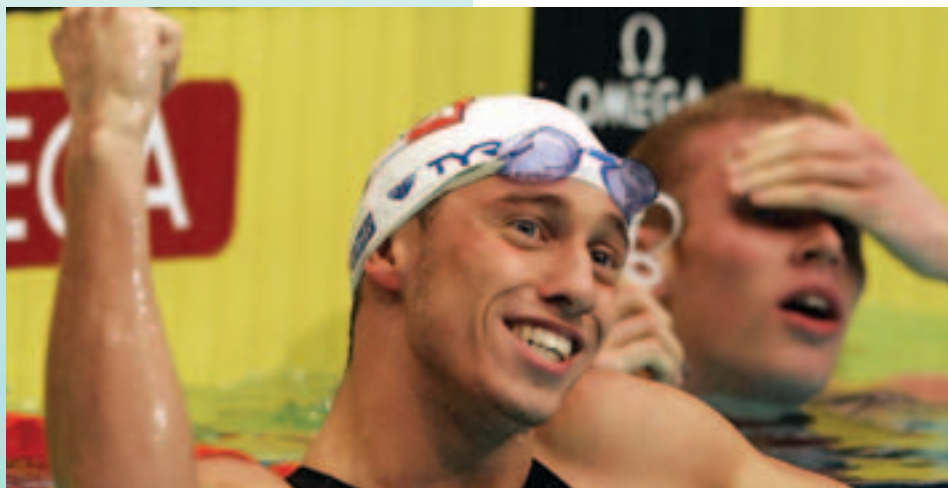
**People:** John Leonard, head of ASCA, was honored by NISCA and CSCAA with the 2005 College Scholastic Swim Trophy; Pierre LaFontaine stepped down as head of the AIS to become CEO of Canadian Swimming; Britain's Stephen Parry retired at 28; coaches Dan Colella (Tennessee), Bailey Weathers (Notre Dame) and Ron Allen (South Dakota) resigned; Terry Buck, an Aussie Olympian (1964) and Olympic coach, died in a farming accident at 61.

## APRIL 2005

World Championship Trials in seven major swimming nations highlighted the month's action. In the U.S., Aaron Peirsol set a WR in the 100 meter back (53.17), and Katie Hoff lowered the American record in the 200 IM (2:11.24). Michael Phelps, who skipped his two best events, still won five, including a 51.34-51.45 triumph over Ian Crocker in the 100 fly.

In Japan, world and Olympic champion Kosuke Kitajima failed to qualify for Montreal in the 200 breast, but made it in the 50 and 100. Luo Xuejuan highlighted the Chinese Trials with a 1:07.88 in the 100 breast.

world swimming



ABOVE » Fred Bousquet (Photo by Michael Dalder, Reuters)

## MAILBOX

Letters-To-The-Editor

### 10 GREATEST? SAY IT AIN'T SO!

Your article, "The 10 Greatest High School Records of All Time!" should be rewritten. Three of the greatest high school swims, all by Mark Spitz, were mysteriously not included: 100 yard fly, 49.1 (1967); 200 IM, 1:54.4 (1967); and 200 free, 1:40.5 (1968).

All were swum in American record time. With the exception of Steve Clark's 100 free in 1961, none of the other high school records mentioned in your story even approached AR status. Down the list of the Top 10 should be Spitz's 45.6 in the 100 yard free (1968), which was just a few tenths off the American record.

Not having these swims in your Top 10—especially the first three—is like omitting Johnny Weissmuller and Duke Kahanamoku from "the Top 10 Most Influential Swimmers of All Time."

—TOD SPIEKER

### DON'T FORGET LARSEN

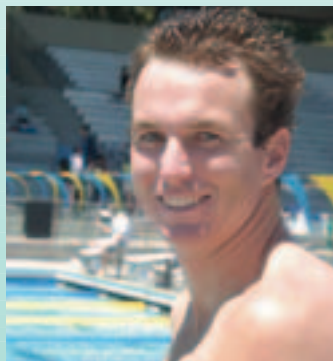
I loved your coverage on the top 10 high school swim records, but one piece of information was inaccurate. In the No. 1 "Granddaddy" record by Jeff Kostoff in the 500 free, you mentioned that Troy Dalbey was the next best high school performer in that event.

This is not true. Larsen Jensen swam an amazing 4:16.93 for Mission Viejo High School at its invitational meet in 2003. I believe he elected not to taper for the (season-ending) CIF meet that same year because of the upcoming World Championships. Nevertheless, it is the second best performance ever by a high school swimmer.

—GENEVIEVE BARROW

Laure Manaudou won five at the French Trials, including a national record (NR) 16:16.18 in the 1500. Fred Bousuquet triumphed in the sprints, clocking an NR 49.06 for the 100. In Italy, Federica Pellegrini took the 100 (54.55), 200 (1:57.92) and 400 free (4:10.38), the latter two in NR time, while Filippo Magnini posted a 48.85 to win the 100. Also on top of their game: Emiliano Brembilla (400 free, 3:46.89), Massi Rosolino (800 free, 7:50.40 NR) and Alessio Boggiatto (400 IM, 4:14.78).

**People:** Several top coaches resigned, including Stanford's Richard Quick, a two-time U.S. Olympic coach, Georgia Tech's Seth Baron and Auburn's Kim Brackin; in Australia, Doug Frost was appointed senior coach at the AIS; Barry Prime became Ireland's national performance director; Al Schoenfield, the original publisher and editor of *Swimming World*, passed away at 90.



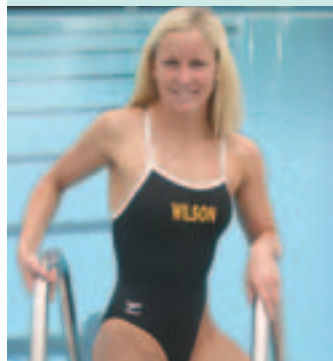
ABOVE » Aaron Peirsol (Photo by Bill Collins)

At the German Trials, Janine Pietsch broke the WR for the 50 meter backstroke with her 28.19, while 35-year-old Mark Warnecke won the men's 50 (27.44) and 100 (1:01.74) breast. In Poland, sprinter Lukasz Gasior clocked the year's fastest 50 time (22.14), Pawel Korzeniowski took the 200 fly (1:56.36) and Otylia Jędrzejczak won both fly events (59.42 and 2:10.71).

Jessica Hardy of Long Beach Wilson HS (Calif.), blasted through the one-minute barrier with her national high school record 59.20 for the 100 yard breaststroke.

Also in California, a jury awarded Kicker Vencill almost \$600,000 in his civil lawsuit against Ultimate Nutrition. The jury found unanimously that a multi-vitamin Vencill had taken contained three steroid precursors, causing him to test positive for steroids.

The World Championships lost some of its luster when WR-holder Pieter van den Hoogenband withdrew due to a planned hernia operation.



ABOVE » Jessica Hardy (Photo by Tony Duffy)

Bruce Wigo, former executive director of USA Water Polo, was appointed CEO of ISHOF. He immediately appointed Mark Spitz as the new

chairman of the board.

In a surprise move, Stanford appointed alumna Lea Loveless head women's coach, replacing Richard Quick. Loveless, a 1992 Olympic medalist, starred on the Cardinal's NCAA championship teams of 1992-94 and held the American record in the 100 back for almost a decade.

Other new college head coaches: Matt Kredich, Tennessee (women); Bill Smyth at Boston University; Maurice Stewart at Butler; Carrie Nixon at her alma mater, Notre Dame (women); and Dorsey Tierney, co-head women's coach at Auburn. Ray Looze, men's coach at Indiana, was also appointed its women's coach.

**In other developments:** The University of Louisiana-Monroe dropped men's swimming and added women's golf; Anthony Ervin auctioned his Olympic gold medal and donated the \$17,000 raised to tsunami relief; the USOC awarded its Olympic Order to 1972 and '76 Olympian Shirley Babashoff; Betsy Durrant won the 2005 Ransom Arthur Award, U.S. Masters Swimming's highest honor; Chuck Bittick, one of USC's greatest two-sport athletes, died of cancer at 65—a water polo standout, he also won four NCAA swimming titles and briefly held the WR in the 200 meter back.

— continued on 14

## DO IT WHEN IT COUNTS

I believe time trials should not be allowed for record purposes. Russia's Alex Popov is listed as the world record holder in the men's 50 meter free with his 21.64, swum five years ago at a special time trial at the Russian Olympic Trials. *Swimming World Magazine* should mount a campaign to have FINA strip Popov of his standard and declare Roland Schoeman's 21.69 from last summer's World Championships as the official mark.



(Photo by Bill Collins)

The conditions of a pressure-packed competition are completely different from swimming in a calm, virtually empty pool. I have nothing against Popov, but his record simply ain't kosher. Do it when it counts, as Schoeman (almost) did.

—BILL BELL

## NOT TOO SHABBY

We in Oregon enjoyed reading Phillip Whitten's profile on Dennis Baker ("Not Too Shabby," *SW Nov*). The author mentioned Dennis' great 200 meter fly time (2:04.97 at the Santa Clara Invitational last June), but didn't mention that the time qualified him for participation at the 2005 ConocoPhillips Nationals in Irvine, Calif., where he placed 56th out of 73 competitors. The next oldest competitor was 27—or 17 years younger than Dennis!

Recently, the 44-year-old Baker competed in a tri-meet hosted by the Multnomah Athletic Club. He swam the 500 yard free and placed fourth in 5:11.97—but I should mention that he swam the event butterfly with the following splits: 59.39, 1:02.11, 1:03.80, 1:04.06 and 1:02.61. Not too shabby, indeed!

—ROBIN PARISI

## JUNE 2005

Tunisia's Ous Mellouli was unbeatable at the Mediterranean Games in Almeria, Spain, setting Games records of 2:01.00 and 4:14.34 for the IMs and 7:54.30 for the 800 free, while Algeria's Salim Iles took the freestyle sprints in 22.31 and 49.10. Other fine efforts: Italy's Massi Rosolino (400 free, 3:48.79) and Alessia Filippi (400 IM, 4:40.61).

On the four-meet Mare Nostrum circuit, Hungary's Laszlo Cseh clocked a European record 4:10.10 for the 400 IM and a strong 1:59.81 for the 200 medley. Alena Popchanka (BLR) went 58.72 for the 100 fly, while Ukraine's Andriy Serdinov touched in 52.54 for the same event. Denmark's Louise Orstedt clocked 1:01.14 and 2:11.51 for the backstroke events, and Italy's Frederica Pellegrini touched in 1:58.51 for the 200 free.

Michael Phelps was dominant at the Santa Clara International meet, recording wins in the 200 IM (1:59.31) and 200 free (1:47.58), while Kate Ziegler blasted a 16:11.33 to lap the field in the 1500.

In Swansea, Wales, Britain held its "Last Chance" meet with satisfying results. Qualifying for Worlds were Caitlin McClatchey, whose 4:07.02 broke a 19-year-old British national record by Sarah Hardcastle; Katy Sexton (200 back, 2:11.49); Melanie Marshall (200 free, 1:58.25); and David Carry (400 free, 3:48.96).

**People:** Dan Colella took the head coaching job at Duke; Stuart Wilson took over at Georgia Tech; Dorsi Reynolds stepped down as head coach at the University of Buffalo.



ABOVE » Laszlo Cseh (Photo by Jim Young, Reuters)

*"...the action during the last 12 months was non-stop."*

## JULY 2005

Despite the drama, the melodrama and the tragedy that preceded the World Championships, the meet went off without a hitch at Montreal's Parc Jean Drapeau. Eight world records (plus eight No. 2 all-time performances) were swum in the pool competition, held the last week of July, with Australia's Grant Hackett and Zimbabwe's Kirsty Coventry winning the FINA Trophy as the top male and female swimmer, respectively, of the Championships.

Aaron Peirsol lowered his own WR in the 200 back to 1:54.66; Ian Crocker took his own 100 fly standard down to an incredible 50.40; Grant Hackett broke Ian Thorpe's seemingly unbreakable 800 free mark with a stunning 7:38.65; and South Africa's Roland Schoeman flew through 50 meters fly in 22.96.

Three of the four women's records came in breaststroke. Australia's Jade Edmiston improved the 50 meter mark to 30.45; the USA's Jessica Hardy swam 1:06.20 in the semifinals of the 100; and Aussie Leisel Jones sliced 7-tenths off Amanda Beard's 200 standard with a brilliant 2:21.72. Poland's Otylia Jedrzejczak carved 17-hundredths off her own 200 fly record, touching controversially in 2:05.61.

Holland's Edith van Dijk was the only open water swimmer to double, winning the 10K by two seconds and the 25K by 3-tenths. Other winners were Thomas Lurz (GER) and Larissa Ilchenko (RUS) in the 5K; Chip Peterson (USA) in the 10K; and David Meca (ESP) in the 25K.

**In other developments:** FINA approved a rule change allowing one dolphin kick on the start and each turn of the breaststroke; 16-year-old Daniel Madwed (USA) was the outstanding performer at the Maccabiah Games in Israel, stroking to a 1:58.15 in the 200 fly and also winning the 100 in 54.51.

BELOW » Jade Edmiston (Photo by Jim Young, Reuters)



## AUGUST 2005

In Irvine, Calif., the USA breezed to a 190-102 victory in the 2nd Duel in the Pool against Australia. The American men overwhelmed the Aussies, 120-26, but the sheilas from Down Under outscored the Yanks, 76-70. Leisel Jones had the best swim, a 1:06.21 in the 100 breast—just 1-hundredth shy of Jessica Hardy's WR. Michael Phelps won three events, while three Americans and three Aussies took two apiece.

The U.S. Nationals, also held in Irvine, produced some major upsets and featured the emergence of the best of the next generation of American swimmers. In the upset department: Ben Wildman-Tobriner's 50 free triumph over world champ Roland Schoeman (22.13-22.15); Tim Liebhold's 200 IM (2:01.75); and Chip Peterson's 1500 (15:19.03). In the best-of-the-next department: Amanda Weir won her first national title, taking the freestyle sprints in 25.45 and 54.47; Leah Retrum blazed 2:11.00 for the 200 back, while Chris DeJong went 1:58.25 for the same event; and Elaine Breiden swept the women's fly events (59.20 and 2:09.85).

The Aussie Short Course Champs, held in Melbourne just after the "Duel," produced a 51.70 WR by Libby Lenton in the 100 meter free. Simon Burnett was red-hot at the British Commonwealth Games Trials, setting national records for the 50 (22.12), 100 (48.68) and 200 meter free (1:46.59).

Poland's Otylia Jedrzejczak and Japan's Aya Terakawa were triple winners at the World University Games in Izmir, Turkey. Jedrzejczak's 1:58.49 for the 200 free was faster than the winning time at Worlds. Eric Shanteau and Megan Jendrick were double winners for the U.S.

**In other developments:** Germany's Chris Wandratsch destroyed the 11-year-old record for swimming the English Channel, finishing in 7 hours 3 minutes 52 seconds; Ian Thorpe began training after a year's layoff; Catawba College (N.C.) announced that it will add men's swimming to its intercollegiate program beginning in 2006; Daniel Durden took the reins as Maryland head coach, replacing Jim Wenhold, who resigned in July; Lewis Pugh swam over a kilometer in the Arctic Ocean in 37-degree water (3 Celsius); Tina O'Neill, 39, became the first person to swim the English Channel doing backstroke.

## SEPTEMBER 2005

Five Olympic medals won by Johnny Weissmuller and stolen from the International Swimming Hall of Fame were recovered by Fort Lauderdale police and returned to the Hall.

FINA announced there were no positives among the 437 doping control tests conducted at the World Championships.

The Universities of Louisville and Missouri inaugurated brand-new, state-of-the-art natatoriums.

**People:** Aaron Peirsol was honored as USA Swimming's Athlete of the Year; 16-year-old Katie Hoff announced she was turning pro and signed with Octagon; four coaching greats were inducted into the ASCA Hall of Fame—Frank Keefe, Skip Kenney, George McMillion and Jim Montrella.

— continued on 16



ABOVE » Katie Hoff (Photo by Jason Reed, Reuters)



ABOVE » Michael Phelps (Photo by Jason Reed Reuters)

## OCTOBER 2005

In a surprise—and welcome—move, the IOC announced it was adding a 10K open water event to the Olympic Games, beginning in 2008. Grant Hackett asked the IOC to schedule the event in the second week of the Games so he would be free to compete in it.

After an abysmal showing in July at the FINA World Championships in Montreal, Chinese swimmers swam spectacularly at the National Games in Nanjing. Men's national records were set by Zhou Jiawei (100 fly, 52.81), Qu Jingyu (200 IM, 2:00.59) and Ouyang Kunpeng (100 back, 54.09). Also, Wang Wei returned after a four-year doping suspension, swimming much faster than before (100 back, 54.30). (Check out the results in this month's "For the Record," on page 49.)

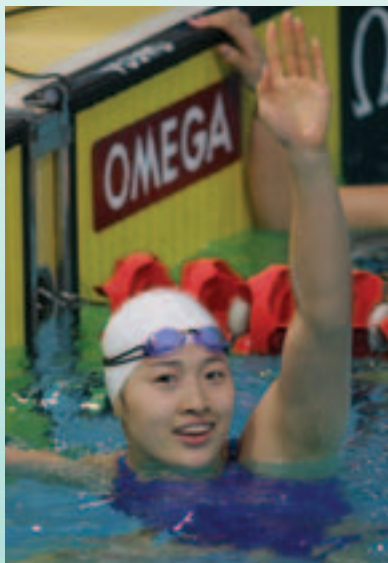
In Poland, world and Olympic champion Otylia Jędrzejczak was recovering from serious head and spinal injuries suffered in an auto accident that killed her brother, Szymon, 19.

In the U.S., the collegiate season got underway with the Florida women and Auburn men ranked No. 1 in the season's first poll. The No. 3 Georgia women promptly upset Florida, 176-116, boosting themselves into the top spot. On the men's side, No. 6 Cal walloped No. 3 Florida, 247-123, and dispensed with No. 7 Texas, 208-162.

Germany's five-time world champion Hannah Stockbauer, 23, announced her retirement from the sport, as did Jana Henke, 32. Henke was a 1992 Olympic bronze medalist, five-time European champion and the last former East German competitor still active.

Erin Popovich (USA) was named Sportswoman of the Year by the Women's Sports Foundation. Popovich won seven gold medals at the 2004 Paralympic Games.

**In other developments:** Florida A&M announced it was reinstating its men's and women's swim teams immediately (the programs had been cut in June for budgetary reasons); British medley champion Robin Francis announced he was changing his sports nationality to South Africa; Victor Wales was named head coach at the University of Hawaii, replacing Mike Anderson; Gene Lenz, a 1960 U.S. Olympian, and Marjorie Sharpe, 88, a U.S. Masters record holder, passed away. ♦



ABOVE » Luo Xuejuan (Photo by Bobby Yip, Reuters)

## HERE'S THE STORY... Write-4-Us!

Do you have an idea for an article on swimming? Want to publish some swimming photos? Want to get a byline in *Swimming World Magazine*?

Then, "Write-4-Us!"

*Swimming World Magazine* is always looking for new ideas on interesting articles. To learn how to submit your ideas or photos, go to

[SwimmingWorldMagazine.com](http://SwimmingWorldMagazine.com)

and click on "Write-4-Us."

We gladly accept photography and artwork throughout the year for our magazine. We are always interested in reviewing new material, and we welcome the opportunity to see your work.

All subjects should be centered on a swimming theme to complement the content as well as to benefit the experience of our readers.

### CSCAA SEEKS NEW EXECUTIVE DIRECTOR

The College Swimming Coaches Association of America (CSCAA) is searching for an executive director to replace **Bob Boettner**, who has served in the position with distinction for more than 15 years.

"We are looking for someone who is familiar with the challenges confronting collegiate swimming today, someone who's a self-starter, can work alone, is passionate and politically savvy," said **Dr. Rich Morris**, head coach at Rollins College and president of the organization, the oldest college coaching organization in America.

"This is one of the most critical times in our 83-year history," added **Bob Groseth**, head coach at Northwestern University and chairman of the search committee. "The person who fills this position will have a major impact on the future of college swimming," he added.

Applicants must send their resumes and applications to **Dr. Rich Morris**, Head Swim Coach, Rollins College, 1000 Holy Ave 2730, Winter Park, FL 32789 (e-mail: [rmorris@rollins.edu](mailto:rmorris@rollins.edu)).

### SWITCHING

Olympian **Amanda Weir** has left the NCAA champion Georgia Bulldogs and will swim for the USC Trojans beginning next fall. Weir won the 50 and 100 meter free at last summer's U.S. nationals.

### BIG BOYS BACK

Australia's **Ian Thorpe** and Holland's **Pieter van den Hoogenband** both returned to competition recently after taking most of 2005 off. Thorpe swam at the FINA World Cup meet in Melbourne in November, while Hoogie made his splash at the U.S. Open in December.



LEFT » Pieter van den Hoogenband

most of the early season with the University of Texas doing distance work. “There’s probably no one in the world—except for Michael—who trains harder than Ian Crocker does,” says Reese.

For now, both swimmers are in high-training mode. For his part, Phelps continues his work at the University of Michigan with long-time coach Bob Bowman. The next obvious competition (as *Swimming World Magazine* was going to press) is the U.S. Open at Auburn in early December.

Whether or not they swim the same event will not change one immutable truth: “It’s a friendly rivalry,” says Reese. “They’re best friends; both are very supportive of one another. Of course, when the gun goes off, they are taking care of what they need to do to give them the

best chance to win.”

Clearly, the real beneficiary is American swimming. “The best thing about this rivalry is that we go 1-2 in that event,” says Reese. “For men’s swimming in this country, this is one of the strongest periods since 2003. We’re winning lots of events, getting lots of medals. This will not last forever...so we need to enjoy it as much as we possibly can.

“Swimming for men is definitely more balanced worldwide,” says Reese. “Europe and the Commonwealth have caught up, and Asia is coming on. The medals are spread out more.”

Want proof? Take a gander at the latest FINA Point Scoring table. ♦

*Michael J. Stott is a contributing editor to Swimming World Magazine.*

## The Formula

Points are calculated using a cubic curve. With the swim time (T) and the base time (B) in seconds, the points (P) are calculated with the following formula:

$$P = 1,000 * (B/T)^3$$

The exact formula is used to calculate points from times. Then all point values are rounded to the next integer number, using normal rounding (932.499 = 932, 932.500 = 933).

### BASE TIMES FOR 1,000 POINTS

The base times are defined for all common individual events and relays, separated for men/women and long course/short course.

The base times are recalculated every four years after the Olympic Games, based on the average of the top 10 of the all-time world rankings.

### THE TOOLS

The following tools for the FINA Point Scoring tables are available on the FINA website:

- A standalone application that allows one to calculate points for single times and to print out tables with points and needed times for standard events.
- A DLL module that can be integrated in any swim software for meet or team management and that allows one to calculate points for swim times within the software

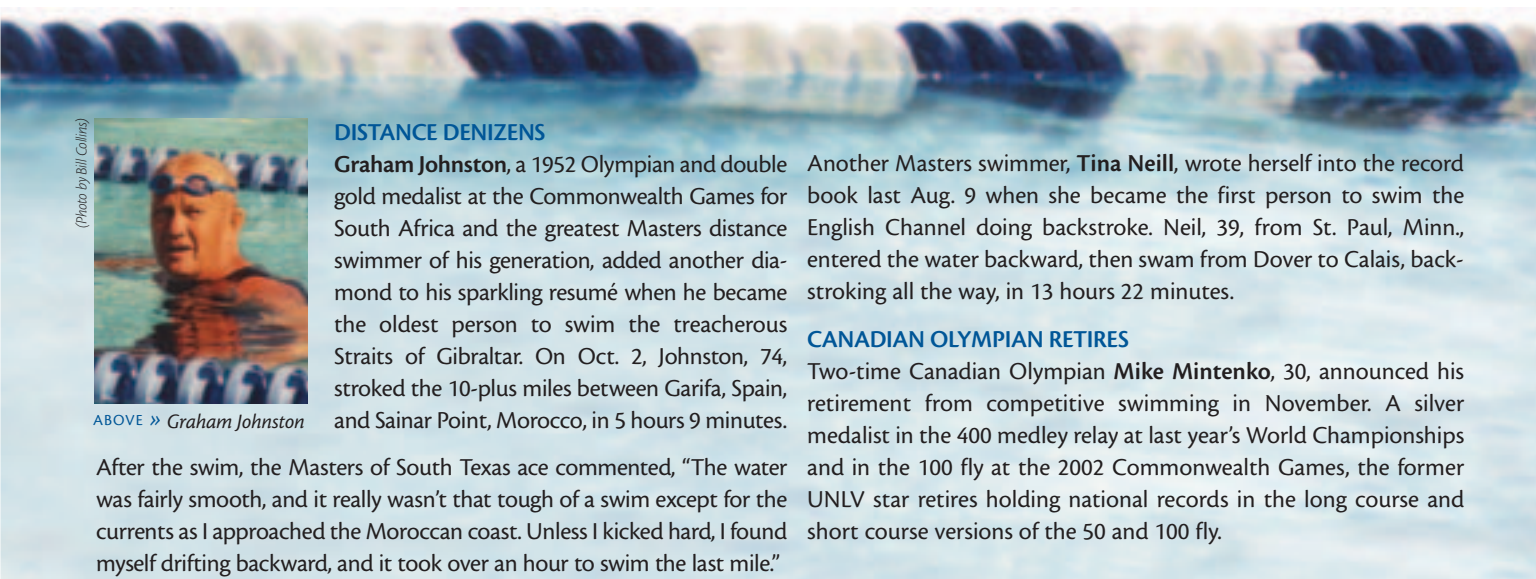
### WANT TO LEARN MORE?

Check out FINA’s website at the following URL: [www.swimrankings.net/files/FINA\\_Points\\_2004.pdf](http://www.swimrankings.net/files/FINA_Points_2004.pdf)



(Photo by Mike Blake, Reuters)

ABOVE » Ian Crocker’s 50.40 world record time at the World Championships in Montreal this past summer gave him a total of 1,081 points, putting him well ahead of men and women in any and all long course events.



(Photo by Bill Collins)

ABOVE » Graham Johnston

### DISTANCE DENIZENS

**Graham Johnston**, a 1952 Olympian and double gold medalist at the Commonwealth Games for South Africa and the greatest Masters distance swimmer of his generation, added another diamond to his sparkling resumé when he became the oldest person to swim the treacherous Straits of Gibraltar. On Oct. 2, Johnston, 74, stroked the 10-plus miles between Garifa, Spain, and Sainar Point, Morocco, in 5 hours 9 minutes.

After the swim, the Masters of South Texas ace commented, “The water was fairly smooth, and it really wasn’t that tough of a swim except for the currents as I approached the Moroccan coast. Unless I kicked hard, I found myself drifting backward, and it took over an hour to swim the last mile.”

Another Masters swimmer, **Tina Neill**, wrote herself into the record book last Aug. 9 when she became the first person to swim the English Channel doing backstroke. Neil, 39, from St. Paul, Minn., entered the water backward, then swam from Dover to Calais, backstroking all the way, in 13 hours 22 minutes.

### CANADIAN OLYMPIAN RETIRES

Two-time Canadian Olympian **Mike Mintenko**, 30, announced his retirement from competitive swimming in November. A silver medalist in the 400 medley relay at last year’s World Championships and in the 100 fly at the 2002 Commonwealth Games, the former UNLV star retires holding national records in the long course and short course versions of the 50 and 100 fly.

# FREESTYLE TIMING *the* KICK

TEXT AND PHOTOS BY GLENN MILLS • DRILL TEXT BY BARBARA HUMMEL  
DEMONSTRATED BY KAITLIN SANDENO

One of the most common questions asked by Masters swimmers and triathletes is, “How many kicks should I take, and when should I take them?”

There’s a danger in overthinking or overanalyzing the issue of a 2-beat versus 4-beat versus 6-beat kick. Each one has its merits, but at a certain point, the kick has to be whatever feels natural for the swimmer. There’s no question that knowing when to initiate each kick will give you a more powerful and efficient freestyle.

We’ve chosen Kaitlin Sandeno to illustrate how you can use timing to improve your flutter kick. Kaitlin, a four-time Olympic medalist (400-800 free and 400 IM), anchored the 800 freestyle relay that won gold at the Athens Olympics in world-record time.

If the question is why focus on when to initiate each kick, the answer is simple. The better you time your kick, the more power it has and the more impact it has on body rotation and the next pull.

If the question is how to focus on when to initiate each kick, the answer is more complicated. It’s a little bit like focusing on how you ride a bicycle. When you start to really analyze it, you fall off the bike. The trick in studying the flutter kick is to focus on one thing and one connection at a time. There are several choices:

## FOCUS ON WHEN YOUR HAND ENTERS THE WATER.

As your hand enters the water, the opposite leg should be kicking down. Think of it almost like a corkscrew in the water—you’re twisting down the entire length of your body, hoping that the recoil or rebound will cause your body to snap back to the other side. The recoil gives you rotational force forward, and helps initiate both the pull and the kick.

## FOCUS ON WHEN YOU START YOUR PULL.

As you initiate the pull, you’ll be kicking down with the leg on the same side as your pulling hand. Think of it as trying to compress, or contract, that side of your body to bring everything closer together. It’s almost like doing a stretched-out stomach crunch except that you don’t bend in the middle (that would mess up your balance).

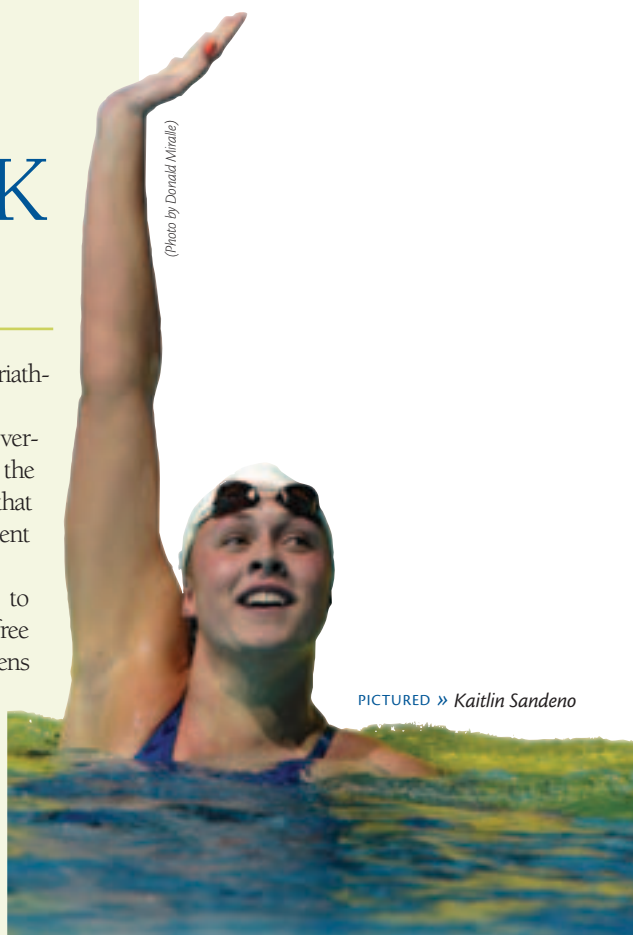
## FOCUS ON WHEN YOU FINISH YOUR PULL.

As your hand finishes the pull, you’ll be finishing the kick of the foot that’s on the same side as the pulling hand. Think of it as trying to slap your thigh as it finishes the kick. When it’s most extended, or lengthened, your hand will pass right by the thigh, heading into the recovery.

Of course, all of this is assuming you have a 4-beat kick, a well-balanced body, a total grasp of the freestyle stroke...and that you swim like Kaitlin Sandeno. But even if you have a 2-beat or 6-beat kick, you can use the above focus points to help link the kick to the arms for maximum thrust and forward motion. ♦

Glenn Mills is *Swimming World Magazine’s* technical advisor. Check out his website at [www.goswim.tv](http://www.goswim.tv).  
Barbara Hummel is editorial director and scriptwriter for *GoSwim.tv*.

(Photo by Donald Mirale)



PICTURED » Kaitlin Sandeno



Photo #3



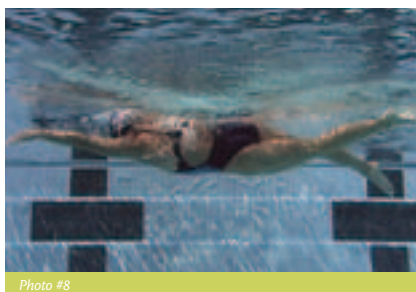
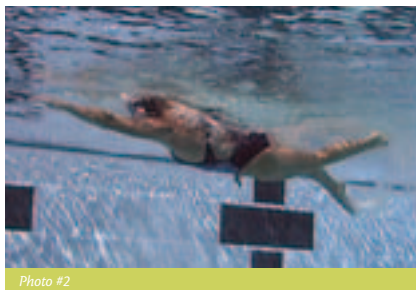
Photo #6

## DRILL: FREESTYLE PULL WITH DOLPHIN KICK

If you find it's too confusing to analyze your kick with the previously mentioned focus points, here's a drill that helps you feel whether you have the timing right or not.

"Freestyle Pull with Dolphin Kick" is an all-or-nothing drill. Unless you get the timing just right, you will feel like a total klutz. But this is what makes the drill so valuable. If you can master the drill and make it flow, you know you will have the right sense of timing when you return to "Freestyle Pull with Flutter Kick."

This drill works best when practiced for short distances—like 25 meters or yards. Try a set of 8 x 25 until you feel the rhythm and timing are locked in. Then try 8 x 25 of freestyle with flutter kick, searching for the same timing. Whether you have a 2, 4 or 6-beat kick, the downbeat of the power kicks should coincide with the entry of the hands—except now you shouldn't have to think too much about all of this. The drill should have locked in the feel for where the power kicks should be placed.



### HOW TO DO IT:

1. Push off in streamline and do a few underwater dolphin kicks into your breakout.
2. As you break out, start swimming freestyle, but with a dolphin kick. Time the kick so that each downbeat coincides with your hand entering the water and extending forward.

You may have to use a slower dolphin kick than normal to make it synch up with your arms. Also, you may have to slow down your armstroke and glide a bit more in order to make the arms synch up with your kick.

In either case, the drill will make you very aware that there is a link between the arms and legs. Get the timing right, and you'll feel a powerful surge with each hand entry. Get it wrong, and you'll feel like you are fighting yourself.



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) to see a video of the "Freestyle Pull with Dolphin Kick" drill.

# The OFFICIAL WORD

## NEW CERTIFICATION STANDARDS

BY BOB GRIFFITHS

Officials applying for positions at USA Swimming national championship meets will find a new selection process in use based upon the new certification standards. The standards were drafted and adopted by the National Officials Committee to improve and ensure the quality and professionalism of USA Swimming officials at all levels.

The current process requires all officials to pre-qualify before they will be eligible to serve in any position at national championship meets. Three levels of certification—N1, N2 and N3—can be earned for stroke-and-turn judge, chief judge, starter, referee and administrative referee.

Initial certification in a position is N1. At this level, local swimming committees (LSC) establish that the official is knowledgeable, reliable and has base-level experience. LSCs may choose, but are not required, to use this designation for officials who meet this standard.

N2 certification requires at least one year of N1-level experience in the designated position and a passing evaluation by a national evaluator before it is granted. N2 certifies that the official has the qualities, experience and knowledge to perform at any USA Swimming national-level meet.

N3, the highest certification in a position, is a prerequisite for selection to the national championship deck, and has more stringent requirements. An official must complete at least one year of active service at the N2 level at the position; receive passing evaluations in the position by national evaluators at two qualifying (national-level) meets; continue officiating at the LSC level; and serve as a mentor to developing officials. N3 referee and starter certifications require additional evaluations.

A number of qualifying meets will be approved each year around the country to give officials ample opportunity to qualify at the N3 level in a position, and to recertify at the N2 and N3 levels. USA Swimming officials with previous national and national championship certifications will find transitioning provisions for their certifications extending them for two years. New certificates will be issued as those officials recertify.

Essential to the program is a group of experienced national championship officials who will serve as national evaluators to provide uniform, consistent and objective evaluation of each official and who will protect the integrity of the N2 and N3 designations so they can be relied on at all meet levels.

The new certification process is designed to provide a clear and achievable path for advancement based upon knowledge, experience and ability, and to produce well-trained N2 and N3 officials who continue to apply the rules consistently and fairly for the benefit of our partners, the swimmers and coaches of USA Swimming.

More details can be found in the Volunteers/Officials section of the USA Swimming website. ♦

*Bob Griffiths is a member of the USA Swimming National Officials Committee Certification Task Force.*



Bob Ward is known as “Mr. Referee” in South Texas Swimming. His motto is, “What can we do for our athletes?” With that as his driving force, Bob—a Life Member of USA Swimming—has been very active at the local, state and national levels over the past 15 years. He has served on the South Texas LSC Officials Committee and was the chair for several years, during which time he was a member of the board of directors. He has served as its general chairman, vice chairman and a member at-large. Currently, he is the president



Bob Ward

of the Texas Swimming Association and has been on its board of directors for the past nine years. Locally, he conducts clinics in the Austin area for new trainees and upgrades current officials to new certification levels. He has officiated at all types of meets—from beginners to the

Olympic Trials. He is a member of the USA Swimming National Officials Committee and has served on the Rules & Regulations Committee.



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# SWIM

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## TOP 10 QUESTIONS ASKED BY MASTERS SWIMMERS

BY WAYNE GOLDSMITH

*Masters swimmers all over the world are constantly asking about training, diet and technique.*

*Here are ten of the most popular questions.*

### 1. HOW MUCH TRAINING DO I NEED TO DO?

That's a great question. The answer is...as much as you want! As a Masters swimmer, you have many demands on your time—work, family and friends...just to name a few. Your training load is very much dependent on the demands on your time as well as your swimming goals.

#### *It's all about priorities:*

- If you have significant business commitments, but you also want to swim for fitness and health, then training two to three times per week is fine.
- If your goal is to break your age group's 100 freestyle record in your area, then you'll need to train more to meet your higher swimming priority. Perhaps four to five times per week might be appropriate.

Sit down before you start your swimming training program and list the top 10 priorities in your life. Then, based on where swimming is on your list, determine how much training there needs to be.

### 2. HOW DO I IMPROVE MY TECHNIQUE?

Find a good coach.

There are two basic ways to improve: the hard way and the easy way. The hard way is to keep training and training and training, and sooner or later, you will improve because you are fitter, leaner and stronger. But you will also risk injury. "Forcing" improvement by simply increasing training volume will lead to a dead end since, ultimately, your speed will be limited by your technique.

The easy way is to find a good coach and spend time every workout improving your technique. In the long term, this is the best path to speed and success.



(Photo by Peter H. Beck)

### 3. WHAT SORT OF TRAINING DO I NEED TO DO?

For most Masters swimmers, training should consist of four basic training types:

- **Speed Development:** short, explosive efforts over 10-15 meters with good technique.
- **Endurance Development:** long, slow, rhythmic, relaxed swimming over long distances at low intensity.
- **Technique Development:** skills, drills and technique work.
- **Race-specific Work:** doing repeats at your target race pace over one-quarter and one-half race distances.

Yes, I know about "anaerobic threshold" and "VO<sub>2</sub> max" and "lactate tolerance" and all that stuff, but for most Masters swimmers, they just are not relevant. Keep it simple.

Develop great technique. Get fit. Get faster. Learn how to apply it specifically to your target race. That's about it.



(Photo by Peter H. Beck)

*One of the four basic training types for Masters swimmers is endurance development. This consists of long, slow, rhythmic, relaxed swimming over long distances at low intensity.*

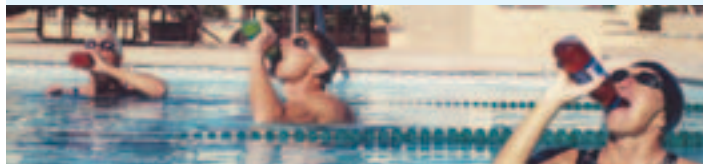
### 4. I ONLY HAVE ONE HOUR TO TRAIN, TWO TIMES EACH WEEK. WHAT SHOULD I BE DOING?

If you only have one hour to train two times each week, focus on the "Big Three": speed, endurance and technique (skills).

### 5. DO I NEED TO EAT ANY SPECIAL FOODS OR TAKE ANY SUPPLEMENTS?

No. Unless you have a vitamin deficiency or underlying illness or disease, special diets, miracle supplements and dynamic sports foods only make your urine more expensive and colorful!

— continued on 24



PICTURED AT LEFT » When you first begin swimming, make sure you have a large water bottle to use for drinking during and after training



**6. WHAT DO I NEED TO START SWIMMING?**

The will and commitment to stick to it! Swimsuits help...a good pair of goggles...a silicon cap is useful. But the most important thing is just get to the pool and start swimming. Your desire to start swimming and to improve is the most important piece of "swimming equipment" you'll need.

**7. DO I NEED TO JOIN A MASTERS' TEAM?**

Well, no, you don't need to join a Masters' team—especially if you are self-motivated and enjoy training by yourself. However, other people love the positive environment of working out with others and the camaraderie, support and friendship that exist in most Masters swim teams.

Give it a try. Go to a Masters training session. If you don't like it, try another team. If you still don't like it, maybe it's not for you. Or maybe...form your own Masters group and encourage people who share your philosophy to join.

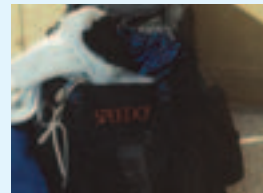
**8. I HAVEN'T DONE ANY ATHLETIC TRAINING SINCE COLLEGE. DO I NEED TO SEE MY DOCTOR BEFORE STARTING A SWIMMING PROGRAM?**

A great idea...particularly if you are over 40, overweight and have a history of illness or significant injury.

**9. WHAT EQUIPMENT DO I NEED?**

A basic swim bag would contain the following items:

- Swimsuit: good quality, comfortable and made to last.
- Goggles: not the most expensive nor the ones worn by the world record holder; just get the most comfortable goggles for you.
- Cap: silicon—they last longer and are easier to clean.
- Fins: not too big—this is swimming, not snorkeling.
- Pull Buoy.
- Two large towels: you can never have enough towels!
- A large water bottle: to use for drinking during and after training.
- Two pieces of fruit: to eat immediately after training. This will help your body recover.



**10. HOW DO I FIT IN SWIMMING WITH MY WORK, FAMILY AND OTHER COMMITMENTS?**

It's tough...but if it's important, you will find time.

Start by planning your week on paper. Write in the things you need to do (e.g., work). Then write in the things you want to do (e.g., swimming, family time).

Make a commitment to yourself to ensure that the things you want to do are as important as the things you need to do. ♦

*Wayne Goldsmith is the former sports science coordinator for Swimming Australia and currently a High Performance Swimming Consultant.*

training

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# Butterfly

## BUTTERFLY: KICK 3, SWIM 1

BY BARBARA HUMMEL

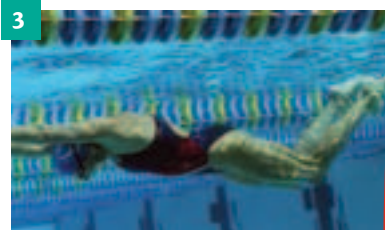
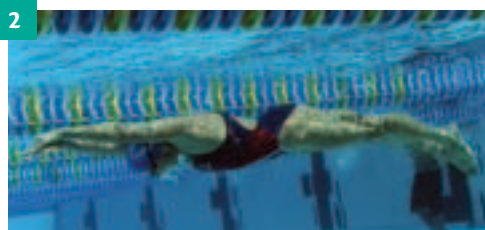
Photo by Glenn Mills • Demonstrated by Karlyn Pipes-Neilsen

*With the correct timing of the kick, butterfly can almost seem easy. What's the correct timing? For most swimmers, it means taking two kicks per armstroke. Where do you place those kicks? Here's a drill that will teach you.*

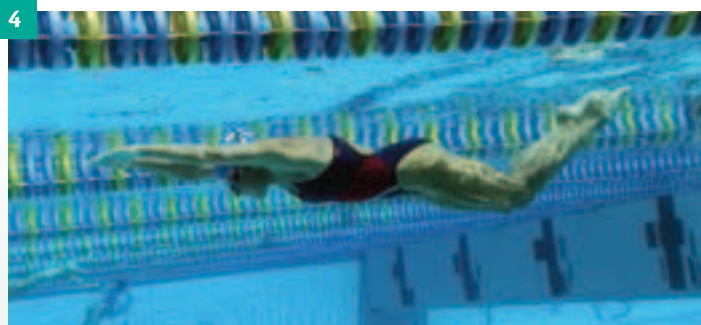
The following drill is demonstrated by Masters swimmer Karlyn Pipes-Neilsen, who currently holds 49 Masters world records, including six in the butterfly events. "Kick 3, Swim 1" is one of her favorites for working on proper timing of the butterfly kick.

If you are not a natural butterflyer, you might want to wear fins when you practice this drill.

Fins will give you a bit more power, and will let you focus on the kick rather than on getting enough air.



**PHOTOS #1, 2 & 3** Push off in streamline and take three dolphin kicks (beginning and Masters swimmers might want to take just two kicks).



**PHOTO #4** As you finish the third kick, begin your pull.



**PHOTO #5** Time the pull so that your fourth kick comes near the finish of the pull—or just as your hands are about to exit the water and go into the recovery.



**PHOTO #6** Time the recovery so that your next kick—kick #1 of the next cycle—comes just as your hands enter the water. Keep the hands out front and take two more kicks (kicks #2 and #3). Use these kicks to think about when you should start the pull so that the fourth kick comes near the finish of the pull.

*The hands exit on the fourth kick and re-enter the water on the first kick of the next cycle. In other words, kick your hands in...and kick your hands out. When you transition from "Kick 3, Swim 1" to regular butterfly, you will take only two kicks per cycle. Kick your hands in...and kick your hands out. Two kicks per armstroke.*



**PHOTO #7**

To add more focus to the drill, try the following:

- Think about using your entire body for the kicks, not just your legs.
- Set up a rhythm with your body, then fit the arms and legs into the rhythm.
- Point your toes! ♦

Barbara Hummel is editorial director and scriptwriter for GoSwim.tv. She is a Masters and age group coach in Lebanon, N.H., as well as a world Top 10 Masters swimmer.

# DO or DIET

BY EMILY MASON

*Eating the right foods can help you swim your best.*

Whether you're an age grouper or Masters swimmer, you want to do your best when you compete. Sure, you've put in the training, and your days of tapering are making you crazy with anticipation.

But there's one more thing you can do to help prepare yourself for that optimal swim: eat!

Yes, what you eat can be just as important as all of your long hours of training.

What should you eat? What shouldn't you eat? Where can you get something decent to eat when your only choices are fast food? Read on...we've got you covered!

nutrition

## BEFORE THE MEET

### STAY HYDRATED

Hydration is the single most important dietary concern for an athlete. Water and any electrolyte-replacing sports drinks are best. However, be sure not to drink just one or the other.

Sports drinks can have high levels of calories as well as sugars. USA Swimming reports, "Drinks that are too strong or concentrated can provide the fuel, but they also can inhibit fluid absorption and often lead to cramping." Mix it up: drink, say, two bottles of water and one sports drink. Another option is to mix two parts water with one part sports drink, and put it into a water bottle.

Whatever you do to stay hydrated, be sure to avoid soda. There's no benefit to drinking soda.

"It's just not nutritious," says Charlene Boudreau, a nutritional advisor at USA Swimming. "Sure, it provides a source of fluids that can help maintain hydration, but there are absolutely no vitamins or minerals in soda. It's an empty calorie food.

"Even though soda doesn't have any vitamins or minerals, it does have calories—upwards of 200 calories per can. For those who drink two to three cans of soda per day, this can add enough extra calories to the diet to gain 1-2 pounds a week!"

### EAT YOUR CARBS

Another important part of your diet is carbohydrates, which are necessary for you to be able to perform at your highest level. After workout—whether or not you are tapering—you need to replace the carbohydrates you've burned.

Nutrition bars can be a great source for replacing carbohydrates. But be sure these bars really are replacing carbs and not just stuffing you full of other things your body doesn't need. Sports gels are another option because they are chock-full of carbs.

Also, you need carbohydrates at every meal. Here are some ideas, courtesy of USA Swimming's website and the author:

■ **Breakfast:** Breakfast is the best way to start your day. It can be small and simple, or it can be a complete meal.

For light eaters, cereals that have multiple vitamins and that aren't full of sugar are a good choice. Basic-Four is one of this author's favorites. Quaker Toasted Oatmeal, Raisin Bran and Wheaties Energy Crunch are some other good recommendations.

Muffins, toast and jam, fruit, yogurt and smoothies are other options. Instant breakfast shakes can also be beneficial, but look for the sugar breakdown and what vitamins and minerals are included. Also, blend with low-fat or skim milk.

If breakfast is your favorite meal of the day, pancakes with syrup or French toast

### STAY HYDRATED

Hydration is the single most important dietary concern for an athlete. Water and any electrolyte-replacing sports drinks are best. However, be sure not to drink just one or the other.



## HealthWAVES

### The Aqua-Active Lifestyle

#### HOW LONG OR HOW INTENSE?

Which is better for you: a long, relatively leisurely workout, or a shorter, but much more intense workout? The issue has been debated for decades with the answer depending, at least in part, on why you work out. Is it mainly for competition or primarily to reduce the risk of heart disease and maintain a moderately high level of fitness?

Now, a new study, published in the journal, *Chest*, has weighed in strongly in support of those who argue for longer, less intense workouts. According to the researchers, increasing the amount of brisk aerobic exercise you do improves fitness and lowers the risk of heart disease significantly more than increasing workout intensity. For optimal fitness and heart health, the study recommended "brisk" aerobic exercise for two to three-and-a-half hours a week, or the equivalent of swimming about three miles per week—a pace that most Masters swimmers would characterize as "leisurely," rather than "brisk."

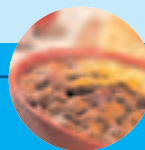




### EAT YOUR CARBS : BREAKFAST, LUNCH & DINNER

Another important part of your diet is carbohydrates, which are necessary for you to be able to perform at your highest level. After workout—whether or not you are tapering—you need to replace the carbohydrates you've burned.

- Breakfast is the best way to start your day. It can be small and simple, or it can be a complete meal.
- For some people, lunch isn't a big deal, but for others, it can be their biggest meal of the day.
- If you've had it with spaghetti, try some ravioli, lasagna or tortellini. What about pizza? Yes, pizza can be OK.



minus the powdered sugar are good choices. Eggs are great too—try combining them with toast and fruit to round out the meal.

A breakfast burrito with eggs, cheese and a little meat can be dangerous if you're frequenting a fast-food restaurant, but if you prepare it at home and use healthy ingredients, it can serve as a nutritious breakfast. Oatmeal, hot or cold, is another great start to the day—toss in some raisins, but go easy on the brown sugar (it's still sugar!).

■ **Lunch:** For some people, lunch isn't a big deal, but for others, it can be their biggest meal of the day.

Simple meals such as peanut butter and jelly or hummus and some pita bread are good. And be sure to toss in some fruit, veggies, water or juice. Sandwiches are always a good call—you get your carbs from the bread, and you also get protein from the meat and cheese. But don't go crazy with the condiments—

many have a high salt content that can lead to dehydration. Light mayo, a little mustard is OK—just don't drench your food.

Soups and stews are another great choice for lunch. Try homemade because the sodium levels in canned soups are astronomical. Homemade chili is awesome, too—you get beans, tomatoes and a little ground beef to fill you up.

■ **Dinner:** It's dinner time, and anyone who has been in the sport for a long time has heard over and over to eat pasta. But pasta will cause your insulin to shoot up and then crash. So let's look at some ways to spice up that pasta and prevent an insulin crash.

Try adding some meatballs to your spaghetti, or substitute ravioli, lasagna or tortellini for spaghetti. Make a casserole with noodles, chop up some chicken, throw in some corn and a can of creamy soup, and bake. You don't even have to deal with tomato sauce. Another good

option is noodles, cheddar cheese and some ground beef for a homemade "hamburger helper"; you can add vegetables to it as well.

What about pizza? Yes, pizza can be OK. Try making your own and avoid those chain restaurants—they usually have more processed methods to getting the pizzas baked and out to customers. Try "mom and pop"-type places that still deliver. Order a veggie pizza or a Hawaiian pizza with or without the ham. Just don't get the meat lover's (*aka* the "coronary") pizza. One topping of meat is plenty.

Speaking of meat, try some chicken, turkey or even a little serving of steak for dinner. Serve with a side of vegetables, a baked potato, rice or beans, and you're ready to go. Fish is another option—just not fried! Try wok-fired salmon or seared mahi-mahi. It is easy to make your own Jamaican jerk to give your fish some kick, and it works great with meats and stir-fry!

— continued on 28

### EAT FISH: IT'S A NO-BRAINER



The evidence keeps on rolling in that the essential omega-3 fatty acids found abundantly in such fish as (wild) salmon, herring, trout, tuna or mackerel can have extraordinarily positive impacts on health for people of all ages as well as on brain development in infants and young children. These fatty acids reduce inflammation throughout the body and are particularly important for brain development and function.

If you don't like fish—or nuts that are rich in omega-3s—consider taking a tablespoon or capsule of fish oil or flaxseed oil daily. Make sure you get pharmaceutical grade oil.

Omega-3s have also been shown to improve cardiac health, decrease the risk of stroke and even help in weight loss. If that weren't enough, a new study performed by the French Institute of Medicine and Research and published in *The Archives of Neurology* reports that eating fish just once a week can also protect the brain against the degenerative dementia associated with old age. The study found that people who ate fish at least once a week were 13 percent less likely to develop dementia than those who ate fish less frequently or not at all. This was true even if the non-fish eaters increased the amount of fruits and vegetables they ate.

## AT THE MEET

When you're away from home, there are still plenty of healthy foods available to you:

### ■ Snacks

- Dry cereal (e.g., Frosted Mini-Wheats, Honey Nut Shredded Wheat)
- PBJ sandwich halves
- Granola bars
- Power Bars
- 100% juice boxes
- Whole fruits (e.g., orange, peach, nectarine)
- Container of berries (e.g., strawberries, raspberries, blackberries)
- Yogurt with side of grapenuts cereal for mixing
- Individual packets of oatmeal
- Trail mix (e.g., nuts, raisins, dried cranberries, mini-pretzels, chocolate chips or M&Ms)
- Water
- Electrolyte drink (e.g., Gatorade, Powerade)

### ■ Breakfast:

*At a Fast-Food Restaurant:* Hot cakes with syrup (hold the margarine and sausage), orange juice, low-fat milk; or cold cereal with low-fat milk, orange juice, apple, bran or blueberry muffin.

*At a Convenience/Grocery Store:* Fruit-flavored yogurt, large bran muffin or pre-packaged muffins, banana, orange juice, low-fat milk.

*At a Family-Style Restaurant:* Pancakes, waffles or French toast with syrup (hold the margarine, bacon and sausage), orange juice and low-fat milk.

### ■ Lunch

*At a Fast-Food Restaurant:* Wendy's: chili, side salad or baked potato. Arby's: Market Fresh sandwiches; choose

between the fries and frosty if you must, but don't have both! McDonald's: Fruit and yogurt parfait, chicken fajita or side salad. Sandwiches from Subway, Togo's or Quizno's are always a good choice.

*At a Convenience/Grocery Store:* Fruit-flavored yogurt, fruit, ready-made sandwiches or options from the deli. If you are lucky enough to have a refrigerator where you are staying, stock up on your own sandwich-making materials, fruit, yogurt and veggies.

*At a Family-Style Restaurant:* Stay away from fried foods and place an emphasis on your carbohydrate intake. Eat light, especially if you are competing again in the evening—you don't want to feel like you have a rock in your stomach when you swim. Sandwiches, soups and salads are your best bet.

### ■ Dinner

*At a Fast-Food Restaurant:* Follow the same guidelines as lunch.

*At a Convenience/Grocery Store:* Try an already cooked chicken—you can usually find them at the checkout stands along with fresh baked bread.

*At a Family-Style Restaurant:* The options are endless. May I recommend Sweet Tomatoes and similar establishments? You can get nearly anything you want—salad, soup, pasta, bread, fruit, pizza, dessert...it's awesome!

### REMINDER

Never overeat under the guise of "I have to refuel my body." Make good choices, and when you are full, you are full, so stop eating! ♦

*Emily Mason, an NCAA champion from the University of Arizona and a member of the 2005 U.S. World Championship team, is an administrative assistant at Swimming World Magazine.*

## HealthWAVES *The Aqua-Active Lifestyle*

—continued from 27

### ANOTHER REASON TO SWIM

We all know that swimming is one of the very best things you can do to remain healthy. It feels so relaxing and invigorating. And when you finish a 45- or 60-minute workout, you feel renewed and refreshed, the day's tensions and frustrations washed away into the gutters or swept away by the waves. Now, a new study provides evidence that those feelings of renewal are far from superficial.

The longitudinal *Framingham Offspring Study* reports that constant tension and anxiety significantly increases the risk of early death in

both men and women. The study tracked 4,000 subjects for 10 years. During that time, the subjects who reported feeling higher degrees of anxiety and tension on a daily basis were found to be 25 percent more likely to develop heart disease and 24 percent more likely to experience abnormal heart rhythm than the less-stressed subjects. Ominously, they were also at a 23 percent greater risk of dying earlier.

Just one more powerful incentive to dive in and start stroking.



### EASE THE PAIN

Olives, rich in heart-healthy unsaturated fatty acids and nutrients, are a staple of the Mediterranean diet. But, it turns out, you may need to find a place for olive oil in your medicine cabinet as well as your pantry.

A new study, published in *Nature*, found that a compound in olive oil may offer pain-relieving properties similar to those of aspirin and ibuprofen. The compound, oleocanthal, is a known anti-inflammatory that blocks pain-causing COX enzymes.

While a couple of aspirin or ibuprofen tablets contain more concentrated pain relief than a single serving of olive oil, long-term consumption of olive oil—particularly extra-virgin olive oil—may help protect against chronic pain.

# SURVIVE & thrive

## LIFE-OR-DEATH TERROR

BY P.H. MULLEN

*Phil Barr found himself in the middle of a fire that killed 100 people. He had suffered second-degree burns to his face and arms as well as severe internal damage to his lungs. Yet a year-and-a-half later, he was back swimming for Bates College and would later win the 2005 NCAA Sportsmanship Award, arguably the NCAA's highest student-athlete honor.*

The fire spread faster than seemed possible. The ceiling was on fire. Fire was falling from the ceiling, and pandemonium owned the concert floor.

Phil Barr, then 21, fought through the stampede for an emergency side exit. Smoke billowed. People were shrieking, falling. Barr nearly made it. Then he tripped.

It was Feb. 20, 2003, and the Bates College swimmer was in the middle of the fourth deadliest fire in American history.

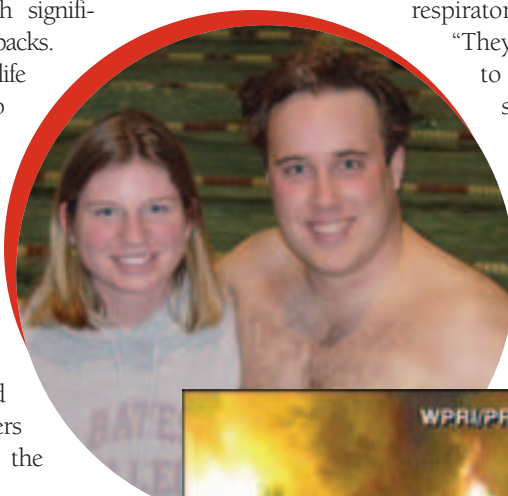
The Station, a packed concert roadhouse in West Warwick, R.I., burned to the ground that night after the pyrotechnic show of the '80s rock band White Lion ignited its ceiling. One hundred people died, nearly all of them trapped inside.

For a year, "Survive & Thrive" has profiled remarkable individuals who triumph through significant health setbacks.

We've met real-life champions who have battled cancer, rare diseases, organ failure and horrific accidents. Some can't break 40 seconds in a 50 yard freestyle. Others have raced in the Olympics.

**ABOVE »** Phil Barr and girlfriend, Kara Stenback (a fellow Bates 2005 grad) take a break at a Bates College swim meet in Lewiston, Maine.

**RIGHT »** The fire at The Station in West Warwick, R.I.—shown here on CNN—was the fourth deadliest fire in American history.



But none experienced the magnified life-or-death terror of Lincoln, R.I., native Phil Barr.

The sprinter tripped and fell briefly unconscious. He awoke to find a body on top of him. Believing he was on fire, he shoved it aside and stumbled toward the door. His friend discovered him near a fire truck, coughing up blood and screaming hysterically into a cell phone.

At the Rhode Island Hospital, Barr looked better than most of the other 62 victims (more than 40 would go to ICU, which became a triage burn unit). His face and arms were scorched with second-degree burns, and he received third- and fourth-degree burns on his back. But the real damage was internal. His lungs were ruined.

"On the fourth day, I went into respiratory failure," he says.

"They put me in a coma to save me. Doctors said it was the most severe case of inhalation damage the hospital had ever seen."

Several times daily the doctors per-

formed a bronchoscopy to clear soot and blood clots from his lungs. His chance of survival hovered around 20 percent.

When he was eventually released, Barr, who is handsome, articulate and personable, had only 45 percent of an average man's lung capacity. Since he was an athlete, his lungs probably had been larger than average. Therefore, he probably lost significantly more capacity than testing suggested.

### PROGRESS EVERY DAY

"In the hospital, I had the tubes in my nose and a tracheotomy tube to let me breathe," he says. "I couldn't talk, but I could write. The first thing I wrote to my Dad was, 'I hope to make progress every day.'"

That became his personal credo. Over the next year of at-home rehabilitation, Barr slowly graduated from walking to the mailbox to working out with kettlebells and a trainer. He credits his family with making it possible. He took classes at Brown University. After six months, he tried to swim and managed a single lap in the Brown pool. After nine months, he was swimming 200 meters once per week.

"I didn't care if I did 200 meters or 10,000; it just felt normal to be back in the water."

Barr stayed busy by co-founding with 10 other survivors The Station Family Fund, an organization to assist the fire victims and their families. To date, it has raised more than \$750,000.

A year-and-a-half after the fire, Barr returned to Bates. By now, his lung capac-

— continued on 30

ity was nearly 90 percent of a normal person's. He rejoined the Bates swimming team—a feat so remarkable and unexpected that *Sports Illustrated* noted it. His story was told in *Esquire Magazine*.

It's easy to be passionate about our sport when you live in California or Florida, where the sun heats your back in January and those beautiful outdoor pools sparkle. It takes a tougher, rawer breed of swimmer to embrace the water through the long, cold winters of Lewiston, Maine, where Bates is located.

The Division III school isn't anyone's idea of a swimming powerhouse. The stands don't fill at meets. No one is close to making USA Swimming nationals. At Bates, you don't swim for money, attention or glory. You swim for the pleasure of feeling your body strain against its limits.

Barr dove right in. Of course he did. He defines "Survive & Thrive."

When life kicks you, you rub the pain and stand up.

When life breaks you, you pick up the pieces and glue them together.

Do you know a swimming  
**SURVIVE & thrive** story?  
Send us an e-mail to [editorial@SwimmingWorldMagazine.com](mailto:editorial@SwimmingWorldMagazine.com)



**ABOVE** » Two people instrumental to Barr's recovery were his pulmonologist, Dr. Walter Donat (center), and trainer, Anthony Diluglio (right).

**LEFT** » Barr slowly graduated from walking to the mailbox to working out with 72-pound kettlebells. The scar on his right triceps is from a third-degree burn sustained in the fire.

**FINISHING IN STYLE**

Surprising many—but not himself—he raced the entire season, getting through frequent coughing fits, and graduating from the 50 yard freestyle to his old races, the 100 yard butterfly and freestyle.

The season's final meet, the New England Small College Athletic Conference Championships, was Barr's moment to crown his recovery. Then he

contracted pneumonia and had to withdraw.

But Bates Coach Dana Mulholland had other plans. He wasn't going to let his most determined athlete end his career this way.

So when Barr showed up to cheer, Mulholland put him in a medley relay in prelims. Sick and exhausted, Barr still posted his season's fastest time. Then he gave up the relay spot in finals to a teammate.

The small, selfless gesture was noticed. The two-year recovery was noticed. The three-fourths of a million dollars raised by The Station Family Fund was noticed. Last August, Barr won the 2005 NCAA Sportsmanship Award, arguably the NCAA's highest student-athlete honor.

Today, Phil Barr has a degree in economics and works in investment banking at J.P. Morgan. He owns a YMCA card and swims twice per week—nothing fancy, just some aerobic laps for conditioning. He keeps his inhaler with him at all times.

He doesn't know what comes next. He loves his job and his new life in New York City. He loves his chance at living.

"I've spent 2-1/2 years climbing a mountain," he says. "It's time to really enjoy what I'm doing."

First there was a fire. Then there was pool water to put it out forever. ♦



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*P.H. Mullen, a Dartmouth graduate, is the author of the book, "Gold in the Water."*

aquatic lifestyle



# Swimming TECHNIQUE™

THE "HOW-TO" FOR BETTER SWIMMING



## COACH REESE

(Photo by Bill Collins)



*Eddie Reese, Head Men's Coach  
University of Texas*

*Since 1978, when he became head men's coach at the University of Texas, Eddie Reese has established a truly extraordinary tradition of excellence in collegiate coaching.*

*An eight-time NCAA Coach of the Year and two-time head coach of the U.S. men's Olympic team, Reese has led Texas to nine NCAA team titles, including three in the last five years.*

*After placing 21st at the NCAA Championships in his first season at Texas, Reese's teams have never finished lower than fifth at the national meet. He also has won 25 consecutive conference titles. Along the way, Reese has developed 39 NCAA individual champions, 29 national champion relays, 132 All-Americans and 22 Olympians who have won 21 gold medals. In 2002, he was inducted into the International Swimming Hall of Fame.*

## GETTING IT RIGHT

BY PHILLIP WHITTEN

*Coach Eddie Reese knows the importance of technique in training. It's his job to tie everything together and to emphasize to his swimmers how important technique is to achieve success.*

**Q: *Swimming World Magazine:***

**What role does technique play in your program?**

**A:** Coach Eddie Reese:

Are you asking me what role does technique play in the swimmers' opportunity to be as good as they can be?

**Yes.**

I believe that most swimmers reach about 90 percent of their potential. If they don't have good basic stroke mechanics—if they're not mechanically sound—then they only reach about 90 (percent) of that 90 percent. So now they're down around 81 percent. That's when you have people with more talent get beaten by those with less talent—they get their strokes right and work harder.

I just try to tie up everything—technique, not only of strokes, but also turns, break-outs, starts, push-offs, entry into the wall—and I emphasize how important it is to achieve success.

**Is that something that you do early in the season, or do you do it all season long?**

All season.

**Is it built into the workouts?**

Well, yes. It's planned. Take last week, for example. We spent 20 minutes on turns on Tuesday because we had really bad turns and relay starts against Berkeley and Florida, which is not unusual early in the season. Today, we'll have another 20 to 30 minutes that we're going to devote to the same skills.

**What form does it take—do you do drills?**

Drills. Also (Assistant Coach) Kris Kubik and I watch them. What we're doing a little bit more now is this: when there are three guys in a lane, we'll have one of them stand out and we'll tell him, "All right, you watch the backstroke." By doing this, they get some coaching by their peers, and the results are amazing.

And you know the saying, "You don't learn it until you teach it"? Well, the ones who are coaching get a lot better just through the teaching and the understanding that comes from teaching. Of course, Kris and I walk around during that time and make sure that they're telling their teammates the right things, but we don't take it over.

**Do you devote specific sessions just to technique?**

Yes. We start at the beginning of the year and go four days on each stroke. Everybody does everything. After two days this year, I told Kris, "I can't watch any more breaststroke." We have some breaststrokers who are in the "never-ever-in-public" category. They just can't ever swim it in public.

But we stuck it out, and by the third day, it was like the dawning of a great new miracle. Everybody figured it out. They

— continued on 34

coaching

**COACH REESE**—continued from 33

may not have been moving forward real fast, but technically they were OK. What else can you ask?

So yeah, we take the first 16 days of practice and spend four days on each stroke, and everybody does every stroke. If we're doing backstroke, it doesn't matter if you're Aaron Peirsol or Eddie Reese. Everybody gets to do it.

**You've had some swimmers with great underwater technique—**

**Neil Walker, Nate Dusing and Ian Crocker, to name just three. Do you also spend four days on underwater technique?**

No. The underwater comes in on the days when we're working on fly, back and free, though actually we did spend a couple extra days on underwater technique this year. But we do that by incorporating it into an easy warm-up.

Say we're doing 12 100s on 1:30 warming up. Well, you have to spend 10 seconds of your rest period doing vertical fly kick—that's 25 or 30 kicks. Then you've got to do extended underwater kicking on every wall for every stroke except breaststroke. We just incorporate underwater technique into our daily life.

**So technique is something you do on a regular basis.**

Yeah. If you wait 'til the end of the year to do stroke technique, you still resort to the longest and strongest habit. So, four or six weeks before the (NCAA Championship) meet is not the time to try to change those habits.

If you do that, as a coach, you get upset because the swimmers aren't doing what you tried to teach them. That's because you started too late. You need to work on it consistently during the week now (in November) if you want them to do it right in March.

**Eddie, you said something earlier when you were talking about teaching breaststroke technique along the lines that your swimmers' stroke looked pretty ugly until the**



**ABOVE » Eddie Reese**

*Eddie Reese believes that most swimmers reach about 90 percent of their potential. "If they don't have good basic stroke mechanics," he says, "then they only reach about 90 (percent) of that 90 percent. That's when you have people with more talent get beaten by those with less talent—they get their strokes right and work harder."*

**third day. Then all of a sudden they seemed to "get it." Is that process—where there's no visible change at all for a while and then, seemingly all of a sudden, there's large-scale change—is that pattern one you commonly see when teaching technique?**

Not really. But back in the '80s, I had a young man who was a pretty good IMer. The only thing holding him back was his breaststroke. We worked on it all year long and into the following November. Nothing. Then all of a sudden, he had it. It was 16 or 18 months after we started working on it. So I asked him, "How did you do it?" And he said, "I just decided it was time to get it right."

I am a firm believer in that's what happens with every aspect of technique. If they make the decision that they're going to make the change—that it's going to get done—then it gets done...because there's nothing I can do to make them do it or get them to do it. They have to make that decision.

**At the level of athlete that you're coaching—athletes who range from national-level to world-class and world record holder...**

...all the way down to you...to your level.

**To my level?**

Yeah (laughing). Well, almost...down to the level where they're pretty good for their age group.

**OK, from world-class down almost to my**

**level...what kinds of flaws do you see?**

The same ones that 10-and-unders have. It's consistent. I mean, people—other coaches—will come in to watch my workout and they'll say, in surprise, "You have trouble getting them into the water when you want them in, too!" And I'll say, "That's universal!" That's not going to change. I can't work a miracle where they all decide, "We're going to get in on time today." They may be world-class, but I still have people who don't like those first 30 seconds in the water, and they don't want to get in...I was one of those. I understand that.

**So you see...**

...I see backstrokers overreaching on their entry; breaststrokers doing all kinds of goofy things with their head; flyers coming out way too high or entering the water with their palms; freestylers—you name it. I've seen it all.

**So it's not as though you're seeing a higher, or more sophisticated class of errors.**

Well (laughing), they want to think that.

**Now, you have three guys who are the world record holders in their stroke—the fastest human beings who have ever swum the backstroke, breaststroke and fly. All three of them are not only hard workers and superbly conditioned, but they are technically extraordinary. Take Ian (Crocker), for example. I've watched Ian for six or seven years, during which time he's gotten to the point where, technically, he seems to me to be close to perfect.**

Yes, he is good. And he deserves most of the credit for that, but USA Swimming deserves some of it, too.

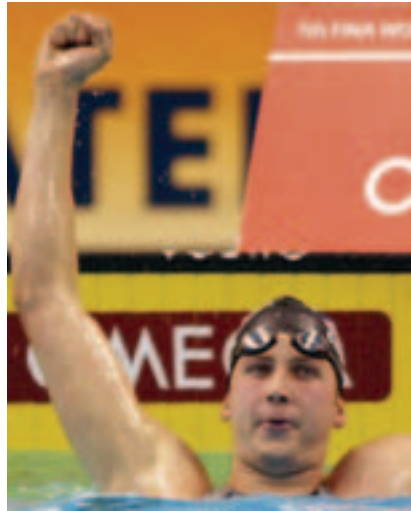
**How so?**

They measured the amplitude of his stroke—from how high his head comes out of the water to how deep his feet kick, which is a major indicator of efficiency. As that distance gets greater, it takes you longer to have to get through the stroke because you have to travel a greater distance. So if your toes go down a foot-and-a-half, and your head comes up a foot, you have an amplitude of two-and-a-half feet. In the physical world, at least in theory, the smaller the amplitude, the greater the potential for speed...or, the easier the potential for speed.

Right. And Ian's fly is very flat.

That's right. If you watch him swim, you'll see just how flat he is. I mean, he's kicking and he's pulling, but he just doesn't come up very high. I don't believe there's any other butterflyer out there who's got anywhere near his amplitude.

(Photo by Brent Smith, Reuters)



ABOVE » Ian Crocker

USA Swimming measured the amplitude of Ian Crocker's butterfly stroke—from how high his head comes out of the water to how deep his feet kick, which is a major indicator of efficiency. "I don't believe there's any other butterflyer out there who's got anywhere near his amplitude," says Reese.

Intuitively, that makes a lot of sense, but I've never heard of any studies where amplitude was measured.

We'd looked at it and talked about it, but, you're right, we'd never measured it. USA Swimming measured it. They measured it on some of the other top butterflyers in our country and found a significant difference. We'd already known about it, but we were hoping they wouldn't point it out.

But it's not just his stroke. It's his entry, his turns. Every aspect of his race appears to be nearly perfect. You can really see it when he's up against another world-class flyer like Michael Phelps or Andriy Serdinov. Don't get me wrong—those guys are superb flyers. They're incredible. But you still can see that difference between guys who might be 97 or 98 percent perfect and Ian, who appears to me, at least, to be at 99 percent or better.

He works on it, so a lot of credit goes to him. Ian is 6-5 and has long arms, and he's just now getting to the point where he has the strength to make those arms a positive asset. As he gets stronger, he'll get faster—as long as he doesn't put on any thick-

ness in the shoulders and the chest. And so far we haven't done that. That would increase frontal resistance, and then he'd have to get stronger just to overcome that. I'd rather he get stronger and not change his shape.

I know Ian's doing weight training, so how do you ensure that he does not put on muscle in his upper body?

You can't. He's 6-5, and he's kept his body weight in the upper 180s when he races. So, he's a slender feller.

Ian is a very good jumper, he's fast, he's got some fast-twitch (muscle) fibers, great technique and he trains hard. That's a terrible combination. That's no fun for the rest of us...for his competition. It's like Michael Phelps. As good as he is, with an ideal physique, if he's also the hardest worker in the world, what is out there for anyone else? ♦

coaching



Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) for the second part of the interview.



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# Freestyle

## — FREESTYLE: BROKEN WRIST DRILL —

TEXT AND PHOTOS BY GLENN MILLS • DEMONSTRATED BY KARLYN PIPES-NEILSEN

*In teaching a high-elbow pull, coaches sometimes tell swimmers to lead with their fingertips pointed down. This is to encourage the hand to drop below the elbow, and to help the swimmer create a pulling surface or “ledge” with the hand. There’s a danger, however, in asking for the fingers to point down.*



**PHOTO #1**

In learning a high-elbow pull, some swimmers may take the advice of leading with their fingertips pointed down too literally. They point the fingers so sharply that they create a 90-degree angle between forearm and hand. This “broken wrist” actually causes you to lose connection with the water.



To get maximum leverage for a powerful pull, it’s important to create a single, large surface area with the hand, wrist and forearm. Ideally, you want to form a straight line from fingertips to elbow.



**PHOTO #2**

As you extend your arm forward, feel the connection along your hand, wrist and forearm. If you focus on reaching far forward on the extension, you’ll realize that this puts everything—hand, wrist and forearm—in a very nice line.



**PHOTO #3**

When you initiate the pull, angle the front of the arm down, but don’t allow the wrist to pivot or angle away from the forearm (this is the broken wrist). Within reason (which means do your best), keep the line between your fingers and elbows as straight as possible during the pull.



**PHOTO #4**

As the pull continues, keep the elbow high and try not to break the wrist. As much as possible, maintain a straight line from fingertips to elbow.



**PHOTO #5**

The forearm, wrist and hand muscles may be stronger on one side than the other. Be aware of this as you try to develop symmetry, left to right.

**PHOTO #6**

The goal is not to collapse the elbow...and not to collapse the wrist. The combination of a high elbow and a straight pulling surface along the forearm and palm yields maximum leverage and power. ♦

Glenn Mills is *Swimming World Magazine’s* technical advisor. Check out his website at [www.goswim.tv](http://www.goswim.tv).



ABOVE » Karlyn Pipes-Neilsen

Check out *Swimming World Interactive* at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) to see a video of the “Freestyle: Broken Wrist” drill.

# WHEN WILL YOU PEAK?

BY GENADIJUS SOKOLOVAS

*Most elite-level swimmers achieve their best performances at an optimal age. But what constitutes the optimal age? It depends, in part, on what events they swim. Normally, swimmers reach peak performances at or near the end of their career training.*

To design a long-term training plan, it is important to know the Age at Peak Performances (APP) for various swimming events. Another important factor in a long-term training plan is performance progression. If swimmers are progressing too fast, they may burn out before reaching their APP. On the other hand, if swimmers are progressing too slowly, they may not reach their individual potential at the end of their career training.

Long-term studies of elite-level swimmers reveal that there is an optimal rate of performance progression. When preparing a career training plan, coaches should ask three basic questions:

- At what age should my swimmers reach peak performances?
- Is there an optimal annual rate of performance progression?
- Can we use performance progression to manage the workload volumes and intensities?

In this article, these questions will be addressed based on statistical analyses of performance progression for more than 150 elite-level swimmers, including Olympic champions and world record holders.

## AGE AT PEAK PERFORMANCE (APP)

Normally, swimmers begin their long-term training at the age of 6 to 8 years. If athletes begin swimming earlier, they may have more time until APP.

The difference between APP and the beginning of long-term training creates what we call “time reserve” for getting the maximum growth and development of the athlete’s potential. By

knowing APP and “time reserve,” coaches can design appropriate workloads in a career training plan.

One of the methods to find APP is to calculate the mean age of the ten best swimmers in history for each event. The average age of the current ten best swimmers in history for long course meters (LCM) events is presented in **Table 1**.

**TABLE 1**

**Ave. Age of Current Ten Best Swimmers in History for LCM (M ± SD)**  
(Note: M = mean age. SD = standard deviation)

Event	Men (Years)	Women (Years)
50 Free	24.8 ± 3.2	24.8 ± 5.3
100 Free	23.7 ± 2.5	20.9 ± 3.6
200 Free	23.4 ± 3.3	21.3 ± 4.3
400 Free	21.0 ± 1.4	19.1 ± 2.5
800 Free	N/A	20.3 ± 3.8
1500 Free	20.1 ± 1.7	N/A
100 Back	22.4 ± 2.7	19.4 ± 2.5
200 Back	22.4 ± 2.4	18.6 ± 2.0
100 Breast	22.7 ± 1.2	21.1 ± 3.0
200 Breast	21.5 ± 2.7	20.0 ± 2.8
100 Fly	23.2 ± 3.0	23.8 ± 5.3
200 Fly	23.8 ± 4.0	21.3 ± 4.6
200 IM	20.4 ± 1.7	19.1 ± 2.4
400 IM	21.0 ± 1.9	18.4 ± 2.1

The oldest swimmers are in the men’s and women’s 50 meter freestyle (24.8 years). The difference between the average age of history’s ten best swimmers for sprinters and distance swimmers may reach four to five years. This pattern is similar in both genders.

In most events, the age at peak performance for women is 1-4 years younger than men. It should be noted that there is greater variability in the age of peak performance in women compared to men. Variability is slightly lower for longer distances. This kind of analysis indicates differences in age of peak performance between men and women, as well as among distances and strokes, although it does not explain them.

## WINDOWS OF PERFORMANCE PROGRESSION FOR SWIMMING EVENTS

In order to understand how elite-level swimmers were developed, we analyzed the long-term performance progression for world-best swimmers, including world record holders and Olympic medalists. We assumed that if a swimmer was a world record holder or Olympic medalist that his or her career training plan was done correctly.

— continued on 38



**ABOVE »** Gary Hall Jr.

Studies show that the oldest swimmers are in the men’s and women’s 50 meter freestyle. When Gary Hall Jr. (above) won the 50 free at Athens in 2004, he was 29—the oldest U.S. male swimming Olympian since Duke Kahanamoku in 1924.

statistical analysis

For over 20 years, we have collected individual performance times of elite swimmers during their entire developmental career. From the data, we have evaluated the characteristics and differences of performance progression for both men and women. The relationship between swimming time improvement and age is exponential. For example, the older the swimmer, the slower the rate of progression becomes.

After analyzing more than 150 of the best swimmers' performance histories, we found distinguishing differences between sprinters and distance swimmers. The longer the distance, the faster the rate of performance progression becomes.

Recall from **Table 1** that the longer the distance, the younger the age at peak performance. Additionally, women in some events have earlier APP and, therefore, their rate of progression may be accelerated.

Typically, reliable data collection regarding career training is not feasible prior to age 11. Therefore, our mathematical models begin at age 11. Based on the best swimmers' performance histories, we calculated optimal models for performance progression for each Olympic swimming event.

The range of performance progression times is relatively wide at age 11. This gap is dependent largely upon the age at which the athlete begins career training. During the career training process, the gap and the difference between lower and upper levels is substantially reduced, reflecting a smaller and smaller portion of the swimming population.

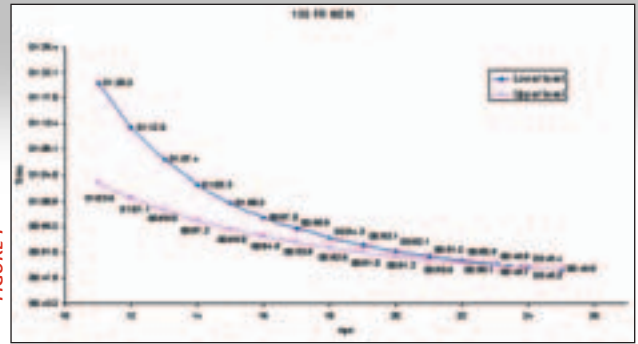


FIGURE 1

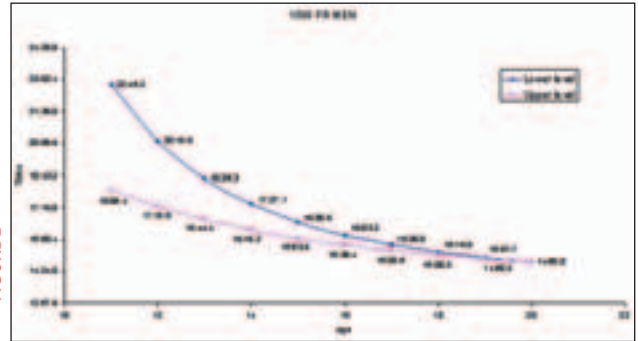


FIGURE 2

### PRACTICAL USES OF WINDOWS OF PERFORMANCE PROGRESSION

The windows of performance progression are optimal models. Some elite-level swimmers may be slightly outside present-ed models. However, these models cover about 70 percent of elite-level swimmers.

Coaches may use these models as tools to help in the management of individual career training plans. Optimally, coaches should have their swimmers try to achieve performances in the middle of the suggested time ranges, depending on age and gender. The volume and intensity should be adjusted accordingly to where the swimmer fits within the time ranges.

If the individual performance of the athlete is close to the lower level of the windows, then the coach should choose appropriate workloads that would ensure higher rates of performance progression the next year. Corrections need to be made to the workload prescription at the beginning of each season based on past performance and future performance goals.

If the individual performance of an athlete is close to the upper levels of the windows, then the coach should choose the correct workloads that would ensure optimal rate of performance progression. The goal should be to achieve the necessary level of performance with minimum workload intensity.

Minimum intensity will ensure a higher rate of performance potential in the future. High intensity volumes are a tremendous stress on the human anatomy, and, therefore, should not be exhausted at the beginning of biological maturation.

The models presented here (men's 100 and 1500 meter freestyle) can help to predict individual performance progression for swimmers and help alter training programs accordingly (see **Figures 1 and 2**). ♦

*Genadijus Sokolovas, Ph.D., is USA Swimming's director of physiology. If you are interested in getting the kind of data presented in this article, please contact Genadijus Sokolovas at [gsokolovas@usa-swimming.org](mailto:gsokolovas@usa-swimming.org).*

statistical analysis



# Teaching TEACHING BREASTSTROKE TO

BY OTTO HINKS

*Young swimmers in the 4- to 6-year-old age bracket are capable of developing a very good fundamental, technically correct breaststroke if power and speed are de-emphasized and replaced by an emphasis on being calm and working with the water.*

## JELLYFISH FLOATS

In the introductory phase, we incorporate jellyfish floats, where we concentrate on the swimmers developing an awareness of their balance and position in the water by letting them just float faces in the water without propulsion, hands dangling down or quietly extended to the side. Our emphasis is on relaxing and letting the water maintain their body position.

## GETTING A BREATH

From this jellyfish float position, we have the swimmers raise their head, get a breath and re-submerge. They will sink a bit, but we encourage them to wait and let their quiet body position help them return to the surface. As they become more comfortable, we have them try to repeat this exercise three to four times sequentially. Each time, we let them get their breath and return their faces to the water and begin exhaling.

## PULL/PUSH

The pull/push sequence is one of the most difficult concepts for young swimmers to comprehend. Oftentimes, they try to extend their hands past their chest.

We begin with an emphasis on the circle aspect of the pull. In our terminology, the word “push” in this stroke helps the children to understand where their hands are going in the recovery phase of the stroke.

In the circle push drill, they will pretend to be mixing cookie or pizza dough in a bowl. They will then try to pull the dough apart. These drills can be done initially from a standing position on the pool deck, the steps of the pool or in shallow water, eventually progressing to a face-down position while floating. Again, we de-emphasize the power and speed aspects of the stroke by concentrating on the stroke motions without power.

To help the children understand the breaststroke nature of the motion, we have them lie on the pool deck on their belly, facing the water with their shoulders extended a little

past the edge of the deck over the water. We then have them pull the water back toward them. In this position, they are unable to take the stroke any lower than the breast area. We let the elbow bend happen naturally. It seems to come without a lot of emphasis.

We occasionally have the children swim with a noodle placed under their armpits as they try to move through the water, relying on their pull and push. This relieves their anxiety about having to coordinate their breath with the pull/push aspects of the stroke in its earliest stages.

With younger swimmers, we let their head rise more above the water line than with older swimmers to get those initial breaths. We do not introduce the breathing aspects of the stroke until the swimmer is connecting sequences of two or three strokes with their kick. We also emphasize a streamline with the glide with the head in-line with the body during the glide phase of the stroke as more power comes into the kick.



## NOODLE

*We occasionally have the children swim with a noodle placed under their armpits as they try to move through the water, relying on their pull and push.*

# Breaststroke

## 4- TO 6-YEAR-OLDS



### KICK DRILL

*Beginning the introduction of the breaststroke kick on the back helps the swimmers to keep the knees in line with the shoulders and torso.*



### TEACHING ON DECK

*Having the swimmers sit on the side with their feet extended over the water, practicing the kick, is a great place to focus on keeping those toes pointed out and the feet flat.*

### KICKS

Beginning the introduction of the breaststroke kick on the back helps the swimmers to keep the knees in line with the shoulders and torso, and they get the sequence of the feet up to the buns and then out. Oftentimes, we will have the children hold a small kickboard on their chest as they practice the rhythm of the kick on their back.

Having the swimmers sit on the side with their feet extended over the water, practicing the kick, is a great place to focus on keeping those toes

pointed out and the feet flat. We then have the swimmers lie on their back and repeat the exercise, so they cannot see their feet. Again, we are looking for an emphasis on the toes being pointed out.

### RHYTHM OF THE STROKE

Over time, we bring it all together in a rhythm of pull plus breathe, then kick, then glide. At this young age, the pull and breathe almost happen simultaneously. At the same time as the pull, the feet are coming up and out. The feet then come together at the end of

the kick as their arms recover (push). As the feet come together after the kick, the body should be fully streamlined during the glide. The early emphasis on being quiet in the water helps them to incorporate and benefit from the efficiency of the glide portion. ♦

*Otto Hinks, the director of competitive stroke development at the Hubbard Family Swim School in Arizona, is a senior member of the school's management team. He swam collegiately for Arizona State from 1997-2001 and competed at the 2000 Canadian Olympic Trials.*

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## American Relay

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### DELAWARE

The Middle Atlantic Fall Classic, held Oct. 29-30 at the University of Delaware in Newark, gave many swimmers the opportunity to attain fast early-season short course times. Meet records were set in all but four events.

Leading the way was 15-year-old **Allysa Vavra** of Atlantis Aquatic Club (ATAC), who won seven open events (200 yard free, 1:52.05; 100 back, 57.07; 200 back, 2:03.66; 100 breast, 1:04.02; 200 breast, 2:17.99; 200 fly, 2:03.51; 400 IM, 4:20.57). Also capturing multiple wins were ATAC's **Tim Hayes**, 16, with five victories (100 breast, 58.36; 200 breast, 2:06.96; 200 fly, 1:54.91; 200 IM, 1:55.55; 400 IM, 4:03.00); Big Cat's **Brennan**

**Morris**, 14, with three (500 free, 4:39.30; 1000 free, 9:41.55; 200 back, 1:54.13); ATAC's **Taylor Sostarecz**, 13, with two (women's 500 free, 5:01.28; 1000 free, 10:26.68) and Suburban's **Kyle Loughran**, 17, with two (50 free, 21.88; 100 free, 48.07).

Winning one event each were ATAC swimmers **Danielle Scott**, 16 (200 IM, 2:10.28); **Jessica Guro**, 14 (100 fly, 56.18) and **Kevin McCarthy**, 15 (200 free, 1:45.39), as well as **Megan Steeves**, 17, Delaware (50 free, 24.62); **Kirsten Groome**, 15, Germantown (100 free, 52.59); **Jenell Walsh-Thomas**, 17, Crocodiles (1650 free, 17:52.87); **Jamie Ryan**, 17, Tri-Valley YMCA (100 back, 54.25); **Matthew Mattingly**, 17, Canes (100 fly, 54.95) and **Joshua Wakeley**, Atlantic City (1650 free, 16:17.50).

### LOUISIANA

Twelve teams from throughout the state converged on Baton Rouge to compete in the Crawfish Fall Invitational, Nov. 12-13. The host **Crawfish Aquatics** defeated **Hurricane Swim Club** by just two points (616.5 to 614.5). In third was **Bengal Tiger Aquatics** (304).

Individual event winners for Crawfish included **Gage Alleman**, **Alyssa Dilldine**, **Jarmilla Gupta**, **Mailin Gupta**, **Ryan Gwaltney**, **Kristen Jones**, **Brielle Miles**, **John Moore** and **Evan Salter**. First-place swimmers for Hurricane were **David Batten**, **Alyssa Bodin**, **Colleen Donovan**, **Michael Faust**, **Lauren Kloepfer**, **Natalie Newcomb**, **William Wagstaff** and **Heather Winn**.

### NEVADA

High-point winners at the Carson Tigersharks Invitational, held Nov. 12-13 in Carson City, included Carson's **Holly Burton** and **Tsallon Rauch** (8-and-under); **Kimberly Baca**, Marin, and **Eric Kane**, Spare Time (9-10); **Lindsey Campbell**, Marin, and **Joey Pettibone**, Lakeridge (11-12); **Abby Niehoff**, Carson, and **Max Horrell**, Marin (13-14); Marin's **Emily Trautner** and **Wes Bochner** (15-16); **Natalie Turner**, Tahoe, and **Paul Birich**, Marin (17-18).

### NEW JERSEY

Members of Berkeley Aquatic Club's senior team participated in last summer's Sea Bright Triathlon at the Jersey Shore. The team was able to raise \$1,600 for an Oratory Prep School teacher's leukemia treatments. Each team member performed a half-mile ocean swim, a 12-mile bike run and a 5K run. Participating were **Gonzolo De Leon**, **Elizabeth Floyd**, **Becca Fox**, **Kylie Fraser**, **Elmar Fujita**, **Kevin Fujita**, **Billy Haley**, **P.J. Harley**, **Sam Petersen** and **Nick VanNispen**.

age group

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## NORTH CAROLINA

Dynamo Swim Club of Atlanta, Ga., traveled to Charlotte, N.C., to take on Mecklenburg Aquatic Club in the annual National Dual Meet, Nov. 12-13. Mecklenburg defeated Dynamo in the senior meet, 1,038 to 746. In the men's team race, Mecklenburg was victorious, 658 to 236. Dynamo's women turned the tables on Mecklenburg, scoring 510 points to Dynamo's 380.

Mecklenburg's individual event winners included **Ricky Berens**, **Mason Brunnick**, **Josh Correll**, **Caroline Dayton**, **Marshall Farrell**, **Daniel Johnson**, **Bennett Rainey**, **David Toffaletti** and **Erin Welshofer**. Dynamo's champions were **Katie Bond**, **Layne Brodie**, **Billy Fawcett**, **Sheila O'Neill**, **Caitlin Reynolds** and **Katie Suhr**. Dynamo's women won both relays, as did Mecklenburg's men.



The YMCA of the Triangle Area Swim Team (YOTA) recently won the RSA Senior Kickoff meet, Oct. 14-16, at the Hillsborough Sportsplex. YOTA finished first out of 13 teams, scoring 481 points to win over **Raleigh Swimming Association** (310) and **Tar Heels Aquatic Team** (234). YOTA swimmers **Charlie Houchin**, 17, and **Teresa Long**, 14, highlighted the meet with six first-place finishes for Houchin and a YMCA national age group record for Long in the 13-14 girls 50 yard free (23.48).

— continued on 44



PICTURED » NEW JERSEY: Berkeley Aquatic Club's 13-14 girls 400 meter freestyle relay of (from left) Katherine Foley, Arlene Douglas, Elizabeth Floyd and Kate Toth posted a new state record of 4:08.56 on July 30 at the New Jersey Junior Olympics.



# TYR AGSOTM

## AGE GROUP SWIMMER of the MONTH

Ten-year-old Santo Condorelli is on a mission.

Later this month on Jan. 17, he turns 11. By then, he will have competed in his final swimming meets as a 10-and-under. Between now and then, he very much wants to set three or four national age group records and put his name next to *all* 12 short course records for Oregon Swimming's 10-and-under boys.

So far, Santo—who swims unattached—is well on his way to making his second goal. As of late November, he held five short course Oregon Swimming records. Most recently, he bettered two marks at the Sweet Home Fall Splash, Nov. 19-20. His time of 56.65 in the 100 yard free bettered the previous record of 57.01 set in 1992, and his 100 IM time of 1:04.13 slashed over a second-and-a-half off the former standard of 1:05.90.

Santo also owns short course Oregon Swimming records in the 50 free (26.14), 50 fly (29.05) and 100 fly (1:03.15), as well as long course 9-10 boys marks in the 50 meter breast (39.01) and 100 breast (1:24.05). In USA Swimming's 2004-05 National Age Group Top 16 list, he ranks in seven of the 12 events for 10-and-under boys.

In the current list, he ranks among the top three in most events.

Santo's talents extend beyond the pool as well. He also excels in boxing, football and track. His passion is to become one of the best all-around athletes in the country for his age group. ♦



age group

### SANTO CONDORELLI

Age 10, Unattached  
Portland, Oregon

Candidates for "Age Group Swimmers of the Month" must compete within a nationally recognized age group. Please send a personality sketch and a color photograph or digital image (a face shot, such as a school picture) of each nominee. You can request a *Swimming World Magazine* Age Group Swimmer of the Month Profile form, which can be used as a guide for submitting the nomination. Send everything to *Swimming World Magazine*, Age Group Swimmers of the Month, P.O. Box 20337, Sedona, AZ 86341, or by e-mail to [editorial@SwimmingWorldMagazine.com](mailto:editorial@SwimmingWorldMagazine.com).

TYR Sport sends each Age Group Swimmer of the Month a package containing a swimsuit, goggles and a T-shirt for the swimmer's coach.

# GOLD MINDS

## AN OPEN LETTER TO SWIM PARENTS

BY WAYNE GOLDSMITH

*The sport of swimming would not exist without the unending support of swim parents.*

*Dear Swimming Parent,*

Let me thank you for being a swimming parent. Clubs and coaches could not exist without your support.

I appreciate *everything* you do—the early mornings...the late afternoons...the rush to get dinner ready at night for hungry, tired kids...the long week-ends volunteering and cheering at meets.

I want to show my appreciation by giving you something in return. Here are some ideas to help you be the best swimming parent you can be, and to help you help your kids enjoy their swimming experience to the extent of their talent and to the limits of their dreams.

### YOUR CHILD

Your child is *not* a swimmer. He or she is a *person* who swims.

Real progress in swimming isn't measured merely by size, strength, speed and hard training—it also comes from the development of the whole person: his character, values and personality. Training alone is not enough—the development of the person is far more important and far more enduring.

Speed, strength, endurance, power, flexibility and technique are all important—but not as important as integrity, honesty, sincerity, humility, courage, self-discipline or a strong work ethic. Nor are they as important as the ability to accept responsibility for one's own actions, the ability to work cohesively with others to achieve a common goal or the ability to maintain a sense of humor under pressure and stress.

These qualities not only impact positively on your child's swimming, but also on every aspect of his life.

### YOUR CHILD'S COACH

Coaching is a tough business—early mornings...long weekends...late evenings writing programs and developing coaching strategies.

Coaches are passionate souls who live for the opportunity to work with like-minded swimmers and families intent on achieving success and enjoying involvement in a great sport.

Coaches want to change lives—swimming is just the means to the end. Great coaches possess the communication skills, empathy and compassion to change people.

You, your child and your coach form a team with a single goal—to provide the opportunity for your child to enjoy everything that the sport of swimming has to offer.

As with any team, achieving that goal is dependent on all members of the team working cohesively, honestly and with unconditional trust.

Therefore, choose your coach carefully. Meet with him. Talk

with him. Communicate regularly with him (away from the pool and outside of training times).

Once you have made the decision to entrust the development of your child to a particular coach, give that individual 100 percent commitment, dedication and support. If you can't, find another coach. Partial support will not withstand the ups and downs of competitive swimming.

### YOUR ROLE AS A SWIM PARENT

Let the coach do his job, but at the same time, there are some things that only you can do to help.

Remember: you don't swim; your kids do. Don't do it all for them. If they get opportunities easily, they tend not to appreciate nor take full advantage of them. "Holding their hand" may seem like the loving, caring, parental thing to do, but it isn't. It does not teach them self-responsibility, self-management or self-discipline.

The most important thing you can do to help your kids achieve their swimming goals is to help them develop as persons with real independence and self-management skills.

You prepare them for *life*; let the coach prepare them to *swim fast*. The three of you—parent, coach and child—working together are an unstoppable force! ♦

*Yours faithfully,  
Wayne Goldsmith*

*Wayne Goldsmith is the former sports science coordinator for Swimming Australia and currently a High Performance Swimming Consultant.*



*Coaches are passionate souls who live for the opportunity to work with like-minded swimmers and families intent on achieving success and enjoying involvement in a great sport.*

Check out Swimming World Interactive at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) and read how one Swim Mom perceives her role as a swimming parent.

# FOR the RECORD

## WORLD

### EAST ASIAN GAMES Macau, Eastern Asia

Nov. 2-6, 2005 (50 M)

a = Asian Record

#### WOMEN

**50 FREE Nov. 5**  
24:87 Zhu Yingswen, CHN  
25:25 Xu Yanwei, CHN  
26:12 Yoonji Ryu, KOR

**100 FREE Nov. 2**  
54:65 Pang Jiaying, CHN  
55:53 Yang Yu, CHN  
55:78 Yoonji Ryu, KOR

**200 FREE Nov. 4**  
1:58:49 Pang Jiaying, CHN  
1:59:62 Yang Yu, CHN  
2:01:65 Chinkuen Yang, TPE

**400 FREE Nov. 5**  
4:14:89 Zheng Jing, CHN  
4:15:72 Jieun Lee, KOR  
4:15:93 Yurie Yano, JPN

**800 FREE Nov. 6**  
8:39:03 Yang Jieqiao, CHN  
8:39:81 Chen Hua, CHN  
8:43:90 Yurie Yano, JPN

**1500 FREE Nov. 4**  
16:24:10 Yang Jieqiao, CHN  
16:24:50 Yurie Yano, JPN  
16:42:97 Yumi Kida, JPN

**50 BACK Nov. 3**  
28:52 Gao Chang, CHN  
28:83 Aya Terakawa, JPN  
29:15 Masaki Oikawa, JPN

**100 BACK Nov. 5**  
1:01:70 Gao Chang, CHN  
1:01:70 Aya Terakawa, JPN  
1:02:68 Chen Yanyan, CHN

**200 BACK Nov. 2**  
2:12:15 Aya Terakawa, JPN  
2:12:15 Takami Igarashi, JPN  
2:13:34 Chen Xiujun, CHN

**50 BREAST Nov. 2**  
31:67 Luo Xuejuan, CHN  
32:67 Sayaka Nakamura, JPN  
33:45 Kayi Suen, HKG

**100 BREAST Nov. 4**  
1:08:56 Wang Qun, CHN  
1:09:14 Luo Xuejuan, CHN  
1:10:76 Sayaka Nakamura, JPN

**200 BREAST Nov. 5**  
2:26:05 Wang Qun, CHN  
2:28:38 Luo Nan, CHN  
2:29:24 Megumi Taneda, JPN

**50 FLY Nov. 3**  
26:63 Xu Yanwei, CHN  
26:71 Zhou Yafei, CHN  
27:34 Ayako Doi, JPN

**100 FLY Nov. 4**  
58:43 Zhou Yafei, CHN  
58:92 Xu Yanwei, CHN  
1:00:31 Yuko Nakanishi, JPN

**200 FLY Nov. 2**  
2:10:26 Li Jie, CHN  
2:10:39 Yuko Nakanishi, JPN  
2:10:88 Huang Xiaotong, CHN

**200 IM Nov. 3**  
2:16:00 Zhao Jing, CHN  
2:16:20 Jung Jiyeon, CHN  
2:16:85 Yoosun Nam, KOR

**400 IM Nov. 6**  
4:43:29 Jiyeon Jung, KOR  
4:45:41 Yoosun Nam, KOR  
4:48:43 Liu Jing, CHN

**400 MR Nov. 6**  
4:02:49 China  
4:09:10 Japan  
4:12:92 Korea

**400 FR Nov. 5**  
3:40:79 China  
3:48:16 Japan  
3:49:44 Korea

**800 FR Nov. 3**  
8:10:26 China  
8:12:30 Korea  
8:18:95 Japan

**MEN**

**50 FREE Nov. 6**  
22:85 Cai Li, CHN  
23:16 Junya Koga, JPN  
23:30 Takeru Sasaki, JPN

**100 FREE Nov. 5**  
49:79 Huang Shaohua, CHN  
50:09 Zuo Chen, CHN  
50:56 Hisayoshi Sato, JPN

**200 FREE Nov. 3**  
1:48:64 Zhang Lin, CHN  
1:50:08 Kyuchul Han, KOR  
1:51:03 Yu Chenglong, CHN

**400 FREE Nov. 6**  
3:48:71 Taehwan Park, KOR  
3:48:94 Zhang Lin, CHN  
3:52:52 Takeshi Matsuda, JPN

**800 FREE Nov. 3**  
8:03:19 Takeshi Matsuda, JPN  
8:09:05 Xin Tong, CHN  
8:10:84 Taishi Okude, JPN

**1500 FREE Nov. 2**  
15:00:27a Zhang Lin, CHN  
15:00:32 Taehwan Park, KOR  
15:37:94 Takeshi Matsuda, JPN

**50 BACK Nov. 4**  
25:18a Ouyang Kunpeng, CHN  
25:68 Junya Koga, JPN  
25:71 Min Sung, KOR

**100 BACK Nov. 5**  
54:41 Ouyang Kunpeng, CHN  
55:36 Takashi Nakano, JPN  
56:15 Masafumi Yamaguchi, JPN

**200 BACK Nov. 3**  
1:58:24 Ouyang Kunpeng, CHN  
1:58:79 Takashi Nakano, JPN  
2:03:11 Masafumi Yamaguchi, JPN

**50 BREAST Nov. 5**  
27:83a Zeng Qiliang, CHN  
28:27 Wang Habo, CHN  
29:24 Seunghun You, KOR

**100 BREAST Nov. 2**  
1:02:34 Zeng Qiliang, CHN  
1:02:77 Jieun Lee, KOR  
1:03:14 Daisuke Kimura, JPN

**200 BREAST Nov. 4**  
2:14:67 Daisuke Kimura, JPN  
2:16:18 Xue Ruipeng, CHN  
2:17:61 Genki Imamura, JPN

**50 FLY Nov. 3**  
23:98a Zhou Jiawei, CHN  
24:34 Ryo Takayasu, JPN  
24:81 Min Sung, KOR

**100 FLY Nov. 5**  
52:70 Zhou Jiawei, CHN  
53:24 Ryo Takayasu, JPN  
54:80 Masahiro Okuno, JPN

**200 FLY Nov. 6**  
1:56:72 Takeshi Matsuda, JPN  
1:57:59 Wu Peng, CHN  
1:59:13 Yu Jeongnam, KOR

**200 IM Nov. 2**  
31:67 Luo Xuejuan, CHN  
32:67 Sayaka Nakamura, JPN  
33:45 Kayi Suen, HKG

**400 IM Nov. 4**  
1:08:56 Wang Qun, CHN  
1:09:14 Luo Xuejuan, CHN  
1:10:76 Sayaka Nakamura, JPN

**800 IM Nov. 6**  
3:40:59 China  
3:46:91 Korea

**400 FR Nov. 4**  
3:20:52a China  
3:21:85 Japan  
3:25:46 Korea

**800 FR Nov. 2**  
7:22:83 China  
7:25:61 Korea  
7:27:03 Japan

**1500 FREE Nov. 11**  
15:00:27a Zhang Lin, CHN  
15:00:32 Taehwan Park, KOR  
15:37:94 Takeshi Matsuda, JPN

**50 BACK Nov. 4**  
25:18a Ouyang Kunpeng, CHN  
25:68 Junya Koga, JPN  
25:71 Min Sung, KOR

**100 BACK Nov. 5**  
54:41 Ouyang Kunpeng, CHN  
55:36 Takashi Nakano, JPN  
56:15 Masafumi Yamaguchi, JPN

**200 BACK Nov. 3**  
1:58:24 Ouyang Kunpeng, CHN  
1:58:79 Takashi Nakano, JPN  
2:03:11 Masafumi Yamaguchi, JPN

**50 BREAST Nov. 5**  
27:83a Zeng Qiliang, CHN  
28:27 Wang Habo, CHN  
29:24 Seunghun You, KOR

**100 BREAST Nov. 2**  
1:02:34 Zeng Qiliang, CHN  
1:02:77 Jieun Lee, KOR  
1:03:14 Daisuke Kimura, JPN

**200 BREAST Nov. 4**  
2:14:67 Daisuke Kimura, JPN  
2:16:18 Xue Ruipeng, CHN  
2:17:61 Genki Imamura, JPN

**50 FLY Nov. 3**  
23:98a Zhou Jiawei, CHN  
24:34 Ryo Takayasu, JPN  
24:81 Min Sung, KOR

**100 FLY Nov. 5**  
52:70 Zhou Jiawei, CHN  
53:24 Ryo Takayasu, JPN  
54:80 Masahiro Okuno, JPN

**200 FLY Nov. 6**  
1:56:72 Takeshi Matsuda, JPN  
1:57:59 Wu Peng, CHN  
1:59:13 Yu Jeongnam, KOR

**200 IM Nov. 2**  
31:67 Luo Xuejuan, CHN  
32:67 Sayaka Nakamura, JPN  
33:45 Kayi Suen, HKG

**400 IM Nov. 4**  
1:08:56 Wang Qun, CHN  
1:09:14 Luo Xuejuan, CHN  
1:10:76 Sayaka Nakamura, JPN

**800 IM Nov. 6**  
3:40:59 China  
3:46:91 Korea

**50 BREAST Nov. 12**  
30:36 Jade Edmiston, AUS  
31:17 Szuzaan van Biljon, RSA  
31:39 Sarah Katsoulis, AUS

**100 BREAST Nov. 11**  
1:05:93 Jade Edmiston, AUS  
1:06:79 Szuzaan van Biljon, RSA  
1:07:11 Sarah Katsoulis, AUS

**200 BREAST Nov. 13**  
2:21:86 Szuzaan van Biljon, RSA  
2:22:92 Anne Poleska, GER  
2:23:81 Kirsty Balfour, GBR

**50 FLY Nov. 11**  
26:37 A.K. Kammerling, SWE  
26:99 Aleksandra Urbanczyk, POL  
27:02 Masafumi Yamaguchi, JPN  
27:02 Danni Miatke, AUS

**100 FLY Nov. 13**  
58:71 Martina Moravcova, SVK  
58:82 Johanna Sjoberg, SWE  
59:01 Mandy Loots, RSA

**200 FLY Nov. 12**  
2:10:04 Kerri Shaw, RSA  
2:10:34 Guo Fan, CHN  
2:10:44 Jiang Wenjing, CHN

**100 IM Nov. 13**  
1:01:06 Aleksandra Urbanczyk, POL  
1:01:66 Shayne Rees, AUS  
1:02:43 Katarzyna Baranowska, POL

**200 IM Nov. 12**  
2:10:96 Katarzyna Baranowska, POL  
2:12:61 Aleksandra Urbanczyk, POL  
2:13:58 Talia Goddard, AUS

**400 IM Nov. 11**  
4:35:71 Katarzyna Baranowska, POL  
4:36:92 Ji-Yeon Jung, KOR  
4:44:12 Talia Goddard, AUS

**MEN**

**50 FREE Nov. 12**  
21:56 Ryk Neethling, RSA  
22:06 Ashley Callus, AUS  
22:12 Guilherme Santos, BRA

**100 FREE Nov. 12**  
47:63 Ryk Neethling, RSA  
48:51 Ashley Callus, AUS  
48:71 Guilherme Santos, BRA

**200 FREE Nov. 13**  
1:44:74 Ryk Neethling, RSA  
1:45:90 Pawel Korzeniowski, POL  
1:46:38 Jayme Cramer, USA

**400 FREE Nov. 11**  
3:42:78 Tae-Hwan Park, KOR  
3:42:99 Dragos Coman, ROM  
3:46:15 Pawel Korzeniowski, POL

**1500 FREE Nov. 12**  
14:41:41 Dragos Coman, ROM  
14:42:51 Tae-Hwan Park, KOR  
14:49:68 Troyden Prinsloo, RSA

**50 BACK Nov. 24**  
24:60 Arkady Vyatchanin, RUS  
24:76 Jayme Cramer, USA  
24:97 Marco Di Carli, GER

**100 BACK Nov. 12**  
52:53 Arkady Vyatchanin, RUS  
53:02 Jayme Cramer, USA  
53:13 George du Rand, RSA

**200 BACK Nov. 13**  
1:53:92 George du Rand, RSA  
1:54:10 Arkady Vyatchanin, RUS  
1:55:54 Jayme Cramer, USA

**50 BREAST Nov. 11**  
27:27 Mark Warnecke, GER  
27:32 Oleg Lisogor, UKR  
27:58 Emil Tahirovic, SLO

**100 BREAST Nov. 13**  
59:17 Oleg Lisogor, UKR  
59:34 Emil Tahirovic, SLO  
1:00:90 Mark Warnecke, GER

**200 BREAST Nov. 12**  
2:09:25 Slawomir Kuczko, POL  
2:10:74 Terence Parkin, RSA  
2:10:97 Kristopher Gilchrist, GBR

**50 FLY Nov. 13**  
23:33 Ryk Neethling, RSA  
23:59 Sergiy Breus, UKR  
23:87 Evgeny Korotyshkin, RUS

**100 FLY Nov. 12**  
51:11 Ryk Neethling, RSA  
52:39 Nikolay Skvortsov, RUS  
52:65 Evgeny Korotyshkin, RUS

**200 FLY Nov. 11**  
1:53:76 Pawel Korzeniowski, POL  
1:55:01 Nikolay Skvortsov, RUS  
1:56:12 Lukasz Drzewinski, POL

**100 IM Nov. 13**  
53:03 Ryk Neethling, RSA  
54:70 Peter Mankoc, SLO  
55:12 Alain Tardin, SUI

**200 IM Nov. 13**  
1:59:60 Peter Mankoc, SLO  
1:59:73 Robin Francis, RSA  
1:59:96 Leith Brodie, AUS

**400 IM Nov. 12**  
4:08:25 Pawel Korzeniowski, POL  
4:09:57 Robin Francis, RSA  
4:14:09 Leith Brodie, AUS

## FINA WORLD CUP 2 Sydney, Australia

Nov. 19-20, 2005 (25 M)

w = World Record

#### WOMEN

**50 FREE Nov. 19**  
23:85 Lisbeth Lenton, AUS  
24:25 Marleen Veldhuis, NED  
24:60 Therese Alshammer, SWE

**100 FREE Nov. 20**  
52:17 Lizbeth Lenton, AUS  
53:24 Marleen Veldhuis, NED  
53:28 Alice Mills, AUS

**200 FREE Nov. 19**  
1:53:29w Lisbeth Lenton, AUS  
1:56:06 Kelly Stubbins, AUS  
1:57:28 Elka Graham, AUS

**400 FREE Nov. 20**  
4:04:03 Bronte Barratt, AUS  
4:04:65 Ashleigh McCleery, AUS  
4:06:19 Linda Mackenzie, AUS

**800 FREE Nov. 19**  
8:26:60 Sarah Paton, AUS  
8:27:59 Elka Graham, AUS  
8:27:75 Melissa Gorman, AUS

**800 FREE Nov. 19**  
8:26:60 Sarah Paton, AUS  
8:27:59 Elka Graham, AUS  
8:27:75 Melissa Gorman, AUS

**1000 FREE Nov. 19**  
27:47 Tayliah Zimmer, AUS  
27:72 Giaan Rooney, AUS  
27:85 Janine Pietsch, GER

**1000 FREE Nov. 20**  
57:56 Natalie Coughlin, USA  
59:31 Tayliah Zimmer, AUS  
59:50 Janine Pietsch, GER

**2000 FREE Nov. 19**  
2:06:78 Margaret Hoelzer, USA  
2:06:97 Tayliah Zimmer, AUS  
2:09:18 Kirsty Coventry, ZIM

**50 BREAST Nov. 20**  
30:13 Jade Edmiston, AUS  
31:04 Liesel Jones, AUS  
31:09 Zoe Baker, NZL

**100 BREAST Nov. 19**  
1:04:84 Leisel Jones, AUS  
1:05:30 Jade Edmiston, AUS  
1:07:27 Sarah Katsoulis, AUS

**200 BREAST Nov. 20**  
2:21:93 Leisel Jones, AUS  
2:24:85 Sarah Katsoulis, AUS  
2:25:43 Sally Foster, AUS

**50 FLY Nov. 26**  
26:21 Alice Mills, AUS  
26:22 Marleen Veldhuis, NED  
26:60 Therese Alshammer, SWE

**100 FLY Nov. 19**  
57:39 Natalie Coughlin, USA  
58:02 Felicity Galvez, AUS  
58:05 Jessica Schipper, AUS

**200 FLY Nov. 20**  
2:05:48 Jessica Schipper, AUS  
2:05:83 Felicity Galvez, AUS  
2:10:04 Kylie Palmer, AUS

**100 IM Nov. 20**  
1:00:60 Natalie Coughlin, USA  
1:00:78 Kirsty Coventry, ZIM  
1:01:38 Shayne Reese, AUS

**200 IM Nov. 19**  
2:09:72 Kirsty Coventry, ZIM  
2:09:86 Alice Mills, AUS  
2:11:03 Lara Carroll, AUS

**400 IM Nov. 20**  
4:34:08 Lara Carroll, AUS  
4:35:24 Kirsty Coventry, ZIM  
4:35:34 Helen Norfolk, NZL

**MEN**

**50 FREE Nov. 20**  
21:69 Ryk Neethling, RSA  
21:84 Brett Hawke, AUS  
21:87 Ashley Callus, AUS

**100 FREE Nov. 19**  
47:04 Ryk Neethling, RSA  
47:70 Ashley Callus, AUS  
48:09 Brett Hawke, AUS

**200 FREE Nov. 20**  
1:43:97 Ryk Neethling, RSA  
1:45:26 Tae-Hwan Park, KOR  
1:45:45 Stefan Herbst, GER

**400 FREE Nov. 19**  
3:43:25 Tae-Hwan Park, KOR  
3:46:36 Adam Lucas, AUS  
3:46:43 Robert Margalis, USA

**1500 FREE Nov. 20**  
14:44:87 Tae-Hwan Park, KOR  
14:47:55 Robert Margalis, USA  
14:56:35 Trent Grimsey, AUS

**50 BACK Nov. 20**  
23:68 Peter Marshall, USA  
23:80 Randall Bal, USA  
23:87 Matt Welsh, AUS

**100 BACK Nov. 19**  
51:37 Peter Marshall, USA  
51:43 Randall Bal, USA  
52:00 Thomas Rupprath, GER

**200 BACK Nov. 20**  
1:52:59 Randall Bal, USA  
1:53:32 Arkady Vyatchanin, RUS  
1:54:77 Lucas Salatta, BRA

**50 BREAST Nov. 19**  
27:34 Brenton Rickard, AUS  
27:58 Christian Sprenger, AUS  
27:58 Mark Riley, AUS

**100 BREAST Nov. 20**  
59:58 Christian Sprenger, AUS  
59:89 Brenton Rickard, AUS  
1:00:02 Jim Piper, AUS

**200 BREAST Nov. 19**  
2:07:78 Jim Piper, AUS  
2:10:47 Brenton Rickard, AUS  
2:12:36 Kieran O'Regan, AUS

**50 FLY Nov. 19**  
22:92 Kaio Almeida, BRA  
23:56 Geoff Huegill, AUS  
23:58 Josh Taylor, AUS

**100 FLY Nov. 20**  
51:04 Kaio Almeida, BRA  
51:80 Nikolay Skvortsov, RUS  
51:83 Michael Klim, AUS

**200 FLY Nov. 19**  
1:53:87 Kaio Almeida, BRA  
1:54:46 Nikolay Skvortsov, RUS  
1:54:59 Andrew Richards, AUS

**100 IM Nov. 19**  
51:81 Ryk Neethling, RSA  
53:69 Thomas Rupprath, GER  
54:26 Adam Lucas, AUS

**200 IM Nov. 20**  
1:56:84 Dean Kent, NZL  
1:58:12 Lucas Salatta, BRA  
1:58:13 Adam Lucas, AUS

**400 IM Nov. 19**  
4:08:00 Dean Kent, NZL  
4:08:41 Luca Marin, ITA  
4:10:00 Robert Margalis, USA

**MEN**

**50 FREE Nov. 25**  
21:62 Jason Lezak, USA  
21:66 Ryk Neethling, RSA  
22:02 Jose Meolans, ARG

**100 FREE Nov. 24**  
47:36 Jason Lezak, USA  
47:37 Ryk Neethling, RSA  
48:26 Jose Meolans, ARG

**200 FREE Nov. 25**  
1:45:40 Ryk Neethling, RSA  
1:46:16 Jose Meolans, ARG  
1:47:35 Sho Uchida, JPN

**400 FREE Nov. 24**  
3:52:26 Cameron Smith, AUS  
3:53:60 Kuk In Han, KOR  
3:56:15 Johan Claar, SWE

**1500 FREE Nov. 25**  
15:04:58 Jeong Nam Yu, KOR  
15:05:73 Cameron Smith, AUS  
15:24:09 Kuk In Han, KOR

**50 BACK Nov. 25**  
24:33 Randall Bal, USA  
24:71 Sergey Makov, RUS  
24:75 Arkady Vyatchanin, RUS

**100 BACK Nov. 24**  
51:72 Randall Bal, USA  
52:81 Arkady Vyatchanin, RUS  
53:28 Evgeny Aleshin, RUS

**200 BACK Nov. 25**  
1:53:58 Randall Bal, USA  
1:54:71 Lucas Salatta, BRA  
1:55:08 Takashi Nakano, JPN

**50 BREAST Nov. 24**  
27:47 Brenton Rickard, AUS  
27:51 Felipe Lima, BRA  
27:55 Eduardo Fischer, BRA

**100 BREAST Nov. 25**  
59:70 Brenton Rickard, AUS  
1:00:14 Felipe Lima, BRA  
1:00:44 Eduardo Fischer, BRA

**200 BREAST Nov. 24**  
2:08:32 Kiyosuke Yonehara, JPN  
2:08:89 Brenton Rickard, AUS  
2:09:13 Yuta Uenaga, JPN

**50 FLY Nov. 24**  
23:10 Kaio Almeida, BRA  
23:97 Nikolay Skvortsov, RUS  
24:18 Kirk



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## FINA WORLD RANKINGS

### 2005 Top 10 World Best Times

The following list was compiled by Nick Thierry, SwimNews.com, and reflects times swum between Jan. 1, 2005 through Dec. 5, 2005.

Boldface names = U.S. swimmers  
r = Relay Leadoff

### WOMEN

#### 50 METER FREESTYLE

Rec: 24.13 Inge de Bruijn, NED (2000)

1	24.49	AUSWCT	Alice Mills, AUS
2	24.59	WORLDS	Lisbeth Lenton, AUS
3	24.59	CHNOCT	Zhu Yingwen, CHN
4	24.83	WORLDS	Marleen Veldhuis, NED
5	24.95	AUSWCT	Jodie Henry, AUS
6	24.96	WORLDS	Therese Alshammer, SWE
7	25.14	WORLDS	Svitlana Khakhlova, BLR
8	25.14	WORLDS	Kara Lynn Joyce, USA
9	25.22	FRAAPR	Malia Metella, FRA
10	25.25	EASIANOV	Xu Yanwei, CHN

#### 100 METER FREESTYLE

Rec: 53.52 Jodie Henry, AUS (2004)

1	53.72	DUELAUG	Lisbeth Lenton, AUS
2	53.96	AUSWCT	Alice Mills, AUS
3	54.03	CHNOCT	Zhu Yingwen, CHN
4	54.15	CHNOCT	Xu Yanwei, CHN
5	54.18	AUSWCT	Jodie Henry, AUS
6	54.24	DUELAUG	Natalie Coughlin, USA
7	54.27	HOLAPR	Marleen Veldhuis, NED
8	54.47	USAUG	Amanda Weir, USA
9	54.55	ITAAPR	Federica Pellegrini, ITA
10	54.55	CHNOCT	Pang Jiaying, CHN

#### 200 METER FREESTYLE

Rec: 1:56.64 Franziska van Almsick, GER (2002)

1	1:57.06r	WORLDS	Lisbeth Lenton, AUS
2	1:57.86	CHNOCT	Yang Yu, CHN
3	1:57.92	ITAAPR	Federica Pellegrini, ITA
4	1:57.95	CHNOCT	Pang Jiaying, CHN
5	1:58.25	GBRWCT	Melanie Marshall, GBR
6	1:58.32	CHNOCT	Zhu Yingwen, CHN
7	1:58.49	FISUAUG	Otylia Jędrzejczak, POL
8	1:58.52	CHNOCT	Xu Yanwei, CHN
9	1:58.60	WORLDS	Solenne Figues, FRA
10	1:58.70	AUSWCT	Linda MacKenzie, AUS

#### 400 METER FREESTYLE

Rec: 4:03.85 Janet Evans, USA (1988)

1	4:06.44	WORLDS	Laure Manaudou, FRA
2	4:06.74	WORLDS	Ai Shibata, JPN
3	4:07.02	GBRWCT	Caitlin McClatchey, GBR
4	4:07.32	WORLDS	Brittany Reimer, CAN
5	4:07.54	CHNOCT	Yang Jieqiao, CHN
6	4:07.96	GRCHAL	Joanne Jackson, GBR
7	4:08.06	WORLDS	Camelia Potec, ROM
8	4:08.07	CHNOCT	Li Mo, CHN
9	4:08.23	CHNOCT	Tan Miao, CHN
10	4:08.75	WORLDS	Linda MacKenzie, AUS

#### 800 METER FREESTYLE

Rec: 8:16.22 Janet Evans, USA (1989)

1	8:25.31	WORLDS	Kate Ziegler, USA
2	8:27.59	WORLDS	Brittany Reimer, CAN
3	8:27.86	WORLDS	Ai Shibata, JPN
4	8:28.30	GBRMAR	Rebecca Cooke, GBR
5	8:28.74	WORLDS	Flavia Rigamonti, SUI
6	8:29.12	CHNOCT	Yang Jieqiao, CHN
7	8:29.98	CHNOCT	Yu Rui, CHN
8	8:31.77	GBRMAR	Keri-Anne Payne, GBR
9	8:32.89	FISUAUG	Hayley Peirsol, USA
10	8:33.33	FISUAUG	Camelia Potec, ROM

#### 1500 METER FREESTYLE

Rec: 15:52.10 Janet Evans, USA (1988)

1	16:00.41	WORLDS	Kate Ziegler, USA
2	16:04.34	WORLDS	Flavia Rigamonti, SUI
3	16:07.73	WORLDS	Brittany Reimer, CAN
4	16:08.06	FISUAUG	Hayley Peirsol, USA
5	16:15.69	WORLDS	Rebecca Cooke, GBR
6	16:16.18	FRAAPR	Laure Manaudou, FRA
7	16:16.38	BARJUN	Erika Villacaja, ESP
8	16:17.17	WORLDS	Laura Conway, USA
9	16:17.20	AUSWCT	Sarah-L. Paton, AUS
10	16:17.89	WORLDS	Jana Henke, GER

#### 50 METER BACKSTROKE

Rec: 28.19 Janine Pietsch, GER (2005)

1	28.19	GERMAY	Janine Pietsch, GER
2	28.31	WORLDS	Gao Chang, CHN
3	28.45	AUSWCT	Giaan Rooney, AUS
4	28.50	GERMAY	Antje Buschschulte, GER
5	28.60	CHNAPR	Chen Xiujun, CHN
6	28.66	AUSWCT	Sophie Edington, AUS
7	28.78	JPNAPR	Mai Nakamura, JPN
8	28.81	DENMAR	Louise Ornstedt, DEN
9	28.83	EASIANOV	Aya Terakawa, JPN
10	28.89	CHNAPR	Yang Li, CHN

#### 100 METER BACKSTROKE

Rec: 59.58 Natalie Coughlin, USA (2002)

1	1:00.00r	WORLDS	Natalie Coughlin, USA
2	1:00.24	WORLDS	Kirsty Coventry, ZIM
3	1:00.48	DANMAR	Louise Ornstedt, DEN
4	1:00.64	CHNOCT	Gao Chang, CHN
5	1:00.67	WORLDS	Antje Buschschulte, GER
6	1:01.00	WORLDS	Reiko Nakamura, JPN
7	1:01.04	CHNOCT	Zhan Shu, CHN
8	1:01.14	AUSWCT	Giann Rooney, AUS
9	1:01.14	WORLDS	Hannah McLean, NZL
10	1:01.15	JPNAPR	Hanae Ito, JPN

#### 200 METER BACKSTROKE

Rec: 2:06.62 Kristina Egervszegi, HUN (1991)

1	2:08.52	WORLDS	Kirsty Coventry, ZIM
2	2:09.94	WORLDS	Margaret Hoelzer, USA
3	2:10.22	JPNAPR	Reiko Nakamura, JPN
4	2:10.38	FRAAPR	Alexandra Putra, FRA
5	2:10.40	CHNOCT	Liao Yali, CHN
6	2:10.82	CHNOCT	Zhan Shu, CHN
7	2:10.98	WORLDS	Hanae Ito, JPN
8	2:11.00	USAUG	Carmen Retrum, USA
9	2:11.44	WORLDS	Alessia Filippi, ITA
10	2:11.47	JPNISEP	Aya Terakawa, JPN

#### 50 METER BREASTSTROKE

Rec: 30.45 Jade Edmestone, AUS (2005)

1	30.45	WORLDS	Jade Edmestone, AUS
2	30.85	WORLDS	Jessica Hardy, USA
3	30.88	WUGAUG	Megan Jendrick, USA
4	30.89	AUSWCT	Brooke Hanson, AUS
5	30.97	CHNAPR	Luo Xuejuan, CHN
6	31.13	AUSWCT	Tarne White, AUS
7	31.21	NZLMAR	Zoe Baker, NZL
8	31.26	WORLDS	Tara Kirk, USA
9	31.41	WORLDS	Kate Hayward, GBR
10	31.45	GBRMAR	Janne Schafer, GER

#### 100 METER BREASTSTROKE

Rec: 1:06.20 Jessica Hardy, USA (2005)

1	1:06.20	WORLDS	Jessica Hardy, USA
2	1:06.21	DUELAUG	Leisel Jones, AUS
3	1:06.86	CHNOCT	Luo Xuejuan, CHN
4	1:07.11	USAUG	Tara Kirk, USA
5	1:07.27	CHNOCT	Qi Hui, CHN
6	1:07.57	AUSWCT	Brooke Hanson, AUS
7	1:07.80	WORLDS	Sarah Poewe, GER
8	1:07.95	USAUG	Megan Jendrick, USA
9	1:08.11	AUSWCT	Tarne White, AUS
10	1:08.14	GBRMAR	Kate Hayward, GBR

#### 200 METER BREASTSTROKE

Rec: 2:21.72 Leisel Jones, AUS (2005)

1	2:21.72	WORLDS	Leisel Jones, AUS
2	2:24.14	CHNOCT	Qi Hui, CHN
3	2:25.84	WORLDS	Anne Poleska, GER
4	2:26.05	EASIANOV	Wang Qun, CHN
5	2:26.27	USAUG	Rebecca Soni, USA
6	2:26.50	CHNOCT	Luo Xuejuan, CHN
8	2:26.85	WORLDS	Mirna Jukic, AUT
9	2:27.12	ITAAPR	Chiara Boggiatto, ITA
10	2:27.31	USAUG	Kristen Caverly, USA

#### 50 METER BUTTERFLY

Rec: 25.57 Anna-Karin Kammerling, SWE (2000)

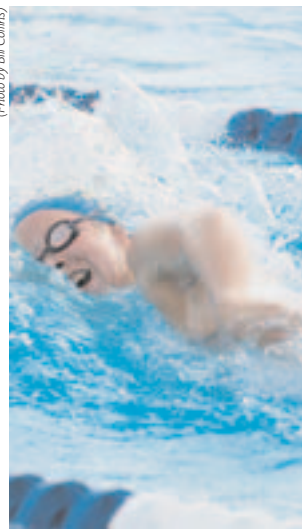
1	26.11	WORLDS	Danni Miatke, AUS
2	26.30	BRAMAY	Therese Alshammer, SWE
3	26.36	WORLDS	Anna-Karin Kammerling, SWE
4	26.50	WORLDS	Fabienne Naderajah, AUT
5	26.50	WORLDS	Natalie Coughlin, USA
6	26.55	WORLDS	Antje Buschschulte, GER
7	26.57	INTLMAR	Daniela Samulski, GER
8	26.62	HOLAPR	Inge Dekker, NED
9	26.63	EASIANOV	Xu Yanwei, CHN
10	26.68	AUSWCT	Alice Mills, AUS

#### 100 METER BUTTERFLY

Rec: 56.61 Inge de Bruijn, NED (2000)

1	57.23	WORLDS	Jessica Schipper, AUS
2	57.37	WORLDS	Lisbeth Lenton, AUS
3	58.19	WORLDS	Otylia Jędrzejczak, POL
4	58.27	AUSWCT	Alice Mills, AUS
5	58.43	EASIANOV	Zhou Yafei, CHN
6	58.48	WORLDS	Inge Dekker, NED
7	58.56	USAUG	Rachel Komisarz, USA
8	58.65	CHNOCT	Xu Yanwei, CHN
9	58.72	CANETJUN	Alena Popchanka, FRA
10	58.76	CARLOJUN	Martina Moravcova, SVK
11	58.76	USAUG	Mary DeSzenza, USA

(Photo by Bill Collins)



ABOVE » Kate Kiegler, USA

#### 200 METER BUTTERFLY

Rec: 2:05.61 Otylia Jędrzejczak, POL (2005)

1	2:05.61	WORLDS	Otylia Jędrzejczak, POL
2	2:05.65	WORLDS	Jessica Schipper, AUS
3	2:08.27	DUELAUG	Mary DeSzenza, USA
4	2:08.28	JPNAPR	Yuko Nakanishi, JPN
5	2:08.63	WORLDS	Yurie Yano, JPN
6	2:08.83	ITAAPR	Caterina Giacchetti, ITA
7	2:09.00	HUNJUN	Bea Bouslevicz, HUN
8	2:09.25	CHNOCT	Huang Xiaotong, CHN
9	2:09.30	AUSWCT	Felicity Galvez, AUS
10	2:09.54	GERMAY	Annika Mehlhorn, GER

(Photo by Bill Collins)



ABOVE » Katie Hoff, USA

#### 200 METER INDIVIDUAL MEDLEY

Rec: 2:09.72 Wu Yanyan, CHN (1997)

1	2:10.41	WORLDS	Katie Hoff, USA
2	2:11.13	WORLDS	Kirsty Coventry, ZIM
3	2:12.17	CHNOCT	Qi Hui, CHN
4	2:12.83	CHNOCT	Zhang Xin, CHN
5	2:12.93	DUELAUG	Whitney Myers, USA
6	2:13.32	WORLDS	Lara Carroll, AUS
7	2:13.33	AUSWCT	Brooke Hanson, AUS
8	2:13.40	GERMAY	Teresa Rohmann, GER
9	2:13.86	WORLDS	Katarzyna Baranowska, POL
10	2:14.32	USAUG	Kaitlin Sandeno, USA

#### 400 METER INDIVIDUAL MEDLEY

Rec: 4:33.59 Yana Klochkova, UKR (2000)

1	4:36.07	WORLDS	Katie Hoff, USA
2	4:38.24	CHNOCT	Qi Hui, CHN
3	4:39.72	WORLDS	Kirsty Coventry, ZIM
4	4:40.61	MEDIUN	Alessia Filippi, ITA
5	4:40.83	HUNJUN	Zsuzsanna Jakabos, HUN
6	4:40.85	WORLDS	Kaitlin Sandeno, USA
7	4:41.54	DUELAUG	Lara Carroll, AUS
8	4:41.73	CHNOCT	Zhang Xin, CHN
9	4:41.96	JPNAPR	Maiko Fujino, JPN
10	4:42.32	USAUG	Alicia Aemissegger, USA

### MEN

#### 50 METER FREESTYLE

Rec: 21.64 Alex Popov, RUS (2000)

1	21.69	WORLDS	Roland Schoeman, RSA
2	21.89	WORLDS	Duje Draganja, CRO
3	21.94	WORLDS	Bartosz Kizierowski, POL
4	22.12	GBRAUG	Simon Burnett, GBR
5	22.13	USAUG	Ben W-Tobriner, USA
6	22.13	USOPEN	Nick Brunelli, USA
7	22.14	WORLDS	Salim Isles, ALG
8	22.14	POLMAY	Lukasz Gasior, POL
9	22.16	WORLDS	Andri Kapralov, RUS
10	22.17	FISUAUG	Cullen Jones, USA

#### 100 METER FREESTYLE

Rec: 47.84 Pieter vd. Hoogenband, NED (2000)

1	48.12	WORLDS	Filippo Magnini, ITA
2	48.28	WORLDS	Roland Schoeman, RSA
3	48.34	WORLDS	Ryk Neethling, RSA
4	48.68	GBRAUG	Simon Burnett, GBR
5	48.74	WORLDS	Jason Lezak, USA
6	48.88	WORLDS	Duje Draganja, CRO
7	48.92	WORLDS	Brent Hayden, CAN
8	48.93	WORLDS	Michael Phelps, USA
9	48.98	USOPEN	Nick Brunelli, USA
10	49.02	AUSWCT	Michael Klim, AUS

#### 200 METER FREESTYLE

Rec: 1:44.06 Ian Thorpe, AUS (2001)

1	1:45.20	WORLDS	Michael Phelps, USA
2	1:46.14	WORLDS	Grant Hackett, AUS
3	1:46.23	USOPEN	Pieter vd. Hoogenband, NED
4	1:46.59	GBRAUG	Simon Burnett, GBR
5	1:46.63	WORLDS	Ryk Neethling, RSA
6	1:46.85	WORLDS	Brent Hayden, CAN
7	1:46.87	USAUG	Klete Keller, USA
8	1:47.09	WORLDS	Nicholas Sprenger, AUS

### 800 METER FREESTYLE

Rec: 7:38.65 Grant Hackett, AUS (2005)

1	7:38.65	WORLDS	Grant Hackett, AUS
2	7:45.63	WORLDS	Larsen Jensen, USA
3	7:46.64	WORLDS	Yuri Prilukov, RUS
4	7:50.40	ITAAPR	Massi Rosolino, ITA
5	7:50.83	WORLDS	Przemyslaw Stanczyk, POL
6	7:51.03	WORLDS	Oussama Mellouli, TUN
7	7:51.54	WORLDS	David Davies, GBR
8	7:53.33	WORLDS	Lukasz Drzewinski, POL
9	7:54.04	WORLDS	Sebastien Rouault, FRA
10	7:54.55	WORLDS	Nicolas Rostoucher, FRA



ABOVE » Brendan Hansen, USA

### 1500 METER FREESTYLE

Rec: 14:34.56 Grant Hackett, AUS (2001)

1	14:42.58	WORLDS	Grant Hackett, AUS
2	14:47.58	WORLDS	Larsen Jensen, USA
3	14:48.11	WORLDS	David Davies, GBR
4	14:51.62	WORLDS	Yuri Prilukov, RUS
5	14:59.38	WORLDS	Mateusz Sawrymowicz, POL
6	15:00.27	EASIANOV	Zhang Lin, CHN
7	15:00.32	EASIANOV	Tae Hwan Park, KOR
8	15:03.62	USOPEN	Mark Randall, RSA
9	15:08.00	WORLDS	Sebastien Rouault, FRA
10	15:08.48	AUSWCT	Kurtis MacGillivray, AUS

### 50 METER BACKSTROKE

Rec: 24.80 Thomas Rupprath, GER (2002)

1	24.95	WORLDS	Aristeidis Grigoriadis, GRE
2	24.99	WORLDS	Matt Welsh, AUS
3	25.02	WORLDS	Liam Tancock, GBR
4	25.18	EASIANOV	Ouyang Kunpeng, CHN
5	25.23	WORLDS	Randall Bal, USA
6	25.30	GERMAY	Thomas Rupprath, GER
7	25.30	WORLDS	Aaron Peirsol, USA
8	25.39	GERMAY	Stev Theloke, GER
9	25.52	GERMAY	Steffen Driesen, GER
10	25.53	GERMAY	Marco Di Carli, GER

### 100 METER BACKSTROKE

Rec: 53.17 Aaron Peirsol, USA (2005)

1	53.17	USAWCT	Aaron Peirsol, USA
2	54.01	USAWCT	Randall Bal, USA
3	54.09	CHNOCT	Ouyang Kunpeng, CHN
4	54.20	OKAYASEP	Tomomi Morita, JPN
5	54.24	USAWCT	Matt Grevers, USA
6	54.27	WORLDS	Laszlo Cseh, HUN
7	54.43	JPUNISEP	Masafumi Yamaguchi, JPN
8	54.50	WORLDS	Arkadi Vyatchanin, RUS
9	54.55	AUSWCT	Matt Welsh, AUS
10	54.55	DUELAUG	Ryan Lochte, USA

### 200 METER BACKSTROKE

Rec: 1:54.66 Aaron Peirsol, USA (2005)

1	1:54.66	WORLDS	Aaron Peirsol, USA
2	1:56.63	WORLDS	Markus Rogan, AUT
3	1:57.00	WORLDS	Ryan Lochte, USA
4	1:57.03	WORLDS	Razvan Florea, ROM
5	1:57.80	JPUNISEP	Takashi Nakano, JPN
6	1:57.91	FISUAUG	Blaz Medvesek, SLO
7	1:57.91	CHNOCT	Ouyang Kunpeng, CHN
8	1:58.07	RUSJUN	Arkadi Vyatchanin, RUS
9	1:58.25	USAAUG	Chris DeJong, USA
10	1:58.28	WORLDS	Gordan Kozulj, CRO

### 50 METER BREASTSTROKE

Rec: 27.18 Oleg Lisogor, UKR (2002)

1	27.44	GERMAY	Mark Warnecke, GER
2	27.49	WORLDS	Mark Gangloff, USA
3	27.63	FISUAUG	Oleg Lisogor, UKR
4	27.73	WORLDS	James Gibson, GBR
5	27.73	WORLDS	Hugues Duboscq, FRA
6	27.78	WORLDS	Kosuke Kitajima, JPN
7	27.79	ITAUG	Alessandro Terini, ITA
8	27.81	WORLDS	Emil Tahirovic, SLO
9	27.82	GBRAUG	Chris Cook, GBR
10	27.83	EASIANOV	Zeng Qiliang, CHN

### 100 METER BREASTSTROKE

Rec: 59.30 Brendan Hansen, USA (2004)

1	59.37	WORLDS	Brendan Hansen, USA
2	59.53	WORLDS	Kosuke Kitajima, JPN
3	1:00.05	WORLDS	Hugues Duboscq, FRA
4	1:00.06	WORLDS	Oleg Lisogor, UKR
5	1:00.64	WORLDS	Chris Cook, GBR
6	1:00.64	AUSWCT	Brenton Rickard, AUS
7	1:00.66	WORLDS	Dimitri Komornikov, RUS
8	1:00.72	JPUNISEP	Makoto Yamashita, JPN
9	1:00.84	WORLDS	Emil Tahirovic, SLO
10	1:01.25	RUSJUN	Grigori Falko, RUS

### 200 METER BREASTSTROKE

Rec: 2:09.04 Brendan Hansen, USA (2004)

1	2:09.85	WORLDS	Brendan Hansen, USA
2	2:10.76	AUSWCT	Jim Piper, AUS
3	2:11.22	WORLDS	Michael Brown, CAN
4	2:11.54	WORLDS	Genki Imamura, JPN
5	2:11.80	BARCEJUN	Dimitri Komornikov, RUS
6	2:12.05	BARCEJUN	Grigori Falko, RUS
7	2:12.14	POLMAY	Slawomir Kuczko, POL
8	2:12.41	ITAAPR	Paolo Bossini, ITA
9	2:12.43	WORLDS	Loris Facci, ITA
10	2:12.50	WORLDS	Vladislav Polyakov, KAZ

### 50 METER BUTTERFLY

Rec: 22.96 Roland Schoeman, RSA (2005)

1	22.96	WORLDS	Roland Schoeman, RSA
2	23.12	WORLDS	Ian Crocker, USA
3	23.38	WORLDS	Sergiy Breus, UKR
4	23.48	WORLDS	Ryk Neethling, RSA
5	23.55	WORLDS	Fernando Scherer, BRA
6	23.59	GERMAY	Thomas Rupprath, GER
7	23.69	FISUAUG	Evgeni Korotyshkin, RUS
8	23.71	WORLDS	Duje Draganja, CRO
9	23.76	NZLMAR	Corney Swanepoel, NZL
10	23.85	WORLDS	Michael Mintenko, CAN

### 100 METER BUTTERFLY

Rec: 50.40 Ian Crocker, USA (2005)

1	50.40	WORLDS	Ian Crocker, USA
2	51.34	USAWCT	Michael Phelps, USA
3	51.94	WORLDS	Andriy Serdinov, UKR
4	52.23	WORLDS	Igor Marchenko, RUS
5	52.46	RUSJUN	Evgeni Korotyshkin, RUS
6	52.49	NZLMAR	Corney Swanepoel, NZL
7	52.53	GERMAY	Helge Meeuw, GER
8	52.54	GERMAY	Thomas Rupprath, GER
9	52.67	JPNAPR	Ryo Takayasu, JPN
10	52.70	EASIANOV	Zhou Jiawei, CHN

### 200 METER BUTTERFLY

Rec: 1:53.93 Michael Phelps, USA (2003)

1	1:55.02	WORLDS	Pawel Korzeniowski, POL
2	1:55.11	JPUNISEP	Ryuichi Shibata, JPN
3	1:55.26	USAAUG	Michael Phelps, USA
4	1:55.62	WORLDS	Takeshi Matsuda, JPN
5	1:55.78	CHNOCT	Wu Peng, CHN

6	1:55.93	RUSJUN	Nikolai Skvortsov, RUS
7	1:56.61	GERMAY	Helge Meeuw, GER
8	1:56.67	DUELAUG	Davis Tarwater, USA
9	1:56.91	WORLDS	Travis Nederpelt, AUS
10	1:56.95	JPUNISEP	Ryusuke Sakata, JPN

### 200 METER INDIVIDUAL MEDLEY

Rec: 1:55.94 Michael Phelps, USA (2003)

1	1:56.68	WORLDS	Michael Phelps, USA
2	1:57.61	WORLDS	Laszlo Cseh, HUN
3	1:57.79	WORLDS	Ryan Lochte, USA
4	1:57.92	WORLDS	Vytautas Janusaitis, LTU
5	2:00.13	FISUAUG	Eric Shanteau, USA
6	2:00.24	WORLDS	Alessio Boggiatto, ITA
7	2:00.45	WORLDS	Hideemasa Sano, JPN
8	2:00.59	CHNOCT	Qu Jingyu, CHN
9	2:00.98	AUSWCT	Adam Lucas, AUS
10	2:01.00	MEDJUN	Oussama Mellouli, TUN

### 400 METER INDIVIDUAL MEDLEY

Rec: 4:08.26 Michael Phelps, USA (2004)

1	4:09.63	WORLDS	Laszlo Cseh, HUN
2	4:11.67	WORLDS	Luca Marin, ITA
3	4:12.71	DUELAUG	Michael Phelps, USA
4	4:13.47	WORLDS	Oussama Mellouli, TUN
5	4:13.48	WORLDS	Alessio Boggiatto, ITA
6	4:13.67	WORLDS	Ryan Lochte, USA
7	4:15.76	CHNOCT	Wu Peng, CHN
8	4:16.25	WORLDS	Robert Margalis, GRE
9	4:16.39	AKRMAY	Ioannis Drymonakos, GRE
10	4:16.60	JPNAPR	Hideemasa Sano, JPN



ABOVE » Michael Phelps, USA

rankings

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## JANUARY 2006 HIGHLIGHTS

- Tips on Technique
- Rowdy Gaines
- "Freestyle Pull with Dolphin Kick" drill (video)
- Eddie Reese Q&A
- "Freestyle: Broken Wrist" drill (video)
- Swim Mom
- East Asian Games
- World Cup
- ASCA LSC Coaches of the Year
- Top 25 U.S./World Rankings
- NAG Top 16 Relays



Check out *Swimming World Interactive* at [www.SwimmingWorldMagazine.com](http://www.SwimmingWorldMagazine.com) for the top 25 world rankings list, including relays.

## MONTHLY POLL ON

# SwimmingWORLD

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What was the most memorable swimming story during the last year (November 2004 through October 2005)?

Laure Manadou breaks the last drug-tainted world record (SCM 1500 free, held by East Germany's Petra Schneider) that lasted almost 23 years.

Ryk Neethling lowers the world record in the SCM 100 IM three times in less than a month.

Kenyon rolls to its 26th straight Division III men's championship.

Jessica Hardy becomes first high school girl to break a minute in the 100 yard breast.

Eight world records highlight the World Championships in Montreal.

Any other favorites? Let us know at [editorial@swimmingworldmagazine.com](mailto:editorial@swimmingworldmagazine.com)

**THE VOTES ARE IN...**

In the November *Swimming World Interactive* poll, we asked you to tell us which high school record you thought was the greatest of all time? Here are your top 5 answers:

**Jeff Kostoff, 500 Yard Free, 4:16.39 (1983)** ..... 21.04%

**Janet Evans, 500 Yard Free, 4:37.30 (1988)** ..... 18.71%

**Joe Hudepohl, 200 Yard Free, 1:34.96 (1991)** ..... 9.89%

**Bolles School, Boys' 400 Yard FR, 2:59.98 (1991)** ..... 8.99%

**Alex Lim, 100 Yard Back, 46.82 (1999)** ..... 8.81%

# NATIONAL AGE GROUP TOP 16 (SCY)

rankings

## NATIONAL

### 2004-2005 SHORT COURSE RANKINGS Compiled by USA Swimming

Times swum in 25-yard pool from Sept. 1, 2004 through Aug. 31, 2005

Italics = Existing NAG Record  
Boldface = New NAG Record

## GIRLS 10 & UNDER

### 50 YARD FREESTYLE

25:47	Grace Cornelius, MA (1983)
25:53	Elizabeth Pelton, WY, CT
26:19	Lia Neal, AQUA, MR
26:31	Annie Zhu, LGAC, MR
26:53	A. Gratsenber, VAST, PN
26:66	Carrone Hirai, KSC, HI
26:73	Claire Brandt, ATAC, NT
26:80	Haley Lips, YSSC, SC
26:81	Karen Turner, LOSC, OR
26:82	Chelsea Oquist, MONC, MN
26:97	Sela Flowers, ASR, NT
26:98	Dani Albright, TNTY, FL
27:00	Casey Papp, IST, IN
27:00	Tori Finney, VACS, VA
27:03	S. Schlobohm, NOVA, CA
27:06	Rachel Moore, ANA, NE
27:10	T. Papadopoulos, UN, FL

### 100 YARD FREESTYLE

55:23	Chelsea Nauta, MA (1999)
56:39	Elizabeth Pelton, WY, CT
57:37	Annie Zhu, LGAC, MR
57:45	Rachel Moore, ANA, NE
57:48	Carrone Hirai, KSC, HI
57:84	T. Papadopoulos, UN, FL
58:08	Lia Neal, AQUA, MR
58:33	Kristen Nunnelly, CGAC, IN
58:45	Tori Finney, VACS, VA
58:53	Karen Turner, LOSC, OR
58:93	Jordan Hancock, FCST, GU
58:94	Jenny Holtzen, RAC, AR
58:99	Rylie Martin, TRA, CA
59:14	Lauren Day, BTA, GU
59:27	Madison Sadler, UN, FL
59:32	Dani Albright, TNTY, FL
59:32	Natilee Ruiz, MLMR, IE

### 200 YARD FREESTYLE

1:59:22	LeeAnn Gathings, SE (1989)
2:00:93	T. Papadopoulos, CFYR, FL
2:04:61	Carrone Hirai, KSC, HI
2:05:35	Chelsea Britt, UN, FL
2:05:71	Kristen Nunnelly, CGAC, IN
2:05:79	Jordan Hancock, FCST, GU
2:05:91	Melissa Williams, ACS, GU
2:06:48	Karen Turner, LOSC, OR
2:06:86	Deirdre Milano, PCS, FG
2:06:96	Abby Duckett, PASA, PC
2:07:19	Becca Heller, HAT, FG
2:07:41	Rylie Martin, TRA, CA
2:07:72	Rachel Moore, ANA, NE
2:07:83	Annie Zhu, LGAC, MR
2:08:33	Dani Albright, TNTY, FL
2:08:73	Emily Eiben, BPR, AM
2:08:79	Haley Lips, YSSC, SC

### 500 YARD FREESTYLE

5:23:24	Chelsea Franklin, FL (2001)
5:16:52	T. Papadopoulos, UN, FL
5:30:38	Becca Heller, HAT, FG
5:34:29	Bonnie Brandon, MACS, CO
5:34:46	Carley Stevens, AZM, AZ
5:34:53	Abby Duckett, PASA, PC
5:34:70	Kristen Nunnelly, CGAC, IN
5:36:26	Chelsea Britt, UN, FL
5:39:54	Jordan Hancock, FCST, GU
5:40:89	Katie Blodgett, URGs, WV
5:42:58	Hannah Albion, GCST, FL
5:42:66	Stephanie Jablon, DSS, CA
5:42:84	Livy Rettstatt, RRS, CT
5:43:50	Allie Roberts, EMAC, MA

29:77	Samantha Keehn, TCC, CA
29:79	Jordan Hancock, FCST, GU
29:84	Janet Hu, CUBU, PV
29:91	Michelle Garland, HLYS, IL
29:91	Abby Duckett, PASA, PC
29:93	Isabelle Voler, MAC, NC

### 100 YARD BUTTERFLY

1:01:61	Amanda Sims, PC (2000)
1:01:54	Rachel Moore, ANA, NE
1:03:42	Chelsea Britt, UN, FL
1:05:32	Alyssa Davis, KING, PN
1:05:40	Ann Gillig, YSSC, SC
1:05:53	Haley Preston, CLSS, CA
1:05:80	Jordan Hancock, FCST, GU
1:05:80	T. Papadopoulos, CFYR, FL
1:06:13	Connie Hsu, WHTN, IL
1:06:39	Lauren Hager, KA, GU
1:06:41	Ara Rodriguez, UN, FG
1:06:44	Abby Duckett, PASA, PC
1:06:49	Dayna Gettel, COPS, NT
1:06:61	Annie Zhu, LGAC, MR
1:06:76	C. Hambrick, LASO, VA
1:07:05	Janet Hu, CUBU, PV
1:07:32	Lela Garner, PCAC, MA

### 100 YARD INDIVIDUAL MEDLEY

1:02:89	Lesley Meade, OH (1994)
1:04:22	Annie Zhu, LGAC, MR
1:04:66	T. Papadopoulos, CFYR, FL
1:06:23	Elizabeth Pelton, WY, CT
1:06:23	Jenny Holtzen, RAC, AR
1:06:23	Mariah Reading, CCSC, ME
1:06:43	Rachel Moore, ANA, NE
1:06:90	Chelsea Oquist, MONC, MN
1:07:54	Jennifer Zhang, CAA, MD
1:07:83	Karen Turner, LOSC, OR
1:07:84	Nichole Gill, DUBS, OH
1:07:86	Connie Hsu, WHTN, IL
1:07:92	K. Duncan, CUA, CO
1:07:98	Michelle Garland, HLYS, IL
1:08:10	Lia Neal, AQUA, MR
1:08:15	Courtney Taylor, FOX, IL
1:08:19	Ann Gillig, YSSC, SC
1:08:19	C. Gutschenritter, COPS, NT

### 200 YARD INDIVIDUAL MEDLEY

2:16:74	Elizabeth Beisel, NE (2003)
2:15:41	T. Papadopoulos, UN, FL
2:19:13	Annie Zhu, LGAC, MR
2:19:77	Jenny Holtzen, RAC, AR
2:22:19	Kristen Nunnelly, CGAC, IN
2:22:49	Karen Turner, LOSC, OR
2:25:27	Rachel Moore, ANA, NE
2:25:38	Connie Hsu, WHTN, IL
2:25:41	Carley Stevens, AZM, AZ
2:25:58	Abby Duckett, PASA, PC
2:25:58	Ann Gillig, YSSC, SC
2:25:75	Lauren Hager, KA, GU
2:26:15	Livy Rettstatt, RRS, CT
2:26:23	Caley Oquist, MONC, MN
2:26:42	Kelly Naze, CAC, CO
2:26:50	Haley Preston, CLSS, CA
2:26:56	Michelle Garland, HLYS, IL

## GIRLS 11 & 12

### 50 YARD FREESTYLE

23:15	Amanda Weir, GA (1999)
24:16	Tori Simenec, BRSC, OR
24:17	Cindy Tran, GWSC, CA
24:41	Haley Krakoski, SDA, AZ
24:50	Emily Lloyd, SPY, MD
24:51	C. McElhany, AQUA, GU
24:58	Kait Flederbach, CIA, IN
24:58	Lauren Harrington, MTS, SE
24:60	Aja Van Hout, MEYO, WI
24:62	Tracye Swartz, RIO, AZ
24:62	Kaylin Burchell, COLA, KY
24:63	Felicia Lee, MYM, NJ
24:67	Dagny Knutson, MSC, ND
24:68	Alex Forrester, BAD, MR
24:69	Cynthia Tsay, STAS, SN
24:71	Elise Borja, GSSC, WI
24:72	Nicole Parmenter, NCA, SI

### 100 YARD FREESTYLE

50:89	Grace Cornelius, MA (1985)
52:76	Cindy Tran, GWSC, CA
52:89	Haley Krakoski, SDA, AZ
52:98	Laura Harris, NBAC, MD
53:26	Tracye Swartz, RIO, AZ
53:44	Emily Weaner, WSY, MA
53:45	Tori Simenec, BRSC, OR
53:48	Felicia Lee, MYM, NJ
53:59	Aja Van Hout, MEYO, WI
53:61	Sarah Denninghoff, HBT, SE
53:75	C. McElhany, AQUA, GU
53:77	Chloe Sutton, HBT, SE
53:84	Lauren Harrington, MTS, SE
53:84	Cynthia Tsay, STAS, SN
53:89	Elise Borja, GSSC, WI
53:94	Samantha Tucker, TXLA, ST
53:99	Andrea Staub, NBAC, MD

### 200 YARD FREESTYLE

1:50:40	Michelle Richardson, SE (1982)
1:52:66	Chloe Sutton, UN, SE
1:54:90	Tori Simenec, BRSC, OR
1:55:30	Elizabeth Beisel, MAG, NE
1:56:09	Sarah Denninghoff, HBT, SE
1:56:49	Gabrielle Ortega, GCST, FL
1:56:57	Melanie Margalis, TBA, FL
1:56:57	Andrea Staub, NBAC, MD
1:56:65	Kaylin Burchell, UN, KY
1:56:65	Samantha Tucker, TXLA, ST
1:56:76	Haley Krakoski, SDA, AZ
1:56:86	Emily Weaner, WSY, MA
1:56:87	Erin Foster, TWST, GU
1:56:89	Cynthia Tsay, STAS, SN
1:56:92	Laura Harris, NBAC, MD
1:56:93	Felicia Lee, MYM, NJ
1:57:10	Taylor Sostarecz, ATAC, MA

### 500 YARD FREESTYLE

4:49:51	Cynthia Woodhead, 1977 (CA)
4:49:81	Chloe Sutton, HBT, SE
4:58:40	Elizabeth Beisel, MAG, NE
5:09:03	Gabrielle Ortega, GCST, FL
5:09:10	C. Randolph, UN, FG
5:09:41	Allison Arnold, NCSV, CA
5:09:86	Taylor Sostarecz, ATAC, MA
5:10:95	Lynette Lim, PSP, CA
5:11:03	Tristin Baxter, CLOV, CC
5:11:55	Caitlin Carter, NBAC, MD
5:11:65	Rachel Raybon, SYS, FL
5:11:82	Julie Bassford, ACAC, MA
5:11:88	M. McCotter, JW, MA
5:12:23	Malia Johnson, SAC, AZ
5:12:38	Lindsay Gendron, BNY, IL
5:12:64	Julia Kucherich, NBAC, MD
5:12:65	Jordan Smith, PA, FL

### 1000 YARD FREESTYLE

10:00:94	Chelsea Franklin, FL (2003)
9:57:33	Chloe Sutton, HBT, SE
10:10:92	Elizabeth Beisel, MAG, NE
10:30:88	Gabrielle Ortega, GCST, FL
10:31:21	Taylor Sostarecz, ATAC, MA
10:31:92	Jenny Yazbec, CFYR, FL
10:36:96	Rachel Raybon, SYS, FL
10:37:01	Ashley Evans, AFOX, AZ
10:40:20	Alison Moffit, LAC, NT
10:42:85	Emma Baldwin, FAST, SI
10:43:67	Sarah Denninghoff, HBT, SE
10:43:76	Felicia Lee, MYM, NJ
10:46:16	Lynette Lim, PSP, CA
10:46:18	Lauren Matevish, STRS, LE
10:46:28	Kate Woolbright, GSC, FL
10:48:85	Lauren Ross, BAC, NJ
10:49:14	Allison Arnold, NCSV, CA



ABOVE » Chloe Sutton

### 1650 YARD FREESTYLE

16:59:12	Chelsea Franklin, FL (2003)
16:34:13	Chloe Sutton, HBT, SE
17:16:07	Elizabeth Beisel, MAG, NE
17:31:78	Ashley Evans, AFOX, AZ
17:39:03	Jenny Yazbec, CFYR, FL
17:41:98	C. Randolph, UN, FG
17:43:40	Rachel Raybon, SYS, FL
17:45:60	Taylor Sostarecz, ATAC, MA
17:49:64	Lauren Matevish, STRS, LE
17:50:23	Lynette Lim, PSP, CA
17:57:98	Hailey White, SA, GA
17:59:86	Julie Bassford, ACAC, MA
18:01:36	Alison Moffit, LAC, NT
18:05:62	Amber McDemott, WEST, PN
18:06:93	Frankie Roman, NBAC, MD
18:07:30	Katie Gardocki, BEAR, CT
18:08:48	Sarah Denninghoff, HBT, SE

### 50 YARD BACKSTROKE

26:23	Cindy Tran, CA (2004)
26:06	Cindy Tran, GWSC, CA
27:27	Felicia Lee, MYM, NJ
27:54	Sarah Denninghoff, HBT, SE
27:56	Elizabeth Pelton, WY, CT
27:62	Emily Bos, WMS, MI
27:64	Chelsea Bailey, KING, PN
27:79	Lauren Solemno, CDEV, CT
27:95	Lauren Harrington, MTS, SE
27:98	Dagny Knutson, MSC, ND
28:04	Kim Holden, BGNW, MR
28:08	Ashley Byrd, WAC, VA
28:14	Karen Wang, PLS, PC

28:14	Emily Lloyd, SPY, MD
28:20	Emily Weaner, WSY, MA
28:22	Laura Harris, NBAC, MD
28:24	Ellen Lobb, AQUA, GU
28:24	Margo Geer, UN, OH

### 100 YARD BACKSTROKE

56:23	Beth Botsford, MD (1994)
56:73	Cindy Tran, GWSC, CA
57:82	Elizabeth Beisel, MAG, NE
57:82	Felicia Lee, MYM, NJ
58:73	Sarah Denninghoff, HBT, SE
58:75	Elizabeth Pelton, WY, CT
59:41	Karen Wang, PLS, PC
59:44	Nicole Parmenter, NCA, SI
59:55	Dagny Knutson, UN, ND
59:64	Tori Simenec, BRSC, OR
59:74	Emily Weaner, WSY, MA
1:00:18	Ashley Hicks, PTAT, FG
1:00:23	Justine Ress, SNCO, CT
1:00:23	Allie Day, CGAC, IN
1:00:28	Ellen Lobb, AQUA, GU
1:00:28	Chelsea Bailey, KING, PN
1:00:30	Julia Kucherich, NBAC, MD

### 200 YARD BACKSTROKE

2:01:73	Courtney Kalisz, MD (2003)
2:01:44	Elizabeth Beisel, MAG, NE
2:03:49	Felicia Lee, MYM, NJ
2:06:45	Karen Wang, PLS, PC
2:07:13	Lauren Harrington, MTS, SE
2:07:35	Elizabeth Pelton, WY, CT
2:07:58	Chloe Sutton, HBT, SE
2:07:77	Kirstie Chen, CERR, CA
2:08:70	Sarah Denninghoff, HBT, SE
2:08:70	Maureen McCotter, JW, MA
2:08:71	Julia Kucherich, NBAC, MD
2:08:74	Tori Simenec, BRSC, OR
2:08:74	Sarah Cruzan, THSC, OR
2:09:12	Cindy Tran, GWSC, CA
2:09:74	Laura Harris, NBAC, MD
2:09:80	Ally Loper, SAC, AZ
2:09:91	Erin Reisinger, RAYS, GA

### 50 YARD BREASTSTROKE

29:25	Felicia Castaneda, SI (1999)
30:82	Lauren Poli, BC, PN
30:89	Tera Bradham, TXLA, ST
30:95	Kaylin Burchell, COLA, KY
31:12	Stephanie Ferrell, MYM, NJ
31:12	Emily Schwabe, WEST, WI
31:26	Caroline Reeves, ROSC, SE
31:32	Tracye Swartz, RIO, AZ
31:35	Melissa Bates, SCAL, CA
31:38	Torrey Bussey, RAS, NC
31:41	Emily Campbell, ASC, SD
31:43	Mallory McGowan, UN, SN
31:49	Tess Simpson, AFOX, AZ
31:51	Emma Reaney, LAW, MV
31:55	Kim Jerome, CDEV, CT
31:59	Alison Lusk, BAY, SE
31:60	Chelsea Bailey, KING, PN

### 100 YARD BREASTSTROKE

1:03:56	Jody Hilcock, SN (1995)
1:05:96	Stephanie Ferrell, MYM, NJ
1:06:53	Jordan Smith, PA, FL
1:06:64	Kaylin Burchell, UN, KY
1:06:84	Emily Schwabe, WEST, WI
1:06:99	Emily Campbell, ASC, SD
1:07:23	Tess Simpson, AFOX, AZ
1:07:61	Grace Tarka, NBAC, MD
1:07:61	Kirstie Chen, CERR, CA
1:07:62	Bri Borgolini, SCHE, AD
1:07:68	Alison Lusk, BAY, SE
1:07:71	Caroline Reeves, ROSC, SE
1:07:80	Katie Olsen, SDA, AZ
1:07:92	Tera Bradham, TXLA, ST
1:07:96	Chelsea Bailey, KING, PN
1:07:96	Emma Reaney, LAW, MV
1:08:18	Angela Lee, AZOT, CA

### 200 YARD BREASTSTROKE

2:17:18	Alisa Finn, IL (2004)
2:21:37	Stephanie Ferrell, MYM, NJ
2:23:64	Kirstie Chen, CERR, CA
2:24:07	Angela Lee, AZOT, CA
2:24:61	Kate Woolbright, GSC, FL
2:24:61	Bri Borgolini, SCHE, AD
2:24:70	Emily Schwabe, WEST, WI
2:24:97	Tera Bradham, TXLA, ST
2:25:78	Jordan Smith, PA, FL
2:26:14	Katie Olsen, SDA, AZ
2:26:15	Jamie Kwan, FCST, GU
2:26:22	Sarah Furgatch, AZOT, CA
2:26:25	Grace Tarka, NBAC, MD
2:26:43	Danae Petrakis, FOG, PC
2:27:25	Tracye Swartz, RIO, AZ
2:27:29	Lauren Stauder, CSC, IN
2:27:41	Emily Campbell, ASC, SD

### 50 YARD BUTTERFLY

25:50	Dana Vollmer, NT (2000)
25:92	L. Harrington, MTS, SE
26:20	C. McElhany, AQUA, GU

26:27	Felicia Lee, MYM, NJ
26:33	Cindy Tran, GWSC, CA
26:71	Tori Simenec, BRSC, OR
26:73	Megan Fox, NS, MI
26:74	Haley Krakoski, SDA, AZ
26:77	Dagny Knutson, MSC, ND
26:78	Elizabeth Pelton, WY, CT
2	

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**JANUARY 2006**

- 21-22 **Liverpool, NY**  
JETS "G-S-B"  
315-699-8615
- 21-22 **Beaverton, OR**  
West Coast All-Stars  
swim@oregonswim.org
- 21-22 **Canby, OR**  
Canby SC Open  
kdschuhmeister@aol.com
- 22 **Penfield, NY**  
SDSC "G-S-B"  
585-388-1782
- 27-28 **Vancouver, WA**  
VSC Super Bowl Meet  
stebbinsgm@aol.com
- 27-29 **Mobile, AL**  
CMSA Invite  
334-690-6881
- 27-29 **Fort Walton Beach, FL**  
PLAY Open  
850-585-4749
- 27-29 **Orlando, FL**  
CFY AG/SR Invite  
407-363-1911
- 27-29 **Augusta, GA**  
Bob Richards Nissan  
Invite  
803-278-5875
- 27-29 **Barrington, IL**  
Barrington Swim Club  
melliott@mc.net
- 27-29 **Columbia, MO**  
CSC "ABC"  
donna\_sheahan@yahoo.com
- 27-29 **Kansas City, MO**  
TD Winter Challenge  
teamdolphins@sbcglobal.net
- 27-29 **Minden, NV**  
DDST Invite  
meetinfo@ddst.org
- 27-29 **Webster, NY**  
FAST Go the Distance  
Senior Jos (13&Over)  
585-223-3126
- 27-29 **Hillsboro, OR**  
HST Winter Invite  
carpediem3wse@aol.com
- 27-29 **Tualatin, OR**  
Winter Qualifier  
acarlisle@ttad.k12.or.us
- 27-29 **Memphis, TN**  
MTS Open, p/f  
901-678-2809
- 28 **Federal Way, WA**  
OAC Hawaiian Dreams  
kohnkas@comcast.net
- 28-29 **Stockton, CA**  
TIGR "C-B-A+"  
tigrocoach@sbcglobal.net
- 28-29 **Gurnee, IL**  
Blue Devil Swim Club  
sshhyde@comcast.net
- 28-29 **Oswego, IL**  
Joliet Jets YMCA  
dutdamk@worldkitchen.com
- 28-29 **Salina, KS**  
SAC "ABC"  
smcclain@kansas.com
- 28-29 **La Grande, OR**  
La Grande Invite  
magomez@fs.fed.us
- 28-29 **Woodburn, OR**  
WBST Last Chance  
coachzell@cudclub.com

- 28-29 **Kingsport, TN**  
BSC Open  
423-392-0613
- 29 **Renton, WA**  
BC Snowflake Classic  
pdeiparine@comcast.net
- 30 **Federal Way, WA**  
WSY 1000/1650  
anniemetee@hotmail.com

**FEBRUARY**

- 3-5 **Auburn, AL**  
AUB Open  
334-844-9623
- 3-5 **Huntsville, AL**  
HSA Open  
256-881-2902
- 3-5 **Gainesville, GA**  
LA Annual Qualifier  
770-534-6279
- 3-5 **East Moline, IL**  
East Moline Swim Club  
309-752-1624
- 3-5 **Mountain View, GA**  
RAYS Invite  
iangoss@bellsouth.net
- 3-5 **Emporia, KS**  
EAC "ABC"  
620-342-3217
- 3-5 **Grants Pass, OR**  
The Dutch Brothers  
Last Chance Open  
541-474-9731
- 3-5 **North Bend, OR**  
Oregon "BC" Champs.  
541-271-3218
- 3-5 **Mechanicsburg, PA**  
CVAC "A-BB-C"  
717-506-3668
- 4 **Orlando, FL**  
HAC AG/SR Open  
407-206-1900/180
- 4 **Mundelein, IL**  
Mundelein Mustang  
Swim Club  
847-553-1096
- 4 **Baldwinsville, NY**  
BSSC "G-S-B"  
315-635-5331
- 4 **Orchard Park, NY**  
TWST "G-S-B"  
716-818-1144
- 4-5 **Pleasanton, CA**  
PLS JR+  
925-462-6073
- 4-5 **Chicago, IL**  
Chicago South SC  
773-239-6030
- 4-5 **Sterling, IL**  
Sterling Stingray SC  
815-622-6200
- 4-5 **Laurel, MD**  
February Qualifier  
240-417-5569
- 4-5 **Mechanicsburg, PA**  
CVAC Mini  
717-506-3668
- 5 **Fort Dix, NJ**  
STRM Mini  
609-723-2664
- 5 **Victor, NY**  
VICT "G-S-B"  
585-924-5924
- 10-12 **New Castle, DE**  
DST "A-BB-C" with Mini  
302-652-4DST
- 10-12 **Clearwater, FL**  
CAT AG/SR Invite  
727-791-9542
- 10-12 **Aurora, IL**  
White Water AC  
630-548-4623

- 10-12 **Chicago, IL**  
B.R. Ryall Swim Team  
630-858-0100/231
- 10-12 **Hinsdale, IL**  
Hornets Swim Club  
630-724-0533
- 10-12 **Kishwaukee, IL**  
Kishwaukee YMCA  
815-334-0805
- 10-12 **Naperville, IL**  
Fox Valley Swim Team  
630-851-3402
- 10-12 **St. Charles, IL**  
St. Charles Swim Team  
630-584-5181
- 10-12 **West Chicago, IL**  
West Chicago Sharks  
630-231-6150
- 10-12 **Wheaton, IL**  
Wheaton Swim Club  
630-752-5778
- 10-12 **Wichita, KS**  
WSC Prelim/Finals  
316-683-1491
- 10-12 **Mt. Laurel, NJ**  
JW "A-BB-C"  
856-234-5898
- 10-12 **Buffalo, NY**  
Niagara Silver District  
716-639-0664
- 10-12 **Emmaus, PA**  
EMAC "A-BB-C"  
info@emacswim.org
- 10-12 **Bristol, TN**  
BASA Open  
540-623-5279
- 11-12 **San Jose, CA**  
ALMA "C-B-A+"  
408-268-9555
- 11-12 **San Ramon, CA**  
Zone 2 Championships  
925-240-6104
- 11-12 **Vallejo, CA**  
VJO "C-B-A+"  
707-643-7387
- 11-12 **Fort Pierce, FL**  
RRST Senior Open  
772-462-7775
- 11-12 **Elk Grove, IL**  
Arlington Alligators  
847-818-0678
- 11-12 **Evanston, IL**  
Wildkit Swim  
Organization  
847-475-3985
- 11-12 **Peoria, IL**  
Central Illinois Aquatics  
309-693-4400
- 11-12 **Chattanooga, TN**  
SCAC Open  
423-634-7606
- 11-12 **Chantilly, VA**  
PM 14&U Winter  
Qualifier Meet  
703-820-7946
- 12 **Pacific, CA**  
MAV "C-B-A+"  
650-728-7324
- 12 **Canby, OR**  
Canby Valentine's  
Last Chance Invite  
503-266-1345
- 12 **Gresham, OR**  
MHYST Last Chance  
503-667-4465
- 12 **Newtown, PA**  
SPIR Mini  
215-579-6687
- 12 **West Chester, PA**  
GRA Mini  
610-436-2127
- 17 **Freeport, IL**  
Freeport Aquatics ST  
815-232-2821

- 17-19 **Winter Park, FL**  
TPA AG/SR Open  
407-673-7717
- 17-19 **Savannah, GA**  
Georgia 14&U Champs  
vabroderick@comcast.net
- 17-19 **Brentwood, TN**  
XCEL Open p/f  
615-876-2648
- 18 **Brockport, NY**  
SPUR "G-S-B"  
585-392-3586
- 18-19 **Tuscaloosa, AL**  
BSL Open  
205-823-5512
- 18-19 **Pensacola, FL**  
PNY Open  
850-455-7687
- 18-19 **Pittsburg, KS**  
PITT "ABC" YMCA  
Championships  
620-231-1100
- 18-19 **Springfield, OR**  
OSI 10&Under Champs.  
503-297-6027
- 18-19 **Germanatown, TN**  
GST Open  
901-575-7390
- 18-19 **Arlington, VA**  
Winter Gator Mini Meet  
703-228-1810
- 18-20 **Manassas, VA**  
Presidents Day Classic  
703-897-7157
- 19 **Deerfield, IL**  
Coho Swim Club  
847-572-2622
- 19 **Tullahoma, TN**  
TSC Open  
931-759-6670
- 19-20 **Laurel, MD**  
PVS February Distance  
240-314-8750
- 23-26 **Corvallis, OR**  
OSI 11-14 Champs.  
503-297-6027
- 24-26 **Jacksonville, FL**  
BSS AG/SR Open  
904-256-5212
- 24-26 **Kansas City, MO**  
Div. II West Champs.  
816-204-4297
- 24-26 **Kansas City, MO**  
Div. II East Champs.  
816-471-1578
- 24-26 **Springfield, MO**  
Div. II South Champs.  
417-848-7435
- 24-26 **Buffalo, NY**  
STARA "G-S-B"  
716-649-2701
- 25 **Brockport, NY**  
SEAS "G-S-B"  
585-637-8989
- 25-26 **Napa, CA**  
NAPA "C-B-A+"  
510-691-8416
- 25-26 **Palo Alto, CA**  
PASA "C-B-A+"  
650-328-6536
- 25-26 **Walnut Creek, CA**  
WCAB "C-B-A+"  
925-939-5990
- 25-26 **Mt. Laurel, NJ**  
JW Sub-JO Qualifying  
856-234-5898
- 25-26 **Mt. Taylor, NJ**  
BCAT Sub-JO  
Qualifying  
856-234-6200
- 25-26 **Newtown, PA**  
SPIR Sub-JO Qualifying  
215-579-6687

parting shot



(Photo by Sergio Moraes, Reuters)