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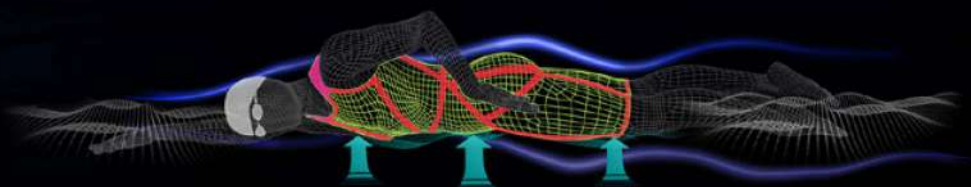
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FEATURES

024 MYSTERIES OF OUR MUSEUM: A MYSTERIOUS MEDAL

by Bruce Wigo

A beautiful bronze medal commemorating a Japan-USA-Denmark International Swimming Meet led to the story of the best all-around woman swimmer from the early 1950s who also became one of the best Masters swimmers ever: Gail Peters Roper.

026 TAKEOFF TO TOKYO: DAWN OF GREATNESS

by John Lohn

When the 2020 Olympic Games open next July, there will be no round-number anniversary of what Australian Dawn Fraser accomplished 56 years earlier in 1964. Rather, it is the site of the Olympiad that resonates. As Tokyo prepares to host the world's finest athletes, it also serves as the place where Fraser became the first swimmer ever to win Olympic gold in the same event at three consecutive Games—a feat that, even now, is wildly difficult to comprehend.

030 IT'S TIME FOR SOME RESPECT

by John Lohn

For someone to boast four World titles and seven individual medals from the World Championships, the instant assumption is that he stands out as one of the biggest names in the sport. Sure, Japan's Daiya Seto is respected by his rivals and generally around the pool, but his exploits are greater than the recognition that has been given.

034 FASTER THAN EVER

by David Rieder

Heading into the 2020 Olympics, a young American sprint corps has turned the United States into heavy gold-medal favorites in both the 100 free and 400 free relay. However, the real contest will come at the U.S. Trials, where Olympic hopefuls must get through a cutthroat gauntlet of speed in order to earn their spots for Tokyo.

038 THE NEW "KIDS" ON THE BLOCK

by Craig Lord

This month marks the beginning of a new era in swimming with the unveiling of the International Swimming League, featuring a new and dynamic format of swimming that includes a global Pro-Team tour with some of the world's greatest swimmers in action.



ON THE COVER He's medaled at the Olympic Games and is a short course world record holder. He's a multi-time World champion and has captured titles at the Pan Pacs, Asian Games and World University Games. Yet it seems that the 25-year-old Daiya Seto from Japan should be celebrated on a grander scale. As the 2020 Olympics in Tokyo quickly approach, Seto—a double gold medalist in the IMs and a silver medalist in the 200 fly at the Gwangju World Championships—will have the opportunity to shine in his homeland and finally receive his proper due. (See feature, page 30.) [PHOTO BY DELLY CARR]

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by Michael J. Stott

014 SWIMMING TECHNIQUE CONCEPTS: SHOULDER INJURY PREVENTION FOR THE FREESTYLE ARM ENTRY

by Rod Havriluk

Every team's injury management plan should include strategies to address the freestyle arm entry and prevent shoulder injury. Major benefits also include increasing the index of coordination and, thereby, increasing swimming velocity.

016 A CASE FOR HIGH SCHOOL SWIMMING: ALL FOR ONE, ONE FOR ALL

by Michael J. Stott

The verdict is unanimous: high school swimming adds immeasurable value to the career and experience of a young athlete.

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by Michael J. Stott

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by J.R. Rosania

JUNIOR SWIMMER

042 GOLDMINDS: BUILDING A TEAM OF GREAT SWIMMING PARENTS

by Wayne Goldsmith

When given the opportunity to understand the importance of their role and their influence, swimming parents can become the most powerful, positive force in their child's life.

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by Shoshanna Rutemiller

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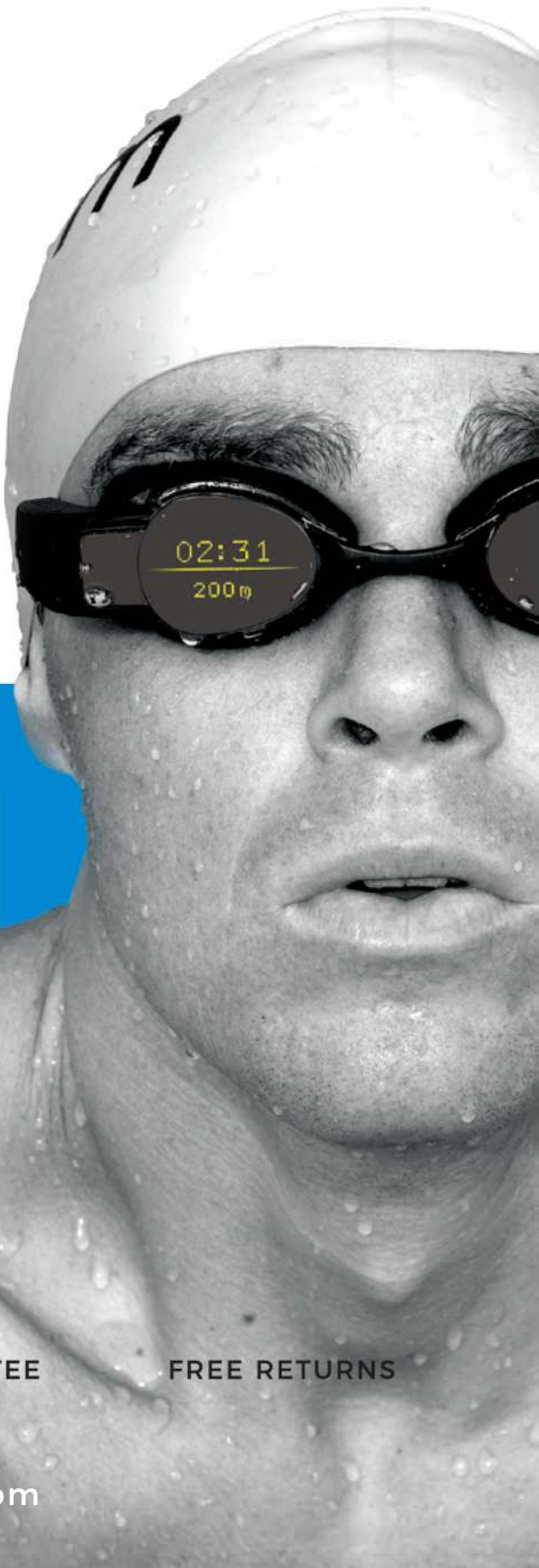
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THE WORLD CUP IS DEAD!

BY CRAIG LORD

Do you doubt the headline of this article?

Then enter these old-timers into today's World Cup pool to see how they would place: Pam Kruse, Martha Randall, Debbie Meyer, Karen Moras, Shane Gould, Shirley Babashoff, Karen Muir, Catie Ball, Cathy Carr, Galina Prozumenschikova, Ada Kok, Donna de Varona, Claudia Kolb. And on the men's side: Alain Mosconi, Greg Charlton, Mark Spitz through Hans Fassnacht, Gunnar Larsson, Tom McBreen, Brad Cooper, Kurt Krumpholz, Rick DeMont, Michael Burton, Roland Matthes, John Hencken, David Wilkie, Kevin Berry, Gary Hall, Dick Roth to András Hargitay and other pacesetters of the Class of the '60s and early '70s.

"Hey, old-timers, take a look: half a century hence, your times are going to be good for a place in a final at a 'World Cup' in a level-deck pool with lane lines, blocks, goggles, full-time professional training programs and coaches, sports scientists and more—all part of an arsenal of performance-powering progress. What d'ya think?"

Cue virtual belly laughs of the greats for the very real belly flop that FINA has allowed the World Cup to become.

An overlay circa 1969/2019 might be mistaken for satire: results at the latest round of the FINA World Cup in Singapore would have had Shane Gould and Mark Spitz, heroes of the 1972 Olympics, still in vogue on the clock.

Tick, tock: Gould, 1973—sixth in the women's 1500; Spitz, 1967 and the first world record of his career—fourth in the men's 400 free. Take Australians and a handful of others out of the pool, and you have a local youth gala...not a World Cup.

In 2019, the event title is only true because all 200-plus FINA member nations may show up if they wish, regardless of whether the swimmers are traveling at the pace of the 1960s—60 years on as we approach 2020 and Tokyo comes into view as an Olympic city 56 years beyond de Varona, Schollander & Co.

What went wrong after all the promise of cars parked on deck as prizes at the start of a new "pro-era" in pools on a European circuit in the 1980s? This: FINA took over from 1988—and evolution stopped at allowing swimmers to receive pay. The program stayed, and grew and grew.

A complex points system was compounded by an insistence on towing the entire six-, then seven-, now eight-day World Championship program into the Cup's two-day meets, while the globetrotting that was required of swimmers deterred participation because of cost and energy (including the carbon footprint kind of late). Four hours of heats—as well as finals lacking context or meaning beyond the narrow pool of the faithful and the few who saw their earning power soar—also made the Cup look and feel stale.

Ironically, Katinka Hosszu, who became a millionaire by a Cup format that suited her well, contributed to that feeling: one swimmer's victory in every race on every stroke and every distance three seasons straight lacked the excitement of what makes swimming the true thrill it can be: *racing*.

FINA killed it and then sought to kill off the threat—namely the International Swimming League—until athletes intervened to back a new pro-tour, pledging a 50-50 share for athletes. The international federation's response was to keep the Cup and bolt on a Champions' Series that ended elite-level universality (the bedrock of votes needed to maintain governance status quo).

What should FINA do?

Think anew. Take advice. Consider a team-based, duel-style Clash of Continents, leave the championship program to the championship, replace "World" with "Development" Cup, and accept that the best 300 or so will be racing in the League in the latter part of each year from now on.

Yes, the World Cup is dead. Long live new and evolving showcases for swimming between the Olympics.

Craig Lord

Editor-in-Chief

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BEYOND THE YARDS

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TIPS AND TECHNIQUES FROM THE WORLD'S FASTEST SWIMMERS AND BEST COACHES

I think we can all agree that swimming is an art. However, there are few people who can actually capture that beauty. Mike Lewis, professional sports photographer, is one of those people. There's a chance you've seen one of Mike Lewis' incredible photos in magazines or online, whether you've realized it or not. He's worked with top brands and organizations, including arena, NBC Sports, USA Swimming, United States Olympic Committee, United States Masters Swimming and *The Wall Street Journal*. It goes without saying that his photos are well known among the swim community, and rightfully so.

Mike has always loved photography, and he pins his passion to his early age group swimming days. He started on his family's point-and-shoot 110mm camera, with a drive to snap that perfect butterfly shot like the ones he'd seen in the magazines. It was always a creative hobby until 2011. His worlds collided when he left his job at USA Water Polo to take the general manager position with the Mission Viejo Nadadores. In that role, he managed and coordinated a lot of commercial photo shoots at the aquatic facility, and it sparked his interest. He was fascinated, and that's when he began investing more time into photography and the arts. Following the 2012 Olympics, he shot his first magazine cover for *Swimming World Magazine*, and the rest was history.

Throughout his career, Mike has been fortunate to travel to some of the most beautiful pools and work with some of the best athletes in the world. Following the 2016 Olympics, he did a shoot in Marseille, France at a facility with three pools on the Mediterranean Ocean. Since then, he's had the opportunity to work with a handful of arena athletes near and far. He explains that each athlete is unique and special in their own way, and he approaches the photo shoots differently, but he is always blown away with Team arena.

"When I shot (Sarah Sjöström) in Florida, we ended the shoot by joking around and putting on these crazy unicorn and horse masks—I'm always laughing and having fun on my shoots, but that one was hilarious," Mike recalled. Mike also often works with arena athletes Bruno Fratus, Haley Anderson



and Jessica Long. He adds, "(Jessica Long's) story and attitude motivates me, and I feel super fortunate any time I've worked with her."

While Mike's portfolio speaks for itself, he admits that he doesn't have an end goal, and strives to be present with his current projects. That's not to say big things aren't happening, though. Earlier this year, Mike was signed as USA Swimming's official

photographer.

"My role has several really cool components that range from event coverage, promotional pieces, working with our national teams, and capturing a wide range of organizational needs (portraits, the Make a Splash tour, Golden Goggles, etc.)," Mike says. "I couldn't be more proud to be part of the amazing team at USA Swimming."

In order to get the perfect shot, Mike always spends time in the environment and evaluates the lighting. He focuses on seeing and not just looking at what's in front of him. While the elements play a big factor in his work, so does his gear.

"I train and shoot with the **Powerfin Pro**. For training, I really like how it gives the amount of resistance without messing up the cadence of my kick. I love these fins while shooting because they afford me great agility while moving to find the best perspectives," Mike tells us. And finding the best perspective underwater is the difference between a great and mediocre shot.

We can all agree that Mike's job sounds equal parts fun and rewarding. "I feel like one of the most fortunate people on the planet. I get to work my passion in the sport that I love, with remarkable people. If this is a dream, don't wake me up," he says.

Mike believes that aspiring photographers need to learn to put fun first, and can't be afraid to fail. He leaves us with, "If you push the envelope and it doesn't work, that's OK, because that's the path to innovation."

You can connect with Mike and check out his work on <http://www.instagram.com/mike2swim> or <https://www.mike2swim.com>. 🐬

LESSONS WITH THE LEGENDS

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

BY MICHAEL J. STOTT

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KAREN MOE HUMPHREYS

Before and after she became the first women's head coach at the University of California-Berkeley, Karen Moe was a fighter. Born in the Philippines and educated in California, Moe emerged as a standout swimmer under Orinda Aquabears coach Ron Richison and Santa Clara's George Haines.

Slight in build, Moe learned early that technical proficiency would be the key to her success. This despite the fact that from the ages of 15-17 she was required to wear a Milwaukee Brace 23 hours a day as treatment for the spinal conditions, scoliosis and spondylolisthesis. Her doctor made an exception to this protocol to allow her to participate in all of her swim practices.

And what success it was—producing world records in the 200 meter butterfly in 1970 (at age 17), 1971, 1972 (twice) and an Olympic gold medal in Munich (and fourth in the 100 back.) Moe later re-emerged after a 40-month retirement (except for three college seasons), trained for 10 weeks, then made and was named a captain for the 1976 Olympic team. In the first heat, she set an Olympic record, only to finish fourth in the 200 fly final (with an American record 2:12.90) just behind a trio of steroid-fueled East Germans.

In 1978 at age 25, with a bachelor's and master's degree from UCLA, Moe was hired as the Golden Bears coach. While at Berkeley, she compiled a dual meet record of 89-42-1, mentored six Olympians and 39 different NCAA All-Americans. Three athletes—Mary T. Meagher, Conny van Bentum and Hiroko Nagasaki—won nine NCAA titles. Her 1982 team finished fourth in the AIAW championship meet. In 10 NCAA year-ending competitions, her Bears had six fourth-place finishes and a fifth, and never ended the season worse than 12th. In 1987, she was named the women's NCAA Division I Coach of the Year. As Karen Moe Humphreys, she accrued additional honors when she was inducted into the International Swimming (1992) and ASCA (2010) halls of fame.

Looking back on her coaching, she recalls, "I think the challenges I had when coaching were primarily because we were poorly funded. There were very few full scholarships. A lot of people were on very small scholarships or none at all."

With the conclusion of her Cal coaching career, she assumed a variety of athletic administrative duties at Cal (1992-2004).



[PHOTO BY TIM MORSE PHOTOGRAPHY]

Moe sued the university after being laid off abruptly. A three-year litigation was settled with her reinstatement with back pay and reimbursement of her legal expenses.

For an illuminating chronicle of her frustrating battle with the school administration, consult *Karen Moe Humphreys: Oral Histories on the Management of Intercollegiate Athletics at UC Berkeley: 1960-2014* at

https://ohc-search.lib.berkeley.edu/catalog/MASTER_2077.

IN HER OWN WORDS

"I was fortunate and greatly influenced by two terrific technical coaches: my first coach at Orinda Aquabears, Laurabelle Bookstaver, and George Haines at Santa Clara Swim Club and at UCLA. Laurabelle taught me how to properly execute every stroke and kick so that mindful practice became natural for me. As an age grouper—in part because I was smaller than my competition—I came to believe that to be successful, I had to swim technically better and work harder and smarter than others.

"In 1970, at 17, I set the first of four world records and made the move to SCSC to train with others shooting for the Olympics. It was there that I learned the importance of specificity, mental training, race rehearsal and proper stroke mechanics.

"Despite being a world record holder when I graduated from high school in 1971, I was not recruited to swim in college. I retired after the 1972 Olympics and enrolled as a regular student at UCLA.

Continued on 12 >

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By 1973, there were whispers of athletic scholarships becoming available for women. I decided to go out for the team, and in 1974, I was awarded one of the first athletic full rides for women at UCLA. This ultimately led to being in position to try out for my second Games at the 'old age' of 23, while attending graduate school.

"My UCLA degrees were in kinesiology with a specialization in exercise physiology. My graduate work was centered around a comprehensive study of all of the factors contributing to peak performance, building upon what I had learned at SCSC. I had just started grad school in the spring of 1976 when I decided to try out for the Montreal Games—I had swum only during the collegiate seasons the previous three years.

"In those brief 10 weeks, I trained with Coach Haines and focused intently and specifically on doing everything possible to qualify in the 200 butterfly. It was fun to feel like I was applying what I had been studying to my own performance. After the Olympics, I completed my studies and was able to do research with the UCLA men's swim team. I worked as a teaching assistant and coached the Beverly Hills Swim Team.

"When I was hired as head coach at Cal, I was thrilled to be able to work with intelligent women and create a program where they could be successful by training smarter and believing in continued improvement. Back then, many believed women/girls peaked at 17. The environment on the pool deck shared with Nort Thornton was positive, stimulating, creative and groundbreaking. We also benefited from round-table discussions with coaches of other sports. It wasn't until long after I left coaching that I realized that what we were doing was unusual and 'ahead of our time.'

"My swimming and coaching careers were greatly influenced by the timing of—and opportunities created by—the 1972 passage of Title IX of the Civil Rights Code. I started coaching a summer league team while in college and also took a club position while in grad

school. In school, I thought I was preparing for a career as a research physiologist, not in coaching. However, in the mid-'70s, universities were required to show compliance with Title IX, resulting in the formation of new college teams and many job openings. I knew that I had something unique to offer in this new field of coaching college-aged women.

"While there were many more opportunities for jobs in women's athletics, surprisingly few women were hired. Often in my career, I was the only woman involved, be it on a committee, a board of directors or the USA national team coaches list. Too many times I was 'the first woman' to be named the NCAA coach of the year or a head coach of a national team. I was even outfitted in men's clothing for USA coaching assignments!

"I never questioned my right to coach in a field dominated by men although it was often annoying to be 'the only.' Perhaps this was because I had three wonderful women coaches as examples: Laurabelle Bookstaver, Claudia Kolb Thomas at SCSC and Colleen Graham at UCLA. Thankfully, I never thought that women shouldn't or couldn't coach.

"I am proud that I was the first person—not just woman—to be inducted into ISHOF as a swimmer and the ASCA HOF. I am sad that I had to give up my coaching career prematurely after becoming widowed with two young children.

"But, 'once a coach always a coach,' right? Just ask my friends at Masters swimming, where I am known to do friendly stroke interventions when my coaching impulses take over."❖

Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams won nine state high school championships. A member of that school's Athletic Hall of Fame, he is also a recipient of NISCA's Outstanding Service Award.

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[1] STABILITY BALL ALTERNATING DUMBBELL BENCH PRESS

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DRYSIDE TRAINING: BUILDING LEAN MUSCLE

BY J.R. ROSANIA
DEMONSTRATED BY NORIKO INADA • PHOTOS BY EMMI BRYTOWSKI

As a Masters swimmer myself, I know when my body is leaner and carrying less body fat. I not only feel better, but I also feel faster. With the thousands of swimmers of all genders and ages—from age groupers to Olympians—a leaner, fitter, stronger swimmer seems to be a faster swimmer.

This month, I want to share a resistance dryland program using dumbbells, with the focus of building lean muscle. The great thing about adding some muscle is that it helps burn fat calories at a higher rate, even at rest!

Perform each exercise for three sets of 10 reps. Come close to max effort the third set of 10. Do the workout twice a week, but don't miss any training days.

I suggest you also “clean” up your diet and maybe even reduce your caloric intake by 200 to 300 calories daily.

In several weeks, you should notice a leaner, more muscular body...and a faster swimmer.

Let's get lean! ❖

[2] ALTERNATE DUMBBELL BENT ROW

Holding a lightweight dumbbell in each hand and standing bent over with your back parallel to the floor, alternate your arms in a rowing movement.



[3] DUMBBELL SQUAT WITH OVERHEAD PRESS

Standing hip-width with lightweight dumbbells at your shoulders, drop into a squat with your thighs parallel to the floor. Upon standing, push dumbbells overhead.



MEET THE TRAINER



J.R. Rosania, B.S., exercise science, is one of the nation's top performance enhancement coaches. He is the owner and CEO of Healthplex, LLC, in Phoenix. Check out Rosania's website at www.jrhealthplex.net.

MEET THE ATHLETE



Noriko Inada, 41, swam for Japan at the 1992, 2000 and 2004 Olympics. She now swims Masters for Phoenix Swim Club, and owns Masters world records in the women's 25-29, 30-34, 35-39 and 40-44 age groups.

[4] PRONE STABILITY BALL LATERAL FLY

While lying face down on a stability ball with your legs straight and toes on the ground, perform a lateral raise with dumbbells.



NOTICE

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

SWIMMING TECHNIQUE CONCEPTS:

BY ROD HAVRILUK

SHOULDER INJURY PREVENTION FOR THE FREESTYLE ARM ENTRY

Studies show that there are a high percentage of swimmers suffering from shoulder pain (*SW* Aug. 2019). Studies also identify three major risk factors for shoulder pain/injury: overuse, muscular imbalance and harmful technique (*SW* Sept. 2019). This article addresses a stroke phase that is almost universally harmful due to the severity and duration of shoulder stress: the freestyle arm entry.

EFFECTIVE ARM ENTRY

An effective (and less stressful) arm entry provides more space for the soft tissue between the bones in the shoulder and upper arm. To achieve an effective arm entry, the hand must enter the water with a downward angle (see **Fig. 1**). At the completion of the entry, the hand is below the shoulder (**right image**). Swimmer and coach can both evaluate this skill when the arm straightens by seeing the hand as the deepest part of the arm. Unfortunately, this position is rarely seen in competitive swimmers.

FREQUENCY OF HARMFUL ENTRY

The rarity of an effective arm entry was exemplified in a study with 20 male and 20 female university swimmers (Becker & Havriluk, 2014). Most females (70%) completed the arm entry with the hand closer to the surface than the shoulder, as shown in **Fig. 2 (left image)**. Most males (more than 80%) completed the arm entry with the hand at the same level as the shoulder (**right image**). There were only two swimmers (both males) who completed the arm entry with the hand deeper than the shoulder—i.e., with an effective arm entry.

In a more recent study with 70 male and 38 female university swimmers, similar proportions were found for the arm entry (Havriluk, 2018). Almost 60% of females completed the arm entry with the hand above the shoulder, and nearly 70% of males completed the arm entry with the hand level with the shoulder. Only one male completed the arm entry with the hand below the shoulder,

minimizing stress with an effective technique (see **Fig. 3**).

SEVERITY OF HARMFUL ARM ENTRY

While both the typical male and female arm entry stresses the shoulder, the typical female arm entry is more stressful. The severity of the female arm entry is confirmed by a study that compared the incidence of shoulder injuries in male and female university swimmers (Sallis, Jones, Sunshine, Smith & Simon, 2001). The study found that females suffered shoulder injuries about three times as often as males. The authors were unable to make any “gender-specific recommendations...for decreasing the incidence of injury to female athletes.” However, it now seems that the arm entry—both the severity and duration—is likely responsible.

DURATION OF HARMFUL ARM ENTRY

Female swimmers not only put their arms in a more stressful position, but also had a longer exposure time to shoulder stress. The time required to move the arm from the completion of the entry to an effective position with the hand below the shoulder was defined as “exposure time to shoulder stress” (Becker & Havriluk, 2014), as shown in **Fig. 4**.

The male and female swimmers who completed the arm entry with the hand level with the shoulder had less exposure time to shoulder stress than the swimmers with a hand entry above the shoulder, as shown in **Fig. 5**. However, completing the freestyle arm entry with the hand below the shoulder further reduces both the severity and duration of stress.

SCREENING FOR A HARMFUL ARM ENTRY

In some cases, it is possible to evaluate the freestyle arm entry from above the surface. If a swimmer completes the arm entry with the hand near the surface, it can be relatively easy to determine that the hand is above the shoulder. In most other cases, underwater video is necessary to determine the position of the hand with respect

FIG. 1

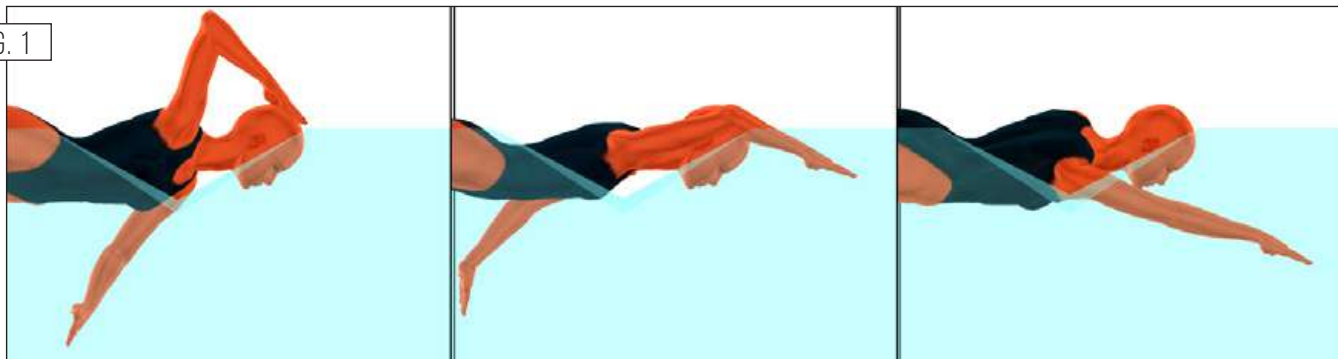


FIG. 1 > WITH AN EFFECTIVE ARM ENTRY, THE HAND ENTERS WITH A DOWNWARD ANGLE SO THAT WHEN THE ARM STRAIGHTENS, THE HAND IS THE DEEPEST PART OF THE ARM.

FIG. 2

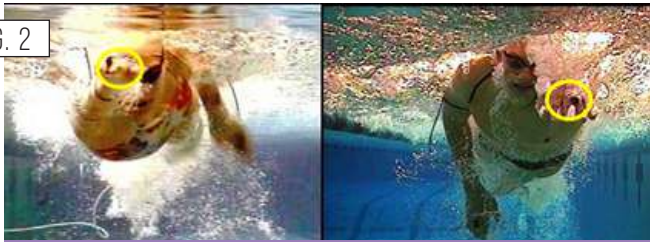


FIG. 2 > TYPICAL ARM ENTRY FOR FEMALES WITH THE HAND ABOVE THE SHOULDER (LEFT) AND MALES WITH THE HAND LEVEL WITH THE SHOULDER (RIGHT).

FIG. 3

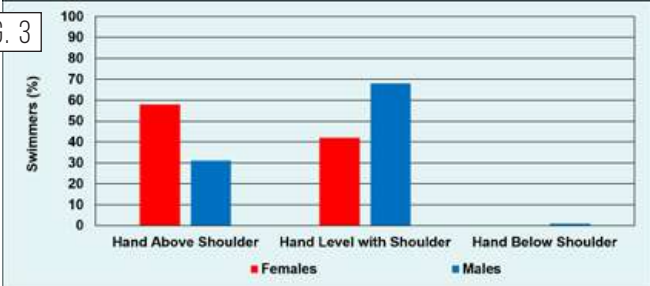


FIG. 3 > THIS GRAPH SHOWS THE PERCENT OF SWIMMERS COMPLETING THE ARM ENTRY ABOVE, LEVEL WITH OR BELOW THE SHOULDER.

to the shoulder.

CORRECTING A HARMFUL ARM ENTRY

An effective arm entry is rare. Consequently, specific strategies are necessary to improve this critical aspect of technique. On the arm recovery, a swimmer must elevate the elbow above the hand. If the elbow is the highest part of the arm on the recovery, it will be easier for a swimmer to enter the arm with a downward angle (see Fig. 1). In addition, the hand must enter close enough to the shoulder so that the arm straightens as it submerges.

ARM ENTRY AND ARM COORDINATION

Improving the arm entry has the benefit of reducing both the severity and duration of shoulder stress. An additional benefit is an increase in the index of coordination (IdC)—which measures arm coordination (SW Nov. & Dec. 2015). Research shows that a positive IdC is associated with the fastest swimming (e.g., Seifert, Chollet & Bardy, 2004). The male and female swimmers who completed the arm entry with the hand level with the shoulder had a significantly

higher IdC due to the reduction in exposure time (see Fig. 5). An effective arm entry can further increase the IdC and swimming velocity. ❖

Dr. Rod Havriluk is a sports scientist and consultant who specializes in swimming technique instruction and analysis. His new book, "Swimming Without Pain," is a comprehensive guide to preventing and rehabilitating shoulder injuries, available at www.swimmingtechnology.com. You can contact Rod through info@swimmingtechnology.com. All scientific documentation relating to this article, including scientific principles, studies and research papers, can be provided upon demand.

FIG. 5

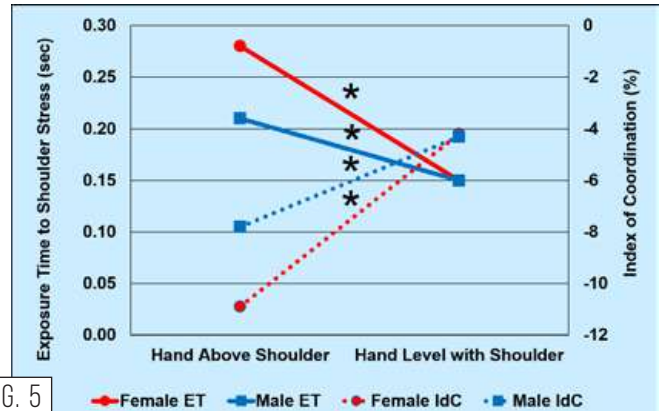


FIG. 5 > MALE AND FEMALE SWIMMERS WHO COMPLETED THE ARM ENTRY WITH THE HAND LEVEL WITH THE SHOULDER HAD SIGNIFICANTLY LESS EXPOSURE TIME TO SHOULDER STRESS (SOLID LINES) AND A SIGNIFICANTLY HIGHER INDEX OF COORDINATION (DOTTED LINES).

SUMMARY

Every team's injury management plan should include strategies to address the freestyle arm entry and prevent shoulder injury. Major benefits also include increasing the index of coordination and, thereby, increasing swimming velocity.

FIG. 4



FIG. 4 > THE BLUE ARROW SHOWS THE ARM MOTION NECESSARY TO MOVE FROM THE TYPICAL FEMALE ARM ENTRY OR THE TYPICAL MALE ARM ENTRY TO AN EFFECTIVE ARM ENTRY. THE TIME REQUIRED FOR THIS MOTION IS THE EXPOSURE TIME TO SHOULDER STRESS.



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ALL FOR ONE, ONE FOR ALL

**The verdict is unanimous:
high school swimming adds
immeasurable value to the career
and experience of a young athlete.**

BY MICHAEL J. STOTT

From a macro perspective, high school swimming offers innumerable benefits. “Among them are excitement, success, peer recognition and, perhaps, a prolonged aquatic career,” notes Joel Shinofield, a winning club, college and high school coach and now managing director of sport development for USA Swimming.

Kara Lynn Joyce—a three-time Olympian (2004-2008-2012) and four-time Olympic silver medalist, an 18-time NCAA champion and a five-time national high school record holder—loved high school swimming. “It taught me how to be part of a team,” she says. “There is no better feeling than swimming on relays and having people depend on you.” Her coach at Club Wolverine, Jon Urbanchek, once opined that Joyce, a 2003 graduate of Pioneer High School (Ann Arbor, Mich.), would have never reached her Olympian pinnacles without high school swimming.

1964 Olympic gold medalist Fred Schmidt shares Joyce’s enthusiasm. He was a member of the 1961 New Trier team that finished third at the AAU Indoor national championships behind USC and Indiana. That squad had 11 high school All-Americans.

“It is a sense of camaraderie that helps pull you through the training doldrums and flat plateaus of surrounding time improvements,” says Schmidt. “None of us would have done as well as we did without that sense of team spirit and support that raised each of us to higher levels.”

Kate Lundsten is head coach of the Aquajets Swim Team in Eden Prairie, Minn. She has mentored an Olympian, has been a USA Swimming national and national junior team assistant coach, and has won four high school state championships.

“In high school, kids just swim well because they are doing so for a higher purpose than themselves,” she says. “In high school, you have an automatic team, and if you are new to the school, you have a set of teammates. It’s almost impossible to bring that feeling to a club team, although I keep trying. And there is nothing quite as exciting as a high school state meet!”

CRAZY ENERGY AT BAYLOR

Lundsten will get no disagreement from Dan Flack, head coach of The Baylor School, Baylor Swim Club and the only high school

coach on USA Swimming’s 2019 national team coaches list.

“Twice at Baylor, we have had relays win state championships where, on paper, the final leg of our relay should not have been able to hang on,” recalls Flack. “But through execution and heart, we got our hand on the wall first! On those occasions, that crazy energy for the school was enough to win races that ranked those relays first in the country.”

Flack has had three Baylor School girls’ squads capture *Swimming World’s* overall national high school championships (2009, 2011-tie, 2012), while four of his boys’ teams were named independent school national champions (2008, 2009, 2018, 2019). He says, “High school swimming simply offers a very different level of camaraderie because everyone is working for their school. The great vibes and spirit of school transcends the pool; it impacts such a bigger common good and sense of community. There is such a different level of connection in high school compared to club swimming. High school teammates have much more daily interconnection compared to club swimming, where the level of performance is probably the No. 1 determinant regarding with whom they interact,” he says.

“Rivalry dual meets are so much different than an average club meet. You can really show a team before the meet just how tight the final score should be, and kids really understand that absolutely everyone has a job to do and everyone’s attention to detail and spirit matters in every race!”

One Middle Atlantic coach recalls a visit to a distant rival. He began his pre-meet speech on the team bus, mentioning up front that the girls had never beaten the day’s opponent. Thirty seconds into what was to be a protracted plea, a lacrosse player who had rejoined the team after a three-year absence interrupted the coach. “That ends today,” she exclaimed, then rose from her seat and led the team off the bus to a 103-73 victory.

Flack avers there are several reasons why a high school meet can spur athletes to greater heights: “For one, fewer events at shorter distances allow for a truly maximum effort. Also, racing for school points or placing in front of your schoolmates versus swimming a best time to place 54th out of 135 at something like junior nationals is just a completely different vibe.”



“High school swimming taught me how to be part of a team. There is no better feeling than swimming on relays and having people depend on you.” —Kara Lynn Joyce (who went on to win four Olympic silver medals—all relays)

[PHOTO BY ANDREA NIGHI]



“High school swimming simply offers a very different level of camaraderie because everyone is working for their school. The great vibes and spirit of school transcends the pool; it impacts such a bigger common good and sense of community.”

—Dan Flack, Head Coach, Baylor School (center, pictured with, from left, Kristen Vredevel, Ashley Yearwood, Emma Michaels and Arden Pitman, who set an overall national high school record of 1:32.63 in the 200 yard freestyle relay in 2011).

ANOTHER VIEW

Running a high school program, however, is not all wine and roses. Stumbling blocks range from varied state association rules and schedules to different school policies to coaches’ egos. For example, swimming is a winter sport in Virginia for both boys and girls. In Illinois and Minnesota, it is a fall sport for girls and a winter activity for boys. In California, it is a spring sport for both genders.

Don Heidary is outgoing president of the American Swim Coaches Association and head coach of Miramonte High School and Orinda Aquatics. He is widely regarded as one of the best authorities on culture, character and swim team leadership development.

He has analyzed high school swimming from several perspectives, including athlete ability and motivation, quality and expectation of club participation and quality of high school programs.

“In general—and all things being equal—high school swimming adds immeasurable value to the career and experience of a young athlete,” he says. “For instance, it...

- Expands one’s high school social circle
- Keeps kids connected to the summer league or YMCA
- Can be a gateway to club swimming (and career development)
- Offers a high-energy, short course season (within a season for club swimmers)
- Typically provides elevated levels of spirit and camaraderie
- Enables high school travel and championship meets to become swimming career highlights
- Elevates a sense of school pride, analogous to collegiate swimming
- Offers a concentrated season with clear objectives—i.e., conference or state competition
- Can be a healthy offset to year-round demands (for club swimmers)
- Can elevate the motivation of non-club swimmers (desire to be locally or nationally competitive).”

Heidary adds, “For club swimmers, there can be potential downsides—

especially if the high school program is a poorly run program. Then the swimming can become more social than competitive and potentially stifle a career. Or a school program can place onerous demands on club swimmers, requiring them to make a choice (or quit one altogether). Such a program can also present contradictory messages to club swimmers, in terms of training styles or needs, technique and even peak meet events,” says Heidary.

Navigating the differences requires tact and a willingness to engage a club coach with continual and honest communication. The better the working relationship between the two coaches, the better for all concerned—i.e., swimmer, both coaches and parents.

But that’s a subject for another day. ❖

Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams won nine state high school championships.

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DID YOU KNOW

FUN FACTS OF AQUATICS FROM ISHOF

BY ANDY ROSS

PHOTO BY INTERNATIONAL SWIMMING HALL OF FAME

Eleven women have been able to win back-to-back gold medals in the same swimming event at the Olympic Games. The first to do so was Martha Norelius, who won the 400 meter freestyle in 1924 and 1928—the first two years of the event at the Olympics (in 1920, the race was held over 300 meters). And even today, she remains the only female swimmer to win the 400 free in successive Olympiads.

Norelius was a Swedish-born American who was coached by her father, Charles, a member of the Swedish swimming team at the 1906 Intercalated Games, and Hall of Famer L. deB. Handley, who coached the U.S. 1924 Olympic team.

She started swimming at the age of 5 when she still lived in Stockholm before her family immigrated to the United States. She had been a natural in the water, once easily winning a national 500-yard race even though she entered the pool after her competitors because she was still putting her hair into her cap as the starting gun went off!

DOMINATING HER COMPETITION

Norelius was known as one of the most dominant swimmers in the world from 1922-29. She won races from 50s to marathons, and for eight years, she was the world's fastest women's swimmer at any freestyle distance, setting multiple world records in the 200, 400, 800 and 1500. She dominated her competition in a way that had never been seen before by a woman...and wouldn't be seen again for nearly 50 years.

When she won the 400 free Olympic gold medal in 1924, she was only 15. She set the Olympic record in 6:02.2, beating Helen Wainwright and Gertrude Ederle, the world record holder (5:53.2) who would later become the first woman to cross the English Channel in 1926.

When she arrived in Amsterdam for the 1928 Games, the 19-year-old was the heavy favorite to repeat as Olympic champion in the 400, having set world records in the event in January 1927 (5:51.4) and June 1928 (5:49.6). And from the very start, she made it clear that she was ready to swim fast, lowering her own world record in prelims by four seconds to a 5:45.4.

In the final, she took nearly three more seconds off her global standard, winning by 15 seconds in 5:42.8. Then later that month,



>> MARTHA NORELIOUS

she lowered the record even further to 5:39.2 at a competition in Vienna, Austria. In Amsterdam, Norelius won her third career Olympic gold medal as a member of the U.S. 4x100 freestyle relay team that also won by 15 seconds.

TIME TO TURN PRO

Norelius had every intention to continue her career and win a third straight gold medal in 1932 in Los Angeles. But at that time, only amateur athletes were allowed to compete in the Games, and Norelius had started to showcase her talents at exhibitions across the United States after her success in Amsterdam. In 1929 in Miami, she performed in the same pool with a group of professionals, and the Amateur Athletic Union (AAU) suspended her from the sport.

So, Norelius officially turned pro, and at the 10-mile Wrigley Marathon in Toronto, she won \$10,000...and met—and married—Canada's best rower, Joe Wright, also an Olympic champion.

Norelius passed away in 1955 from gall bladder surgery. She was only 46 years old. In 1967, Norelius was inducted posthumously into the International Swimming Hall of Fame. ❖

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MYSTERIES OF OUR MUSEUM

A MYSTERIOUS MEDAL

A beautiful bronze medal commemorating a Japan-USA-Denmark International Swimming Meet led to the story of the best all-around woman swimmer from the early 1950s who also became one of the best Masters swimmers ever: Gail Peters Roper.

BY BRUCE WIGO

PHOTO BY INTERNATIONAL SWIMMING HALL OF FAME

“Mysteries at the Museum” is a wonderful TV show on the Travel Channel. Hosted by Don Wildman, the show visits museums around the world to explore the incredible stories and secrets that lay behind seemingly insignificant relics and artifacts of the past. So far, the show has aired four episodes from the International Swimming Hall of Fame, but there are literally hundreds of other amazing stories of the objects displayed at ISHOF that have yet to be told.

One of these concerns a mysterious artifact that I recently discovered in a nook in the ISHOF archive. It is a beautiful bronze medal commemorating a Japan-USA-Denmark International Swimming Meet, held in Osaka, Japan, in 1954. In the center of this seven-inch-in-diameter disk is a beautiful bas-relief of a mermaid holding an olive victory wreath. I had never heard of this meet, and I wanted to learn the story behind it. I couldn’t have imagined where the research would take me.

The simple answer was found in ISHOF’s world-renown Henning Library. The namesake of the library is Dr. Harold Henning, one of the founders of ISHOF who also served as FINA president

from 1972 to 1976. Coincidentally, Dr. Henning was the American team’s coach and manager for a four-man team trip to Japan, and he wrote the article about it that I found in the September 1954 issue of *Swimming World Magazine*.

The team was selected at the U.S. nationals, held at the famous Broadripple Pool in Indianapolis. The four swimmers were national breaststroke champion Richard Fadgen of North Carolina State and three future Hall of Famers, Ford Kono, Bill Woolsey and Dick Cleveland.

In Japan, the team competed in the Japanese National Championships and a week later in the International Meet in Osaka. Curiously, the International Meet had only seven “international” swimmers among the 450-plus entries. There were the four American men, two Danes and one American woman who was living in Japan. It was her story and how she came to be in Japan in 1954 that took my research in a different direction.

BEST ALL-AROUND WOMAN SWIMMER

Gail Peters Roper is not unknown to the ISHOF. She was a 1952 Olympian, and in 1953, she was America’s best all-around female swimmer. She was the subject of feature articles in *Parade* magazine in 1957 and 1961, and in *Sports Illustrated* in 1982. For more than 40 years, she was the most dominant woman Masters swimmer in the world and was inducted into ISHOF as a Masters swimmer in 1997. Last year, *The Wall Street Journal* featured her as an example of healthy living at 89.

Gail’s story has been told many times. She was born in Trenton, N.J., in 1929. She taught herself competitive strokes through books and trained in the currents of the Trenton Waterpower, a seven-mile-long canal built in the 1830s to provide the hydro power that fueled Trenton’s mills and industrial wealth. She entered her first meet at the age of 17 and was hooked.

After graduating high school, she had to choose between college and swimming. She chose swimming, and she went to work to support herself. She found a job in an office and took buses to train in pools wherever she could find them—in Newark, Atlantic City, Scranton and Philadelphia.

At the national AAU meet in 1951, Gail met Jim Campbell, the famous coach of the Walter Reed Hospital Swim Team in Washington, D.C. She moved to Washington to train with Campbell and found a job as an office worker at the Department of the Interior.

By 1952, she was America’s best all-around woman swimmer, setting American records in the individual medley and breaststroke/butterfly, and was a medal favorite at the 1952 Olympic Games. Unfortunately, she pulled a ligament in her ankle just before the competition and swam poorly. She left Finland disappointed, but returned the following year with a vengeance and was swimming’s nominee for the prestigious Sullivan Award.

A LOVE FOR TRAVEL

What hasn’t been told before is how she came to be in Japan in 1954.

While her swimming improved under Campbell, he was emotionally abusive, and when the butterfly became a separate stroke and she had difficulty adapting to the dolphin kick, the abuse got worse.

Growing up, she was devoted to reading books by Richard Halliburton, the famous travel and adventure writer of the era. “We

all have our dreams,” wrote Halliburton. “Otherwise, what a dark and stagnant world this would be.” Halliburton flew around the world in an open cockpit airplane, crossed the Alps on an elephant in imitation of Hannibal, swam the length of the Panama Canal and otherwise inspired Gail with a love for travel.

Tired of Campbell’s abusive ways, Gail packed her bags and took a bus to California to visit a relative. But swimming was still on her mind, and she took a steamer to Hawaii, where Coach Soichi Sakamoto welcomed her into his house. She found work as a draftsman with the U.S. Army and started training again.

In early July of 1954, a team from Japan visited Hawaii to swim in the Keo Nakama Meet, and she became friendly with them. When it was time for the Japanese to return home, Gail was invited to join them. In Tokyo, she found work with the U.S. military and was asked to swim in the Japanese nationals, where she won two events before crowds of 15,000 fans at the Meiji Shrine Pool. A week later, she repeated her performance before 20,000 fans at the Osaka Swimming Stadium.

Gail Peters Roper recently turned 90 years old and still has a love of travel and adventure. When I spoke to her about the International Meet of 1954, she had just returned from a Viking Cruise from Amsterdam to Budapest, where she visited the famous Széchenyi Thermal Baths and Duna Arena. She had missed the 2017 FINA Masters World Championships due to a minor health scare, and wanted to see them.

The meet in Osaka was clearly a highlight of her life. Within a year, she was married to a Japanese sportswriter and started having children. Her story after that is well worth reading for it is a tale of perseverance and courage for overcoming divorce, living on welfare and climbing out of the depths of depression and failure to self-realization, recovery and success. ❖

.....
Bruce Wigo, historian and senior consultant at the International Swimming Hall of Fame, served as president/CEO of ISHOF from 2005-17.

The Swimming Times

Vol. XXX. No. 10

OCTOBER, 1953

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>> GAIL PETERS WAS FEATURED ON THE OCTOBER 1953 COVER OF THE SWIMMING TIMES AFTER BEING THE TOP INDIVIDUAL SCORER AT THE RECENT AAU OUTDOOR SWIMMING CHAMPIONSHIPS. OF THE 200 ENTRANTS AT THE MEET, THE 24-YEAR-OLD WAS ONE OF HALF-A-DOZEN SWIMMERS WHO WERE NOT TEENAGERS. SHE LED WALTER REED SWIM CLUB OF WASHINGTON, D.C. TO VICTORY, SCORING 24 OF HER TEAM'S 84 POINTS. SHE WON THREE INDIVIDUAL EVENTS—INCLUDING AN AMERICAN RECORD IN THE 330 YARD IM—PLACED FOURTH IN ANOTHER AND SWAM ON TWO WINNING RELAYS.



>> GAIL AND JOHNNY HAYASAKA, WITH THEIR DAUGHTER, MAVIS, WERE FEATURED IN THE FEB. 12, 1961 ISSUE OF PARADE MAGAZINE.



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 TO LEARN MORE ABOUT GAIL PETERS ROPER.
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TAKEOFF TO TOKYO

When the 2020 Olympic Games open next July, there will be no round-number anniversary of what Australian Dawn Fraser accomplished 56 years earlier in 1964. Rather, it is the site of the Olympiad that resonates. As Tokyo prepares to host the world's finest athletes, it also serves as the place where Fraser became the first swimmer ever to win Olympic gold in the same event at three consecutive Games—a feat that, even now, is wildly difficult to comprehend.

DAWN OF GREATNESS

BY JOHN LOHN | PHOTOS BY INTERNATIONAL SWIMMING HALL OF FAME

Didn't the last Olympiad just conclude? Weren't we just saying goodbye—this time for good—to Michael Phelps? Wasn't Katie Ledecky just completing a freestyle trifecta? Wasn't Adam Peaty defying what was believed possible in the breaststroke? And wasn't Anthony Ervin defying age?

Somehow, more than three years have passed since the Olympic Games made their South American debut in Rio de Janeiro. As fresh as some of the events in Rio remain, the 2020 Games in Tokyo are fast approaching. Veterans and newcomers alike will battle for the podium, the top step a career-defining place. New storylines will emerge, and these memories will take their place in the history of the sport.

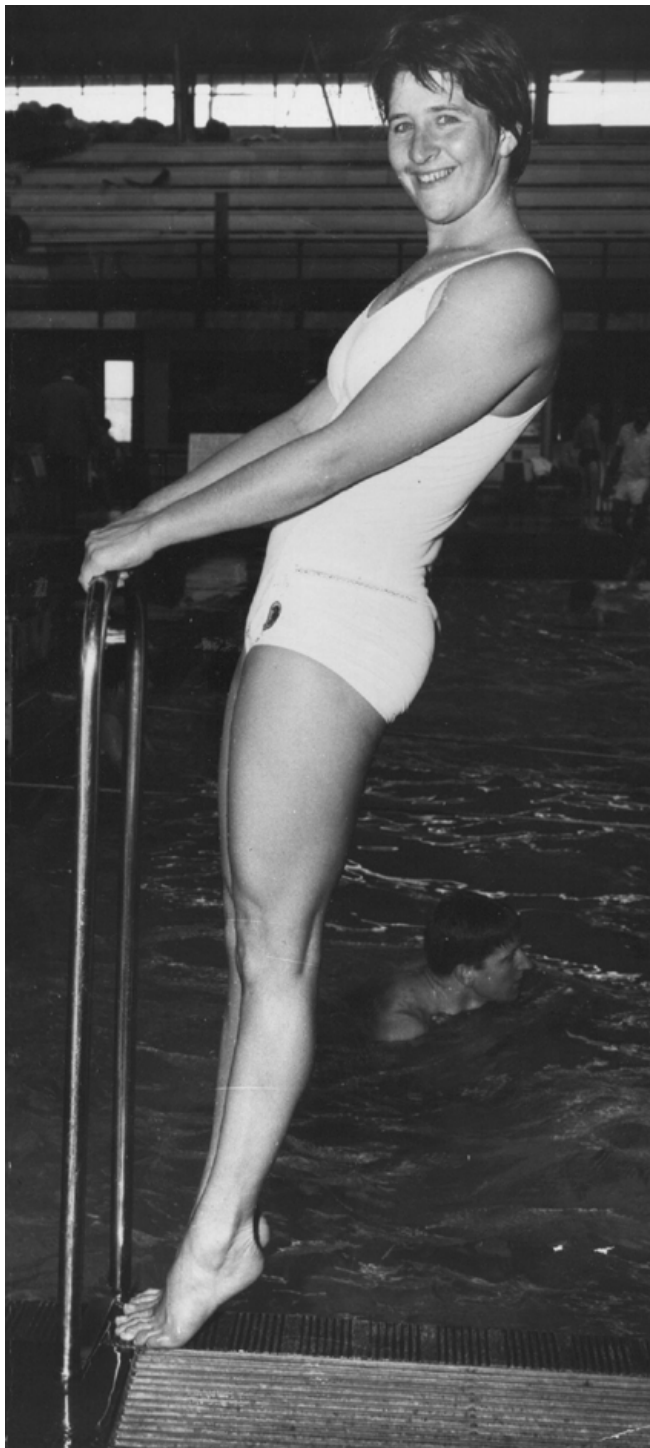
Ah, history. It never gets—ahem—old. The years may add up, but history allows for the opportunity to respect the past—the legends who have come and gone, and the moments that have wowed us. It provides a consistent context for the present and enables eras to be compared and appreciated. If it is forgotten or ignored, a disservice is not only done to the athletes of the past, but also to those currently honing their crafts.

And so, with the 32nd Olympiad slated for next summer in Japan, *Swimming World* will tip its cap to history. Through its "Takeoff to Tokyo" series, the magazine will examine some of the most significant moments in Olympic lore, celebrating anniversaries, groundbreaking achievements and era-defining performances. It will all lead to the next Olympiad, where new chapters will be written and—one day—viewed through the all-important lens of history.

Find an expert on the sport and ask that individual to identify the greatest male and female swimmers in history. The answer for the guys is usually instantaneous: Michael Phelps. Truthfully, any other answer reveals foolishness. Obtaining a majority among the gals is much more difficult. Tracy Caulkins and Janet Evans are in the conversation. Arguments are made for Kristina Egerszegi. Despite her active status, Katie Ledecky has already achieved such greatness that votes are cast on her behalf.

The other contender for female GOAT status (Greatest of All Time) requires a trip back in time of more than a half-century. It also requires a trip Down Under. Back then, and there, is where Dawn Fraser is found. Hailing from a nation with a rich aquatic history, Fraser spent the middle part of the 1900s establishing herself as a freestyle legend.

There haven't been many stretches over the past century-plus in which Australia has been a non-player on the international scene. But when Fraser came along in the early 1950s, there was a lull in the Aussie ranks. It was Fraser who lifted her nation back to prominence, first capturing back-to-back gold medals at the 1956 and 1960 Olympics. She then used the Games of 1964 as a stage for history, for it was that Olympiad in which Fraser became the first swimmer to win three consecutive titles in the same event, doing so in the 100 meter freestyle.



Just how challenging is an Olympic trifecta? Consider this fact: The club of three-peaters still only features a trio of members: Fraser, Egerszegi and Phelps.

SETTING THE STAGE

Before celebrating Fraser's historical achievement from Tokyo, there must first be a look at how she came to pursue the triple. It can be easily argued that her rise to stardom hinged on her crossing paths in 1950 with Harry Gallagher, the man who would coach Fraser to excellence. While talent is obviously the key ingredient for any global success, it must be nurtured and molded, and Gallagher

"She wanted to do her own thing. If you had to guide her, it had to be very subtly, so she didn't understand that she was being manipulated. I used to say that, you know, 'Dawn, no girl has ever done this before, and I don't think you can do it either, but you just might be able to do it.' She'd say, 'What do you bloody mean? Of course I can bloody well do it.'" —Coach Harry Gallagher, the man who would coach Fraser (pictured) to excellence

had the perfect approach for working with Fraser.

Fraser wasn't the easiest of pupils with whom to work. She could be hard-headed and rebellious. She was brash. She could be defiant. Yet, Gallagher knew how to work with these traits, and devised a blueprint that took Fraser's unquestioned skill set to the greatest heights.

"Dawn was a horror," Gallagher once said. "She told me I was a deadbeat, to drop dead, to piss off, to get lost. She wasn't going to do

what I wanted her to do. No guy would ever get her to do what she didn't want to do. She had wild aggression. She reminded me of a wild mare in the hills that you had put the lightest lead on to keep her under control. She wanted to do her own thing. If you had to guide her, it had to be very subtly, so she didn't understand that she was being manipulated. I used to say that, you know, 'Dawn, no girl has ever done this before, and I don't think you can do it either, but you just might be able to do it.' She'd say, 'What do you bloody mean? Of course I can bloody well do it.'"

Gallagher's psychological genius and Fraser's talent proved to be a perfect combination. While Gallagher recognized how to work with his star athlete, Fraser understood the importance of Gallagher as a mentor, and a give-and-take relationship was established. At the 1956 Olympics in Melbourne, the partnership yielded the tandem's finest moment to date. Behind a world-record performance, Fraser defeated compatriot Lorraine Crapp for gold in the 100 freestyle, simultaneously sparking her legendary status.

Following her Olympic breakthrough, Fraser etched herself as the globe's premier female swimmer. She set multiple world records in the 100 and 200 free, and entered the 1960 Olympics in Rome as the heavy favorite to repeat in the 100, considered the sport's blue-ribbon event. Indeed, Fraser prevailed in dominant fashion, as the Aussie bettered American Chris von Saltza by more than a second, an eternity in a two-lap event.

HISTORY FOR THE LEGEND

Had Fraser opted for retirement following the 1964 Games, she would have walked away as an icon. It was rare during that era for swimmers to hang around for multiple Olympiads, let alone three. But Fraser has always been known for bucking the system and prolonging her career, and time on top only added to her legacy.

As the 1964 Olympics in Tokyo beckoned, Fraser continued to flourish. Additional world records fell, and in 1962, she became the first woman to crack the one-minute barrier in the 100 freestyle. For all she had previously achieved, Fraser was getting better and was seemingly headed to her third Olympiad as an undeniable force. Of

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"I put myself under a lot of pressure by deciding to go to Tokyo, and I also put myself under a lot of pressure to compete in the same event in three Olympics. I had, at the back of my mind, that this was for my mother (who was killed tragically in a car accident seven months before the 1964 Games) because we were saving up for my mother to go to Tokyo with me. I just imagined that she was there and that I was doing it for her." —Dawn Fraser after becoming the first swimmer to win the same event at three straight Olympic Games

course, not all plans unfold smoothly.

Seven months before the Tokyo Games, Fraser endured a physically and emotionally crippling life event. Leaving a fund-raiser, Fraser was the driver of a car that also carried her mother, sister and a friend. During the ride home in the early-morning hours of March 9, 1964, Fraser was forced to veer out of the way when her car suddenly came upon a truck. When Fraser swerved, her car flipped over, leading to disastrous results. While Fraser, her sister and friend were injured, Fraser's mother was killed, pronounced dead upon arrival at the hospital. Fraser's brother initially informed her that their mother died of a heart attack prior to the crash, but as Fraser prepared to write her autobiography, she learned that her mother's death was actually the result of injuries suffered in the car accident.

"I was led to believe by my family for many, many years, that my mother had died prior to the accident," Fraser wrote in her autobiography. "I did not feel good inside, but I know I've wiped away that question mark in my mind. Over the years, I've realized you can beat yourself up at night, lose sleep...but you can't change the past. My parents taught me to accept things the way they were, the rights and the wrongs...and to learn from my mistakes."

With the car accident so close to the Olympics in Tokyo, questions rightfully arose concerning Fraser's ability to three-peat. Really, Fraser would have been excused had she bypassed a third Olympics. Not only was she carrying the enormous weight of her

mother's death, but the crash also left Fraser with a chipped vertebra that forced her to wear a neck brace for nine weeks. More, doctors advised her not to dive off starting blocks due to the risk of furthering her neck injury. It wasn't until the Olympics in which Fraser dove off the blocks with full force.

As Fraser prepared to chase a third straight gold medal in the 100 free, she wasn't simply battling her own physical and mental demons. American Sharon Stouder had emerged as a prime challenger, and Fraser would have to produce one of the best efforts of her career to

retain her crown. Ultimately, that is what the Aussie managed, as she came through in the final to clock an Olympic record of 59.5, ahead of the 59.9 produced by Stouder.

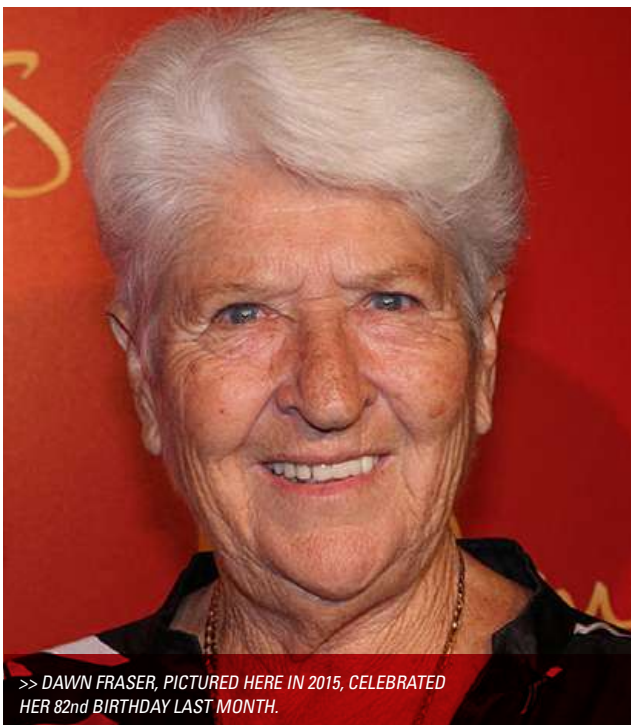
In less than a minute of race time—but with years of work and dedication providing fuel—Fraser had become the first swimmer to win the same event at three consecutive Olympiads. It was truly a remarkable feat, a triumph well ahead of its time. Years down the line, Egerszegi joined Fraser in the special club, winning the 200 backstroke at the 1988, 1992 and 1996 Games. Eventually, Phelps was given his key, too, and went a step further by winning the 200 individual medley at four consecutive Games (2004-16). But Fraser will forever be the president emeritus of the Three-Peat Club.

It is worth noting that America's first sprint star, Duke Kahanamoku, could have beaten Fraser to the treble. Kahanamoku was the Olympic champion in the 100 free in 1912 and 1920, but had his 1916 Olympic opportunity stolen by the cancellation of the Games due to World War I.

"I put myself under a lot of pressure by deciding to go to Tokyo, and I also put myself under a lot of pressure to compete in the same event in three Olympics," Fraser said. "I had, at the back of my mind, that this was for my mother because we were saving up for my mother to go to Tokyo with me. I just imagined that she was there and that I was doing it for her."



DAWN FRASER, WHO WAS INDUCTED INTO THE INTERNATIONAL SWIMMING HALL OF FAME IN 1965, WON EIGHT OLYMPIC MEDALS DURING HER CAREER (FOUR GOLD, FOUR SILVER) AS WELL AS SEVEN MEDALS (SIX GOLD, ONE SILVER) AT THE BRITISH EMPIRE AND COMMONWEALTH GAMES. (PICTURED, FROM LEFT: AUSTRALIA'S PAMELA SERGEANT, FRASER, LINDA MCGILL AND MARGUERITE RUYGROK AFTER WINNING THE 440 YARD MEDLEY RELAY IN 4:45.9 AT THE 1962 BRITISH EMPIRE AND COMMONWEALTH GAMES)



>> DAWN FRASER, PICTURED HERE IN 2015, CELEBRATED HER 82nd BIRTHDAY LAST MONTH.

AN EXTRA SOUVENIR

If Fraser's excellence in the pool cemented her identity as an all-time great, her third gold medal in the 100 free apparently wasn't enough of a souvenir from her visit to Tokyo. After completing her work in the pool, the rebellious Fraser set out on a night excursion with Howard Toyne, an Australian Olympic team doctor, and Des Piper, a member of Australia's field hockey team. The trio planned on obtaining some Olympic flags that lined the street leading to the Imperial Palace, the main residence of the Emperor of Japan.

After getting two flags in their possession, police were alerted, and Fraser and her countrymen were arrested, taken to the police

station and threatened with jail time. However, Fraser's prominence was soon revealed, and all three Aussies were released, the lieutenant of the police station actually allowing Fraser to keep one of the stolen flags.

"After showing them my gold medal and my dog tags, (the police) were still very disgusted that I'd... that it was me...that I would do that," Fraser said. "They explained to me that it was a stealing offense, and it could mean a jail term. But they decided then because of who I was, Dawn Fraser, they let us off."

The Tokyo police may have been lenient with Fraser, but Australian Swimming was tired of its Glory Girl and her antics. The organization saw the flag incident as a third strike against Fraser. Prior to the flag shenanigans, Fraser—against team orders—walked in the Opening Ceremony in Tokyo, rather than rest. She also donned a suit for competition that she felt was more comfortable, but was not the team-sponsored suit. The accumulated offenses led Australian Swimming to institute a 10-year ban against Fraser, a decision that led to her retirement.

Although the ban was lifted prior to the 1968 Olympic Games in Mexico City, Fraser didn't feel like she had the appropriate amount of time to come out of retirement and prepare for a pursuit of a fourth consecutive title in the 100 free. It was the end.

AHEAD OF HER TIME

When the Olympic Games return to Tokyo next summer, only Ledecky has the chance to become the fourth member of the illustrious Three-Peat Club. Ledecky has the opportunity to triple in the 800 freestyle, and the fact that she is the lone individual who can three-peat—particularly in this era of lengthened careers—speaks to the difficulty of the challenge.

Considering Fraser achieved the feat at a time when careers were primarily one-Olympics-and-done only emphasizes that she was ahead of her time and set a spectacularly high bar to chase. Although it will never be known, one also must wonder if Fraser—a multi-time world record holder in the event—could have also managed the accomplishment in the 200 freestyle, which did not become an Olympic event for women until 1968.

* * *

Memorable moments are sure to develop at the 2020 Games, and as these new memories are celebrated, what Dawn Fraser achieved in Tokyo 56 years earlier is sure to be celebrated, too. History never disappears. Instead, it serves as a reminder of the past and the greatness that came before and should never be forgotten. For Fraser, she will always be the first swimmer to win Olympic gold in the same event at three consecutive Games, each victory defined in its own way, but the last defining history.

"I can remember precisely what I said," Fraser stated about the completion of her triple. "I said to myself, 'Thank God that's over!'" ❖

IT'S TIME FOR SOME RESPECT

FOR SOMEONE TO BOAST FOUR WORLD TITLES AND SEVEN INDIVIDUAL MEDALS FROM THE WORLD CHAMPIONSHIPS, THE INSTANT ASSUMPTION IS THAT HE STANDS OUT AS ONE OF THE BIGGEST NAMES IN THE SPORT. SURE, JAPAN'S DAIYA SETO IS RESPECTED BY HIS RIVALS AND GENERALLY AROUND THE POOL, BUT HIS EXPLOITS ARE GREATER THAN THE RECOGNITION THAT HAS BEEN GIVEN.

BY JOHN LOHN



[PHOTO BY BECCA WYANT]

He's medaled at the Olympic Games. He's a multi-time world champion, both on the long-course scene and in the little pool. He's captured titles at the Pan Pacific Championships and Asian Games, and has stood on the top step of the podium at the World University Games. He's also etched himself as a short course world record holder.

His versatility is among the finest on the planet, not surprising given his status as the current "Man to Beat" in the individual medley disciplines. Beyond what he does in the medley events, he's one of the best in the world in the butterfly and displays first-class talent in the breaststroke. Simply put, guys like him are not often found.

So, how is it that Daiya Seto, a star by all measures, can be considered underappreciated while at the peak of his career? It is not to suggest Seto, a 25-year-old from Japan, is ignored when it comes to his achievements in the sport. It's just that someone with his rich portfolio typically is celebrated on a grander scale.

As the 2020 Olympics in Tokyo quickly approach, Seto will have the opportunity to shine in his homeland. More, if he manages to succeed at the level he is capable, gone will be the days in which Seto does not receive his proper due.

A SUMMER OF EXCELLENCE

The year before an Olympiad is always considered a launching pad. It is a chance to generate momentum and send a message to the competition. At last summer's World Championships in Gwangju, Seto undoubtedly took advantage of the stage on which he performed, building his confidence on the road to Tokyo while simultaneously giving his foes someone to think about.

Over the course of the eight-day competition, Seto made three trips to the medals stand, his last two visits leading to the highest point.

Seto's first final at Worlds unfolded in accordance with the under-the-radar nature of his career. Although Seto picked up the silver medal in the 200 meter butterfly on the strength of a 1:53.86 clocking, few noticed his effort, or the bronze medal of South African Chad le Clos. Why? Well, when the gold medalist obliterates a 10-year-old world record of Michael Phelps, as Hungarian Kristof Milak did with his outing of 1:50.73, little of the background is recognized.

For Seto, though, the 200 fly was just the start of a spectacular week. In his ensuing two events, Seto mined gold, first prevailing in the 200 individual medley and then capping his meet with victory in the 400 IM. Of those triumphs, the first marked a step forward, with the final triumph furthering Seto's reputation.

When heats of the 200 medley started, Seto was among the medal contenders, although favorite status went to his American rival and defending champion, Chase Kalisz. By the time the three rounds were over, Seto had his first world title in the event, his personal best of 1:56.14 bettering the 1:56.56 of Switzerland's Jeremy Desplanches and Kalisz, who touched the wall in 1:56.78. For Seto, his gold in the shorter medley served as proof of his global prowess in the event, complementing his already well-known status in the 400 IM. In a little less than two minutes, Seto made himself as much a factor in the shorter medley as the eight-lap discipline.

In the longer medley, Seto found himself in a different position. With Kalisz off form and stunningly locked out of the final after a 10th-place finish in the preliminaries, Seto was seemingly racing the clock in his final event of a draining week. Ultimately, Seto



[PHOTO BY BECCA WIVANT]

“From here on out, I’m focused on (the Olympics). In order for me to swim in the 4:05s, I need to work on my freestyle. At the Olympics, I’d like to make sure I swim in the 4:05s so I’ll have a legitimate chance to win. I’m determined to overcome grueling training, so I’ll be ready for next year.”

—Daiya Seto

narrowly got the job done, his winning time of 4:08.95 just enough to fend off a frantic challenge by American Jay Litherland (4:09.22) down the final length of freestyle.

For Seto, his gold medal in the 400 IM marked his third title in the event in the last four World Championships, backing up previous wins in 2013 and 2015. In 2017, Seto also earned a medal, grabbing bronze, the same finish he secured at the 2016 Olympics. Still, Seto viewed his victory with a critical eye.

“I was lucky to win gold,” said Seto, who had an advantage of more than three seconds at the 300-meter mark. “I saw (Litherland). I tried to build up such a big lead that I could overcome any challenge. But not swimming well at the end (the freestyle leg) is an area of improvement for next year.”

IN THE SHADOWS

What Seto has accomplished is nothing short of impressive. At 5-foot-9 and 160 pounds, he is hardly an imposing figure, nor is he blessed with an Adonis-like physique that is regularly found in the sport. He is the epitome of a grinder, an athlete who attacks the training sessions devised by his personal coach, Takayuki Umehara.

Seto has also demonstrated a considerable amount of mental toughness, given what he experienced at the 2012 Japanese Olympic Trials. In pursuit of an invitation to the London Games, Seto was denied in the cruelest of ways, as he finished third in the 200 IM and 400 IM, a jolt that can severely stagger an athlete. But instead

of letting his near miss linger, Seto used the experience as motivation, turning the disappointment into success.

The fact that Seto has not been as lauded as he rightfully deserves is not so much related to him as it is connected to the two men in his events who have been foes for several years—and who have garnered the majority of the attention. On his home turf, Seto has been overshadowed in the medley events by Kosuke Hagino,

the reigning Olympic champion in the 400 individual medley. Even without a world title, as opposed to the collection Seto has put together, Hagino’s in-season excellence and routine fast times have led to more hype and expectations.

Even this past summer, Hagino was as much a discussion point as Seto—and Hagino wasn’t even in the water. Due to struggles with depression and a lack of desire to focus on his training, Hagino abandoned the 2019 campaign, a decision that became a major talking point and took some of the spotlight away from Seto. Would Hagino come back? If so, how quickly could he regain his form? Those were two of the questions that arose, instead of queries surrounding Seto’s in-the-water exploits.

Meanwhile, Seto has also found himself in the shadow of Kalisz, the American who won both medley events at the 2017 World Championships and doubled again at the 2018 Pan Pacific Championships. With Kalisz hailing from the North Baltimore Aquatic Club, his storyline included a connection to Michael Phelps. Not only did Kalisz contest the medley events like Phelps,

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>> IN THE MAJORITY OF HIS MEDAL-WINNING OUTINGS IN THE 400 IM, SETO HAS BATTLED WITH EITHER HAGINO OR KALISZ, OR BOTH. THE TRIO, HOWEVER, HAS NOT DEVELOPED ANY ANIMOSITY TOWARD ONE ANOTHER. RATHER, A HEALTHY RIVALRY HAS EMERGED, ONE DEFINED BY MUTUAL RESPECT AND ADMIRATION. IN THE 200 AND 400 IMS AT THE LAST SEVEN MAJOR INTERNATIONAL MEETS SINCE 2013 (WORLDS, OLYMPICS, PAN PACS), SETO AND KALISZ HAVE FOUR GOLD MEDALS, WHILE HAGINO HAS THREE. (PICTURED: SETO AFTER WINNING 400 IM AT THE 2013 WORLD CHAMPIONSHIPS, WITH RUNNER-UP KALISZ IN BACKGROUND.)

[PHOTO BY JDAO MARC BOSCH]

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the 28-time Olympic medalist is a big-brother type to Kalisz.

The combination of Hagino and Kalisz left Seto in the backseat and playing the role of the kid trying to be part of the front-seat conversation. Really, it was an unfair position for Seto, especially given his consistency. In long course competition from 2013 through 2019, Seto has had the chance to medal in the 400 IM in international competition on seven occasions. He has converted on six of those chances, winning three gold medals and three bronze medals among the Olympics, World Championships and Pan Pacific Champs.

“I just try to focus on myself,” Seto said. “I focus on my training and doing what is required. I can only control what I do.”

EYE ON TOKYO

As the Olympics in Tokyo approach, there is no question about Seto’s goal in his homeland: capture Olympic gold. To make that dream a reality, Seto will likely take part in another clash with Hagino and Kalisz. While Hagino has resumed training and found a rekindled passion for the sport, Kalisz is no doubt motivated to erase the unpleasant memories of last summer’s World Championships.

In the majority of his medal-winning outings in the 400 IM, Seto has battled with either Hagino or Kalisz, or both. The trio, however, has not developed any animosity toward one another. Rather, a healthy rivalry has emerged, one defined by mutual respect and admiration.

“We’ve been racing one another since 2011, and just about every progression I’ve gone through from the junior team to the national team, (Kalisz) and (Hagino) have been there. We’ve developed a

pretty good friendship and unique rivalry.”

Seto wasted little time getting back to work after the World Champs, opting to compete in World Cup action instead of taking what would have been a well-deserved break. Considering that Seto has automatic berths to the Olympics in the medley events, thanks to his world crowns, his decision not to regroup after Gwangju only speaks to Seto’s laser focus and hunger for Olympic glory.

A sub-minute performer in the 100 breaststroke and among the world’s elite stars in the butterfly, Seto features a pair of overwhelming legs in his medley arsenal. What requires work, and is readily recognized by Seto, is his freestyle leg. Instead of having to hold off a rival, as was the case with Litherland at the World Champs, Seto is working on his finishing power. He’s also targeted a time in the 4:05 range as necessary for gold. In the history of the 400 IM, only Phelps, Ryan Lochte and Kalisz have ever gone under 4:06. Seto owns a personal best of 4:07.95, so a sizable drop is necessary for his target time to be met.

“From here on out, I’m focused on (the Olympics),” Seto said. “In order for me to swim in the 4:05s, I need to work on my freestyle. At the Olympics, I’d like to make sure I swim in the 4:05s so I’ll have a legitimate chance to win. I’m determined to overcome grueling training, so I’ll be ready for next year.”

Although he has not been held in as high regard as his accomplishments would dictate, let’s get one thing straight as the Olympic Games in Tokyo call: Seto is a special talent and deserves every bit of respect that comes his way—even if it follows an all-too-long delay. ❖



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(PHOTO BY BECCA WANT)

FASTER THAN EVER

BY DAVID RIEDER

For most of the 21st century, the American men have struggled to maintain hold of the 400 meter freestyle relay. Almost every time they did finish atop the podium at a major meet, it required some heroics. But heading into the 2020 Olympics, a young American sprint corps has turned the United States into heavy gold-medal favorites in both the 100 free and 400 free relay. Now, the real contest will come at Olympic Trials, where Olympic hopefuls must get through a cutthroat gauntlet of speed in order to earn their spots for Tokyo.

The era of American dominance in the men's 400 free relay came to a crashing halt in 2000, when Michael Klim and Ian Thorpe led the Australians to an upset Olympic gold medal at the Sydney Olympics. Thorpe and Klim famously stood on the starting blocks after the race strumming air guitars, mocking a pre-meet claim from U.S. anchor swimmer Gary Hall Jr. that the Americans would smash the Australians like guitars.

Before that, the U.S. men had run a nearly unbeaten record in major competitions. In the years after, they couldn't get the gold medal back. Most embarrassing was the result of the 2004 Olympics, when an upstart squad from South Africa claimed gold, with the U.S. almost a second-and-a-half behind. A few days later, no U.S. man in the individual 100 free even qualified for the semifinals.

In 2008, France appeared to be in position to deny U.S. gold for a third straight Olympics, only for Jason Lezak to swim a 46.06

anchor split—a time that still remains the fastest split in history—to win gold by 8-hundredths. The U.S. time from that day, 3:08.24, remains the world record.

And then, after another dramatic 400 free relay win at the World Championships in 2009, the Americans failed to capture another gold in the event for seven years. The dominant team over that stretch was France. At the 2012 Olympics, French anchor Yannick Agnel tracked down and passed American Ryan Lochte to win gold in a stunning reversal from four years earlier.

Four years later, in 2016, the Americans again faced an uphill battle for gold with strong French and Russian teams standing in their way. But the U.S. coaches expertly put together a foursome that blended experience and youth, with 19-year-old Caeleb Dressel, 18-time Olympic gold medalist Michael Phelps, 21-year-old Ryan Held and three-time Olympian Nathan Adrian.

It worked. Dressel kept it close, and Phelps used his signature underwater dolphin kicks off the turn to power the Americans into the lead. Held, also in the biggest spot of his career, hung tough, and Adrian pulled away.

Since 2016, Phelps has retired, while Adrian, now 30, has battled testicular cancer and emerged from that setback as still one of the country's top 10 freestylers. Meanwhile, Dressel has become the world's best in the event. In 2017, he won his first world title as he lowered the American record to 47.17, and he topped the field again at the 2019 World Championships in Gwangju, his time of 46.96 falling just 5-hundredths shy of the world record.

Behind Dressel, five more Americans swam under 48 seconds. In 2018, when Dressel was dealing with the aftereffects of a scooter crash and did not perform at his usual level, the winning time at U.S. nationals was 48.08, and no American swam faster than 48.03. But this year, the event has ramped up.

At 2019 nationals, the top six swimmers in the event from 2018 were all absent after competing at the World Championships, where the Americans captured 400 free relay gold by a significant margin

of 9-tenths. In their absence, Dean Farris finished fourth in the 100 free at 48.07—yes, faster than the winning time in a full-strength field one year earlier.

HIGH-SPEED TRIALS

At Olympic Trials in 2020, the top six swimmers in the 100 free will earn spots at the Tokyo Olympics to compete as part of the now-heavily favored American 400 free relay. And it will be fast. While in 2016, it took just 49.55 to qualify for semifinals and 49.18 to make the final, expect a cutoff somewhere in the 48-mid range just to make semis. To make the Trials final, it will likely take a time in the very low 48s, possibly even under 48.

“There was a time where the time to make the 100 free for Team USA was pretty stagnant and just kind of hanging around 48-high. Maybe 48-mid was a fast year,” Adrian said. “To see this progress, it’s really cool to watch it. Definitely from a fan’s perspective, it’s really cool. As a competitor, certainly it’s a little stressful.”

Some really good swimmers with really impressive credentials will be left out of the mix. Whoever the top eight turn out to be, it will only require beating two others to secure a trip to Tokyo, so perhaps the final ends up being slower than the semifinal, but that semifinal will be vicious. With perhaps one exception, every swimmer in the semis will have to give 100 percent just to earn a shot to race for Olympic qualification.

THE CONTENDERS

[in order by 2019 ranking among Americans; times/rankings as of Sept. 12]



1. Caeleb Dressel

[2019 best: 46.96; world rank: 1]

Dressel is the world’s best in the 100 free, with only Kyle Chalmers of Australia capable of keeping pace. If anyone could cruise through the Trials semifinal, it’s Dressel. Trials will likely mark his next shot at the world record—Cesar Cielo’s 46.91 from the polyurethane suit era of 2009.



2. Ryan Held [2019 best: 47.39; world rank: 3]

After his golden moment at the 2016 Olympics, Held took a step back in 2017 and 2018, failing to crack the top six in the country in the event in either year. But in 2019, he left his familiar training grounds at North Carolina State and joined up with Coach Coley Stickels, first at Indiana and later at Alabama—and the results have been immediate. Arriving at U.S. nationals with a lifetime best of 48.26, Held swam a 47.43 in prelims and then a 47.39 in finals.

“It’s a huge confidence boost in myself and the training program that I’m in right now,” Held said after his breakthrough swim. “The strongest swimmers are the ones who are mentally confident in themselves and their abilities. I never gave up on myself. It was just two years of, ‘Ugh, next year. I’ve got to try harder and harder.’ But this was the year that everything came together.”



3. Maxime Rooney [2019 best: 47.61; world rank: 5]

Previously best known for his abilities in the 200 free, Rooney gave a taste of his 100 free abilities in 2018 when he swam a 48.27 in the 100 free prelims at nationals before finishing seventh at night. This year, after leaving the University of Florida for the University of Texas, Rooney emerged in 2019 as the second-fastest swimmer in the world in the 100 fly and also an elite 100 freestyler, dropping down to a 47.61 at U.S. nationals.

Unlike most of the others atop this list, Rooney has very little senior-level international experience, with his only U.S. national team trip coming at the 2017 World University Games. But that performance at nationals thrusts him squarely into the hunt for Trials.

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[PHOTO BY PETER H. BICKI]

4. Zach Apple
 (2019 best: 47.79;
 world rank: 7)

Back in 2017, Apple surprised just about everyone in the building when he turned in the top qualifying time in the 100 free prelims at U.S. nationals. That night, he qualified for his first World Championships, and

since then, he has become a consistent depth piece. Apple swam on the finals squad of the 400 free relay at the 2018 Pan Pacific Championships and again at the 2019 World Championships.

This year, before heading to the World Championships, Apple won five gold medals at the World University Games in Naples, Italy, and while there, he broke 48 for the first time. At Worlds in Gwangju, his 46.86 split on the third leg extended the U.S. lead and ended up as the fastest split of the entire field.



[PHOTO BY DAN D'ADDONA]

5. Blake Pieroni
 (2019 best: 47.87; world rank: =8)

Since making his first Olympic team in something of a surprising result in 2016, Pieroni has become one of the fastest and most consistent 100 and 200 freestylers in the country. In Gwangju, he joined Dressel as the second U.S. representative in the individual 100 free, and he finished fourth in the final, missing bronze by just 6-hundredths.

Yes, the fourth-place 100 freestyler from the World Championships is fifth

best in his own country. But aside from his speed, Pieroni's best asset may be the track record of delivering in the biggest moments that he has built over the last four years.



[PHOTO BY TEXAS ATHLETICS]

6. Tate Jackson
 (2019 best: 47.88; world rank: =10)

Jackson has less name recognition than most others on this list, but after steadily improving through four years of swimming at Texas, he's no slouch. Before nationals this summer, his claims to fame included a ninth-place finish in the 100 free at 2018 nationals (albeit in an impressive time of 48.20) and finishing his senior year ranked third in the country in the 100 yard free at 41.08.

Jackson had an unimpressive final NCAA Championships, where he finished in the top 16 in just one individual event. Heading into the Olympic year, he has never represented the U.S. at a senior-level international meet, but his sub-48 credentials mean he can't be taken lightly.

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[PHOTO BY CONNOR TRIMBLE]

7. Dean Farris
 (2019 best: 48.07; world rank: 13)

Farris has received no shortage of hype, thanks to his exploits in the short course pool while swimming for Harvard. He owns the fastest time in history in the 200 yard freestyle, and he won NCAA titles in the 100 yard back and 100 yard free in 2019. This past summer, he made his first major impact on long course swimming with a pair of relay golds and times of 48.07 in the 100 free and 1:46.45 in the 200 free that thrust him into the Olympic conversation.



[PHOTO BY TAYLOR BRIEN]

8. Nathan Adrian

[2019 best: 48.17; world rank: 18]

Despite missing more than a month of training early in 2019 while he treated his testicular cancer, Adrian had an impressive three-week span of racing in 2019 between the World Championships and Pan American Games. He hasn't broken 48 from a flat start since 2017, but he split as fast as 47.08 on a relay in Gwangju. Make no mistake: Adrian will be in the hunt come Trials. In the biggest moments, the veteran almost always delivers.

"It's a fun time to be a sprinter in the U.S. Whoever is going to be on that relay, they're knocking on the door of that world record that was so legendary for so long, and that's awesome," Adrian said. "I'm way more excited about that prospect than I am scared of not being on the relay or not being on the team."



[PHOTO BY ROBERT SUTTON/ALABAMA ATHLETICS]

9. Robert Howard

[2019 best: 48.37; world rank: 26]

Like Jackson who is ranked sixth, Howard steadily improved over his four years in college to make himself a relay contender. Formerly a member of the Alabama Crimson Tide, but now training with Coach Jonty Skinner at Indiana, Howard will have to drop more time to be in the hunt at Trials.



12. Townley Haas

[2019 best: 48.60; world rank: 44]

Haas is better known for his 200 free, where he won silver at the 2017 World Championships, but he's been a player on 400 free relays, too. Back in 2017, he split 47.46 on the finals relay at the World Championships to help nail down a U.S. gold medal.



[PHOTO BY BECCA WYANT]

10. Jack Conger

[2019 best: 48.47; world rank: 29]

Better known for his 200 free (the event in which he qualified for a relay at the 2016 Olympics) and his butterfly, Conger has improved his 100 free to a point that, in most previous years, he would have been considered one of the country's key relay cogs.



[PHOTO BY PETER H. BICK]

11. Daniel Krueger

[2019 best: 48.55; world rank: 39]

A bit of a longshot, Krueger was fourth in the 100 yard free at the NCAA Championships as a freshman this past season for Texas. He has steadily improved each year, so a few more tenths would put him squarely in the conversation.



[PHOTO BY PETER H. BICK]

13. Michael Chadwick

[2019 best: 48.70; world rank: =46]

Like Haas, Chadwick has been a part of prelims relay squads at the last two World Championships, but he has struggled to get past the 48-mid plateau. However, he didn't get a chance to swim a flat-start 100 free at a major meet this summer, so his season best of 48.70 is deceiving. After flaming out in prelims at the 2016 Olympic Trials after a bad start, Chadwick gets a second shot in 2020. ❖

THE NEW "KIDS" ON THE BLOCK

THIS MONTH MARKS THE BEGINNING OF A NEW ERA IN SWIMMING WITH THE UNVEILING OF THE INTERNATIONAL SWIMMING LEAGUE, FEATURING A NEW AND DYNAMIC FORMAT OF SWIMMING THAT INCLUDES A GLOBAL PRO-TEAM TOUR WITH SOME OF THE WORLD'S GREATEST SWIMMERS IN ACTION.

BY CRAIG LORD

Swimbleton. Strawberries and cream on ice. Swimming as a professional sport paying salaries of more than \$1 million a year? The vision of Konstantin Grigorishin, a power-sector tycoon from Ukraine, is about to be put to the test: at least in the pool.

The International Swimming League (ISL) will open its doors, Oct. 5-6, at the IU Natatorium in Indianapolis on the way to a grand finale in Las Vegas in a custom-built pool at the Mandalay Bay Resort and Casino on Dec. 20-21.

The League is a precursor to a longer-term goal: Grigorishin, the financier and now president of the ISL, wants to see the new mindset and mission in the pool extended to an overhaul of the Olympic movement.

In the mix is an ambition already planted in the minds of athletes across many sports: Olympic champions should earn \$3 million for winning a gold medal; there would be \$2 million for silver; and \$1 million for bronze! That's what should and would happen if the Games' bosses acknowledged that athletes deserve a 50-50 share of revenues from the show in which these athletes' work and talents make possible, says Grigorishin, who in another realm is the head of the Ukraine-based Energy Standard group.

In that context, the inaugural ISL season represents small steps. In pure pool context, the pioneering global Pro-Team tour marks a giant step for swim-kind.

ISL INFO

The list of "new to the sport" is long:

- Six knockout rounds—including U.S. "matches" in Indianapolis, Ind. (IU Natatorium), Lewisville, Texas (LISD Westside Aquatic Center) and College Station, Md. (Eppley Recreation Center); plus European matches in Naples, Italy



[PHOTO BY PETER H. BICK]



>> CAELEB DRESSER IS ONE OF SIX GOLD MEDALISTS FROM THE RECENT GWANGJU WORLD CHAMPIONSHIPS WHO WILL BE REPRESENTING THE USA'S CALI CONDORS OF SAN FRANCISCO. THE OTHER FIVE ARE ALL WOMEN: KELSI DAHLIA, LILLY KING, KYLIE MASSE, OLIVIA SMOLIGA AND ARIARNE TITMUS.

(Aquatic Swimming Complex), Budapest, Hungary (Duna Arena) and London, England (London Aquatic Center)—will feature four of the eight teams on rotation.

- No heats—just a two-hour session on each day across all two-day meets, with 18 races the first day and 19 the second.
- A showdown of the four top teams will decide the winner measured on a three-tier points systems: 9, 7, 6, 5, 4, 3, 2, 1 for first to eighth in each race; double points for relays; triple points for skins events, placing emphasis on endurance in the sprint ranks.
- Revenue—including a prize pot of \$5.3 million—will be distributed on the basis of a 50-50 share between athletes and their teams on the one side and the business of the ISL on the other.
- Each team can recruit swimmers from anywhere in the world.
- Each team is branded (logo and color) and can have up to 32 members.

- 12 men and 12 women will race at any one meet, with two men and two women allowed as reserves.
- The rosters for the eight teams range from 23 to 30, and include Olympic legends, World champions and bright stars of the future from all over the world.
- 23 of the more than 200 ISL professional swimmers won gold medals at the recent Gwangju World Championships, with the London Roar boasting seven.
- In every two-hour racing session, there will be two short intervals, during which coaches may switch swimmers or bring in reserves.
- There are four American-based teams—D.C. Trident (Washington, D.C.), Cali Condors (San Francisco), Los Angeles Current and New York Breakers—and four based in Europe—Aqua Centurions (Italy), Energy Standard (Turkey), London Roar (Great Britain) and Team Iron (Hungary).
- Teams will be assigned two lanes for each meet, with each lane lit up in squad color.
- Any swimmer who has a doping violation on their record is barred from participation in the League.
- Each athlete will sign two contracts: one with his/her team and another with the ISL, creating two sources of revenue—one that runs through the clubs and one that comes directly from the League.
- 50% of all revenue will be given to athletes, teams and clubs.
- Regular-season meets will be held from October to December

each year.

And then there's the marketing and merchandising of teams and individual athletes. For example, take the NY Breakers: team general manager Tina Andrew, mother of American sprinter Michael Andrew, is planning dedicated stores in New York and elsewhere, with swimmers taking a share of any sales on the products bearing their name or image. Think Disney and switch Sleepy, Mickey Mouse, Donald Duck, Tigger, Piglet, Pooh and Pluto for the names of your favorite swimmers.

There may even be pantheon collections one day, with the likes of Shane Gould, John Naber, Mary T. Meagher, Janet Evans, Matt Biondi & Co. finally able to tap into any commercial value left in achievements that pre-dated a time when FINA said athletes could benefit financially from their sport and still continue to race.

“NOT LIKE ANYTHING SWIMMING HAS SEEN BEFORE”

Dmytro Kachurovskyi, the ISL's program development director, told *Swimming World*: “This is not going to be like anything swimming has known before. We were in Naples last week to test some of the things we'll be doing, and—wow! Only when the sport sees it will it be able to have an idea of what swimming can look like. Things have been as they are for a long time, so people might not be able to imagine what's coming until they see the show.”

In a sport populated by what a statement from the World Swimming Coaches Association once described as “the downtrodden victims of modern slavery,” Grigorishin and his ISL may turn out to be what

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[PHOTO BY CONNOR TRIMBLE]

>> KATIE LEDECKY (ABOVE) IS THE ONLY 2019 WORLD CHAMPIONSHIPS GOLD MEDALIST SWIMMING FOR THE DC TRIDENT OF WASHINGTON, D.C., BUT GENERAL MANAGER KAITLIN SANDENO HAS A STAR-STUDDED ROSTER, INCLUDING THE LIKES OF NATALIE COUGHLIN, CODY MILLER, KEVIN CORDES AND HONG KONG'S SIOBHAN HAUGHEY, WHO TOLD SWIMMING WORLD: “THE TEAM FORMAT ALLOWS PEOPLE FROM ALL OVER THE WORLD TO BE ON THE SAME TEAM AND GET TO KNOW EACH OTHER. A LOT OF PEOPLE ARE EXCITED FOR IT—SWIMMERS AND SWIMMING FANS!”

THE 2019 INTERNATIONAL SWIMMING LEAGUE: DATES AND VENUES

Oct. 5-6
INDIANAPOLIS, INDIANA
(IU NATATORIUM)

Oct. 12-13
NAPLES, ITALY
(AQUATIC SWIMMING COMPLEX)

Oct. 19-20
LEWISVILLE, TEXAS
(THE LISD WESTSIDE AQUATIC CENTER)

Oct. 26-27
BUDAPEST, HUNGARY
(DUNA ARENA)

Nov. 16-17
COLLEGE PARK, MARYLAND
(NATATORIUM AT THE EPPLEY RECREATION CENTER)

Nov. 23-24
LONDON, ENGLAND
(LONDON AQUATIC CENTER)

Dec. 20-21
LAS VEGAS, NEVADA
(MANDALAY BAY RESORT AND CASINO)



PHOTO BY CRAIG LORD

>> KONSTANTIN GRIGORISHIN, THE FINANCIER AND PRESIDENT OF THE ISL, HAS MADE CLEAR FROM THE START THAT THE LEAGUE AND ITS TEAM CONCEPT IS SPECIFICALLY AIMED AT CREATING A SHOW THAT RAISES SWIMMING'S PROFILE IN BETWEEN OLYMPICS WITHOUT THE NEED FOR CONSTANT PEAK-FORM CLOCK WATCHING FOR WORLD RECORDS AND FOR PUNISHING CHAMPIONSHIP SCHEDULES. (PICTURED: GRIGORISHIN WITH LONDON ROAR'S ADAM PEATY)

swimmers have been waiting for at just the right time: an investor rich in resource, one willing and able to mount legal challenges to the monopolies that run Olympic sport and determined to stage alternative competitions, pledging better times and bank balances with a fair share for athletes.

Serious riches in professional sport have their roots in broadcast rights and the funds that flowed from the 1950s and 1960s. However, where that money made its way to boxers and golfers plus baseball, basketball, football and tennis players, as well as agents, organizers, managers and coaches—and all of that often with a struggle by athletes fighting for their rights—things took a different turn in the Olympic realm.

The majority of athletes in Olympic sports—even in an era that demands high-level professional commitment from them—remain much more closely aligned to the status of the traditional “amateur,” while the bulk of revenues are retained by international federations and spent on a massive community of bureaucrats—without consultation with athletes and other major stakeholders.

In the mix are obligations for athletes—under threat of de-selection—to sign team contracts that rob them of image rights and require them to wear the names of sponsors that help fund the dayside of bureaucracy even when those sponsors are in direct competition to companies backing and paying the way of the athletes.

Grigorishin pointed out early on in planning the ISL that the League was not there to demand peak form and the ruination of Olympic plans, but it would serve to make athletes realize that they were being sold short by those governing their sports.

When the billionaire met FINA leaders, one of the first things he asked them was this: “...You call yourself the FINA family, so how come you treat your children so badly?”

The World Championships and Olympic Games cycle, he believes, has created a culture and environment in which “the rarity of major competition once every two or four years means that athletes are treated as expendables—the next Olympic cycle will bring new ones. That also manifests itself in terms of the athlete having no institutional voice unless they are chosen by the institution—they are not reckoned with as individuals, unlike NBA players, for example.”

He adds, “They are expendable because at the end of their career, they are gone, and new ones come along.”

Grigorishin also argues that the very people setting doping rules also encourage athletes to break world records, to exceed human limits. “In that way, we see that they also motivate athletes to cheat,” says Grigorishin. “If you ask most athletes why they should not take doping, they (often) don’t tell you the most important thing: it destroys their health.”

He explains, “If the current paradigm of high-performance sport defines ‘the result’ as the necessity to push the athlete to levels of performance that often exceed the natural limits of the human body, this is an indirect motivation for the athlete to resort to various performance enhancers (not only substances)—in other words, doping, which could be extremely harmful

to a person’s health.”

The head of the ISL tells *Swimming World*, “Olympic sport is built on the assumption that the athlete should deliver a most remarkable result once in four years, and his/her entire sports career banks on achieving that particular result. In that context, the so-called ‘fight-against-doping’ sentiment coming from the IOC is sheer hypocrisy and lip service.

“Sport should not be judged to pose an undue risk to the health and safety of its athletes or participants. The sport proposed should in no way be harmful to any living creature.”

THE FIGHT WITH FINA

The investment poured into the ISL by Grigorishin tops \$20 million, much more with legal fees associated with fighting FINA for the right to host swim meets and the right to have the best swimmers in the world compete on Pro Tour even though FINA rules are designed to prevent any such thing.

FINA has responded to the ISL challenge in four key ways:

- By threatening federations that failed to suspend athletes who competed at an ISL test event in December 2018 (to the extent that that event was canceled);
- By removing those threats when it realized that athlete protest had stretched to dozens of the leading Olympic and World champions in the sport;
- By launching its own Champions’ Series; and
- By continuing to contest legal challenges, including an anti-trust class action led by Katinka Hosszu, Tom Shields and Michael Andrew.

What FINA has not done so far, critics suggest, is to change its rulebook in a way that reflects the changed circumstances and the challenges that pro sport, managers, agents, gambling and many other matters will undoubtedly bring.

Grigorishin, meanwhile, represents a “once-in-a-lifetime chance for swimming to make the radical changes it needs,” according

to John Leonard, director of the American Swimming Coaches Association.

At the ASCA World Clinic in Dallas last month, Leonard told coaches, “A pro athlete gets paid to train and compete. For 100 years, organizations have been capitalizing on athletes’ abilities without returning dollars to the people who bring the money in the door.”

The NBA’s line of “49 dollars in every 100 must end up in the athlete’s pocket” is “where we want FINA and the ISL to go,” said Leonard. The ISL is already committed to a 50-50 share.

BALANCING OLYMPIC AND LEAGUE AMBITIONS

There is much talk in the sport about how athletes will manage to keep their focus on their Olympic ambitions while fulfilling League duties and contractual obligations.

Grigorishin has made clear from the start that the League and its team concept is specifically aimed at creating a show that raises swimming’s profile in between Olympics without the need for constant peak-form clock watching for world records and for punishing championship schedules.

Former Team USA leaders Mark Schubert and Dennis Pursley agreed with current team director Lindsay Mintenko when she raised concerns about “athletes managing to compete at all the ISL events when training” for Olympic Trials.

Schubert’s take: “The home coach needs to direct the program—the Olympics has to be the most important thing. When you win an Olympic gold, you win a lot of money, too.”

That view is common in a sport that has no intention of giving up the Olympic dream, but will indeed have to find strategies for those who want to earn a good living through the League without spoiling their chances of excelling when racing at what will remain the biggest moment for swimmers wearing national colors.

Tina Andrew of the NY Breakers said the handling of it all would come down to “each team working with individual athletes on what’s best for them.” Part of the mission was “to have the athlete understand what it will take from them; what things they have to change as they start to travel more and do things in a different way.”

Pursley thought it important to find balance, saying: “The ISL is a great concept but...my observations over decades has been that some have tried to have it all

and have not succeeded. We’ve had circuits where they can earn money and those who tried to do it all seldom stood on an Olympic podium. They need to choose their priorities.”

That, in effect, is what is already happening. Britain’s Adam Peaty is not the only big name who may not race every round of the ISL for London Roar, notes his and Roar’s manager Rob Woodhouse and Mel Marshall. That’s why there are world-class reserves.

“That’s all part of the team tactics. It’s going to be great fun,” says Marshall. ❖

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GOLDMINDS

BY WAYNE GOLDSMITH

BUILDING A TEAM OF GREAT SWIMMING PARENTS

When given the opportunity to understand the importance of their role and their influence, swimming parents can become the most powerful, positive force in their child's life.

Over the years, swimming parents have gotten a bad rap. You know who we're talking about:

- *First, there's the "helicopter" swimming parents—the ones who just hang around, "hovering" over everything their child does;*
- *Then there's the "pushy" swimming parents who constantly want their child to be pushed harder and to be promoted to higher-level training groups;*
- *How about the "perfectionist" swimming parents? They're never happy with their child's performance;*
- *And, of course, everyone's favorite: the "It's-Always-the-Coach's-Fault" swimming parents!*

But maybe it's time we looked at swimming parents differently. What if we thought of swimming parents not as adversaries, but as friends—as a team of people whose support will make the experience of swimming better and provide all swimmers with the environment they need to realize their potential?

Here's how to build a team of great swimming parents:

START BY RECRUITING THE RIGHT HEAD COACH

First and foremost, before any club can start talking about parents, you need to find and recruit the "right" coaches. In the past, the "right" coach might have been the one who had the best coaching credentials. Or it might have been the coach who had been a high-profile, successful swimmer. Or maybe it was the one who had coached swimmers to a high level at other clubs.

However, swimming is as much about building wonderful people as it is about training swimmers to swim fast and win races.

The best clubs and the most successful swimming programs have three fundamental attributes:

- *They have a clear understanding about who they are and what they stand for. In other words, they have built a solid values-based culture, and they know exactly what that culture is.*
- *They recruit people who will sustain and grow their culture.*
- *They work tirelessly at living their culture and promoting their values in everything they do.*

In selecting a coach, those responsible for making that decision should ask themselves three critically important questions:

- *What do we stand for as a club?*
- *What are our values?*
- *What is it we are trying to achieve?*



PHOTO BY TERREN, FLICKR

The most common mistake that clubs, schools and even colleges make when they recruit a new coach is they look at qualifications, not qualities...or reputation, not reality.

If you want to build a sustainably successful swimming club that is based on a strong core of values, attitudes and behaviors, find a coach—a leader—who can inspire those values in everyone associated with your team.

Once you've recruited the right coach, it is his/her responsibility to inspire swimmers, other members of the coaching team—and the parents—to live and grow the values of the team.

Head coaches are leaders...and leaders do one thing above all: *they lead!*

While it is tempting to blame swimming parents for their poor behaviors, negative attitudes and destructive actions, a head coach with strong leadership capabilities will lead the parent group positively and constructively, and will "partner" with them (see the diagram on the next page, "Potential—The Participation and Performance Partnership").

WHY IS ALL THIS IMPORTANT?

I hear coaches, clubs and swimming organizations all over the world complain about swimming parents. Sure, there are some swimming parents who are negative and noisy, but for the most part, the vast majority of swimming parents are doing what they do and saying what they say because of their love for their children.

Swimming parents are rarely deliberately destructive: in general, they are acting out of a desperate need to help their child be happy and successful. As a result, sometimes they step over the line...until someone takes the time to show them where that line actually is.

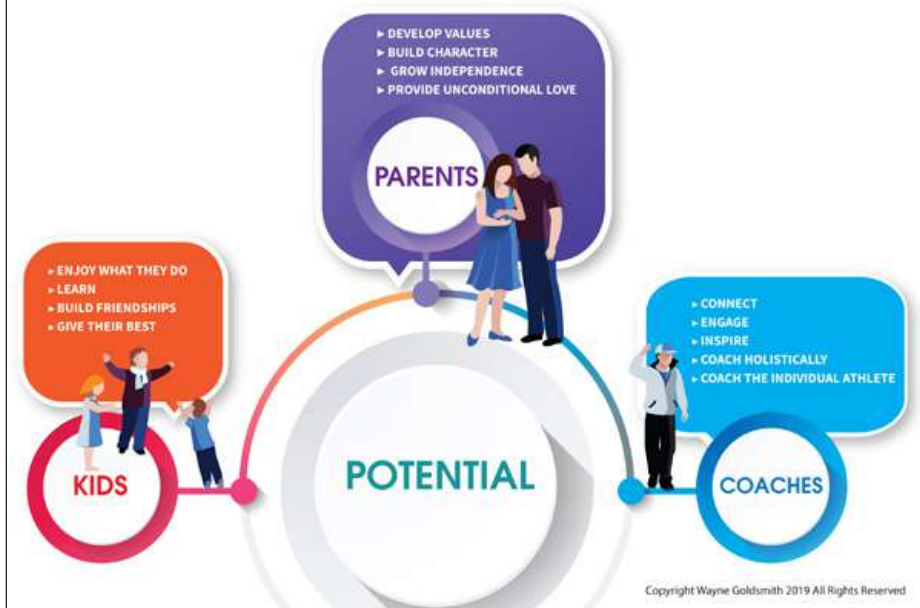
The key to working effectively with swimming parents begins and ends with the leadership of the program: the club and the coaches. If you, as a coach, believe your parents are a problem: learn to lead them more effectively!

Leading is the art of inspiring change through emotional connection. It's about building respectful, honest and caring relationships. The stronger your relationships are with the parents of your swim team members, the less likely it is you'll experience parent problems.

Think of it this way: if your club has no idea what it stands for, what its values are or what it's trying to achieve...AND...the head coach has not clarified the values and behaviors he/she expects from the team's parent group...THEN...what chance does your parent group have to be wonderful swimming parents?

If your team's parent group has a clear understanding of its role and responsibilities, and if the parents are committed to helping their

POTENTIAL - THE PARTICIPATION AND PERFORMANCE PARTNERSHIP



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goggles, towel and cap for them. The parent regularly challenged the coach on all matters of coaching, including his child's training load, technique and meet performances.

The club had a swimming parent leadership group made up of parents of current and past swim team members. Two members of that group were assigned to speak with the overzealous parent.

They did four things to try and resolve the over-parenting problem. It's what I call the Listen-Learn-Link-and-Lead process:

- **Listen:** They met with the parent away from the training venue, and asked the parent to talk about how he thought the team and his own child was performing;

- **Learn:** They invited the parent to express his views about the club and to provide honest, direct feedback to the two parent leaders;

- **Link:** They invited the parent to contribute to the team in some specific ways, including being responsible for some team activities around practices and meets that didn't involve the parent's own child;

- **Lead:** They continued to build and grow a close, positive, constructive relationship with the problem parent, which gave the leaders the opportunity to educate and influence the parent's attitudes and behaviors.

The Listen-Learn-Link-and-Lead process is a clear, effective and simple way to build and grow positive relationships in swimming teams. By building strong relationships through quality, thoughtful, respectful leadership, swimming teams can create outstanding training and racing environments relatively free of parenting problems. ❖

Wayne Goldsmith is one of the world's leading experts in elite-level swimming and high-performance sport. Be sure to check out Goldsmith's websites at www.wgaquatics.com and www.wgcoaching.com.

Wayne will be touring the USA in the fall of 2019, performing clinics for swimmers, coaches and swim parents. Keep watching *SWIMMING WORLD* and swimmingworldmagazine.com for more information on Wayne's 2019 USA Tour.

child and the team realize its potential, parent problems become a thing of the past.

A FOOTBALL TEAM ANALOGY

Imagine you're building a great football team. What do you need? A brilliant quarterback to lead the plays...some running backs to take the ball forward and progress the team down the field....and a strong defensive line to counter the opposition's plays.

Building a team of great swimming parents is the same.

Find your "quarterback": a swimming parent whose philosophies, attitudes, values and beliefs are consistent with those of the head coach and coaching group. He or she would be your president or chairperson of your swimming parent leadership group, and should possess three qualities above all:

- **Consistency:** to act fairly and reasonably to all swimmers, coaches and families;
- **Calmness:** to be the voice of reason and understanding in all situations;
- **Cohesion:** to be able to bring people together.

Your swimming team will also need a group of "running backs": swimming parents who will talk about how brilliant the club is, how amazing the coaching team is and how the team is built on solid foundations such as values, character, selflessness, respect, team spirit and personal development. They are the people who "sell" the positive virtues of the team and who can grow the club and program by telling anyone who'll listen—be that in person or through social media—about the wonderful experiences and opportunities the club provides.

And you need to identify your "defensive line": a group of swimming parents who set the standards of expected parental behavior and lead the club's parent group through some of the tough challenges every swimming program will face.

A REAL-LIFE STORY

A swimming club I was working with told me about a problem parent. The swimmer was 13 years of age. The parent was—in their words—"overly invested in their child's practice and performance." The parent would video the training sessions and replay them to his child in the evening. The parent would also follow his child from the team's club area at meets, down to marshaling, and carry their child's

SUMMARY

1. Coaches need to invest their time and resources into building an effective, cohesive, supportive team of swimming parents.
2. Invest in swimming parent education. Help parents learn appropriate behavior and how best to support their children.
3. Make every effort to help swimming parents understand their roles and responsibilities.

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country's National Team members and High School All-Americans. Our swim teams won 50 Tennessee State Championships. Thirteen Baylor students competed in the 2011, '13, '15 and '17 World Junior Championships, and alumni competed in the World University Games and World Championships. Baylor graduates have gone on to attend top universities and thrived academically.

Baylor's state-of-the-art Aquatic Center features a 50-meter by 25-yard pool and a \$1.2 million sports performance center.

Head Coach Dan Flack has been named Tennessee Swimming Coach of the Year (either men's or women's) 15 times since 2006, coached Team USA at the 2011 and 2017 World Junior Championships, was Head Coach of Team USA at the Junior Pan Pacific Championships in 2018, and is one of a small list of high school coaches on the USA National Team Coaches list.

See display ad on page 44.

THE BOLLES SCHOOL



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Coach: Peter Verhoef
Phone: 904-256-5216
Email: verhoefp@bolles.org
Website: www.bolles.org

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 - Over 40 Tennessee Team State Championships
 - Over 50 USS Scholastic All-Americans in the last 10 years
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- A diverse program promoting national, international and high school excellence in swimming

(423) 267-8505 | www.baylorschool.org

The Bolles School is an independent, co-educational day and boarding college preparatory school founded in 1933. Bolles enrolls 1,600 students in grades Pre-K through 12 on four separate campuses. The Bolles Resident Life program enrolls students from around the world in grades 9-12.

The Bolles swimming program has a long history of outstanding success from youth through Olympic levels. Bolles and its year-round United States Swimming program, the Bolles Sharks, have developed many nationally and world-ranked swimmers, including 59 Olympians since 1972, earning 20 medals. Bolles girls' swimming has claimed 28 consecutive state titles and 32 titles overall, while Bolles boys' swimming has achieved a U.S. record 31 consecutive state titles and 40 titles overall.

The program facilitates training and stroke instruction in Bolles' 50-meter and 25-yard pools, as well as the Aquatic Center with dryland and weight training equipment.

See display ad on page 45.

Located on an 800-acre campus in a suburb north of Baltimore, McDonogh School is a welcoming community where young people become LifeReady under the guidance of talented and caring teachers. Opportunities abound for deep thinking, innovating, discovering passions and helping others. Learning is enhanced with top-notch facilities as well as a 10-acre farm where students experience hands-on learning and harvest crops for area food pantries. A five-day Residential Life Program is an appealing option for swimmers with early morning practices.

The school's Henry A. Rosenberg Jr. Aquatic Center includes an indoor 8-lane, 50-meter pool that is home to boys' and girls' swim teams and coed water polo teams. Since 2003, the girls' squad has won 13 league championships, and the boys have won league championships in 2012, 2018 and 2019. Additionally, water polo earned a league championship in 2018.

McDonogh swimmers have risen to the top of the sport. Since 2000, the boys' and girls' teams have had 46 individual High School All-Americans, totaling 154 All-America performances. Recent graduates have contributed to top collegiate programs, including Harvard, Stanford, Arizona, Georgia, Purdue, Columbia, Johns Hopkins and the U.S. Naval Academy. In 2009, one alum set a national high school prep record and later went on to win a gold medal at the 2015 Pan American Games in record time. Most recently, three swimmers participated in the 2016 Olympic Trials, with two placing in the semifinals and championship finals.

Upper School tuition for day students is \$31,640; \$42,310 for five-day boarding. In 2019, McDonogh awarded more than \$6.1 million in need-based financial aid.

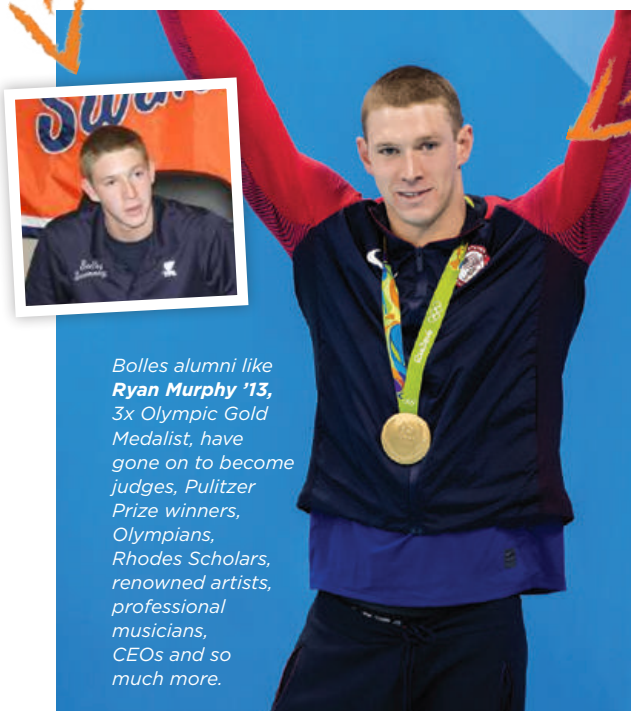
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Phone: 443-544-7021
Email: sbirdsall@mcdonogh.org
Website: www.mcdonogh.org
Aquatic Director: Scott Ward
Phone: 443-544-7161
Email: sward@mcdonogh.org

Continued on 46 >

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Explore what Bolles has to offer by visiting www.Bolles.org or calling us at (904) 256-5030.

The Bolles School is a college preparatory day and boarding school for students in Pre-K through Grade 12.

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Head Swim Coach and Director of Aquatics: Glenn Neufeld
Phone: 717-328-6368

Email: neufeldg@mercersburg.edu

Phone (Admission): 717-328-6173

Email: admission@mercersburg.edu

Website: www.mercersburg.edu

Swimming at Mercersburg has a long tradition of excellence. The program has fielded 31 Olympians, including five gold medalists. Head coach and former YMCA National Coach of the Year, Glenn Neufeld, leads a program that has produced numerous prep school All-Americans, and has sent countless swimmers to compete at top colleges and universities. The school's athletic complex features a brand-new Olympic-size 50-meter pool with 10 lanes and a diving well. The school also operates summer swim clinics for ages 8-17.

Founded in 1893 in southern Pennsylvania, Mercersburg Academy gives students in grades 9-12 and postgraduates the opportunity to live and learn in a diverse and authentic environment that's home to young people from 27 states and 36 countries. With a 300-acre campus, 170 academic courses, 27 varsity sports, a robust arts program and \$7 million in annual financial aid, Mercersburg is within easy reach of Washington, D.C., Baltimore, Philadelphia and Pittsburgh.

See display ad on page 46.

32 Olympian swimmers and 11 medalists | 100+ All-Americans | 20 Easterns Championships



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Director of Admission: Molly Dunne

Phone: 609-944-7501

Fax: 609-944-7911

Email: admission@peddie.org

Website: www.peddie.org

Director of Competitive Swimming/Head Coach: Greg Wriede

Email: gwriede@peddie.org

Founded in 1864, Peddie School surrounds Peddie Lake on a beautiful 230-acre campus minutes from Princeton, midway between New York City and Philadelphia.

Known nationally for its academic excellence and strong sense of community, Peddie's talented faculty is highly accessible, and its technology unsurpassed. The average class size is 12, and the student-to-faculty ratio is 6:1.

Peddie's student body represents 24 states as well as 34 foreign countries.

A perennial national power, Peddie swimming has been represented at the Olympics in 1992, 1996, 2000, 2004, 2008 and 2012. In addition to swimming on the world stage, Peddie School has consistently ranked at the top of Swimming World's National High School Mythicals, with its boys placing sixth nationally in 2018!

Graduating swimmers have gone on to Harvard, Princeton, Yale, Stanford, Northwestern, Kenyon, Denison and ASU, among many others.

Peddie's substantial endowment provides need-based financial aid for roughly 40 percent of its students.

See display ad on page 47.



PHILLIPS ACADEMY

College Preparatory, Co-ed Boarding and Day
Grades 9/Postgraduate • Enrollment: 1,149
Founded in 1778
180 Main St. • Andover, MA 01810

Boys' Coach: David Fox

Email: dfox@andover.edu

Girls' Coach: Paul Murphy

Email: pmurphy@andover.edu

Website: www.andover.edu



With its expansive worldview, legacy of academic excellence and commitment to equity and inclusion, Phillips Academy, known globally as "Andover," offers extraordinary opportunities to the student-athlete.

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Within this rigorous scholastic environment, Andover's Swimming & Diving program enjoys great success on eastern, national and international stages.

Since its first meet in 1912, Andover has produced multiple Olympians, including a gold medalist, more than 170 All-Americans and numerous Eastern, New England and national record holders. In just the last 10 years, Andover swimmers and divers, including National Champion Andrew Wilson '12, have competed for schools such as Brown, Emory, Harvard, MIT, Penn, Princeton, Texas, USC, Williams and Yale.

See display ad on page 48.

Continued on 48 >



PEDDIE

Peddie School swimming has produced Olympic gold medalists, national champions, National Junior Team members and numerous high school All-Americans while providing each student-athlete a first-class education.

An eight-time High School National Championship Team, Peddie swimming has been represented in six out of the last seven Olympic Games. Recently graduated swimmers have gone on to Harvard, Princeton, Yale, Brown, Stanford, The University of Pennsylvania and Northwestern.



The End Depends On The Beginning



- Eastern and New England Team Champions
- Olympians
- All-Americans
- National, Eastern, and New England Record Holders



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College Preparatory, Co-ed Boarding and Day
Grades PK-12 • Enrollment: 1,285
3900 Jog Road • Boca Raton, FL 33434



Director of Enrollment and Financial Aid: Peter Kravchuk
Phone: 561-210-2021
Email: peter.kravchuk@saintandrews.net
admission@saintandrews.net
Website: www.saintandrews.net

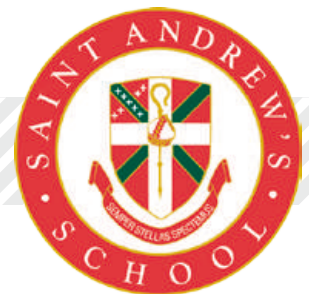
Saint Andrew's School is a nationally recognized Pre-K-through-12 day and boarding college preparatory school known for its academic excellence and education of the whole child—in mind, body and spirit. An IB World School, it serves 1,285 students from more than 40 countries and several states on an 81-acre campus recognized for its sprawling beauty.

Saint Andrew's School has 99% college placement, with recent aquatic graduates having competed at Harvard, Yale, Florida, Virginia, Texas, Kentucky, UNC, Miami, Louisville, Georgia Tech, Pittsburgh, SMU, Johns Hopkins, Arizona State and the U.S. Naval Academy.

The year-round swimming, diving and water polo programs benefit from training in the Duff Tyler Aquatic Complex, which includes a modern 50-meter outdoor pool complete with new state-of-the-art starting platforms. Students also enjoy a contemporary cutting-edge fitness center adjacent to the aquatic complex.

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 - Two tickets to ISHOF Induction Ceremony Dinner
- \$1000**

Basic Member Benefits

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Q & A

TERRY JONES

BY MICHAEL J. STOTT

After founding the Magnolia Aquatic Club in 2001, Terry Jones elevated his Houston area team to USA Swimming Club Excellence bronze medal status (2012) and subsequently to gold, where it has resided since 2018.

Q. SWIMMING WORLD: *You started coaching while at Harding University. What intrigued you about coaching as a profession?*

A. COACH TERRY JONES: I loved sports in general and really enjoyed being around kids, so it seemed to be a good fit. After coaching summer league and then a local club team, I thought it could be a career.

SW: *Any mentors along the way?*

TJ: I started as a head coach right out of college and didn't work under very many people. Two from whom I learned were Matt Devlin (Fayetteville Youth Club) and J.D. Yingling, who was the head club coach for the Searcy (Ark.) Swim Team. I also admired Paul Blair at the Little Rock Racquet Club. Through his program and their success, I saw what was possible.

SW: *When starting Magnolia Aquatic Club, was it tough competing against powerhouses such as The Woodlands and Cy-Fair?*

TJ: I knew it would be a challenge, but

I believed that the area was ripe with swimming talent, and over time, we could build something special. David Johnson, head coach at Alamo Area Aquatics, advised me, "Be yourself and don't try and be anyone else." I started locally at the grassroots level, basically teaching swimming lessons. I loved the sport and believed anyone who had a chance to get a taste of it would, too. Family and kids bought in, and we slowly progressed.

SW: *When getting started, what did you do to build a positive environment for MAC?*

TJ: We talked a lot about being a family and had club-wide family social activities throughout the year. We had cookouts, opened the pool on weekends, had pool parties, grilled hot dogs and hamburgers. Everyone seemed to love that.

SW: *You've started a club program almost everywhere you've been.*

TJ: I felt the best way to be successful was to be involved at every level in swimmer

Coach Terry Jones

Aquatics Director/Head Coach
Magnolia Aquatic Club
Magnolia, Texas

- Harding University, B.S., health and physical education/fitness, 1984
- Started Magnolia Aquatic Club in June 2001; head coach, 2001-present
- Head coach, Temple High School, Temple Area Swim Club, 1988-2001 (first junior national and national qualifiers)
- Head coach, Pine Tree High School, Parkway Swim Club, Longview, Texas (started team), 1986-88
- Head coach, Pleasant Grove High School, Texarkana, Texas, 1985-86
- Member, USA Swimming national coaches list
- Coached a 15-18 girls' squad to NAG record in 800 free relay
- On USA Swimming staff for 2016 Junior Pan Pacs
- Head Coach, men's 2017 National Select Camp

Coach Terry Jones led the Magnolia Aquatic Club girls to a third-place finish at the Speedo Summer Junior Nationals in 2016. In 2017, they finished second at both the Winter Junior Nationals-West and the Summer Junior Nationals, where MAC athletes finished third place combined.

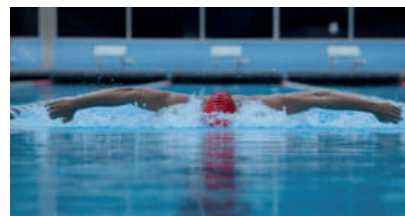


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Continued on 53 >

BY MICHAEL J. STOTT | PHOTOS BY PAUL NORDMANN

Having swimmers who are ranked No. 1 in Texas has certainly helped Magnolia Aquatic Club attain USA Swimming Club Excellence gold medal status.

Kaitlynn Sims (Class of 2019, ranked eighth nationally, currently at Michigan) and Lillie Nordmann (2020, 11th, Stanford commit) are just two of MAC's latest national-class swimmers.

Kaitlynn Sims

Even before going to Ann Arbor, Sims had compiled an impressive resumé. A 2016 Olympic Trials (400-800 freestyle) and 2017 World Trials qualifier, she was also a 2018 national junior team member. In her final 5A Texas high school state meet, Sims won the 500 yard free (4:39.73) and finished second in the 200 (1:47.10). At the Speedo Winter Junior Championships-West, she won the 1650 (15:57.34) and finished second in the 500 free (4:39.52) and 400 IM (4:11.13).

Says her coach, Terry Jones, "Kaitlynn is an outgoing individual who likes to be involved in a lot of different activities outside of swimming. In the pool, she is a perfectionist with very high goals. She has always enjoyed—and has been very successful with—short-rest and descending-type sets. Consequently, we do a lot of training centered around aerobic threshold.

"Kaitlynn has not always been at the top in her swimming career, but her work ethic is off the charts. No one outworks her. She benefited having Joy Field (now at Texas A&M) show her what was possible. Joy made both the national junior and national teams, which lit a fire and

helped drive Kaitlynn, a great and personable teammate," says Jones.

Lillie Nordmann

In the fall of 2020, Lillie Nordmann—age group phenom, 2018 Junior Pan Pac and 2019 USA Mare Nostrum team member—will join sister, Lucie, at Stanford. In the interim, as a national junior team member, she will look to improve upon her UIL Texas state championship times in the 200 yard free (first, 1:45.55) and the 100 fly (second, 52.08). No doubt she has her eye on bettering her Speedo Winter Junior Championship-West showings in the 100 fly (52.45), 200 fly (second, 1:54.42), 200 IM (fourth, 1:58.14) and 200 free (seventh, 1:47.55).

In her latest exploit, Nordmann took first in the 200 meter butterfly at Junior Worlds, winning in a 2:08.24. In the same event at U.S. nationals in July, Nordmann finished second (2:07.43), just 17-hundredths behind wunderkind Regan Smith.

"Lillie is a kind, courteous and caring individual," says Jones. "She is humble regarding her success, but when it comes to her training, she is all business. She is all about the process and looking for ways to improve—she looks at every workout as an opportunity.

"Lillie trains mostly in the middle-distance range. She is a student of the sport and is fully aware of her underwater kick counts off the walls, number of cycles and her tempo. She enjoys doing sets that culminate in something fast at the end. Like Kaitlynn, Lillie has a great work ethic. If you are swimming with or next to her in a workout, you



KAITLYNN SIMS

KAITLYNN SIMS PROGRESSION OF TIMES

LC	2015	2016	2017	2018	2019
400 Free	4:21.03	4:17.83	4:17.83	4:12.40	4:12.38
800 Free	8:50.24	8:48.97	8:44.69	8:36.90	8:42.19



LILLIE NORDMANN

LILLIE NORDMANN PROGRESSION OF TIMES

LC	2015	2016	2017	2018	2019
100 Fly	1:04.31	1:02.88	1:00.34	59.19	57.96
200 Fly	2:20.89	2:20.12	2:14.21	2:10.30	2:07.43

progressions. That approach allowed me to test what I thought would work. Where I started programs, they seemed to fulfill a need.

SW: And you've always coached high school and club.

TJ: I actually stopped coaching high school in 2007 when our school district added a second high school. I was coaching kids who were now going to be split up, and I didn't want to be put in a position to choose one school over the other. I really enjoyed coaching high school, but it makes for a very long day—high school swimming in the morning, teaching during the day, high school coaching in the afternoon and club swimming after that...and a lot of weekend meets. It was 12 to 13 hours every day, about 65 hours a week, not counting weekend meets.

The advantages were I didn't have to coordinate with anyone when it came to my high school-age swimmers' schedules and training. The retirement benefits from public education are also an advantage. The disadvantages are the impact on my family. It was lost time I didn't get back. All the late nights, early mornings and weekends away from a wife and children—that was tough, and it takes a special wife to put up with it.

SWIM MART

SW: Coaching style: laissez faire or Simon Legree?

TJ: I am pretty laid back, and I don't like yelling at kids. I ask a lot out of my swimmers, but I feel it has to be a partnership. They have to want and be willing to do the work.

SW: How do you help kids take ownership of their swimming?

TJ: You must have personal relationships and be able to talk openly and honestly without judgment or condemnation. It has to be their sport. I just try and help them on what it will take for them to reach their goals.

SW: What has achieving gold medal status enabled Magnolia to do?

TJ: It has allowed us to showcase our program to the community and abroad. We are a relatively small team among some really big ones. Some clubs have a high profile, but many of those athletes are college-age and older. Our program spotlights true age group program success.

SW: How are plans coming for your proposed 50-meter pool?

TJ: We are at the committee stage and looking at partnerships with some local businesses and the school district. Houston area growth, especially highway and residential, is moving in our direction, and we want to get ahead of it. ❖

Michael J. Stott is an ASCA Level 5 coach whose Collegiate School (Richmond, Va.) teams won nine state high school championships. A member of that school's Athletic Hall of Fame, he is also a recipient of NISCA's Outstanding Service Award.

better be ready to go," says Jones.

"At 13, you could tell Lillie had something special. As she got older, you could see the development of her underwater dolphin kick. It is still a work in progress, but gets better every day. She has been most successful in the 100 and 200 fly, but is going to surprise some people with her talent range. Her backstroke is really coming on, as is her freestyle. Lillie does not like talking about times. She wants to focus on her first 15 meters, underwater kick count, tempo, cycle count and technique—all the things that will improve her overall swim result.

"Lillie is a team leader in and out of the pool, constantly on the side of the pool cheering on her teammates," says Jones.

SAMPLE SETS: KAITLYNN SIMS

Distance Set (LC)

• 1 x 400 free cruz @ 5:20; 4 x 100 free with (1 strong - 3 cruz) @ 1:30 (1 at 1:05)

• 1 x 400 free cruz @ 5:20; 4 x 100 free with (2 strong - 2 cruz) @ 1:30 (2 at 1:04-1:05)

• 1 x 400 free cruz @ 5:20; 4 x 100 free with (3 strong - 1 cruz) @ 1:30 (3 at 1:03-1:04)

• 1 x 400 free cruz @ 5:20; 4 x 100 free with (4 strong - 0 cruz) @ 1:30 (4 at 1:02-1:03)

Coach Jones: "Almost all cruz work with Sims is at or near anaerobic threshold."

SAMPLE SETS: LILLIE NORDMANN

Mid-Distance Fly Set (LC)

• 4 x 50 fly build @ :60 (holding :31-:32)

• 1 x 200 free moderate @ 3:00

• 2 x 100 fly cruz @ 1:50 (holding 1:05-1:06)

• 1 x 200 free moderate @ 3:00

• 1 x 200 fly good effort with dive @ 3:20 (holding 2:16-2:18)

• 1 x 200 free @ 3:00

(x2) with break ❖



TOTAL ACCESS MEMBERS CLICK HERE TO LEARN MORE ABOUT KAITLYNN SIMS' AND LILLIE NORDMANN'S TRAINING AT MAGNOLIA AQUATIC CLUB. NOT A TOTAL ACCESS MEMBER? YOU'RE JUST A CLICK AWAY: SWIMMINGWORLD.COM/Vault

UP & COMERS

AGE GROUP SWIMMER OF THE MONTH

BY SHOSHANNA RUTEMILLER

Keaton Jones

PHOTO BY ELIZABETH JONES



Swim Neptune’s Keaton Jones made headlines when he qualified for the 2020 U.S. Olympic Trials in the 200 backstroke as a 14-year-old. But the high school freshman is more than a phenomenal swimmer. The straight-A student solves Rubik’s Cubes in 30 seconds, plays the cello, takes hip-hop dance classes, and placed third in the Arizona district cross country championships!

In July, Keaton swam a 2:01.20 200 meter backstroke—more than a second under the OT cut of 2:02.99 and faster than Aaron Peirsol’s legendary 13-14 boys’ record of 2:02.78 set in 1998, which was first broken last March by Flood Aquatics’ (Fla.) Joshua Zuchowski (2:00.97).

Keaton’s goal is to compete in both the 100 and 200 backstroke at Trials. Currently, his 57.56 100 back is less than a second away from the 56.59 cut.

“Keaton is an extremely hard-working athlete both in and out of the water,” says his coach, Alex Popa. “He is self-motivated, goal-oriented, and he always keeps a positive attitude. He is what I like to call a 24/7 athlete.”

Keaton’s mom, Elizabeth, adds, “When Keaton is training at the pool or at a meet, he is 100% focused on swimming, on his goals and on being the best swimmer he can be. But when he’s out of his suit, he’s just a normal 14-year-old boy who loves his friends, his family and his two dogs...and eating. Let’s reiterate his love of eating!” ❖

WHAT IS THE BEST THING YOU DO IN SWIMMING?

I really excel in the upper body part of the swim: the pull, the catch, the speed of my arms. Pull sets are my favorite.

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

My coach has us do this crazy IM set that I dread every time. It’s 4 x 100 IMs fast on 1:30, 2 x 200 IMs fast on 3:00, 400 IM fast on 6:00, then ladder back down. My coach, Alex, always says that hard sets not only show what you’re made of, but they show you where you can go.

WHAT IS YOUR FAVORITE THING ABOUT SWIMMING?

I love the hang time at the wall. Even if it’s just a nod, high-five or just catching our breath, my teammates and I are all in it together, suffering together and getting faster and stronger together.

WHAT ARE YOU MOST LOOKING FORWARD TO THIS YEAR?

I’m really looking forward to representing my high school

during the swim season. As a freshman, it’s a different kind of experience, and I’ve been having a lot of fun with it.

WHO IS SOMEONE YOU LOOK UP TO IN SWIMMING... AND WHY?

I think it’s impossible as a swimmer not to admire Michael Phelps and his ability to set goals for himself that many felt were impossible. To see his hard work and his dedication pay off should be an inspiration to any young swimmer.

WHAT ARE YOUR FAVORITE HOBBIES?

I love watching *Impractical Jokers* on YouTube. They are hilarious. Reality TV cooking shows are also my favorite, such as *Hell’s Kitchen* and *MasterChef*. I like trying different types of food, going to restaurants I’ve never tried before and looking for recipes that my mom and I can cook together.



TOTAL ACCESS MEMBERS [CLICK HERE](#) TO READ MORE ABOUT KEATON JONES.

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HOW DO YOU PREPARE FOR A COLLEGE SEASON DIFFERENTLY IN THE OLYMPIC YEAR?

 BY **ANDY ROSS**

KELLY KREMER

Head coach, Minnesota

[PHOTO BY UNIVERSITY OF MINNESOTA ATHLETIC COMMUNICATIONS]

We are increasing our long course practices each week from our normal two times per week to three times per week for our mid-sprinters and sprinters. And then we'll regularly have long course quality sets on Saturdays as well as for a fourth session. Our mid-distance and distance groups will be at four times or five times long course per week, depending on the swimmer.

We are also creating four long course single-session meets throughout the college season, as well as a long course meet following our December invite when we will have some rest under us. We will regularly follow up with our student-athletes in terms of process relative to long course goals so that we are keeping June and beyond front-and-center in their mind during the college season.


GREG MEEHAN

Head coach, Stanford

[PHOTO BY DAN D'ADDONA]

With the goal of swimming fast in March and then again in the summer every year, generally there's not too many changes within a collegiate season of an Olympic year. We are fortunate to have year-round access to long course training. Thus, we train three to four times per week long course from September to December; all long course during our holiday training camp; and two times per week long course from January to March.

Much the same as preparing for long course success in the summer, I believe it is still beneficial to have a little bit of short course yards training in the weekly schedule—if you can from a facility perspective. It provides a great opportunity to continue speed development during the long course season.

All this said, there are plenty of great teams and coaches finding success in long course without having access to long course for a good portion of the year. Thoughtful training cycles and workouts will help athletes be prepared regardless of the course.


DAN ROSS

Head coach, Purdue

[PHOTO BY PURDUE ATHLETICS]

We do a little more long course—two to four practices a week—mostly aerobic to develop speed. We are still short course yards-based, but with some race pacing long course more than we would in non-Olympic years. We host the mid-season invite for short course yards for NCAA events, but offer long course time trials on Sunday for international or domestic Trials cuts.


JASON CALANOG

Associate head coach, Texas A&M

[PHOTO BY ANDY RINGGOLD/ARINGO PHOTOS]

If we look at the four-year Olympic cycle, this 2019-20 season will be the culmination of four years of hard work and sacrifice. This season in general will be focused as the speed and power phase for our swimmers.

Each season prior to this, we had a different overall focus per season within the four-year plan. It was important for us to change our mesocycles within our macrocycle in the overall plan. We want our swimmers to be able to adapt to many things, but also be aware of their overall physical strengths and weaknesses.

As for the swim meet schedule in an Olympic year, we don't have many changes other than our Invite being swum prelims long course and finals short course. This gives us a chance to race some long course in the short course season while giving some kids an extra opportunity to make Olympic Trials cuts.

In training, we may add an extra long course practice per week so that the swimmers can keep the feel of long course strokes. I do believe that swimming in yards is very beneficial to long course training. In yards, you can create so much more speed and power with it being so much shorter. It gives you an opportunity to learn how to change speeds at a higher rate.

Overall, the focus is much greater because you are looking to do well in the college season, but also have swimmers gearing up for Olympic Trials and the Olympic Games.

It is a great year to BELIEVE and trust the system! ❖

PARTING SHOT

A Swim Miami Mile took place on May 5 at the Miami Marine Stadium in Florida. The event was organized in conjunction with the three-day 2019 U.S. Open Water Swimming Championships running concurrently at the same venue. As the nearly 400 competitors began their races with the Miami skyline in sight, 10 Special Olympics athletes and their “Unified Partners” entered the water as one of the “waves” (similar to heats in pool races).

In Unified Sports, athletes participate in open water swims (usually a mile long) alongside a “partner.” Swimmers race side-by-side, and upon completion with medals wrapped around their necks, share their victories together.

According to Special Olympics, “Unified Sports was inspired by a simple principle: training together and playing together is a quick path to friendship and understanding for athletes with and without intellectual disabilities.”

Within this environment, the merging of athletes helps to create relationships and promote inclusion. - *Molly Griswold*



[PHOTO BY SPECIAL OLYMPICS BROWARD COUNTY]

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