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SWIMMING in AUSTRALIA is published six times annually.

	Copy Deadline
January-February	15th January
March-April	15th March
May-June	15th May
July-August	15th July
September-October	15th September
November-December	15th November
Advertising Rates (inc. GST)	

	1 Issue
	\$
Full Page	600
¾ Page	500
½ Page	300
¼ Page	200
Banner 4cm x 1 col	55

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*By Alan Thompson
Swimming Australia National Head
Coach*

The 2005 Telstra Trials are less than two weeks away and it is shaping as an intriguing time for swimming.

The Telstra Dolphins are coming off arguably the most successful year we have had on the back of the most successful away Olympic Games in Athens.

We now have nine Olympic gold medallists actively swimming ... some have taken time out of the pool ... others have jumped straight back in ... and some are not swimming. Everyone is at different stages, ahead of what is an interesting time for the sport with July's 2005 World Championships followed quickly by the 2006 Commonwealth Games in March.

I have been around to most States and Territories and thanks to the great work being done by the home coaches and all of the State Institutes our Olympians are in good shape—which has been illustrated in the lead-up meets.

On the other hand we also have a tremendous crop of youngsters coming through the ranks, as was evident at the Youth Olympics, Junior Pan Pacs and Commonwealth Youth Games.

Some of those youngsters backed up with strong swims at the various State Championships.

What we have is a group of athletes who have been inspired by the experience of the Athens Olympic

Games and another group equally inspired by watching the events of the Olympic Games unfold.

Both National Youth Coach Leigh Nugent and I are very excited by what we saw in front of us for the 2005 World Championships in Montreal, Canada.

The Swimmers and Coaches know that they have to step up ... first during the 2005 Trials and then a bigger step in Montreal.

History tells us that it needs a big commitment ... however, it has helped us in the past to get our swimmers back in shape and it has also inspired the people on the fringes in 2004 to train harder to break into the Telstra Dolphins Team for 2005.

At the end of the meet we will be selecting a team to go forward to the World Championships in Montreal and Matt Sebbens has been doing a great job in getting the logistics in place for the Orientation Camp in May and then the Staging Camp in Florida just prior to competition.

Before that we are also bringing together the best sports science brains and teams from around the country to make sure that this team is—as usual—the best prepared nation in the world.

We talk a lot about teamwork in swimming in this country and it is not just the swimmers who exude excellence and camaraderie but the staff and the sports scientists who are at the cutting edge of their chosen fields.

To all the athletes, the opportunity is in front of you. It is now up to each of the swimmers selected to take that opportunity at the 2005 World Championships.

**GOOD LUCK TO ALL
ATHLETES AND THEIR
COACHES.**



NEWS

By Ian Hanson

Media Manager – Telstra Dolphins Australian Swimming Team

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2005 TELSTRA WORLD SWIMMING CHAMPIONSHIP TEAM

MEN

1. Leith Brodie (18) Albany Creek QLD
2. Grant Hackett (24) Miami QLD
3. Brett Hawke (29) Melbourne Vicentre VIC
4. Brendon Hughes (20) Chandler QLD
5. Michael Klim (27) Klim Swim Trojans VIC
6. Andrew Lauterstein (17) Klim Swim Trojans VIC
7. Adam Lucas (21) West Coast WA
8. Kurtis MacGillivray (21) Miami QLD
9. Andrew Mewing (23) Yeronga Park QLD
10. Patrick Murphy (21) Melbourne Vicentre VIC
11. Travis Nederpelt (19) City of Perth WA
12. Jim Piper (23) West Coast WA
13. Andrew Richards (21) Smithfield NSW
14. Brenton Rickard (21) Carey Aquatic VIC
15. Mark Riley (22) Commercial QLD
16. Nicholas Sprenger (19) St Peters Western QLD
17. Matt Welsh (28) Melbourne Vicentre VIC

WOMEN

1. Bronte Barratt (16) Albany Creek QLD
2. Lara Carroll (18) Fremantle Port WA
3. Lara Davenport (21) Manly Jetz NSW
4. Sophie Edington (20) Kingscliff NSW
5. Jade Edmestone (23) Southern Crawl QLD
6. Felicity Galvez (20) Campbelltown NSW
7. Brooke Hanson (27) Nunawading VIC
8. Jodie Henry (21) Chandler QLD
9. Liesel Jones (19) Commercial QLD
10. Lisbeth Lenton (20) Commercial QLD
11. Linda MacKenzie (21) Mackay QLD
12. Danni Miatke (17) Carey Aquatic VIC

13. Alice Mills (18) Chandler QLD
14. Melissa Mitchell (17) SAC Seals NSW
15. Sarah Paton (18) Telopea NSW
16. Haylee Reddaway (17) Haileybury Waterlions VIC
17. Shayne Reese (22) Carey Aquatic VIC
18. Giaan Rooney (22) Melbourne Vicentre VIC
19. Jessicah Schipper (18) Redcliffe Leagues Lawnton QLD
20. Louise Tomlinson (23) Commercial QLD
21. Tayliah Zimmer (19) Kingscliff NSW

HEAD COACH

- Alan Thompson

MANAGERS

- David Wilson
- Mary Pendergast
- Bruce Steed

TEAM COACHES

- Michael Bohl
- Denis Cotterell
- John Fowlie
- Ian Pope
- Vince Raleigh
- Shannon Rollason
- Greg Salter
- Grant Stoelwinder
- Rohan Taylor
- Stephan Widmer

SUPPORT STAFF

- Bernd Adolph—Massage Therapist
- Louise Burke—Nutritionist
- Paul Clinch—Massage Therapist
- Ian Hanson—Media (OWS & Swimming)
- Bronwyn King—Doctor
- Daniel Kowalski—Athlete Liaison
- Andrew Lyttle—Performance Analysis
- David Mason—Media (Swimming)
- David Morarty—Physiotherapist
- Paul Penna—Psychologist
- David Pyne—Physiologist
- Bernard Savage—Performance Analysis/Strength & Conditioning
- Peter Wells—Physiotherapist
- Jo-Anne Yeoman-Hare—Massage Therapist

TEAM STATS

Oldest:

Male: Brett Hawke (June 2, 1975) Age 29

Female: Brooke Hanson (March 18, 1978) 27

Youngest:

Male: Andrew Lauterstein (May 22, 1987) 17

Female: Bronte Barratt (February 8, 1989) 16

Average Age:

Male Team: Average age of the male team is 22

Female Team: Average age of the female team is 20

20

Overall average: 21

State break up...

QLD = 16
VIC = 11
NSW = 7
WA = 4

Most World Championship Teams

Four

- Grant Hackett: Perth (1998); Fukuoka (2001), Barcelona (2003); Montreal (2005)
- Matt Welsh: Perth (1998); Fukuoka (2001), Barcelona (2003); Montreal (2005)

Three

- Michael Klim: Perth (1998); Fukuoka (2001); Montreal (2005)
- Giaan Rooney: Fukuoka (2001), Barcelona (2003), Montreal (2005)
- Brooke Hanson: Fukuoka (2001), Barcelona (2003), Montreal (2005)
- Brett Hawke: Fukuoka (2001), Barcelona (2003), Montreal (2005)
- Jodie Henry: Fukuoka (2001), Barcelona (2003), Montreal (2005)
- Leisel Jones: Fukuoka (2001), Barcelona (2003), Montreal (2005)
- Linda MacKenzie: Fukuoka (2001), Barcelona (2003), Montreal (2005)

Major long course rookies = 14 (First open long course team)

- Leith Brodie (Qld)
- Bronte Barratt (Qld)
- Jade Edmestone (Qld)
- Kurtis MacGillivray (Qld)
- Mark Riley (Qld)
- Brendan Hughes (Qld)
- Louise Tomlinson (Qld)
- Andrew Mewing (Qld)
- Tayliah Zimmer (NSW)
- Lara Devonport (NSW)
- Andrew Richards (NSW)
- Haylee Reddaway (Vic)
- Danni Miatke (Vic)
- Andrew Lauterstein (Vic)

19th March 2005

HACKETT NAMED DOLPHINS CAPTAIN FOR MONTREAL



Triple Olympic gold medallist and undisputed king of Distance Freestyle Grant Hackett has been named the first captain of the Telstra Dolphins Australian Swim Team.

Hackett, who was named on Australia's 38-strong team for the 2005 World Championships, will have the job on an on-going basis, similar to the status afforded to the Captain of the Australian Cricket and Rugby Union teams.

Hackett will assume the role immediately and will lead the Australian Swim Team into battle at the World Championships.

Swimming Australia President Neil Martin said of Hackett's appointment...

"This is an historic appointment by Swimming Australia, which we feel is in line with swimming's growing popularity amongst the Australian public and its position in the Australian sporting landscape. Grant is not only a tremendous athlete but he is a tremendous person, a great figurehead for the Australian Swimming Team and an impeccable role model for young people right around Australia. Naming Grant as the Dolphins Captain was not a difficult choice as he has enormous respect from his teammates, the general public and the corporate world and we are very lucky to have a spokesperson and role model like Grant Hackett."

Hackett, who has been a member of the Telstra Dolphins Team Leadership Committee since 2002, was humbled when informed of the Swimming Australia Board decision on Friday night.

"To be named captain of the Australian Swimming Team is an enormous honour," Hackett said. "Over the past few years we have built this team up to be one of the most admired teams in Australia and to think that I have been asked to lead the team is humbling. While on the surface swimming seems like an individual sport the Australian Swim Team is exactly that, a team and I want to make sure that we continue to build that team spirit and camaraderie. We compete in a very high pressure environment where we only get limited opportunities to perform and it is easier if you stand on the blocks with the support of 40 other people in the stands. I look forward to not only helping the younger swimmers but enlisting the help of the other experienced athletes on this team. People like Michael Klim, Ian Thorpe, Brett Hawke, Brooke Hanson and Giaan Rooney have a lot to offer and they are an important part of what I want to achieve as Team Captain.



MEDIA ALERT—March 10, 2005 SWIMMING AUSTRALIA & SPEEDO SIGN LANDMARK DEAL

With Olympic gold medallists Grant Hackett, Libby Lenton and Liesel Jones on hand and one of the world's most famous landmarks, the Sydney Harbour Bridge, as the backdrop, the world's leading swimwear brand SPEEDO announced a long-term global sponsorship deal with Swimming Australia Limited today.

The ground breaking initial agreement of six years, with a further option of six years, means the multi-million dollar partnership is one of the largest ever outfitting sponsorship deals of an Australian sporting team.

The deal means all Australian swim teams will be fully outfitted in SPEEDO pool deck apparel and swimwear for training and competition and the Brand's design team is currently developing a totally new and contemporary look for the National team.

SPEEDO products are sold in over 170 countries worldwide and the Brand, in conjunction with Swimming Australia, plan to market the Australian Swim Team to a global audience taking the sport to an extraordinary level over the coming years.

Hackett, who along with Lenton and Jones, is fine tuning his preparation for the Telstra Trials which begin at the Sydney Olympic Park Aquatic Centre on Saturday said he was excited that the famous Australian Swim Team would now gain exposure to people the world over.

"I believe we are one of the most respected and feared Teams on the international swimming stage," Hackett said " I hope this deal between SPEEDO and Australian Swimming will give the Team more exposure globally so we can continue to inspire kids, not only in Australia, but from around from the world to take up the sport and become the champions of the future."

"It is a very exciting time for Swimming Australia and SPEEDO and as a swimmer I am very happy to be involved."

SPEEDO are so confident in the popularity of the Australian Swim Team that they are also developing Australian Team replica kit so fans around the world can show their support for the Team. The replica kit will be marketed and sold worldwide.

It was fitting that the historic deal was announced at North Sydney Olympic pool as it had been the home of Australian swimming for so many golden years and is in the shadow of the iconic Sydney Harbour Bridge and just a quick dash across the Harbour from the Sydney Opera House.

Rob Davies, Managing Director for SPEEDO Australia said the partnership between Swimming Australia and SPEEDO was a perfect fit.

"The association between Swimming Australia and SPEEDO is one of the longest running sponsorships in sport and with Australia being the birthplace of Speedo, it's only right that we continue to support the National swim team to help them become, an even greater force globally, both in and out of the pool." Davies said.

"We believe this is one of the most exciting deals in the history of swimming. This sponsorship is as a direct result of the Team's phenomenal performances and success. Swimming Australia, the coaches, staff and swimmers are to be congratulated for their dedication to the sport."

In response, Swimming Australia President, Neil Martin commented: *"Swimming Australia is absolutely delighted to have such a partnership with SPEEDO, which has been synonymous with swimming in Australia since the 1956 Melbourne Olympic Games."*

"The Australian Swimming Team has become a force on the world stage and it is this notoriety which has led to what we believe is a sponsorship deal that will elevate our team profile around the world and we look forward to working closely with the team from SPEEDO to ensure that our brands feature even more prominently on a global stage."

The new Australian Swim Team outfits will first appear when the Australian Swim Team competes at the 11th FINA World Swimming Championships, of which SPEEDO is also a major sponsor, in Montreal this year.

The Australian World Championship team will be announced on the final evening of the 2005 Telstra Trials which run from March 12-19 at the Sydney Olympic Park Aquatic Centre.

2004 The Year in Review

By Phillip Whitten

This article appeared in *Swimming World & Junior Swimmer*, January 2005

Olympic years are always exciting, action-packed, newsy years for the sport of swimming. 2004 was no exception, with worldwide media interest heightened to a fever pitch as Michael Phelps calmly set his sights on Mark Spitz's near-mythical seven gold medal performance from the 1972 Games. Michael did not disappoint, distinguishing himself as one of history's greatest athletes and a great sportsman as well. Herewith the year's highlights...

DECEMBER 2003

At year's end, *Swimming World* announced its selections for World and Regional Swimmers of the Year for 2003...



Hannah Stockbauer

Michael Phelps (USA) and Hannah Stockbauer (GER) took the male and female World Swimmer honours, respectively. Phelps, who set five world records at the World Champs in Barcelona in July, was a unanimous choice and the first American to win the award since Mike Barrowman in 1990. Taking regional honours...

American: Michael Phelps and Amanda Beard.

European: Alex Popov (RUS) and Hannah Stockbauer (GER).

Pacific Rim: Kosuke Kitajima (JPN) and Leisel Jones (AUS).

For the first time ever, *SW* selected the World Disabled Swimmers of the Year. Taking top honours for 2003 were Sergei Punka (BLR) and Danielle Watts (GBR).

Cold winter weather in the northern hemisphere did not affect performances in the

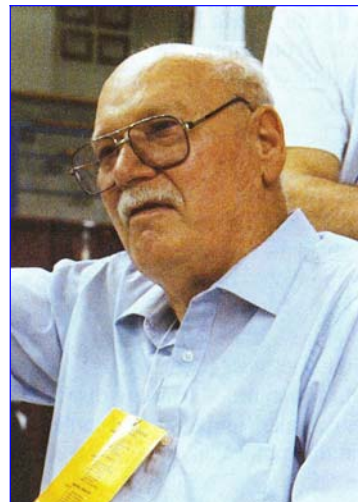
water...

- At the European Short Course Championships in Dublin, Milorad Cavic (YUG) set a WR in the 100 Butterfly, just missing the 50-second barrier with his 50.02. European records were set by Holland's Pieter van den Hoogenband (200 Freestyle, 1:41.89), Britain's Jan Edmonds (200 Breaststroke 2:05.63) and Germany's Antje Buschschulte (200 Backstroke 2:04.23). Germany nipped Britain for the team crown.
- At the Texas Invitational, Arizona's (and South Africa's) Lyndon Ferns set meet marks of 19.22-42.40 in the 50-100 yard Freestyle, and posted times of 22.32-48.99 for the metric races. The 100m time was an African record. That mark lasted until Dec. 30, 2003 when Roland Schoeman (RSA) lowered it to 48.69 at a meet in Pretoria. SwimInfo predicted South Africa would be a medal-contender—possibly gold—in Athens.
- Katie Hoff, 14, and Phelps swam brilliantly at the NBAC Xmas Classic, with Hoff breaking three national age group (NAG) marks for 13-14 girls, erasing standards by Natalie Coughlin and Anita Nall.

IOC Vice President Kim Un-Yong, 72, of South Korea, one of the most powerful figures in international sports, was arrested and charged with corruption.

JANUARY 2004

The new year began on a sad note when James "Doc" Counsilman, perhaps the greatest coach/scientist/innovator in the sport of swimming, passed away peacefully in his sleep at 83. Cecil Colwin's superb obituary, "A Giant Has Fallen," which paid tribute to Doc's myriad contributions, was reprinted widely in dozens of countries.



"Doc"

Fast times were the rule in meets all around the world...

- In Hyogo, Japan, Sachiko Yamada lowered the WR in the 800 SCM Freestyle with an 8:13.35 effort.
- On the World Cup circuit, the USA's Ed Moses set an incredible WR of 2:02.92 in the 200 SCM Breaststroke, and extended his unbeaten streak to 11 races; China's Yang Yu broke the women's 200 SCM Butterfly mark with a 2:04.04.
- In long course swimming, Australia's Leisel Jones clocked 1:07.42 and 2:23.72 for the 100-200m Breaststroke. Grant Hackett and Ian Thorpe both went 1:46.65 for the 200 Freestyle in separate meets, with Hackett also posting a 3:46.69 for the 400.

People: In what turned out to be a brilliant decision, Larsen Jensen took a leave from USC to train with Coach Bill Rose at Mission Viejo ... Dale Neuburger was named chairman of the board of the International Swimming Hall of Fame (ISHOF) ... Veteran Michigan coach Jon Urbanchek announced his retirement ... Leigh Nugent was named Australia's National Team Head Coach.

FEBRUARY 2004

Michael Phelps continued to serve notice that he was aiming to make swimming history in 2004. At the USA Swimming Winter Nationals in Orlando, he won five different events in four separate disciplines—a feat no other swimmer had ever accomplished. His times were all world-class: 100 Freestyle 49.05; 200 Freestyle 1:46.47; 200 Backstroke 1:55.30 (second fastest all-time); 100 Butterfly 51.84; 200 IM 1:56.80.



Petria Thomas

Down Under, at a long course meet in Canberra, Petria Thomas swam a fast 58.09 100m Butterfly. Ian Thorpe announced he would not try to match Mark Spitz's seven-gold-medal performance from Munich in 1972 at the Athens Games.

After visiting Athens, FINA press official Elena Vaitsekhovskaya said she doubted the roof of the Olympic Aquatic Centre would be ready for the Games. "The roof is the least of the

problems," said Ms. V. "If they manage to get water in the pool, we'll be happy." FINA President Mustapha Larfaouie disavowed her comment and expressed confidence that the roof would be ready on schedule.

It was M&M time in Rio de Janeiro, where the 2003-04 FINA World Cup tour ended. There, Ed Moses and Martina Moravcova (SVK) were crowned the overall winners, and each took home a cash prize of \$25,000.



Ian Crocker

Two American records were set during collegiate conference championships: Stanford's Tara Kirk (200 yard Breaststroke 2:07.13) and Texas' Ian Crocker (100 Butterfly 44.72).

People: Eleanor Holm Whalen, an Olympic swimming champion who was expelled from the U.S. team at the 1936 Berlin Games in a headline-making drinking episode, died at 91 ... Italian Domenico Fioravanti, 27, who in Sydney (2000) became the first swimmer to win the 100 and 200m Breaststroke at the same Olympics, retired due to a heart condition.

MARCH 2004

Every Olympic year, the NCAAs are held in a short course metres pool. This year's meets produced an avalanche of record-breaking, with eight world records shattered along with a host of NCAA, American and U.S. Open marks.

Auburn won its third straight women's crown and second consecutive men's, scoring a record total of 634 points. Eight world records were set: Tara Kirk, Stanford, 100m Breaststroke 1:04.79; Fred Bousquet, Auburn, 50 Freestyle 21.10; George Bovell, Auburn, 200 IM 1:53.93; Ian Crocker, Texas, 100 Freestyle 46.25, and 100 Butterfly 49.07; Peter Marshall, Stanford, 100 Backstroke 50.32; Aaron Peirsol, Texas, 200 Backstroke 1:50.64; Texas Men's Medley Relay 3:25.38.

Crocker later set a WR for the long course 50 Butterfly (23.30).

Kenyon won the men's Div. III men's crown for an incredible 25th straight year.

The Aussie Trials were super-fast, but most of the publicity focused on a non-swim: world record holder Ian Thorpe's DQ in the 400 Freestyle after he fell off the starting block

before the start of the 400 Freestyle on March 27. Aussie officials said there will be no appeal. Later, the Thorpedo swam 48.83 and 1:45.07 to take the 100-200 Freestyle.



Libby Lenton broke the WR in the 100 Freestyle with her 53.66; Jodie Henry equalled the old standard with her 53.77, as the Aussies established themselves as favourites in the 400 Freestyle Relay in Athens. Petria Thomas set Commonwealth records in the 100 (57.36) and 200 Butterfly (2:06.01p)—times that held up as the world's fastest for 2004.

At the Italian Trials, 15-year-old Alessandra Pelligrini set national records in the 100 (54.40) and 200 Freestyle (1:59.23). Filippo Magnini went a fast 49.12 for the 100.

People: Natalie Coughlin turned pro, selecting Janey Miller Management as her agent ... Matt Gribble, 1980 and '84 U.S. Olympian and former WR-holder in the 100 Butterfly, died in an auto accident. He was 41 ... The Athens Olympic Organising Committee admitted it would be unable to complete the Olympic pool roof ... Jean Freeman, women's coach at the Univ. of Minnesota, announced her retirement.

APRIL 2004

The month-long saga of Ian Thorpe's DQ in the 400 Freestyle at the Aussie Trials ended when Craig Stevens gave up his spot on the Olympic team, clearing the way for some fast talking and legal manoeuvring to replace him with the Thorpedo.

In the pool, Libby Lenton sped to a Commonwealth record 24.70 in the 50 Freestyle, as three Aussies cracked 25 seconds.

Olympic Trials and other major meets produced many outstanding times in April. In Japan, Jiro Miki set Asian records in the IMs with 1:59.99 and 4:14.79, while Tomomi Morita clocked NRs of 54.40 and 1:59.10 in the Backstrokes. In France, Laure Manaudou set NRs in the 400-800 Freestyle and 100 Backstroke, and Solenne Figues clocked 1:58.36 in the 200 Freestyle.

Melanie Marshall went a world-leading and NR 1:57.51 at the British Trials, a time she didn't approach the rest of the year. Four-time Olympian Mark Foster won the 50 Freestyle, but failed to reach the time standard set for Olympic nomination; his appeals were denied.

In South Africa, Roland Schoeman blazed 21.98 and 48.20 in the sprints, while Ryk Neethling clocked 48.76 and 1:47.37 for the 100-200 Freestyle.

People: Michael Phelps won the Sullivan Award for 2003. The award is given to the nation's best amateur athlete ... Aaron Peirsol gave up his final two years of eligibility at Texas, turned pro, chose Evan Morgenstein and PMG as his agent and signed with NIKE ... Natalie Coughlin signed a long-term contract with Speedo ... Alex Popov lost 40-33 to Gennadi Aleyshin in his bid to become president of the Russian Swimming Federation ... After two years of proclaiming his innocence, Aussie coach Scott Volkens was cleared of sexual assault charges ... Phelps' long-time coach, Bob Bowman, was named head men's coach at the University of Michigan ... Multi-Olympic and world champion Anthony Ervin retired ... Tara Kirk was given the Honda Award as the USA's top collegiate woman swimmer ... Sergio Lopez was named head coach at West Virginia Univ.

MAY 2004

The long-brewing controversy surrounding Dr. Sam Freas, president of the International Swimming Hall of Fame (ISHOF), erupted just before the organisation's 40th anniversary celebration, when a group of two dozen ISHOF honourees demanded his resignation. The board of directors, after considering the charges against Freas, voted unanimously to support him. Some weeks later, Dale Neuburger, chairman of the board, resigned.

The IOC cleared the way for transsexuals to compete at the Olympics. After years of ignoring the problem, the USOC and the NCAA appointed a committee to look into the decline

of Olympic sports—particularly men’s—at the college level.



Jessica Hardy

Jessica Hardy, a junior at Long Beach Wilson (Calif.) H.S., set a national high school record of 1:00.41 in the 100 yard Breaststroke.

People: Author and frequent *Swimming World* contributor P.H. Mullen, a lifelong non-smoker, underwent surgery to have a large cancerous tumour removed from his lung; by October, he swam in the Tiburon Mile ... Brendan Hansen turned pro, chose Evan Morgenstein and PMG as his agent and signed with NIKE ... Sheila Taormina, 1996 Olympic gold medallist (800 Freestyle Relay) won the women’s triathlon world championship ... 2000 Olympic bronze medallist Chris Thompson fractured both elbows while doing dryland training, but he vowed to swim at the Trials in July ... Everett Uchiyama was named U.S. national team director ... Florida swim pioneer Bud Hackett passed away at 81.

JUNE 2004

Top college swimmers continued the march to the pro ranks. Ian Crocker signed with Octagon, rival Michael Phelps’ agent, and inked a long-term deal with Speedo. Tara Kirk, who was honoured as College Woman Athlete of the Year, also signed with Speedo after selecting Evan Morgenstein and PMG as her agent.



Tara Kirk

In Australia, Ian Thorpe and Grant Hackett were voted the two most popular sports stars in the land Down Under. In Korea, IOC V.P. Kim Un-Yong, 72, convicted on corruption charges, was sentenced to 30 months in prison and ordered to pay a stiff fine.

Meanwhile, swimmers were finding fast water wherever they went. Among those posting world-leading times for 2004: Inge De Bruijn (NED), Ian Crocker, Aaron Peirsol, Michael Phelps and Alessio Boggiatto (ITA).

People: June was “musical chairs month” for coaches: Adam Schmitt was named head coach at Louisiana State ... Ira Klein stepped down as head coach at Santa Barbara SC to become director of field services at USA Swimming. He was replaced at SBSC by Brandon Seider ... David Roach was named athletic director at Colgate ... Rick Curl, head of Curl-Burke SC, announced a two-year sojourn at the Carlile SC in Australia ... Michael Brooks was appointed head age group coach at Brophy East (Ariz.) SC ... Mel Nash, long-time men’s coach at Texas A&M, stepped down.

JULY 2004

The U.S. Olympic Trials dominated swimming news in July. Held in a temporary pool in Long Beach, Calif., before sell-out crowds almost every night, the meet was spectacular. Six world records bit the dust while another eight world leading times for 2004 were posted in what athletes said was a “slow” pool. During the meet, SwimInfo posted its 7,000th free story.



Brendan Hansen

World records were set by Aaron Peirsol (200m Backstroke, 1:54.74), Brendan Hansen (59.30 and 2:09.04 for the two Breaststrokes), Ian Crocker (100 Butterfly 50.76), Michael

Phelps (400 IM 4:08.41) and Amanda Beard (200 Breaststroke 2:22.44).

Additional world-leading times were recorded by Natalie Coughlin (100 Backstroke), Beard (200 IM), Katie Hoff (400 IM), Gary Hall Jr. (50 Freestyle), Jason Lezak (100 Freestyle), Phelps (200 Butterfly, 200 IM) and Peirsol (100 Backstroke).

The oldest athletes on the U.S. squad of 43 were Jenny Thompson (31) and Gary Hall Jr. (29); the youngest, Katie Hoff (15) and Larsen Jensen (18). There were two sets of sibs: Klete and Kalyn Keller, and Tara and Dana Kirk.

Head coaches were Eddie Reese (men) and Mark Schubert (women). Assistant coach Teri McKeever became the first woman to coach a U.S. Olympic swim team.

People: Lindsay Benko, Jenny Thompson, Lenny Krayzelburg and Tom Malchow were elected U.S. Olympic team co-captains ... Speedo introduced new high-tech caps, invented by former ASU coach Ron Johnson ... Hungary's Laszlo Cseh broke a bone in his foot, and there was speculation he would be unable to compete in Athens ... Aussie Bill Sweetenham inked a lucrative contract to remain in Britain as national performance director through 2008 ... Tim Teeter was named head men's and women's coach at University of the Pacific.

AUGUST 2004

Despite delays, logistical problems, high winds and a slow pool, the swimming competition at the 2004 Olympic Games in Athens was a smashing success. There was no lack of controversy, to be sure, but threats of terrorist attacks fortunately were not realised, and the hype surrounding Michael Phelps' quest for eight gold medals kept media attention focused on the Olympic pool.



Michael Phelps

The selection process for the U.S. Men's 400 Freestyle Relay stirred up considerable controversy when coaches announced that Phelps would swim on the Relay, with the other spot going to the fastest prelim swimmer. Internationally, tempers flared when underwater cameras revealed Japan's Kosuke Kitajima clearly using a dolphin kick on his start and turn. He was not DQ'd. Aaron Peirsol, who was outspoken about Kitajima, was DQ'd after winning the 200 Backstroke, but that decision was overturned.

On the men's side, the USA dominated, winning gold in nine of 16 events. The Aussie women just edged the Yanks with both winning four events.

Michael Phelps, of course, fell just shy of his goal, winding up with six gold and two bronze medals—his eight medals equating the greatest haul by one athlete at a single Games—but he distinguished himself both in and out of the pool: in the pool with his eight great efforts that produced a WR in the 400 IM (4:08.26); and out of the pool in challenging Ian Thorpe and Pieter van den Hoogenband in the 200 Freestyle, and in relinquishing his spot, fairly won, in the final of the Medley Relay to team-mate Ian Crocker.

Seven world records were set. On the women's side, Jodie Henry lowered the 100 Freestyle standard to 53.52; Australia's Medley Relay touched in 3:57.32 and its Freestyle Relay clocked 3:35.96; and the USA's 800 Freestyle Relay blasted the East German mark that had stood for 17 years with a 7:53.42.

For the men, two WRs were set in the Medley Relay: Peirsol led off in 53.45 for the 100 Backstroke, as his team-mates followed with a 3:30.68 for the 400 metres; Phelps took his own 400 IM time down to 4:08.26; and little South Africa whupped the giants of the sport with a WR 3:13.17 in the 400 Freestyle Relay.

Other highlights:

- Gary Hall Jr. repeated as Olympic champ in the 50 Freestyle by 1/100th of a second.
- Pieter van den Hoogenband reprised his 100 Freestyle triumph.
- Ian Thorpe won the 200 and 400, though both races were very close.
- Kosuke Kitajima took both Breaststroke races—only the second swimmer ever to accomplish that feat.
- France's Laure Manaudou, Poland's Otylia Jędrzejczak and Zimbabwe's Kirsty Coventry each won their country's first-ever Olympic gold medal by a female swimmer.
- Yana Klochkova completed an historic double double, repeating as champ in both IMs.

SEPTEMBER 2004

A world record by unheralded Jade Edmiston highlighted the Aussie SC Nationals and World Champs Trials. Edmiston clocked 29.90 for the 50m Breaststroke. Libby Lenton took four golds at the meet, including her 52.28 in the 100 Freestyle, No.2 performance all-time.



Libby Lenton

The Paralympic Games were held in Greece. Erin Popovich was the U.S. star, winning seven gold. Trischa Zorn, 40, competing in her seventh Paralympic Games, added to her record total of 55 Paralympic medals.

Chad Carvin and Sara McLarty won the Tiburon Mile, each earning \$10,000. Meet director Bob Placak announced the popular swim raised a record \$220,000 for the Special Olympics.

People: Amanda Beard was recognised as the world's most popular female athlete based on downloads from Google, MSN and Yahoo ... Seth Baron, Georgia Tech coach, was named head coach of the 2005 U.S. team that will compete at the Maccabiah Games in Israel ... Romania's Diana Mocanu, 20, a double gold medallist in Sydney, announced her retirement ... Ron Van Pool was re-elected president of USA Swimming ... Canada's national team coach Dave Johnson was canned after that country's worst-ever Olympic performance ... Veteran Hungarian coach Tamas Szechy, whose swimmers won 15 Olympic medals, passed way at 73 ... Peter Cutino, former Cal and USA Water Polo head coach, died at 71.

OCTOBER 2004

Having a world championship meet only six weeks after the Olympics was, admittedly, a gamble. But it was one Dale Neuburger, head of the Indiana Sports Corp., was willing to take. It paid off handsomely. Despite the fact that the meet's two biggest draws—Michael Phelps (after his first event) and Natalie Coughlin—were absent due to injury, the meet was a tremendous success, attended by more than 71,000 people.

Australia's Brooke Hanson, with her record five individual golds—plus a sixth Relay gold in WR time—was undoubtedly the individual star. But there was plenty of glory to go around, and no lack of deserving athletes to share in it.



Brooke Hanson

Four SCM WRs were set: Aaron Peirsol's 1:50.52 in the 200 Backstroke; Ian Crocker's 22.71 in the 50 Butterfly; the U.S. Men's 400 Medley Relay Team (3:25.38)—the same team that set a long course WR in Athens; and the Aussie Women's 400 Medley Relay Team (3:55.58)—four different swimmers than the quartet that set the WR in Athens.

Other notable achievements:

- Kaitlin Sandeno went 4-for-4, including three wins on Day One, when she swam despite incurring a mild concussion during warm-up. Kaitlin set an AR of 4:30.12 in the 400 IM, and won the 400 Freestyle, 200 Butterfly and 800 Freestyle Relay.
- Brendan Hansen swept the three Breaststroke events and swam on the USA's WR-setting Medley Relay. He was the meet's outstanding male swimmer.

- Britain's James Hickman won the 200 Butterfly for his fifth straight SCM world title.
- Tunisia's Ous Mellouli (400 IM 4:07.02) won his nation's first-ever world title.
- Britain's Mark Foster, left off the British Olympic team, won the 50 Freestyle for the fourth time.
- Haley Cope took the 50 and 100 Backstroke.
- Jenny Thompson, in the final meet of her brilliant career, won the 50 Butterfly for her third world title in that event.

NOVEMBER 2004

The biggest swimming news in November took place on a Maryland road, where Olympic superstar Michael Phelps was arrested for drunk driving after reportedly blowing .08 in a breathalyser test—just barely over the legal limit. Mike, 19, acknowledged he'd made a mistake, apologised publicly several times and began speaking at local schools about drinking and driving. He'll be sentenced Dec. 29.

Phelps was honoured as USA Swimming's Swimmer of the Year at the gala first Golden Goggles Awards, held in New York.

France's Laure Manaudou, 17, broke the last remaining world record by an East German when she clocked 15:42.39 for the 1500 SCM Freestyle. The old mark, 15:43.31, was set by Petra Schneider in 1982.

Two national high school marks were set: Bradley Ally, a senior at St. Thomas Aquinas in Florida, clocked 1:46.31 for the 200 yard IM. At the Wisconsin girls' state champs, Arrowhead High blazed 1:43.16 for the 200 Medley Relay.

Dr. Sam Freas stepped down as president and CEO of the International Swimming Hall of Fame after serving 15 years as head of that organisation.

People: Jodie Henry was voted Australia's Swimmer of the Year, becoming only the third woman to win the honour ... In South Africa, Roland Schoeman was honoured as Sportsman of the Year, while Natalie Du Toit took the People's Choice Award and Disabled Sportswoman of the Year honours ... Gold medallist Grant Hackett revealed he swam the 1500 in Athens with a collapsed lung ... Princeton swimmer Alan Ebersole, 20, drowned while swimming off the coast of South Florida.

DECEMBER 2004



Yana Klochkova

Swimming World selected Michael Phelps and Ukraine's Yana Klochkova as its World Swimmers of the Year for 2004. For Phelps, a unanimous choice, it was his second consecutive such honour. Klochkova, winner of both IMs at the last two Olympics, won for the first time.

Other regional Swimmer of the Year winners...

American: Phelps and Amanda Beard

European: Pieter van den Hoogenband (NED) and Klochkova (UKR)

Pacific Rim: Ian Thorpe (AUS) and Jodie Henry (AUS)

African: Roland Schoeman (RSA) and Kirsty Coventry (ZIM)

At the Texas Invitational, Arizona's Simon Burnett destroyed Matt Biondi's 17-year-old record for the 200 yard Freestyle. Burnett, swimming in the B final after qualifying ninth, blazed 1:32.22, well under Biondi's 1:33.03.

At the U.S. Open, Vlad Polyakov won the LCM Breaststrokes easily in 1:01.94 and 2:15.35. Nick Brunelli (USA) swept the 50-100-200 Freestyle for men. Costa Rica's Claudia Poll swept the 100-200-400 Freestyle for women.

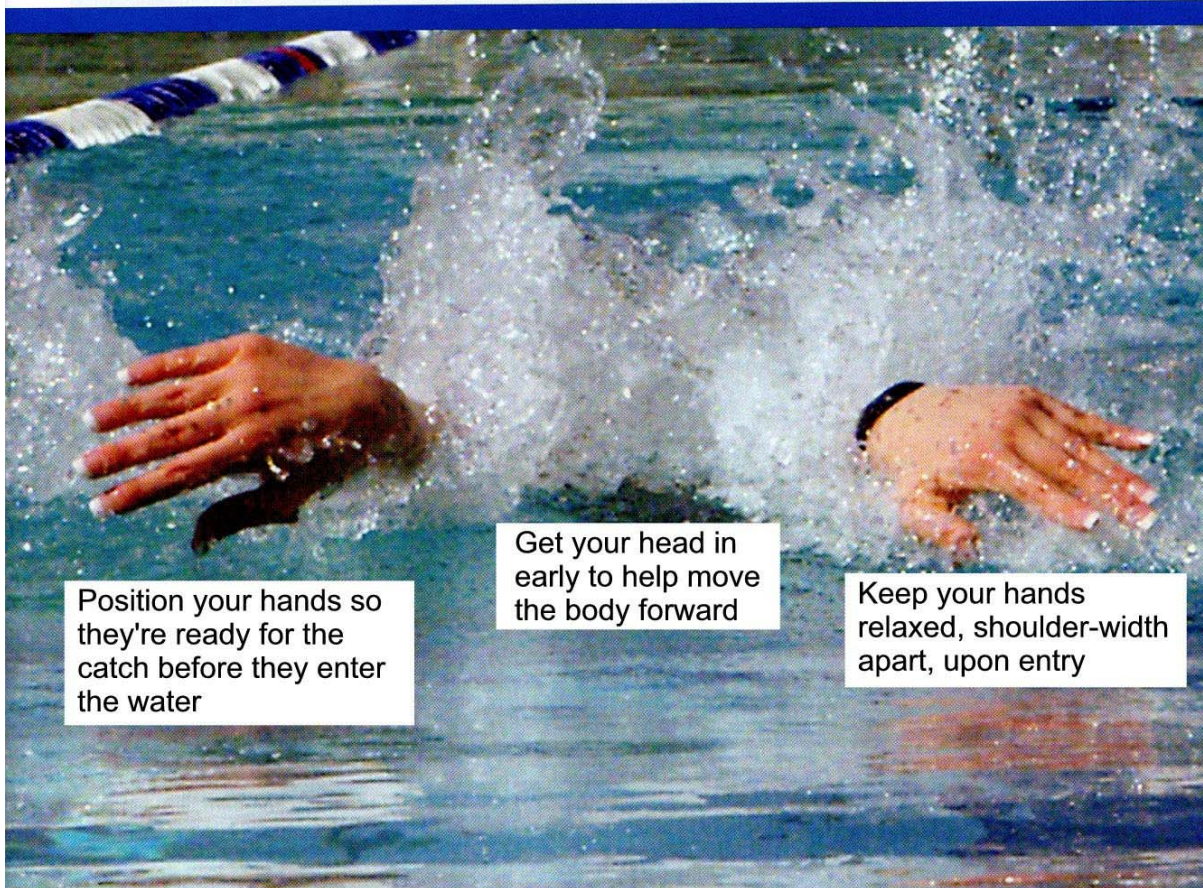
UCLA won the men's NCAA water polo crown, upending Stanford 10-9 in double overtime.

We went to press just as the European Short Course Champs were set to begin.

This article appeared in Swimming World & Junior Swimmer, February 2005

Butterfly: Soft Hands

Text and photo by Glenn Mills • Demonstrated by Misty Hyman



Position your hands so they're ready for the catch before they enter the water

Get your head in early to help move the body forward

Keep your hands relaxed, shoulder-width apart, upon entry

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2004 Swimmers of the Year

This article appeared in Swimming World & Junior Swimmer, December 2004

Olympics, World Championships, European Championships, national championships—there was plenty of swimming to be swum in 2004, and only the best of the best were voted Swimmers of the Year by the staff of *Swimming World* and its 19-member international panel of experts.

Swimmers of the Year Selection Panel

The panel that selected *Swimming World's* Swimmers of the Year consists of 19 of the world's most knowledgeable and distinguished swimming media, representing 13 countries...

Jorge Aguado, Argentina
 Chaker Belhadj, Tunisia
 Camillo Cametti, Italy
 Rowdy Gaines, USA
 Bo Hulten, Sweden
 Bob Ingram, USA
 Judy Jacob, USA
 Nicole Jeffery, Australia
 Benoît Lallement, France
 John Lohn, USA
 Craig Lord, Great Britain
 Jacqueline Magnay, Australia
 Hideki Mochizuki, Japan
 Gene Rusticus, Netherlands
 Neville Smith, South Africa
 Stephen J. Thomas, Australia
 Claudia Weidlich, Germany
 Phillip Whitten, USA
 Zhao Ge, China

The Top Three Vote-Getters

WOMEN

World

1. Yana Klochkova, Ukraine
2. Jodie Henry, Australia
3. Brooke Hanson, Australia

American

1. Amanda Beard, USA
2. Natalie Coughlin, USA
3. Kaitlin Sandeno, USA

European

1. Yana Klochkova, Ukraine
2. Laure Manaudou, France
3. Otylia Jędrzejczak, Poland

Pacific Rim

1. Jodie Henry, Australia
2. Petria Thomas, Australia
3. Brooke Hanson, Australia

African

1. Kirsty Coventry, Zimbabwe
2. Melissa Corfe, South Africa
3. Lauren Roets, South Africa

MEN

World

1. Michael Phelps, USA
2. Aaron Peirsol, USA
3. Ian Thorpe, Australia

American

1. Michael Phelps, USA
2. Aaron Peirsol, USA

3. Brendan Hansen, USA

European

1. Pieter v.d. Hoogenband, Netherlands
2. Markus Rogan, Austria
3. Duje Draganja, Croatia

Pacific Rim

1. Ian Thorpe, Australia
2. Kosuke Kitajima, Japan
3. Grant Hackett, Australia

African

1. Roland Schoeman, South Africa
2. Ryk Neethling, South Africa
3. Oussama Mellouli, Tunisia

Male World & American Swimmer of the Year



Michael Phelps is *Swimming World's* male World Swimmer and American Swimmer of the Year.

Duh!

Last year, when Michael captured his first-ever world title, *Swimming World* wrote that he had “a mythic year, an epic year, a year that led to comparisons with the great Mark Spitz.”

Well, he was *better* in 2004!

Not even American teammates Aaron Peirsol, Brendan Hansen or Ian Crocker could unseat Phelps for top honours—and they each set *three* world records this year! (And that doesn't count Crocker's and Peirsol's short course world records!)

But Michael was even more magnificent...

- He won *eight* Olympic medals in Athens, surpassing Mark Spitz' seven in 1972 and equalling the most ever won in a single Olympiad.
- Six of those medals were gold, second only to Spitz.
- Four of his gold medals came in individual events (100-200m Butterfly and 200-400 IM), tying Spitz.

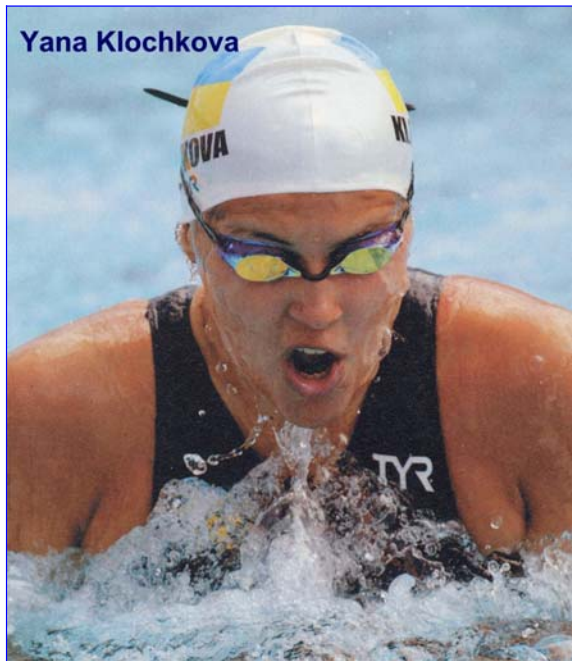
So much for passing the test with

comparisons to swimming's legendary icon, Mark Spitz.

Phelps, 19, also set two world records this year—twice in the 400 IM (4:08.41 at Olympic Trials and 4:08.26 at the Olympics). And he came within 11-hundredths of a second of his world mark in the 200 Butterfly and 77-hundredths in the 200 IM.

In the 200 Freestyle, Phelps became the third fastest performer ever when he captured bronze (American record 1:45.32) behind Nos.1 and 2 all-time, Ian Thorpe and Pieter van den Hoogenband. And although he did not swim the 200 Backstroke at Athens, Phelps still managed to sneak by Lenny Krayzelburg as the second fastest ever in the event with his 1:55.30 from U.S. nationals in February.

Female World & European Swimmer of the Year



Yana Klochkova has been the dominating force in women's Individual Medley competition for the past two Olympiads, yet she's never been named *Swimming World's* female World Swimmer nor European Swimmer of the Year.

Until now.

The 22-year-old Ukrainian has graced the pages of this magazine ever since 1998 when she was selected "World Best" in the women's 400 IM. Beginning with 1999, Yana finished runner-up for European Swimmer honours five straight years. She was runner-up for World Swimmer recognition during three of those years—2000, 2001 and 2003.

And during that time, all she's done is win. 2004 marks the seventh straight year she's won "World Best" honours in the 400 IM. Her streak

in the 200 IM is three in a row as well as four of the last five years. And with her victories this year at Athens, she recorded an historic double double, becoming the first swimmer ever to win both IMs in back-to-back Olympics.

Klochkova clocked 2:11.14 for gold in the 200 IM at this summer's Olympic Games. It was the No.1 time of the year and fifth-fastest performance ever, giving her three of the five fastest swims all-time, including her personal best of 2:10.68 from the 2000 Olympics in Sydney (No.2 behind world record holder Wu Yanyan).

Yana also turned in the fastest 400 IM time of 2004 with her Olympic gold medal-winning performance of 4:34.83. That was the third-fastest performance ever for the world record holder (4:33.59 from Sydney 2000). As in the 200 IM, she owns three of the top five all-time performances.

Male European Swimmer of the Year



Pieter van den Hoogenband, 26, of The Netherlands is the male European Swimmer of the Year for the fourth time, having also won the title in 1999, 2000 and 2002.

His domination this year comes in one event: the 100 Freestyle. Pieter's gold medal-winning time of 48.17 in Athens landed him in a three-way tie for fourth performance all-time with the USA's Jason Lezak and South Africa's Roland Schoeman—both of whom swam their times this year. The world record holder now has the four fastest times ever.

Pieter also captured silver in the much-anticipated 200 Freestyle. Hoogie led for 150 metres before Australia's Ian Thorpe overtook him at the finish, 1:44.71 to 1:45.23.

Pacific Rim Swimmers of the Year



For the sixth year in the last seven, Australia’s magnificent “Thorpedo,” **Ian Thorpe**, takes male Pacific Rim honours. Last year was the only year since 1998 that Thorpe did not rank No.1 among men in his region.

Thorpe won double Olympic gold, coming from behind to win both the 200 and 400 Freestyle (repeating his 2000 triumph). He added a silver medal in the 800 Freestyle Relay and a bronze in the 100 Freestyle.

The Aussie superstar bagged No.1 rankings in the 400 Freestyle (3:43.10) for the seventh year in a row (though his bizarre tumble from the starting blocks at his Olympic Trials put his participation in Athens in jeopardy) and the 200 Freestyle (1:44.71) for the sixth time in the last seven years.



Aussie teammate Jodie Henry makes it eight straight years that an Australian has taken female Pacific Rim honours. She returned home from Athens with three gold medals and three world records.

Jodie, who turned 21 last month, beat defending Olympic champion Inge De Bruijn in the 100 Freestyle with a 53.84 after setting a world record of 53.52 in the semi-finals. She became the first Australian woman to win this event since Dawn Fraser did it three times in a row from 1956 through 1964.

Jodie finished the year with four of the top

five times in the 100, giving her four of the eight fastest all-time. She also anchored two world record-setting relays—the 400 Medley (3:57.32) and 400 Freestyle (3:35.94)—with history’s two fastest relay splits, 52.95 and 52.97.

African Swimmers of the Year



2004 marks the first year that *Swimming World* is recognising Swimmers of the Year from Africa. At the Olympics, African swimmers were responsible for 12 continental records, including a world record by South Africa’s men in the 400m Freestyle Relay (3:13.17).

Individually, nobody performed better than **Roland Schoeman** and **Kirsty Coventry**, *Swimming World’s* choice for African Swimmers of the Year.

South Africa’s Schoeman took home a gold, silver and bronze medal from Athens. In April, he clocked an African record 21.98 in the 50 Freestyle to become the seventh performer all-time. At the Olympics, he captured bronze with a 22.02.

He earned silver in the 100 with a 48.23, but clocked 48.17 for an African record when he led off South Africa’s gold medal-winning, WR-setting 400 Freestyle Relay. Schoeman is now tied with Jason Lezak as the second fastest performer ever and is tied with Lezak and Pieter van den Hoogenband for the fourth fastest performance. The 24-year-old also had the next four fastest times in the 100 this year.

Coventry, who just turned 21 last September, also won an Olympic medal of each colour. Kirsty, who is a native of Zimbabwe and trains with Coach David Marsh at Auburn, captured the 200 Backstroke in 2:09.19—the fastest time this year, good for 10th on the all-time performers list.

She also finished second in the 100 Backstroke (1:00.50) and third in the 200 IM (2:12.72). All of her swims were African records.

2004 WORLD BEST BY EVENT

This article appeared in Swimming World & Junior Swimmer, December 2004

The 2004 World Swimmers for each event are selected by the staff of *Swimming World* and its international correspondents. All of the honourees are Olympic champions except for the events not contested in Athens. The times and world rankings are for long course metres.

KEY

WR	AfR	AsR	CR	ER	NR	PR
World Record	African Record	Asian Record	Commonwealth Record	European Record	National Record	Personal Record

MEN

Event	Name, Country	Time	Ranking	Accomplishments
50 Free	Gary Hall Jr., USA	21.91	1 st	Tied for 6 th performance all-time; top 2 of '04; shared title in '00
100 Free	P.v.d. Hoogenband, NED	48.17	1 st	Tied for 4 th performance; 4 th title in 6 years
200 Free	Ian Thorpe, AUS	1:44.71	1 st	Tied for 3 rd performance; 9 of 10 all-time; 6 th title in 7 years
400 Free	Ian Thorpe, AUS	3:43.10	1 st	13 th performance; 11 of 13 all-time; 7 th straight title
1500 Free	Grant Hackett, AUS	14:43.40	1 st	5 th performance; 4 of 5 all-time; 7 th straight title
100 Back	Aaron Peirsol, USA	53.45	1 st	WR; 3 of 4 all-time; top 2 of '04; 3 rd straight title
200 Back	Aaron Peirsol, USA	1:54.74	1 st	WR; top 4, 6 of 7 all-time; top 2, 5 of 7 of '04; 4 th straight title
100 Breast	Kosuke Kitajima, JPN	1:00.03	3 rd	8 th performance; beat #1 Hansen at OLYM; 2 nd straight title
200 Breast	Kosuke Kitajima, JPN	2:09.44	2 nd	3 rd performance; beat #1 Hansen at OLYM; 3 rd straight title
100 Fly	Michael Phelps, USA	51.15	2 nd	4 th performance; beat # 1 Crocker at OLYM; 1 st title in 100 fly
200 Fly	Michael Phelps, USA	1:54.04	1 st	.11 off own WR; 4 of 5 all-time; top 2 of '04; 3 rd title in 4 years
200 IM	Michael Phelps, USA	1:56.71	1 st	Top 5 of '04 = 3 rd , 4 th , 5 th , 7 th , 10 th all-time; 3 rd straight title
400 IM	Michael Phelps, USA	4:08.26	1 st	WR; top 4, 5 of 6 all-time; top 2 times of '04; 3 rd straight title
Non-Olympic Events				
800 Free	Grant Hackett, AUS	7:51.65	1 st	31 st performance; faster 13x; top 2 of '04; 7 th title in 8 years
50 Back	Gerhard Zandberg, RSA	25.28	1 st	17 th performance; 2 of top 4 times of '04; 1 st ever title
50 Breast	Oleg Lisogor, UKR	27.55	1 st	9 th performance; top 3 times of '04; won title in '01-'02
50 Fly	Ian Crocker, USA	23.30	1 st	WR; 2 of 4 all-time; top 2 of '04; 1 st title in 50 Fly

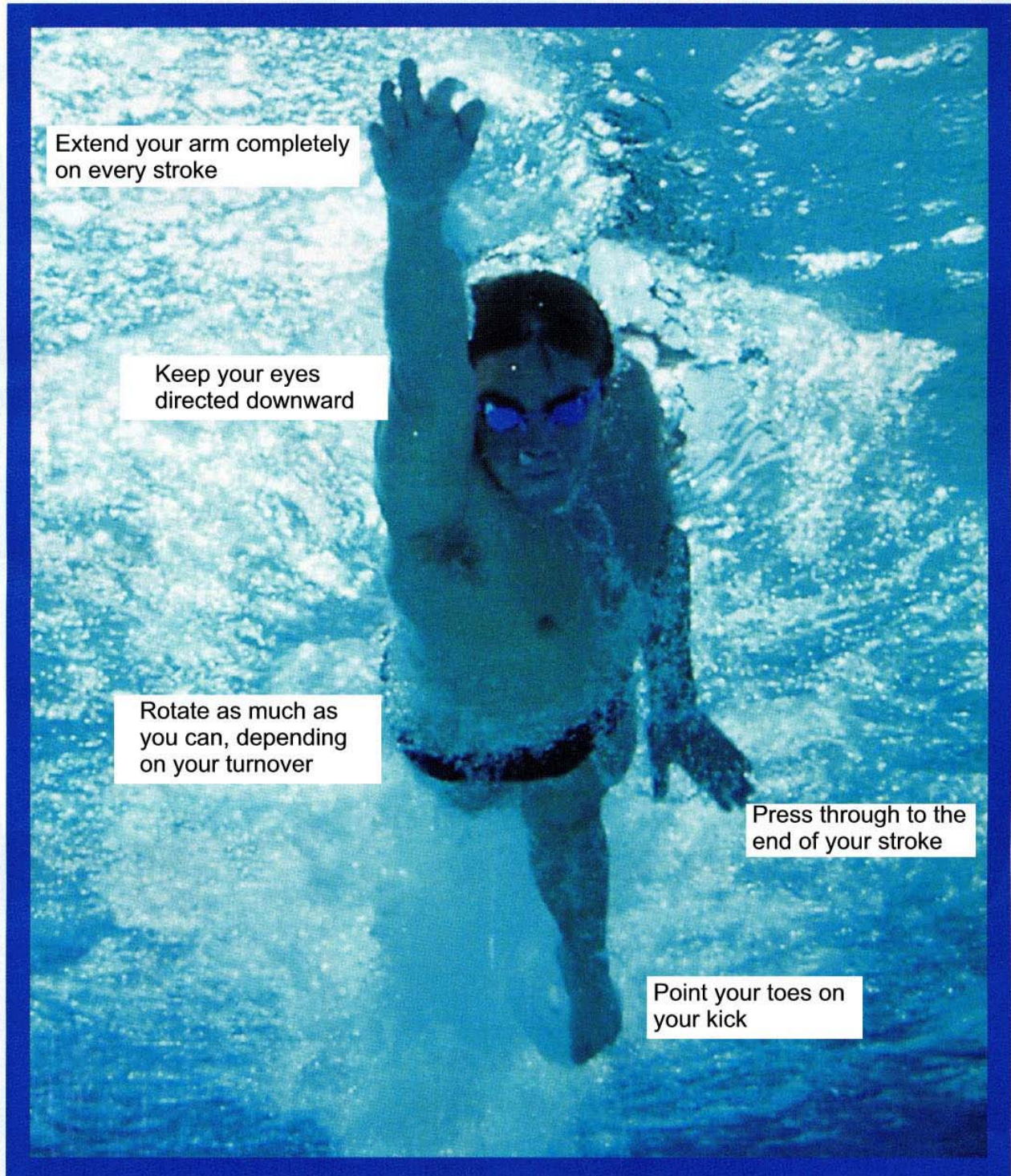
WOMEN

Event	Name, Country	Time	Ranking	Accomplishments
50 Free	Inge De Bruijn, NED	24.56	1 st	Top 3 times of '04; 13 of 17 all-time; 5 th title in 6 years
100 Free	Jodie Henry, AUS	53.52	1 st	WR; 4 of top 5 times of '04; 1 st title
200 Free	Cornelia Potec, ROM	1:58.03	5 th	32 nd performance all-time; 1 st title
400 Free	Laure Manaudou, FRA	4:05.34	1 st	ER; 3 rd performer/4 th performance; 1 st title
800 Free	Ai Shibata, JPN	8:24.54	2 nd	PR; 26 th performance; 1 st title
100 Back	Natalie Coughlin, USA	59.68	1 st	Missed WR by 1-tenth; top 4 times of '04; won title in '01-'02
200 Back	Kirsty Coventry, ZIM	2:09.19	1 st	AfR; 10 th performer/23 rd performance; 1 st title
100 Breast	Luo Xuejuan, CHN	1:06.64	1 st	AsR; 3 rd performer/performance; won title in '01-'02
200 Breast	Amanda Beard, USA	2:22.44	1 st	WR; 4 of 6 all-time; 3 of top 4 times of '04; won title last year
100 Fly	Petria Thomas, AUS	57.36	1 st	CR; top 3 times of '04 = 6 th , 7 th , 8 th all-time; won title in '01
200 Fly	Otylia Jędrzejczak, POL	2:06.05	2 nd	6 th performance; beat #1 Thomas at OLYM; 3 rd straight title
200 IM	Yana Klochkova, UKR	2:11.14	1 st	5 th performance; 3 of 5 all-time; 4 th title in 5 years
400 IM	Yana Klochkova, UKR	4:34.83	1 st	3 rd performance for WR-holder; 7 th straight title
Non-Olympic Events				
1500 Free	Sachiko Yamada, JPN	16:06.13	1 st	AsR; 7 th performer/12 th performance; 1 st title
50 Back	Giaan Rooney, AUS	28.51	1 st	CR; won title in 200 Free in '01
50 Breast	Brooke Hansen, AUS	30.91	1 st	NR; 4 th performer/8 th performance; top 5 of '04; 1 st title
50 Fly	Inge De Bruijn, NED	26.10	1 st	Tied for 12 th performance; 11 of 14 all-time

This article appeared in Swimming World & Junior Swimmer, December 2004

Freestyle: Reach for Your Goal!

Text and photos by Glenn Mills Demonstrated by Erik Vendt



50 THINGS ALL SWIMMING COACHES WOULD LOVE TO SEE INVENTED

The Coaches Fantasy World

By Wayne Goldsmith and Helen Morris

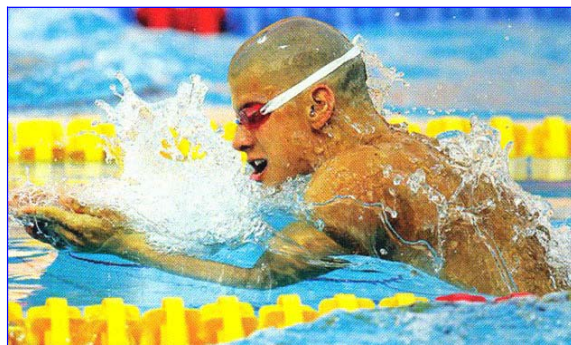
1. Fins and swim gear with kids names permanently engraved onto them.
2. Self-cleaning drink bottles.
3. Waterproof stop watches that really are waterproof.
4. Lie detectors fitted into kids' foreheads.
5. Heart rate monitors which actually take heart rates quickly and accurately.
6. An objective parent.
7. The swimming official who takes young swimmers to one side and calmly and politely talks to them about why they are disqualified and how they can improve next time.
8. Goggles which do not come off when swimmers are tired and looking for a reason to stop.
9. A swimming log book which completes itself.
10. A mood detector for the coach to wear to warn swimmers in advance how he/she is feeling.
11. A Dryland program which is exciting and interesting which kids love to do and makes a real, measurable difference to their swimming performances.
12. Lane ropes which automatically put themselves in and out of the pool.
13. Chlorine which smells like fresh flowers.
14. A swimmer who says, "Excuse me coach, but I think we did only did nine two hundreds instead of the full ten in the set".
15. A swimmer who asks for a toilet break who actually needs to go to the toilet.
16. A swimming parent who says, "You're working hard today coach. Is there anything I can do to help you?"
17. A nutritional supplement which actually delivers what it claims.
18. A coach from a neighbouring club ringing and asking, "One of your swimmers has asked if they could join our program. I wanted to ask you how you felt about it and if it was OK for me to talk to the swimmer about their options but I have asked the swimmer to sit and discuss the matter with you first".
19. A local swim club administrator asking the coach, "Excuse me coach, I wanted your opinion on how we could provide really innovative, exciting, new competition programs for swimmers".
20. Kick boards that taste like broccoli so that kids don't chew on them.
21. Pull bands that never get lost.
22. Starting blocks that rise out of the end of the pool when you need them and disappear when you don't.
23. Backstroke flags that repel things thrown over them (like goggles and towels).
24. Swimmers who bring clean water bottles to training and actually drink all the fluid they contain rather than use the fluid for water fights or squirting at the girls.
25. Swimmers who take less than 40 minutes to take a shower.
26. Swimmers who walk in to training at 5:30am and say, "Good morning coach. I am really excited to be here and can't wait to start training".
27. Swimmers who get in the water after being asked once.
28. Self-adjusting, unbreakable goggles that never get lost.
29. Unbreakable swim caps which are self cleaning and self drying.
30. Swimmers who streamline off every wall, every time and never have to be reminded to do it.
31. A parent bringing their child to your program and actually praising their previous coach for their outstanding work.
32. Whiteboard markers which actually work when the board gets wet.
33. Swim bags which empty themselves and hang themselves up to dry.
34. Self-drying/self-cleaning swim towels.
35. Swimmers who turn up early and ask, "Excuse me coach, would you mind if I did a few extra laps to work on my technique?"
36. Swimmers who stay later and ask the same question.
37. Swimmers who dress warmly after training – including wearing shoes, socks and a warm hat without being reminded.

38. A bottomless cup of coffee which stays hot for the first hour of morning training.
39. Swimmers who listen carefully when the workout is being explained and never ask “What are we doing?”
40. Coaches from neighbouring programs meeting over coffee and swapping ideas to help each other develop professionally and to exchange information to help the sport improve in their local area.
41. Deck shoes that keep the coach’s feet warm and dry and never get mouldy or stinky.
42. A sun hat with an air conditioner built into it.
43. A group of parents who come and say, “Hey coach – don’t worry that we had a bad meet, we are with you 100% and we believe in your ability to do it better next time”.
44. A swim equipment manufacturer who says, “This product will only improve your swimming if you also work really hard consistently for about six months”.
45. Another coach who says at a meet, “Hey, I noticed your kids were a bit late getting here and have no lane to use for warm-up. How about I move my swimmers over a little and you can share with us?”
46. A set of paddles which actually improve stroke technique and strength without changing swimming mechanics.
47. A set of fins which actually improve kicking speed and leg strength without changing swimming mechanics.
48. A parent who says, “I am not concerned my child did not win today. I can see the great work you are doing with their technique and skills and in the longer term that is more important than winning today”.
49. Swimmers stretching without being told to and doing all the stretches correctly.
50. A sports scientist who understands the actual needs and issues faced by an Age Group swimming coach and who can communicate useable information effectively at that level in language the coach can understand.

Coming of Age

By Norbert Agh

This article appeared in Swimming World and Junior Swimmer, February 2005



He’s only 15, but Hungary’s Dani Gyurta, who captured silver at Athens, is well on his way to fulfilling his dream of becoming an Olympic champion.

Remember Dani Gyurta? If you’re a long-time reader of *Swimming World Magazine*, you might recall an article in 2001 when SW began tracking the accomplishments of this soon-to-be Hungarian superstar.

Back then he was 11 years old, just one month shy of turning 12. We reported that he had swum a 2:25.47 for 200 metres Breaststroke (LCM). Quite astonishing, considering that the time was at least 10 seconds faster than any 12-year-old in the world had ever swum!

You know what he said as a precocious 11-year-old? “I will win the 200m Breaststroke at the 2004 Olympic Games with a new world record. I know I will only be 15 years old, but I know I can do it!”

Fast forward to 2004. Athens, Greece. There he was on the Olympic podium, just as predicted—albeit with a silver medal around his neck instead of gold. Still, quite an accomplishment for a just-turned 15-year-old, becoming the youngest male swimming medallist since 1932. His 2:10.80 was only bettered by Olympic champion Kosuke Kitajima of Japan. (Truth be known: Dani’s dream was on pace to become reality after qualifying first both in prelims and semi finals.)

Today, you can see Dani’s face everywhere in Hungary—TV shows, newspapers, magazines,

billboards. It seems everyone in his country loves this youngster, whose best is yet to come.

Having no apparent problems with his newfound fame, *Dani* graciously took time out from his busy schedule to be interviewed by Norbert Agh—a former swimming Olympian himself (1988) and *Swimming World Magazine*'s European correspondent from Hungary...

Swimming World Magazine: Were you sad that you "only" finished second in the Olympic final?

Dani Gyurta: Why would I have been sad? In my first Olympics, I won silver. It is wonderful! Coming to Athens, all I wanted was to make finals. Instead, I ended up standing on the podium with an Olympic silver medal hanging around my neck. This is more than I could ask right now.

What was your plan for the 200 metre Breaststroke final?

I used the same tactics as I did in the prelims and the semis (in both of which he qualified first) ... swim a much stronger second 100 and beat the competition to the finish. I knew that (Japan's Kosuke) Kitajima would be my strongest opponent—and I was correct in my assessment since I was able to beat (USA's Brendan) Hansen, but not Kitajima.

Going back in time, remember over three years ago when you told me that you would like to win Olympic gold in Athens? How serious were you back then?

I was only 11 then, but, actually, I decided I wanted to become an Olympic champion when I was 4 years old. I felt I had a chance, and I followed my instinct. I gave up and put everything aside in order to do my best in Athens. Now that I "only" have a silver medal, I will keep going forward until I achieve my dream.

Over the years, how have you dealt with this enormous pressure? Did it ever cross your mind that you might not reach your goal?

I believe I was born with a strong character that enables me to work under an enormous amount of pressure. Moreover, I think the expectations I've placed on myself have made me even stronger and more determined.

What have your parents thought about all of

your accomplishments?

They have always been very supportive and have helped me in any way they could. And I know they still would have been proud of me even if I ended up last in the final.

What about your 13-year-old little brother, Gergely?

He has already broken some of my age group records. His stroke is Freestyle, and he is very talented. His best is a 17:02 for 1500 metres. I hope soon that we'll swim together on the Hungarian national team and will be on the same relay in an Olympic final.

I heard that in your earlier years as an age group swimmer—about six years ago—you were not considered a talented swimmer, and that your parents tried to find a better swim club for you. Is that true?

I would rather say that there were people who did not recognise my talent. So, I finally ended up with my present club where I met my coach, Sandor Szeles—and we have been working together in harmony for more than five years.



What do you think of Coach Szeles?

No doubt, he is the reason for my continuous improvement. I believe Sandor is a very different kind of guy, unlike all the other coaches around the world. I like to work with him very much. He always knows the right way to talk to his swimmers. Our chemistry is so good that sometimes we just look at each other and I know what to do.

Sandor gets his new coaching ideas from watching kids in practice, not from books. He is

very friendly and an amazingly talented coach who is always working on technical skills. He works extremely hard and he's a great person whose life is swimming and nothing else.

Tell us about school. When do you find time to study?

I've always had good grades and now that I'm just starting high school, I'll do my best to maintain those grades. I know that's important so I can continue my education at a good university.

Besides your swimming and studying, do you have time for anything else?

Not much ... but if I have some free time, I love to watch soccer. Argentina and Italy are my favourites. Other than that, I really don't have much time for movies or anything else—but as you can see, it's worth it.

You became very famous in Hungary after your performance at Athens. People can see Dani Gyurta everywhere—on TV shows, in newspapers, in magazines and on billboards. How do you handle it?

It is hard being a celebrity, especially at so young an age. I really enjoyed it at the beginning, but I soon realised that it can be very tiring and annoying.

How about your female fans?

I love them and I take pleasure in getting to know more and more of them every day. Right now, I don't have a steady girlfriend, but I'm working on it. I do get a lot of phone calls, emails and messages from girls, and I try to be nice with all of them.

Back to swimming ... who would you consider your biggest rivals for 2005?

I am still concentrating on the 100 and 200 metre Breaststroke, so my biggest rivals would still be (Kosuke) Kitajima and (Brendan) Hansen, of course.

Finally, Olympic gold medallist Norbert Rozsa (200 Breaststroke 1996) told me that if you can improve your time for the first 100 metres of your 200 Breaststroke, you'll be a sure winner at this year's World Championships. What do you think of that?

I certainly hope he's right because I just can't wait to make that final step to get to the top of the podium.

Norbert Agh, a 1988 Olympian, is Swimming World Magazine's European correspondent from Hungary.

HOW THEY TRAIN DANI GYURTA

Dani Gyurta's coach, Sandor Szeles, prefers quality work over quantity. He literally watches his swimmers' technique every minute. Therefore, they do technical skills every day. They also use paddles every day—a paddle Szeles invented.

These paddles are a major technical tool for Dani. He swims with them about 50% of the time over a year—about 70% of a practice session in base training and about 30% during taper. He even uses these paddles during warm-up at meets, including the major meets.

The most Dani swims per day is about 15-16,000 metres. He also does dryland training, but it doesn't include very hard work. He does one hour of stretching, six days a week (excluding Sundays) from 4 p.m. to 5 p.m. He also does rubber-pulling (stretch cords) a few times a week, usually in sets of 4x1-minute. Since Dani was born with natural body strength, Szeles feels that dryland training isn't as necessary for Dani as for others.

Gyurta's main strength is his kick. That is why Szeles changed Dani's technique over the years from a Jozsef Szabo type of rolling Breaststroke (in which the arms work harder than the legs) to the one Dani is doing now. This is a very flat type of rolling Breaststroke in which kick is dominant.

Szeles felt that this past year was the first year when Dani's style finally came together.—*By Norbert Agh*

Sample Workouts

BASE TRAINING

Thursday Morning, December 2, 2004

6x50m Freestyle, variation on 1:00
15x100 Freestyle with antipaddles on 1:20
8x200 Freestyle, 80-90% effort on 2:30
4x100 Freestyle from the block, 90% effort on 2:15
6x50 Breaststroke, variation on 1:00
2x800 Breaststroke, 80% effort on 12:00 (1xpullbuoy, 1xreg)
4x200 Breaststroke, 80-90% effort on 2:45
8x100 Breaststroke, 85% effort on 1:30
400 Breaststroke warm-down
Total: 7,700 metres (long course)

Thursday Afternoon, December 2, 2004

8x50 best stroke, variation

4x100 best stroke, 90% effort on 1:30
400 best stroke, 85% effort on 7:00
4x200 best stroke, 85% effort on 2:40
4x100 best stroke from the block, 90% effort on 3:00
4x (4x50) best stroke, 95% effort on 0:40, 1-min.
break between
800 best stroke, 80% effort on 13:00
8x50 best stroke, 90% effort on 1:00
4x50 Freestyle with antipaddles on 1:00
8x400 Freestyle with antipaddles, 85% effort on 5:20
200 warm-down

Total: 8,000 metres (long course)

TAPERING

Monday Morning, May 3, 2004

8x50 Butterfly, variation on 1:00
8x50 Butterfly on 0:50
6x100 Butterfly with antipaddles, 95% effort on 2:00
6x100 Butterfly, 90% effort on 1:45
6x200 Butterfly with antipaddles, 85% effort on 3:30

Same in Backstroke
+ 400 warm-down

Total: 6,800 metres (long course)

Monday Afternoon, May 3, 2004

Same as in the morning, but Breaststroke and Freestyle

Total: 6,800 metres (long course)

A GOOD SET FOR DANI...

12x200m long course Breaststroke from the block on 5:00, starting with 2:24, descending to 2:17

8x200m long course Breaststroke on 3:00, starting with 2:30, descending to 2:24

THE GYURTA FILE

Name: Daniel (Dani) Gyurta
Date of Birth: May 4, 1989
Birthplace: Budapest, Hungary
Height: 5-11 (181 cm)
Weight: 163 pounds (74 kg)
Parents: Tamas Gyurta and Judit Adam
Siblings: Brother, Gergely (13)
Swim Club: Future Sport Club
Coach: Sandor Szeles
School: Veres Peter Gimnazium (High School), Budapest III District (freshman)
Pet: Dog, Bobo
Favourite Music: Hungarian Rap
Favourite Actor: Nicholas Cage
Favourite Race Car: Formula One McLaren Mercedes
Favourite Street Car: BMW X5

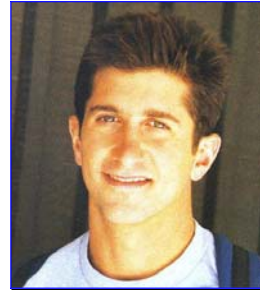
Freestyle: Ranges of Opportunity

By Glenn Mills

Demonstrated by Brad Schumacher

Photos by Michael Aron

This article appeared in *Swimming World* and *Junior Swimmer*, February 2005



Who better to demonstrate a “range” of ability than Brad Schumacher, the only aquatics athlete to become a world champion in both swimming and water polo? And what better drill to have him demonstrate than everyone’s favourite, the Tarzan Drill? (Johnny Weissmuller, *aka* Tarzan, also competed at the world level in both sports.)

Brad’s Freestyle prowess earned him two relay gold medals at the 1996 Olympics, a U.S. national championship in the 100 freestyle as well as numerous other world-class finishes. As a member of the U.S. Olympic water polo team in 2000, he demonstrated a rare ability to adapt his Freestyle stroke to a new level.

Swimming is an exacting sport, but not an **exact** sport. The style that sets a national record for one swimmer may not work for another. And the Freestyle “style” a swimmer uses to win Friday night’s 1650 will probably not be the style he uses to win the 50 on Sunday.

Swimming is a sport not of exact, repeatable movements, but of ranges. Each swimmer has to interpret each stroke in a way that makes sense for that swimmer. And the best swimmers have different ways of interpreting each stroke—to suit whatever distance they are racing. You might say they have “ranges of opportunity.”

Here are two drills to help you develop a range of opportunity in your Freestyle—specifically, how high you hold your head and how you recover your arms.

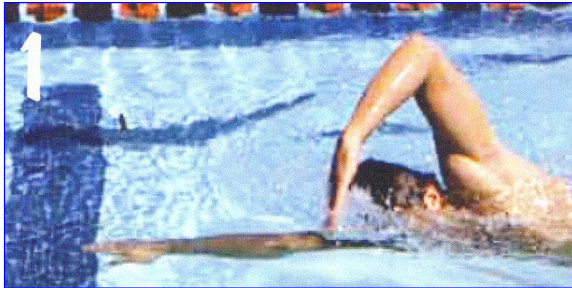
Keep an open mind when you do these drills, and be willing to try movements that may not seem natural to you—at least when you first try them. Remember: you’re using the drills to help develop a “range.”

Maybe something from these drills would help you in a sprint ... or in surviving a long set of long repeats. Use them to determine what feels good to you about your stroke, and what might be worth incorporating into your stroke.

Drill #1: Fingertip Drag

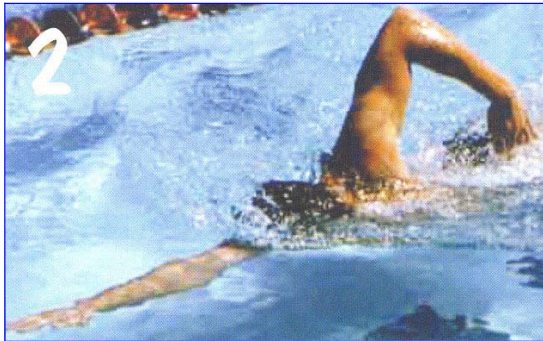
Fingertip Drag is standard Freestyle except that your fingers never lose contact with the water. From the moment your hand exits the water in the back to the moment it enters the water in front, the fingertips remain in contact with and “drag” across the surface of the water. This drill teaches a low head position, good rotation and a high elbow recovery.

Photo #1



This drill teaches great extension out front and encourages a low body position. The elbow is the highest part of the body. The act of dragging the fingertips through the water gives the lead hand plenty of time to reach forward.

Photo #2



Brad's head is so low that it creates a bow wave. Because his head is low, his hips ride high, creating an efficient position that allows his body to glide through the water.

Drill #2: Tarzan Drill

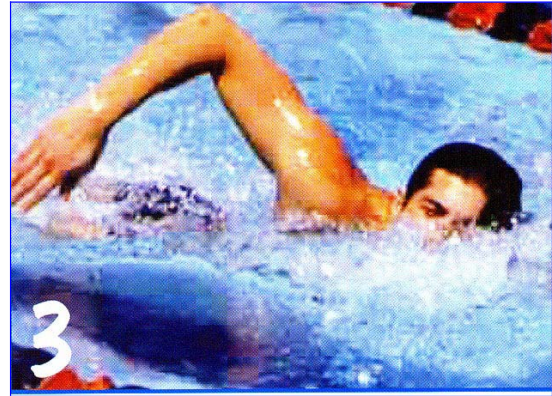
Tarzan Drill is the extreme opposite of Fingertip Drag. (We're talking “ranges,” remember?) Swim regular Freestyle, but keep your eyes or goggles out of the water at all times.

If you're puzzled as to why this drill is called “Tarzan,” look for one of the old Tarzan movies at your local video store. The original Tarzan was played by swimming legend Johnny Weissmuller, and he always swam—in the films, at least—with his head out of the water.

Weissmuller swam this way to keep his hair looking perfect for the cameras, but you can use it to work your kick, to strengthen your lower back and to find your “catch” point out front.

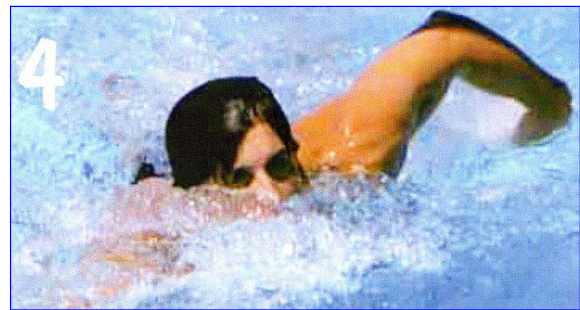
This drill also forces you to keep a high elbow during the pull, and to pull quickly enough to develop some upward thrust. It's a great conditioning drill that gets the hands to recover quickly.

Photo #3



Tarzan Drill teaches you how to be more aggressive with the water—without losing control. Brad keeps his hips high in the water, but this takes the ability to catch and hold and pull with great power and efficiency. This is a demanding drill that can teach valuable lessons—one of which is how good it feels when you release your body back to a lower, more balanced position.

Photo #4



Fingertip Drag allows Brad to stretch out and relax. Tarzan Drill requires him to find his catch point and start his pull immediately in order to keep his eyes out of the water. This develops hand speed for sprinting.

Try these extreme opposite drills next time you go to the pool, and search for what each one has to teach you about your stroke. While you wouldn't want to swim with the Tarzan style for too long, it's a great skill to learn if you want to earn spots on the U.S. Olympic swimming team **and** water polo team—like Brad.

Glenn Mills is Swimming World Magazine's technical advisor. Check out his website at www.goswim.tv.

The Unlikely Hero

By Craig Lord

This article appeared in Swimming World and Junior Swimmer, February 2005

Kirsty Coventry's accomplishments in Athens completely transcended sports, the Olympics and even the turmoil that besets her native Zimbabwe.



The Coventry File

Name: Kirsty Coventry
Date of Birth: Sept. 16, 1983
Birthplace: Harare, Zimbabwe, Africa
Height: 5-8
Weight: 132 pounds
Parents: Rob and Lynn
Boyfriend: Ryan
Current Residence: Auburn, Alabama: "I'm living in a house with three of my best friends from the swim team—Anne, Twanie and Lata."
School: Auburn University
Coach: Kim Brackin
Pet: None—"But} really want a dog."
Favourite Music: "I enjoy all."
Favourite Food: Chocolate—"I have a really bad 'sweet tooth.'"
Favourite Book: "Drum Beat"
Secret Plan in Life: "I want to open my own restaurant."

Of all those elevated to the status of national hero by their exploits and achievements at the Athens Olympic Games, there's one who should get the gold medal for being the most unlikely ...

Kirsty Coventry.

As David Marsh, head coach at Auburn University (where Coventry is in her senior year), puts it: "The truly exciting thing that's happened with Kirsty's experience is that it has completely transcended sports and the Olympics."

Within a week of her winning Olympic gold (200 Backstroke, 2:09.19), silver (100 Backstroke) and bronze (200 IM) and becoming Zimbabwe's first-ever swimming gold medallist, the 20-year-old white African's fame had spread well beyond the Athens pool and the Auburn, Ala. campus, where she majors in hotel and restaurant management and minors in business.

Her name was even being heralded in the maternity wards of far-flung hospitals across her native Zimbabwe, where the majority black population took her success not only to heart but to the registry of births.

Kirsty Coventry Mapurisa and Kirstee Coventree Kavamba were among the first two babies to have the honourable name bestowed on them, but their parents must surely have regretted their lack of originality in the days that followed. Try these out: Threemedals Chinotirnba, Swimmingpool Nhang, Freestyle Zuze, Breaststroke Musendame, Butterfly Masocha, Backstroke Banda, Goldmedal Zulu, Goldwinner Mambo, Gold Silver Bronze Ndlovu and, last but not least, little Individual Medley Mbofana. The start list at swim meets in her African hometown of Harare come the year 2020 could be very confusing, indeed!

Greater the pity, then, that the national pool in that capital city—built in a high-density housing area for the 1995 All-Africa Games—is, as one Harare newspaper painted it, now merely "a green festering body of water."

Perhaps that is to be expected in a nation where unemployment runs at 70%, annual inflation at 300% (if you trust government figures) or 750% (if you don't), where the average wage is 19 cents an hour and life expectancy is, at 38, just about as low as it was when the pyramids were built.

It would be easy to blame such poverty—and certainly the dereliction of a pool—on the economic conditions that prevail in much of Africa—where water, if you can get it, is for drinking, not swimming.

But the truth lies elsewhere: Zimbabwe is a resource-rich nation torn apart by a racist, thuggish, corrupt leadership that has squandered its wealth, let crops rot in fields for the sake of perverse ideology and encouraged blacks to harass, torture, rape and even kill their white neighbours.

When Coventry's accomplishments sent the Zimbabwean colours up the flagpole three times in Athens—a feat not witnessed by Aeneas Chigwedere, Zimbabwe's Minister of Sport, who is banned from travelling in Europe as part of sanctions against the corrupt regime—Robert Mugabe, Zimbabwe's president, must surely have writhed as Hitler did when he watched the great Jesse Owens reign supreme over his superior race in Berlin in 1936.

Yet, propaganda being the peg on which all brutal despots hang their bloody robes, it came as no surprise to see Mugabe pin his colours to Coventry's mast. Her achievements, he said at her homecoming parade and State House reception, represented "efforts underlining some degree of discipline, efforts that produce some habits. "If the words were rather underwhelming, Coventry's rewards were not ... US\$50,000 in "pocket money" (his words) and a diplomatic passport for life.

A measure, perhaps, of how much he appreciated the contribution made to Zimbabwe by a minority population? Or maybe the brilliance of her shiny medals had blinded him to the fact that she was white? After all, this was the same president who, at the height of the white farm invasions, when violence against whites was rampant, urged black Zimbabweans to "instil fear into the hearts of all whites."

Perhaps he wrote a sub-clause to his creed: Kirsty Coventry, Zimbabwe's all-time greatest athlete and the best African individual female Olympian at a single Olympic Games ever, is to be exempt.

It is amidst this background that Coventry is an unlikely hero: "unlikely"—because of the circumstances; "hero"—not only for what she achieved in the water, but the gracious way in which she repaid the compliment bestowed on her by the many thousands of black Zimbabweans who turned out to welcome home their countrywoman.

"Zimbabwe Is My Home"

It would be easy to view Coventry, like so many Olympic swimmers, as a U.S. collegian with a tenuous ancestral tie to an obscure country that gets them a certain ticket to the biggest sporting show on earth once every four years. Coventry is not one of those. "Zimbabwe is my home," she says. "It's where I was born. It's my culture. I will always represent Zimbabwe. Colour doesn't matter to me."

However, it has mattered a great deal to everyone else in Zimbabwe these past years. Formerly Rhodesia, Zimbabwe gained independence from white minority rule in 1980 and soon became known as the "breadbasket of Africa," a political and economic model of black majority rule.

Mugabe changed all of that in 2001 when he ordered white-owned farms to be "repatriated." Government-backed groups invaded the countryside and forcibly removed thousands of white farmers from their land without compensation and, sometimes, with loss of life.

The white population has since diminished from 300,000 to about 30,000 of a total of 12.6 million. Coventry's parents, who own a chemicals business in the Newlands suburb of Harare, were among those who remained. So, too, did some members of her extended family who worked on the land.

"I have had very close family members and friends on farms who have gone through very hard times," Coventry told the Western media, understandably refusing to be drawn into any statements that might put her relatives in danger. "We have a large extended family, and we all have been very supportive of each other." Her family was there to greet her on a national day of celebration when she made an unplanned four-day visit home on her way back to Auburn in late August.

Coventry, who had a tattoo of the Olympic rings placed on her right hip after making the semi-final of the 100 metre Backstroke as a 16-year-old in Sydney 2000, comes from a family of swimmers. Her grandfather was a chairman of the swimming board, while her parents, Rob and Lynn, were also avid swimmers.



They were not alone as Coventry stepped off the plane. “Then it really hit me,” she said, recalling the many thousands of Zimbabweans—black Zimbabweans—who came to cheer her. There were traditional dancers, tribal drummers, a presidential motorcade, banners welcoming “Our Princess of Sport” and cries in Shona (the country’s primary indigenous language) that Coventry could not comprehend. When she asked one of the national team coaches to translate, he said, “Give her a farm.” The irony would not have been lost on any of the 270,000 white Zimbabweans who no longer live at home.

Back in Auburn, she did not quite regain the anonymity she prefers, though she was fast to recognise the value of her Olympic medals. “It’s really nice,” Coventry told the campus newspaper. “There’s been a couple of occasions where people have been like, ‘Are you that swimmer?’ Teachers have been bribing me, saying, ‘The only way we’ll let you out of work is if you show us your medals,’ so I’ve been taking them along with me.”

For all too obvious reasons, Coventry and her family will, perhaps, never talk freely about the situation in Zimbabwe and whether the swimmer feels like the political pawn Mugabe intends her to be.

No one who has ever had to live in a country where freedom of thought is punishable by the long hand of the law or by the sharp fist of the thug would dream of criticising diplomatic responses such as that graciously delivered by Coventry at her homecoming parade: “I think every country goes through bad years and good years. I hope this (her success) gives Zimbabwe hope, and that they can take something good out of it. All sportsmen and women can take inspiration from it and know that they, too, can follow their dreams.”



A Light in the Darkness

For sentiments so often unspoken by the shrinking white minority, we must, then, turn to the media who have observed events at close quarters. Pius Wakatama, a reporter for *All Africa*, described Coventry as “a light in the Darkness of a pariah among democratic and civilised countries of the world” in an article summing up the swimmer’s splendid achievements in Athens.

Wakatama had been present when Coventry first became the toast of Zimbabwe back in 2002, when she won her country’s only gold medal (200 IM) at the 2002 Commonwealth Games in Manchester, England. At the time, pressed on the situation in Zimbabwe, she referred to her parents and sister who live in Harare and said that “the things they were going through were hard.”

Wakatama wrote: “We all know what she was talking about. She was talking about the hell that her parents and most whites are going through today whether they are citizens or not. We all know that she was talking about the racial insults, threats, extortion, rape, torture and murders that the white Zimbabwean community and those blacks labelled ‘British supporters’ are going through at the hands of the government.”

But a nation’s true borders lie around the human heart, and Coventry is a patriotic Zimbabwean. “I am ecstatic,” she said in Manchester in 2002, a message she repeated in Athens, adding, “Hearing the national anthem from the podium made me feel so proud to be a Zimbabwean.”

Wakatama notes that not everyone feels the same—some of Zimbabwe’s top sportsmen, such as Henry Olonga, Heath Streak and most top white cricketers have left their country in disgust. In addition, Edgar Rogers, former secretary-general of the Zimbabwe Olympic Committee and outgoing Commonwealth Games Federation vice president for Africa, renounced

his Zimbabwean citizenship and announced his departure to South Africa.

Wakatama laments their decisions before concluding his article with some of the wisest words to have been written on the Zimbabwean crisis: “As I watched the enthusiasm with which Zimbabweans welcomed and congratulated Coventry and how they took her glory as their own, I again concluded that black Zimbabweans are not hate-filled racists at heart. If that is the case, why is it that our government media propagate racial hatred and negatively stereotype whites as part of their political propaganda?”

“Don’t get me wrong. I am not and will never be an apologist for white racism. I am more aware now than I was during some of the evils of colonialism and the racial discrimination of the past. I was a victim of that myself. However, I am intelligent enough to realise that living in the past will not get us anywhere. I will not replace white racism with black racism. I believe that this is the attitude of the majority of black Zimbabweans.

“The hate-filled racist propaganda we are daily bombarded with through the media comes from idiotic politicians who are good for nothing. They blame the few whites left in the country for all evils besetting Zimbabwe today. History, therefore, becomes very convenient to them.”

Coventry may one day feel free to express her own views on the subject. For now, she savours that special day when colour faded into the background and a homecoming queen’s parade was broadcast live on national television for two hours.

“It was very, very overwhelming,” Coventry said. “I felt so much pride, seeing how much it meant to so many people. It really brought tears to my eyes. There were no political issues. There were no racial issues. Everything was put aside for a few days so people could celebrate. It was so nice to meet so many people all happy for the same reason. Hopefully, it will carry on like that.”

In showing such spirit, said one African publication, Coventry had helped to soothe Zimbabwe’s soul. For that reason, if no other, the swimming world should wish more success for Coventry as she pursues her next Olympic dream.

Craig Lord, a writer for The London Times, is Swimming World Magazine’s European correspondent from Great Britain.

Too Many Champions?

By Craig Lord

This article appeared in Swimming World and Junior Swimmer, February 2005

The European Short Course Championships had its share of thrilling performances, but with the European Swimming League holding so many championships each year, the significance of the word, “champion”, is becoming diminished.

VIENNA, Austria—When the European Swimming League (LEN) announced its new competition calendar way back at the continent’s summer long course championships in Seville 1997, some stared in disbelief, while others simply held their bellies as they rolled about laughing.

No disrespect was intended, but mild hysteria seemed the most appropriate response to a plan that coincided with a new-look schedule from FINA that would give the sport both world and European champions every year. Indeed, in some years, there would be two champions of Europe—one in a long course pool plus one short course.

It was quite a leap from a tradition of two summer long course events, Olympic and World, held every four years, with a winter short course World Cup circuit to keep the fires burning in a northern winter. It was hard to find an official who would hear any dissent.

“More stars, more champions, more records, more swimming, more stories, more for everyone,” claimed one LEN official back in 1997.

And so, to make a long story short, it was on to Vienna, December 9-12, for the European Short Course Championships—after the Olympics in August and World Championships in October. That’s Olympic, World and European titles that were up for grabs in a period of only five months—and all of that while a sub-standard World Cup limped on in the background like some forgotten victim of famine that had come to ruin the feast.

Sometimes, more is less, a truth that echoed through Vienna’s *Stadthalle*—not because the event lacked good organisation (the Austrians and their TV network did a splendid job) nor because it was boring (the four days represented a thrilling showcase of tight races for the sport in a four-per-country format), but, rather, because of the ever-diminishing value of that once ultimate of sporting titles: “champion.”

To be a champion once meant being the best of the best in a battle of the fastest two from

every nation eligible to compete. It was a world in which quality counted, and those who stood on the podium were worth their weight in gold, silver and bronze. Now, it is about “creating new stars,” regardless of who shows up in what shape—if they show up at all.

Credibility at Stake

At this current pace of meet after meet after meet, swimming is in danger of losing its credibility. That would be a shame for those races that provide true championship quality, such as the Men’s 1500m Freestyle in Vienna.

To single that race out is not to lessen the achievements of anyone else here, but it had a bearing on events in Athens. And you can be sure that if asked which title they prized more—an Olympic medal of any colour or a trunk load of winter short course titles—the answer will almost invariably turn to Olympus, particularly when the statistics return us to that moment of hysteria back in Seville.

At the time, Slovakia’s Martina Moravcova, one of the world’s great swimmers of the past decade, had to her name one gold, one silver and one bronze from a European short course championship.

Just seven years later in Vienna, she extended that tally to 27 medals, among them no fewer than 18 titles. If she is queen of the European winter, Germany’s Thomas Rupprath is king, with a treasury of 23 medals, among them 19 titles. And that doesn’t count relays.



It is not the swimmer who is devalued by such an embarrassment of prizes, but, rather, the title of champion. There are age groupers racing in their local mini-league with fewer medals.

Perhaps “too many, too much, too often”? Eventually, you lose your appetite. The media are no different, and even those who rarely visit the pool will realise that a multiple winter champion is not the same as a true champion when it comes to the “real deal” in the summer.

Would Vienna have suffered if it had taken a different format as part of a rationalised race calendar? Unlikely.

The competition would have been the same. Germany would still have won the championship trophy with 234 points and

topped the medal count with a comfortable 22.



The records would still have been broken: world standards to Rupprath in the 50m Backstroke (23.27) and the Dutch Women’s 4x50 Medley Relay (1.48.21); and European standards to Hungary’s Laszlo Cseh in the 400 IM (4.03.96) and home hero Markus Rogan in the 200 Backstroke (1.51.24) on his way to two golds and two silvers. Exciting young talent such as 16-year-olds Kateryna Zubkova (100 Backstroke 58.58) and Keri-Anne Payne (400 Freestyle 4:03.60) would still have come to the fore.

Money would have been won; media would still have been there to witness thrilling action. Yet no one would have walked away wondering why swimming, a mature sport, was well on its way to creating more champions in the first few years of this century than it did in all of the last one.

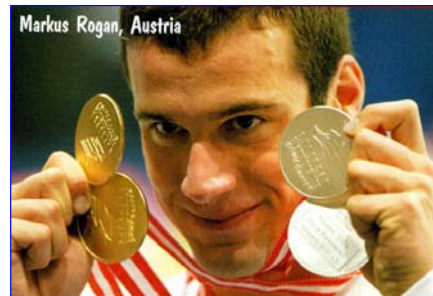
Would not the highlights of the meet in Vienna have been better suited to a Continental Cup that coincided with similar events elsewhere in the world to provide a qualification round of a true World Cup—at which the best in the world would gather each winter to win big prize money?

Give the short course season its own property and shape in a rationalised calendar that brings the best in the world together in a World Cup that makes sense for countries and continents ... and leaves the championship format, pride and history undisturbed in its long course slot.

Meet’s Highlights

Meanwhile, the highlights of December’s European Short Course Championships...

Day 1



The first day saw the host nation’s Markus

Rogan displaying the kind of submarine skills essential to short course success. Consequently, he won the Men's 200 Backstroke in a European record of 1:51.24.

Driven on by a joyous crowd, Rogan later won the 200 IM in a championship record 1:55.15, ahead of Hungary's Laszlo Cseh in 1:55.36. Rogan said it was the fans who had helped him. In reality, it was his turns—the Hungarian swam faster than anyone in any of his races in Vienna, but the wall was a problem for the Olympic and world long course medal winner.

Italy's Massimiliano Rosolino took the 400 Freestyle in 3:39.66, just 7/100^{ths} shy of his European record set four years before, with Russia's Yuri Prilukov second (3:40.65) and Poland's Pawel Korzeniowski third (3:41.36).

The 50 Freestyle marked a fifth career victory—and a strikingly comfortable one at that—for perennial short course ace, Mark Foster of Great Britain, who clocked 21.50 to beat The Netherlands' Mark Veens in 21.72. Foster, 34, intends to race until at least the Commonwealth Games in 2006.

Slovakia's Martina Moravcova raced the Women's 200 Butterfly for the first time at the European Short Course Championships and won in 2:06.68 to 2:06.99 for Danish veteran Mette Jacobsen. Caterina Giacchetti, a 16-year-old Italian, improved almost two seconds to take third in 2:07.11.

Olympic finalist Teresa Rohmann of Germany won the 200 IM in 2:09.40, a national record, as was the second place finish of 2:10.64 for Poland's Aleksandra Urbanczyk.

Day 2

Germany's Thomas Rupprath was back in action with two victories within 20 minutes. The first came in the Men's 100 Butterfly with a time of 50.67; the second in what may be a world record in the 50 Backstroke. His time of 23.27 bettered the current recognised world record of 23.31, but fell shy of Rupprath's personal best of 23.23 from 2002—set at an event that did not comply, according to FINA, with world record conditions.

Cseh comfortably took the 400 IM in a European record 4:03.96, then said, "I seriously plan to challenge (Michael) Phelps next summer. I am not a very good short course swimmer, and I always do better long course."

Switzerland's Flavia Rigamonti staged a great comeback to win the Women's 800 Freestyle in 8:17.39. An accident in 2003 dictated arm surgery, which held back the tide of a steady but solid progress. Danish newcomer Lotte Friis took the silver—her first international medal—in 8:22.38.



Ukraine's 16-year-old Kateryn Zubkova snatched the 100 Backstroke in 58.58, ahead of Germany's Antje Buschschulte (58.70) and Denmark's Louis Ornstedt (58.76), before Anne Poleska restored German pride with a 2:21.79 triumph in the 200 Breaststroke.

Day 3

The best "race" of the championships came on the same night that the Dutch Women's Relay of Hinkelien Schreuder (27.99), Moniek Nijhuis (30.66), Inge Dekker (26.06) and Marleen Veldhuis (23.50) bettered the world best time in the 200 Medley Relay with a 1:48.21.

But as exciting as that performance was, it didn't compare to the drama in the Men's 1500.

Prilukov, who finished fourth in Athens, retained his European short course crown with a 14:31.92; just 14/100^{ths} shy of his European record set a year before in Dublin. On that occasion, he lapped David Davies of Great Britain.

But in Vienna, a rested Russian raced a different Davies than the one he faced last year. Oh, it was the same swimmer, but this Davies was far better prepared. In the midst of heavy training that totalled 90,000 metres a week—and which continued on the day of racing—the Welshman set a British record of 14:32.56 to finish second. It was his best time by nearly 10 seconds.



"I knew I had to get away from Prilukov," said

Davies, who led by a stroke for much of the race, “because if I didn’t, he would come back at me at the end since he was rested. But I just didn’t have enough—he just kept coming back at me. I was a bit of a ‘white bunny’ for him out there.”

Rosolino, almost back to his Sydney 2000 form in Freestyle, began to fade at the halfway point and finished third in 14:39.54.

Britain’s Keri-Anne Payne won the 400 Freestyle in 4:03.60, a personal best by six seconds. She beat another 16-year-old, European junior champion Daria Parshina of Russia, who finished in 4:04.56.

Day 4

Rupprath won his fourth gold medal of the meet by taking the 100 Backstroke in 50.73, just 7/100^{ths} ahead of Rogan, who had finished second in the 100 IM behind Peter Mankoc just 15 minutes before.

The Men’s 200 Breaststroke produced one of the closest clashes with Italy’s Paolo Bossini clocking 2:07.29 to out-touch Poland’s Slawomir Kuczko (2:07.61) and Russia’s Grigory Falko (2:07.66).

Hungary’s Eve Risztov clocked 4:32.26 to take the Women’s 400 IM ahead of Rohmann (4:34.38) and Hungarian teammate, Katinka Hosszu (4:35.41).



The nicest touch of the final day went to Moravcova: after claiming the 100 Butterfly for a record sixth time (56.89), Martina dedicated her triumph to her long-time U.S. coach, SMU’s Steve Collins, who turned 50 this day. Moravcova also announced that she will retire after the World Championships next summer. What a party that will be!

Craig Lord, a writer for The London Times, is Swimming World Magazine’s European correspondent from Great Britain.

Winning Strategies



*By Wayne Goldsmith & Helen Morris
This article appeared in Swimming World and Junior Swimmer, February 2005*

Want to perform well at your first national swimming competition? It can be done. Following are 10 strategies to prepare effectively for a successful championship competition.

1. PREPARE PHYSICALLY

There is no doubt that this is one of the most important aspects of competing successfully. If you are not ready physically, you are simply not ready!

No one can expect to swim at his very best without doing the hard yards and metres in training during the months (and years) leading into the championship event.

This is particularly true when preparing for multi-round competitions in which physical fitness and physiological preparation play a major role in your ability to swim fast heats, faster semi finals and even faster finals in one or more events over several days.

The physical preparation in your **training** should be more challenging and demanding than the physical demands of your **competition**.

Another critical aspect of the physical preparation is the taper. There are three key principles...

- Maintain frequency of training;
- Maintain hard work throughout the taper; and
- Significantly decrease training volume

2. PREPARE MENTALLY

Without doubt, the mental aspect of achieving a successful result at your first national competition is crucial. Many swimmers, coaches, clubs and parents build up a national competition to something it is not. This increases the pressure and emotion, and in this environment it is difficult for even the best physically prepared swimmer to achieve his goals.

The truth is simple: **championship competition is just another event**. Granted, it may be surrounded by a lot of hype, expectations, media, fanfare and pressures, but it is basically just another event.

3. PREPARE TECHNICALLY

Championship races are won or lost by fractions of a second. The athletes who win at national competitions will be those who have prepared to do the little things well under pressure by practicing to do them well in training.

Under pressure, you will do what you've learned to do in training and will fall back upon your training habits.

If you have been allowed to cruise through training sessions without an uncompromising attention to detail in your technique and skills, these bad habits will fail you under competition pressures.

If you are to be successful at a national competition, it is essential that your training habits be technically outstanding so that when the pressure and pain of racing hits you (usually around the three-quarters mark in the event), your good habits will help you achieve an outstanding result.

4. PREPARE TACTICALLY

Tactics play a crucial role in swimming successfully at a national competition. There are many swimmers competing at a national competition who you and your coach do not know. There are other swimmers who you've never raced against. Therefore, it is likely you will face a completely new and wide range of tactical situations.

Here are some tactical issues to consider...

- Do you have a race plan?
- Are you able to stick to your race plan regardless of what the opposition is doing?
- Have you learned to change gears (speed) when needed?
- Are you able to change breathing patterns in Freestyle and Butterfly to meet the

competitive situation?

5. PREPARE FOR THE WORST

If things don't go according to plan, you should learn skills to adapt to any situation and to deal with difficulties...

- Can you learn to race fast without a complete warm-up?
- Do you have contingency plans for late flights, long waits, buses not available, lack of lane space, forgotten race goggles, lost bags, etc.?

A good exercise for your team to utilise is a "What If" scenario.

About a month prior to the national competition, get together with all of your teammates who are intending to race at the meet. Raise issues that concern all of you. Your team should work through solutions to these "What If" questions and solve the problems as a group.

6. PRACTICE PREPARATION STRATEGIES IN MINOR LEAD-UP COMPETITIONS

Guess what! You do not have to enter every competition expecting to win! Some minor lead-up competitions are the ideal place to practice the physical, mental, technical and tactical strategies that you will be utilising at a national competition.

For example, here are some things to work on at a minor competition two months before the national competition...

- Practice dryland warm-up
- Practice eating and drinking between races to see what works best
- Practice recovery techniques such as stretching and warm-downs, and...
- Practice pool warm-up

At a minor competition one month before the national competition, try the following...

- Practice pacing strategies
- Practice any new start or underwater skills
- Practice mental rehearsal techniques
- Practice swimming fast early in the morning, and...
- Practice implementing race plans

7. HAVE SEVERAL WARM-UP STRATEGIES AND LEARN TO SWIM FAST USING EACH ONE

While a good warm-up can be important in achieving successful swimming performances, there are hundreds of stories about swimmers winning major events and breaking records

after less than ideal warm-ups. The key is to have more than one warm-up strategy.

8. GO TO THE POOL PRIOR TO RACE DAY & DO SOME RECONNAISSANCE

Reconnaissance is just a big word for being prepared. This is a time to become familiar with your surroundings.

You need to know where the marshalling area is, where you can access the warm-up area and where to find a good spot for stretching. You should be able to locate a private area for a little “quiet time” before the race. You need to know where the bathrooms and locker rooms are. In short: you need to know the environment in which you will be competing. Confidence comes from knowing and being comfortable in the championship environment ... and from confidence, **all things are possible**.

9. CONTROL THE CONTROLLABLE: SLEEPING, EATING, RECOVERY ... MANAGE YOURSELF

The ultimate responsibility for the performance belongs to you. You should be educated on how to implement an effective sleeping, eating and recovery strategy in the months leading up to your major event. Over the week-long competition period, quite often it is not the best swimmer who wins; it is the best prepared and **most recovered** swimmer who wins.

10. LEARN TO ENJOY THE EXPERIENCE

Confidence at and enjoyment of the championship environment comes from knowing you have had a total and thorough preparation. You should go to the championships...

- **Knowing** you have prepared to the best of your ability
- **Knowing** the competition environment and actual challenges it presents
- **Knowing** yourself
- **Knowing** the event, and...
- **Knowing** you can overcome any obstacle or difficulty presented to you

Then you can relax and enjoy the experience.

Wayne Goldsmith is the sports science coordinator for Australian Swimming. Helen Morris has managed her own international sports consultancy business since 1997. In 2000, she was awarded the Australia Sports Medal in recognition of her outstanding contribution to sport in Australia.

BREASTSTROKE: Think Small

*Text & Photos by Glenn Mills
This article appeared in Swimming World &
Junior Swimmer, December 2004*



Staciana Stitts demonstrates impeccable technique for timing and body position on the Breaststroke pullout. Stitts, who swam for the University of California at Berkeley and has trained with the Irvine Novaquatics, won gold at the 2000 Olympics in the 400m Medley Relay (prelims), and was fourth in the 100 Breaststroke (1:08.00) at the 2004 U.S. Olympic Trials. She also captured gold in the 100m Breaststroke at the 1999 Pan American Games. At the 2000 NCAS—swum short course metres—she finished first in the 200 Medley Relay, second in the 100 Breaststroke and third in the 200 Breaststroke.

In a short course Breaststroke race, push-offs and underwater pullouts can add up to 50% of your race—**50 PERCENT!** So your success depends on how well you can gain—and maintain—momentum off every wall. The trick? Think *small*.

Photo #1: Time the Glide



This is where you're feeling good. After a strong push and a strong pull-down, you're moving along nicely. If you're like Staciana and don't drop your head on the pull-down, you'll be moving along **really** nicely. The trouble is ... this can be such a great feeling that you hold on to your glide for a bit too long.

Staciana tries to hold the glide until **just** the right moment. She knows that the next thing she must do—recover the hands and the feet—will create heavy-duty resistance. So she has to allow for this and start the recovery well before she loses her momentum. She also does everything she can to *stay small* and to minimise resistance during the recovery.

Photos #2 and #3: Hands-First Timing



Notice that Staciana begins to recover her hands before she begins to recover her legs. In other words, her hands begin to move forward while her legs are still in a fairly straight line. Staciana finds that this hands-first timing helps to minimise resistance.

Staciana also keeps her hands as close to the body as possible—again to minimise resistance. The hands remain palms-up as they slice right up along the body.

The hands stay close ... **and** the elbows stay close. Some swimmers concentrate so hard on keeping the hands close to the body that they let the elbows pop out to the sides. Other swimmers focus so hard on keeping the elbows in that they let the hands drop too far below the body (the dreaded “praying mantis” position).

The trick is to make sure the hands **and** the elbows stay tight to the body. Some swimmers do this by crossing one hand over the other. Staciana does it by shrugging her shoulders slightly to help draw the arms forward. This also reduces the amount of frontal area that she presents to the water.

Photo #4: Hide the legs



The key thing to notice here is how **compact** and **aligned** Staciana is as she prepares for the kick. Her head is directly in line with her spine. Her hands, elbows and shoulders are still hugging her body. Her thighs are hidden behind her arms, and her feet are hidden behind her torso. She is presenting as little surface area as possible to the water. She is minimising resistance so that she can maintain momentum until the moment she delivers her kick.

Photo #5: Get Ready to Kick



Here is the exact moment when Staciana will begin the kick, sending her arms into streamline and her body into breakout. Everything she does is geared to staying “small” and maintaining momentum: eyes down ... head hidden behind hands ... torso hidden behind head ... legs hidden behind torso. She’s in perfect position to get maximum power from the kick.

Every turn is an opportunity to gain speed. To maintain that speed, you need to time the glide, let the hands lead the way on the recovery ... and *think small!*

Glenn Mills is Swimming World’s technical advisor. Check out his website at www.goswim.tv.

Breaststroke: Climbing to the Top

*Text & Photos by Glenn Mills
Demonstrated by Kaitlin Sandeno
This article appeared in Swimming World &
Junior Swimmer, January 2005*



On July 7, 2004, at the U.S. Olympic Trials, Kaitlin Sandeno swam a 40.39 400 IM to place second and earn a ticket to Athens, Greece. A month later on Aug. 14, she swam a 44.95 to take Olympic silver.

What happened in those 38 days to enable her to take 5.44 seconds off her personal best and to demolish the American record? “I really focused on my Breaststroke,” says Sandeno.

One of the things Kaitlin worked on was how she climbs toward air. Getting an effective breath in Breaststroke involves more than just lifting your head up to air. It involves a combination of actions that are as simple as climbing out of the pool.

As you study this series of photos, try to envision a wall in place of the water and imagine that Kaitlin is doing something familiar to all swimmers ... climbing out of the pool.

Photo #1: Grab the Ledge



Kaitlin grabs hold of the water so definitely and precisely that it's as if she were grabbing a solid ledge. Notice how everything is in place—right at the surface—to start an effective “climb.”

Her eyes are angled down, and her head is just starting to break through the surface. Her elbows are high, which will pitch the hands out and down toward the bottom of the pool. Her hips are very high, and are **just** under the surface of the water—so close that you can see the wave they're creating. Everything is poised right at the surface.

Photo #2: Power It UP...er... FORWARD



This is where you really get the sense that Kaitlin is climbing, or lifting herself out of the pool. But if you look closely at the pitch of her hands, you'll notice that she's not lifting herself **up**, but rather **forward**.

Kaitlin keeps her elbows high and in the “power” position. Her hips are still very high, and her head hasn't really pitched upward much; it's mainly just getting a bit higher as Kaitlin draws her hips toward her hands.

Photo #3: I Can See Coach's Feet!



Kaitlin keeps her head in line with the rest of her body as she continues to “hang onto the ledge of the pool” and draws her hips forward.

She sweeps her hands inward to continue the pull.

Here, again, it helps to imagine where your hands would be as you make the final push to climb out of the pool. They would be closer together rather than far apart. Notice how Katlin's hips have stayed at the same level and have been drawn forward in a direct line toward the spot where her hands initiated the pull (i.e. grabbed the ledge).

Photo #4: Step onto the Deck



Notice how everything about Kaitlin's body position says **"forward"**. Her head is still in line with the rest of her body, and her eyes are looking down and forward to the spot where she'll re-enter the water. Her shoulders and back are angled forward, rather than up and down.

As Kaitlin gets her mouth clear of the water and completes the insweep of her pull, her hips have come as far forward as they will in this stroke cycle. She has drawn the hips and legs forward, and is ready to begin the actual kick. Her hands are close together, preparing to drive forward with a narrow recovery to limit resistance and maximise the effect of the kick.

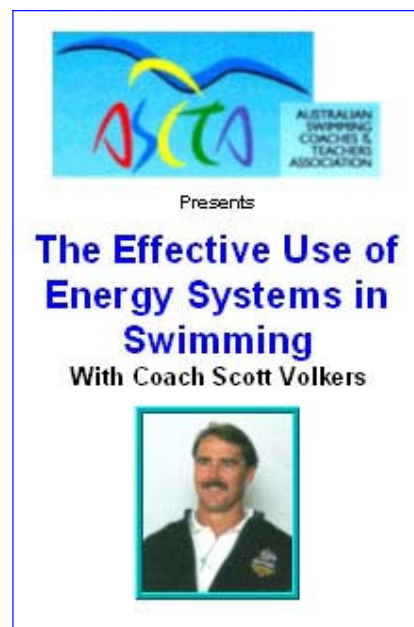
Remember: if you want to practice a good power move in Breaststroke, simply place your hands on the wall, and **climb** out of the pool. When you do this, your goal is to get your body, or hips, closer to the edge so you can get your feet high enough to step onto the deck.

In the water, the goal is pretty much the same: you set your hands in a spot, then draw your hips to that spot to set up for a great kick. The added benefit is that your shoulders and head have popped out of the water and you can get a clean breath.

Glenn Mills is Swimming World's technical advisor. Check out his website at www.goswim.tv and watch for "Go Swim 4 Strokes with Kaitlin Sandeno and Erik Vendt" ... a new DVD coming in early 2005.

VIDEO REVIEW

THE EFFECTIVE USE OF ENERGY SYSTEMS IN SWIMMING



Reviewed by Peter Ruddock

This video should be a great help to coaches in developing their training programs.

It deals with the Energy Systems used in swimming and how Scott relates them to designing his training programs.

He explains the scientific principles in easy-to-follow terms.

Perhaps one of the things missing is a hard copy of the charts he keeps referring to in his lecture.

Even though some of these charts are shown at the end of the video, it would help the learner if all the notes had been made available to study.

Scott explains why training programs should be drawn up at least on a weekly format.

He talks about how high a heart rate, speed, rest, how long at the heart rate, length of sets and time before similar sets can be repeated.

A video worth watching.

MASTERS SWIMMING

*The following articles appeared in SWIM
November-December 2004*

HORMONES, MENOPAUSE—HOW DO THEY AFFECT SWIMMING PERFORMANCE?

By Mary Pohlmann

Are you a woman of “a certain age”? Are you going through, or have you gone through “The Change”? Would you describe yourself as peri menopausal or menopausal? Have you had surgery that involved the removal of your ovaries? Worse yet, would you say you have reached the “Climacteric”?

What Gail Sheehy (1) coined as the “Silent Passage” in 1991 is no longer discussed in hushed tones. Everyone is talking about menopause. Competitive Masters swimmers, in particular, ask, “How will changes in my hormonal status affect my swimming performance?”

What is menopause and what can be done to minimise any adverse effects that may come with it?

Menopause is defined as the lack of menstrual flow for greater than one year. It usually comes naturally in women ages 45-55, with peri menopause occurring in the three to six years prior to menopause. Menopause can also occur after surgery that involves removal of the ovaries, or after chemotherapy or radiation that exposes the ovaries. Menopause is caused by a decrease in the production of oestrogen by the ovaries. After menopause, some oestrogen continues to be produced outside the ovaries, particularly in fatty tissue and the adrenal glands.

Laboratory evidence of menopause is obtained by testing the pituitary gland’s response to the decreased availability of oestrogen. The pituitary controls ovarian activity (ovulation and oestrogen production) by secreting follicle-stimulating hormone (FSH) and luteinising hormone (LH) into the bloodstream. The menopausal ovary can no longer respond to these hormones, thus increased levels of FSH and LH in the blood are indicative of menopause or failing ovaries.

The most common symptoms of peri menopause include menstrual irregularity, hot flashes or flushes, night sweats, insomnia and vaginal dryness. The symptoms of peri menopause are highly individual and may include other less common problems (2).

The changes in temperature control that are noted in menopause might conceivably be a

problem for competitive swimmers. The aquatic environment should help keep the body temperature constant, but the heat production caused by endurance swimming (500 yards or more in competition) might be harder for the peri menopausal swimmer to dissipate. Therefore, overheating might occur. Swimming in cooler water or swimming without a swim cap might help to minimise this problem.

The presence of non-ovarian oestrogen (either naturally-produced in the body in fatty tissue and the adrenal glands or taken as a supplement) may minimise the symptoms that are often associated with the peri menopausal period of life. Hormone replacement therapies that have been used include oestrogen in various forms (oral tablets or pills, patches, vaginal tablets, rings, creams, suppositories), progestin and testosterone. Oestrogen replacement is protective for osteoporosis and colon cancer.

However, the results of the Women’s Health Initiative studies, showing an increased risk of cardiovascular problems and breast cancer associated with oestrogen supplementation have caused concern over the use of oestrogen replacement for extended periods of time (3).

Now, most physicians have backed away from their support of oestrogen replacement as the panacea for all that ails the menopausal woman. Oestrogen now is generally reserved for short duration treatment of hot flashes and other peri menopausal symptoms. However, these problems can last for many years and the optimal duration of treatment has not been determined.

What can a woman of menopausal age do to prevent the complications of aging, particularly heart disease and osteoporosis, which accelerate during this time period?

Smoking avoidance (second-hand, as well as direct), weight, blood pressure and cholesterol control through diet and exercise, plus calcium supplementation are considered to be important for all.

There is little scientific support to show herbal or complementary therapy to be of significant benefit for the symptoms associated with menopause. However, soy products, black cohosh, red clover, natural progesterone cream, etc., have been touted in testimonials and a limited number of scientific studies (4).

Anti-depressants, particularly the SSRI’s (selective serotonin re uptake inhibitors) have been used with some success in minimising hot flashes. Some anti-hypertensive medications, such as clonidine, have also been somewhat helpful for this problem.

Physical activity and stress reduction

techniques certainly are beneficial in the peri-menopausal period. In addition to helping to alleviate the adverse symptoms associated with menopause, weight-bearing activity helps to decrease the long-term effects of oestrogen deficiency, in particular osteoporosis (thinning of the bones).

Examples of weight-bearing activity include walking, running and weight training. Some examples of stress reduction techniques include meditation, yoga, deep-breathing exercises and progressive relaxation.

Every woman should consider calcium supplementation because the diets of most Americans do not include sufficient calcium. Young women and girls should be encouraged to increase their calcium intake because higher bone density in the younger years helps to prevent osteoporosis later in life.

While calcium alone will not prevent osteoporosis, calcium is necessary to promote strong bones. Magnesium and Vitamin D are also important. Calcium carbonate, as found in Tums, is a very inexpensive source of calcium. Calcium citrate may be tolerated better than calcium carbonate.

It is recommended that women take 1,000mg of elemental calcium per day, in addition to their dietary calcium. Because calcium is poorly absorbed, intake of calcium should be spread out over the day with no more than 500mg taken at a time. The best time to take calcium supplements is in the evening.

What happens to competitive Masters swimmers' performance during the menopause and peri menopaual years?

Various studies have described a steady decrement in swimming performance with age (5, 6). Most of these studies have been done using USMS records or performance at a USMS National Championship across age groups. They have shown a steeper rate of slowing around ages 50-60. Is this decrement in times similar for men and women?

Only a few older studies have looked at age-related changes in women Masters swimmers (7, 8). More recently, John Pohlmann (in an unpublished analysis) plotted current 2004 USMS records for women over the age span of 45-70 and compared the curve of that graph with USMS records for men over the same age span.

He found that the rate of slowing times changes abruptly between the 50-54 and 55-59 age groups for both men and women. The slowing of women's records proceeded at a faster rate than that of men during this time period. Could this difference be due to menopause?

In preparing for this article, 14 very active female competitive Masters swimmers in the age range of 54-74 were asked by the author to complete a brief questionnaire. Most indicated that they didn't feel that menopause alone explained the decrement in their swimming performance over time. Most indicated that other life events, especially interruptions in training for various reasons (illness, injury), provided better explanations for the slowing in times.

However, shouldn't this also be true for men? Why, then, do we see a steeper slope in the decrement of women's records as compared to men's?

One explanation might be the historical lack of support for women's sports that was the common experience for women who are now over age 55. Women who are now over age 55 were less likely to have competed on a high school or college swim team. Fewer scholarships were available for women prior to Title IX, and most women stopped competing—if they ever had—at a much younger age than men.

Many of the older women who hold current USMS records either had little swimming support in their younger years or went many years before resuming their swim training. On the other hand, younger women who currently hold USMS records in the younger age groups likely had stronger swimming backgrounds to take them into Masters swimming.

Rather than looking at current USMS records over age groups, it might be helpful to look longitudinally at individual swimmers as they age. USMS has been in existence for more than 30 years, and we have male and female swimmers who have been actively involved in Masters swimming much of that time.

Now that we have our Top Ten times in digital form, collecting this longitudinal data should not be too difficult. As a pilot study, the author compiled the best times over two or three age groups (10-15 years) for those swimmers who completed the menopause questionnaire. The decrement in times was still evident, but not at the steep slope that was seen by using current USMS records.

It would seem that rather than blaming menopause for decreased swimming performance in women in that age range, it would be more productive to work at minimising the effects of aging in general. This is most effectively done through continuous lifelong physical activity—including swimming, strength and flexibility training—minimising injuries and other events that cause interruptions in training.

P.C. Pirow (9) described the "Six Ages of

Man” in his article on the effect of aging on athletic performance. Certainly there are at least that many stages in the life of a woman. Menopause is one of them. We can all work at keeping the slope of our aging performance curve to a minimum. Keeping your decrement in performance below the average of one percent slowing a year that is seen in the USMS records across age groups is within your power. Go for it!

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PERFECT STREAMLINE Top 10 Tips

By Scott Rabalais

Every swimmer, when diving in the pool or pushing off of the wall, achieves a degree of streamlining. Swimmers who understand that minimising the physical surface area exposed to the water and are willing to make the effort to achieve such streamlining will be rewarded with greater distance. While there is no substitution for a developed kinaesthetic sense through the push-off, here are a few tips to follow that will enable you to position your body for maximum streamline effect.

1. Place Hand over Hand. At the moment of acceleration, one hand should be placed firmly on top of the other, with the thumb of the upper hand wrapped around the palm of the lower hand. Some streamlining advocates like to preach “wrist over wrist,” with the hands in the above-stated position.

2. Keep Hands Parallel to the Surface. Just as a horizontal body is going to create the least amount of resistance, the swimmer should avoid pointing the hands in either an upward or downward direction. Often, swimmers are unaware that they are actually pushing against the flow of the water by allowing the hands to slip out of the horizontal plane.

3. Lock the Arm. Some swimmers may find that a lack of adequate flexibility prevents them from fully extending the arms. The more bend in the arms, the wider apart are the elbows and the greater is the exposed surface area.

4. Press Biceps behind the Ears. Tuck the arms slightly behind the ears and press the biceps firmly against the head. Avoid placing the biceps at the rear of the head; as such action tends to lower the head below the rest of the body and out of the optimal horizontal plane.

5. Align Head with Body. One of the most common errors in streamlining among adult swimmers is the displacement of the head in relation to the body. Rather than looking forward as one leaves the wall or lifting the head midway through the underwater glide, keep the head down and locked in place through the breakout and initial strokes. While frontal vision is impaired, streamline is much improved.

6. Tighten the Bun. It’s worth a chuckle, but squeezing together your two gluteus maximus muscles will enhance your streamlining ability. While this may not be a common means of improving body position, it requires roughly a one-second hold and release.

7. Straighten the Legs. As with the arms, flexibility is the issue. Most adult swimmers

have the ability to extend the legs upon exiting the wall, though the less flexible among us may be challenged. This action is a natural response following the push-off, much as it would be when attempting a maximum vertical jump.

8. Point the Toes. During kicking, the feet, ideally, are in a relaxed, unforced and extended position—180 degrees, more or less, from the lower leg. However, when attaining a “perfect” streamline, the feet should be forced into the horizontal plane, toes pointed directly away from the body.

9. Connect the Feet. So that the water tapers off of the body, place the feet directly next to one another, one slightly on top of the other. While this may be disturbed by kicking, a momentary pause immediately after push-off allows speed to be more easily maintained.

10. Go the Extra Inch. Once you have mastered the aforementioned nine steps, go one more by extending the body, head to toe, another inch or so. Feel the stretch run through the arms down the side of the body, through the legs and into the feet. It takes a little extra effort, as do all of these tips, and with a little practice, you’ll be known as the “Super Streamliner!”

Scott Rabalais, fitness editor for SWIM Magazine, coaches Masters and collegiate swimming in Savannah, Ca.

A BREASTSTROKE WORKOUT

*By Wayne McCauley, ASCA Level 5 Coach
Masters National Champion & All-American*

The following workout is a 60-minute Breaststroke workout for all ages. Though a substantial portion of the workout consists of drills, don’t be fooled ... this is a challenging workout. What’s more, if done diligently, it is guaranteed to have a significant impact on your Breaststroke.

	Group I	Group II	Group III
1. Warm-up	200 Swim 100 Scull 100 Scull 100 Scull 200 Kick	200 Swim 100 Scull 100 Scull 100 Scull 200 Kick	200 Swim 50 Scull 50 Scull 50 Scull 150 Kick
2. Drill: Main set #1	4x50	4x50	4x50
3. Drill: Main set #2	4x100	4x100	8x50
4. Drill: Main set #3	4x100	4x100	8x50
5. Drill: Main set #4	8x100	6x100	8x50
6. Swim: Main set #5	8x25	6x25	4x25
7. Warm-down	200	200	200
Total Yards	2,900	2,650	2,200

About this Workout

1 Warm-up: This workout includes a large amount of warm-up. Separate drills are used to warm up the arms and legs. The warm-up begins with an easy 200 yards of any stroke. Keep your head in line with your spine without looking up. Warm up the arms, chest and back muscles by using sculling drills.

The first sculling drill is done with feet first, body level at the water’s surface. Your hands should not be straight. Bend the hands to the wrist. In fact, overemphasise this action: think 80-90 degrees, and you’ll be lucky to do 45%. Scull both out and in, and as wide and fast as possible.

The next sculling drill is done head first, body level at the water’s surface, with a Breaststroke out-scull and in-scull. Do this in front of your head without any elbow bend or pulling. Emphasise forward motion.

The third scull is the “Amanda Beard Drill.” Sit vertically in the water with the knees just below the chest, and scull Breaststroke-style down the pool. If done correctly, your forearms will hurt.

Lastly, warm up the legs with an easy, streamlined Breaststroke kick on your back. Bring the heels to the butt, and keep the knees below the water’s surface in order to decrease water resistance. As for finishing the kick, the last six inches are almost 50% of the power of the kick, so it is important to clap the soles of the feet together. Remember, do not go all out on this kick set; it is still warm-up, and you do not want to strain your knee ligaments or groin area.

2 Drill: Main Set #1: The basic drill for all short axis strokes is hand-led body dolphin kicks. If you’re a slower swimmer, you may use short fins, but be sure to emphasise forward movement. Press your hands and chest down as your rear moves up (i.e. “as the hands go in, the butt goes up”). Start fully on the surface—even though it’s easier to swim body dolphin underwater, don’t “cheat.” Looking down, keep your head in line with your spine.

3 Drill: Main Set #2: Progress to an every third body dolphin and all-out hand speed Breaststroke scull. You will tend to use a slow scull motion. When coaching, I use the words, “Body dolphin, body dolphin, Breaststroke scull.” This should be an explosive, maximum hand-speed scull. Now progress to two body dolphins and two Breaststroke sculls, then to one body dolphin and the rest Breaststroke scull body dolphins.

4 Drill: Main Set #3: Progress to an every third body dolphin and all-out hand speed Breaststroke scull and a Breaststroke kick.

When coaching, I use the words, “Body dolphin, body dolphin, full Breaststroke.” Progress to two body dolphins and two full Breaststrokes. When all swimmers are properly doing the body dolphins and pressing the chest on the Breaststroke, continue to full-length wave or body dolphin Breaststroke.

5 Drill: Main Set #4: This is the one-second drill (my favourite). Hold your head underwater in a streamlined position for “one-a-thousand” for each stroke of Breaststroke. Take 30-45 seconds rest after each swim.

6 Drill: Main Set #5: Race each 25 by using the one-second drill—just like Amanda Beard in the 2004 Olympics. Take 15 seconds rest after each swim.

7 Warm-down: The warm-down is as important as your warm-up. Never skip it.

Drill Tip

Make sure your head is in line with your spine. Look down, not forward. Your head should go underwater after the kick by about one to two inches, but not more. Lastly, focus on having explosive hands and kicks so there is time to get into a streamlined position on each stroke.

Titbit Fact

The average beginning Breaststroker takes 35-40 strokes per 50 metres. The intermediate swimmer takes 25-35 strokes per 50 metres. Elite swimmers such as Amanda Beard and Kosuke Kitajima can do it in 16 strokes or fewer. Olympian Katie Hoff, who is only 15, swims Breaststroke by using tiny sculls out in front of her.

THE SELF-COACHED SWIMMER Preparing for the One-Hour Swim

By David Grilli

This month’s instalment of “The Self-Coached Swimmer” deals with preparing for the National One-Hour Swim (or as my wife, Tracy, refers to it ... “The Hour from Hell”).

OK, let’s get that positive mental attitude thing going. C’mon, it’s only **one hour!** One is such a small number.



Since the goal is to swim as far as you can in one hour, you obviously need to work on endurance. Additionally, you need to work on good form.

There are several training sets for improving your endurance. My personal favourite is 5x200 Freestyle on 3:00. Swimming a series of 200s with 20-25 seconds rest in between repeats is a great way to build speed and stamina. Of course, you may want to increase or decrease the interval time—but arrange it so you are swimming 80% of the time and resting 20% of the time.

Do this set once or twice with every workout, and try doing it as a main set or following a sprint set. As the “One Hour from Hell” approaches, squeeze the interval so you are resting for 10% of the time and swimming for 90% of the time. (Hint—don’t do this by swimming slower.)

Another good set to build endurance is a Freestyle ladder starting with a 1000, then a 500, 400, 300, 200 and finally a 100. Start with a rest interval of 1:00, and cut the rest time in half with each successive swim.

Maintain Good Form

The second objective is to maintain good form throughout the gruelling hour. This objective is much more difficult for the self-coached swimmer. You may feel as though you’re swimming smoothly and flawlessly, but think again. Stroke mechanics are high-maintenance.

Many coaches profess drills as the cure-all. Personally, I’ve found out that drills have never worked well for my swimmers. The swimmers in our group will usually do the drills as instructed, but when it’s time to swim again, they go right back to doing whatever they were doing, right or wrong. Swimming efficiency stems from thinking about what you are doing.

At the end of a tough workout, swim slowly and very correctly—or at least as correctly as you know how. Check that your hands are relaxed as they enter the water, and that your arm is well extended when reaching. Imagine trying to put your shoulder into your ear. Pull through the stroke with a twist of your hips, accelerating your hand and catching a maximum amount of water. Follow through, pushing the water behind you and making sure your thumb grazes your hip as you begin your recovery. And always point your toes as much as you can.

When you begin your next workout, try to think about swimming correctly throughout more of your workout than you did last time. You will then be prepared to take on the “Hour from Hell”—or at least you’ll be a little more prepared.

The first half hour of the One-Hour Swim isn’t so bad. The last 15 minutes is the real test. Usually by then, you have forgotten how to

count. But in the last five minutes, an interesting paradox occurs. You actually start to wish you had more time!

Be careful what you wish for...

SWIMMING IS THE PITS! Technique Tip: Butterfly

By Glenn Mills

Demonstrated by Jenny Thompson & Misty Hyman

Swimming is not really the pits, but by focusing on the stretch through your underarms, you'll have a better chance of connecting all the parts of your body on Butterfly.

You're a thinking, well-educated swimmer who does all the usual things for a better Butterfly. You press your buoy, you lift your hips on each stroke and you snake through the water like a sea serpent. So what's next? How can you take balance and body motion to the next level? How can you get something a little bit more dynamic out of it? One quick way is to change what you're thinking about—and it's simply **the pits**.

When you learned balance, you focused on pushing in through the chest. This, in turn, allowed your hips to rise. What I'm suggesting is that you move the focus point from your chest to your armpits. Yeah, that's right. Your **armpits**. And they're super-easy to focus on because they're so sensitive—just ask anyone with a ticklish son or daughter.

Swimming breakthroughs often occur when you learn to isolate a specific pressure point, thereby enabling the rest of the body to follow along in a more natural or powerful way. For many elite swimmers, the armpits are one of those pressure points. Focusing on the armpits encourages the hands to stay soft and high on the entry, and frees the hips to ride as high as possible. It allows you to “connect” with the water farther **forward** in your stroke.

Photo #1—Feel the Stretch



One reason Jenny Thompson is known as “The Bomb” in Butterfly is because she's also the **pits-armpits**, that is. In **Photo #1**, you can almost feel the s-t-r-e-t-c-h that Jenny gets through her armpits.

This stretch does several things for her stroke. It sends her hands far forward into the catch, and keeps her hands relaxed and high in the water relative to her chest. It super-stretches and opens her rib cage and pelvis, freeing her hips to ride high and her legs and feet to flow right along behind her body.

This stretch through the armpits turns Jenny's body into a loaded spring. When it's time to begin the insweep, Jenny's super-deep chest and stretched-open armpits will recoil and rise with very little effort. Because she gets a mechanical advantage from her open armpits, Jenny doesn't have to overpower her pull. She can just hang on to the water and let the spring action move her forward.

By concentrating on a soft hand entry, and feeling a good stretch through your underarms, you allow your hands to work **with** the water rather than **against** it. You can set up a more power Butterfly because more parts of your body are working in unison.

One final benefit is that you'll be more efficient. By allowing your hands to work in rhythmic unison with the rest of your body, you become better at managing your energy throughout your race or practice.

Photo #2—Loading the Spring



Misty Hyman is also the pits—er, I mean “The Bomb”—in Butterfly. In **Photo #2**, you can see that she presses deep into the water, not just with her chest but also with her **armpits**.

Notice that her hands are relaxed and ready to catch way out front and near the surface. Notice the long, clean line that seamlessly connects her high hands and arms, her deep armpits and chest, her high hips and her deep kick. Misty's underarms, stretched and open, will act as a spring when she begins the insweep.

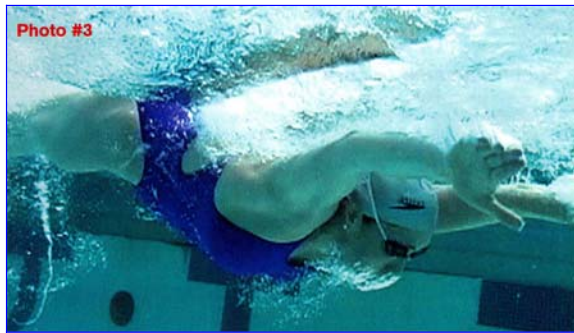
To get a sense of what Misty and Jenny feel at this point in their stroke, try this ... raise your hands above your head and position them

at 10 and 2 o'clock. Now press them back behind your shoulders and head. You'll feel pressure through your armpits and in your shoulders. If you feel or hear your back crack as you do this, you've pressed a little too far. (Or you need to get up and go swim for a few minutes!)

It's difficult to get any degree of stretch when you try this sitting down. But remember: when you try it in the water, you have a soft surface to press against, and this will help you get a fuller stretch. The gentle force of the water against your hands will give you just enough support to keep your hands high, to open the armpits and to help you connect everything together.

Photos #2, 3 and 4—The Recoil

As Misty starts her insweep (**Photo #2**), she presses with her hands and arms and **continues** to press with her armpits. The spring is fully loaded and ready for the recoil, which comes in **Photo #3**.



In **Photo #3**, the once-open armpits have begun to rebound and close, sending the chest up and the hips down. Misty's arms are pulling, but they're also hanging on to a single spot in the water, as you can see in **Photo #4**. This allows her to take full advantage of the recoil or rebound at her armpits.



If you're not quite as strong and flexible a Butterflyer as Jenny Thompson or Misty Hyman, you may find it difficult to get the

feeling described above. One way to do so is to practice with single-arm butterfly, and allow yourself some additional body movement.

A couple quick pointers...

1. Breathe to the side (which allows your hips greater movement) and
2. Focus on keeping your hands high and out front for just a bit after each single-arm recovery.

Glenn Mills is SWIM Magazine's technical advisor. Check out his website at www.goswim.tv.

*The following articles appeared in SWIM
January-February 2005*

All Said and Done

By Brent RuteMiller

It is ironic that Phil Whitten, editor-in-chief of *SWIM Magazine*, will be inducted into the International Masters Swimming Hall of Fame for his contributions to our great sport, and in particular to Masters swimming, in the same month that United States Masters Swimming ends its official relationship with *SWIM Magazine*.

No other person in the media has championed United States Masters Swimming (USMS) more than Phil Whitten. In fact, back in 1978—long before he became editor-in-chief for Sports Publications—he literally put Masters swimming on the map with a feature article in *Parade* magazine that resulted in some 30,000 letters to then-USMS President Ted Haartz, asking how to join.

More recently, Phil single-handedly posted over 7,000 *free* stories on SwimInfo.com promoting swimming. Every tenth story was about Masters swimming. Phil's articles on Masters swimming have appeared in over 80 magazines in 79 countries. If you search for Phil Whitten's name on the Internet, it will appear in over 13,500 articles.

Phil's passion for Masters swimming, a passion that we at Sports Publications all share, goes beyond the modest dollars associated with a business relationship. USMS is losing its greatest champion as it creates a new vehicle for communicating with its members.

In so doing, the entire Masters swimming community loses its most eloquent voice. USMS loses the added media value that came with SwimInfo.com and its reach to Masters Swimmers around the globe as well as to the rest of the swimming community. Phil is the glue that linked all swimming generations together.

With change comes great opportunity. Phil will be working to make the new *Swimming*

World magazine a rich, multi-layered magazine (including monthly *SWIM Magazine* content) as its editor-in-chief.

In addition, Phil will be instrumental in launching Swimmers of America—a new subsidiary of Sports Publications International (SPI) that will provide benefits to coaches who run adult swimming programs, camps and clinics. Swimmers of America will concentrate on reaching the non-competitive audience by providing insurance benefits, discount subscriptions to the new *Swimming World*, goodie bags for camps and clinics, as well as internet access for educational information about swimming.

In addition, Phil will be heading up a new international organisation for professional swimming writers and editors that will be devoted to creating a worldwide network of people around the globe dedicated to publicising and promoting our sport and to sharing information about competitive swimming. This society—called WATERS—will be sponsored by SPI, which will support and promote the society through SwimInfo.com's wire service (SwimInfoWire.com). The organisation will also become a source for rich content to be published in the new *Swimming World* magazine.

Although our relationship with the USMS governing body ends with this issue, we hope our relationship with the USMS membership will not. You can continue to enjoy Phil's insights through a subscription to the new, completely redesigned *Swimming World* magazine.

In the meantime, please join us in thanking Phil for all of his contributions to swimming, and in particular to United States Masters Swimming over the years, and congratulating him on his induction into the International Masters Swimming Hall of Fame.

Phil can be reached at
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THE CORTISOL CONNECTION

What a Salmon can teach you about proper Training & Recovery

By Shawn Talbott

If you were to take a close look at a salmon that has just spawned, you'd notice one striking feature—it's a mess! These fish suffer from immune system breakdown, infections, open sores, muscle loss and brain destruction—not a pretty sight.

Why should you care?

Because the very same hormonal stress

response that a salmon goes through on its quest for the spawning grounds is also at work in your body each and every time you head to the pool for a workout. This stress response leads to an elevation of cortisol—and in many ways; the elevated cortisol level of salmon is a perfect example of the dangers of overtraining and cortisol overexposure in swimmers.

Chronically elevated cortisol levels are known to lead to muscle loss, fat gain, immune suppression and a reduced ability to repair tissue damage following intense workouts—and those are just some of the effects on your athletic performance.

Prolonged stress and cortisol exposure has also been shown to damage the heart and blood vessels, shrink brain cells, break down bone tissue and increase the risk of depression, diabetes and other illnesses. Luckily, you have lots of choices for controlling your cortisol levels—and the same cortisol-controlling strategy can benefit your health and your performance simultaneously.

WHO HAS ELEVATED CORTISOL LEVELS?

Lots of people—but let's try to narrow it down.

Do you swim hard enough to experience occasional muscle soreness? Are you exposed to stressful events on a regular (daily) basis? Do you get fewer than eight hours of sleep each night? Are you watching your weight?

If you answered yes to any of these questions, then it's a good bet that you have chronically elevated cortisol levels. To gauge your own cortisol levels, take the **Cortisol Self-Test** presented with this article or visit www.cortisolconnection.com for the online version.

CORTISOL & METABOLISM: MUSCLE (LOSS) & FAT (GAIN)

Among cortisol's many functions are its effects in stimulating the release of glucose, fats and amino acids for energy production. In the liver, cortisol stimulates the breakdown of glycogen into glucose. In the adipose tissue (where we store our body fat), fatty acids are released in response to cortisol stimulation (fat breakdown?—sounds good, but the longer-term effect is fat gain).

In the skeletal muscles, cortisol promotes the release of amino acids, which are either used directly by the muscle for energy or sent to the

liver for conversion into glucose. The main problem with this last scenario, however, is that if it continues for any prolonged period of time, a significant amount of muscle mass may be lost (bad for immediate performance as well as for long-term weight maintenance).

If the muscle loss weren't enough bad news, chronic cortisol exposure also increases appetite and cravings for certain foods—especially for sweets. Because one of the primary roles of cortisol is to encourage the body to refuel itself after responding to a stressor, an elevated cortisol level keeps your appetite ramped up—so that you feel hungry almost all the time. In addition, the type of fat that accumulates as a result of this stress-induced appetite will typically locate itself in the abdominal region (bad for your long-term risk of heart disease and diabetes).

COUNTERACTING THE EFFECTS OF CHRONIC STRESS

Luckily, a combination of adequate exercise, recovery, nutrition and dietary supplementation can help you counteract many of the detrimental effects of cortisol exposure. Here's how...

Exercise. The best news for swimmers is that being active can help reduce some of the detrimental effects of chronic cortisol exposure. Exercise leads to production of dopamine, serotonin and endorphins—the “feel-good” anti-anxiety and anti-depression chemicals responsible for the “high” that swimmers, runners and other athletes typically feel after a workout.

Researchers at Duke University have shown that exercise (30 minutes per day, three to four days a week, for four months) can be as effective as prescription antidepressants in relieving symptoms of anxiety and depression.

Recovery. Researchers at the University of Colorado have conducted several studies showing how moderate exercise can reduce many of the detrimental effects of chronic stress. Regular participation in moderate exercise can reduce body fat, build muscle and bone, improve mental and emotional function, stimulate the immune response and reduce appetite.

However, the Colorado researchers have also shown that extremes of exercise (studied in over-trained endurance athletes), can reverse

these benefits by elevating cortisol levels, increasing body fat, interfering with mental and emotional function, suppressing immune function and increasing the risk of Injury.

Athletes who train excessively and/or recover inadequately tend to carry more body fat and less lean muscle mass—and tend to be at higher risk for cortisol-induced over-training compared to athletes who have a better balance between training/recovery.

Nutrition. OK, so exercise (with adequate recovery) is good for you (but you already knew that)—but eating right is also an important part of counteracting the effects of cortisol (big surprise!).

A common saying among sports nutritionists is that “there is no such thing as overtraining—only under-eating”—because proper diet can help control cortisol, modulate inflammatory responses, promote tissue repair and prevent overtraining syndrome. When it comes to “proper” diet, however, we can simplify the issue by making sure that each meal provides a combination of protein, carbs, fat and fibre.

Dietary Supplements. With all this emphasis on balancing exercise with adequate recovery, and eating the right amounts of macro nutrients for energy and tissue repair, where do dietary supplements fit in?

Aside from avoiding stimulants such as caffeine (which can increase cortisol levels above 200mg/day—about the amount in two cups of coffee), a variety of dietary supplements exists that can help to keep cortisol levels within normal ranges even when a person is under stress.

The first step is to take a daily multivitamin/mineral that contains calcium, magnesium, vitamin C and B-complex vitamins (at a minimum) to help modulate the general stress response.

For specific cortisol-control, the most effective supplements include a variety of plant extracts such as Magnolia bark, Thionine, Beta-sitosterol and Phosphatidylserine.

Many of these natural products represent a logical and convenient approach for many people who are subjected to emotional and physical stressors on a daily basis (like swimmers).

IF YOU CAN'T MOVE TO TAHITI...

For most of us, removing stress from our lives is unrealistic (wouldn't we all move to Tahiti to open surf-shops if we could?). In the world in which most of us live, however, we all have to work (*stress!*), we all have to pay our bills on time (*stress!*), many of us have to sit in rush-hour traffic (*stress!*), and we all have family and interpersonal relationships that don't always go smoothly (*stress!*).

On top of all that, as swimmers, we try our best to train and perform at our optimal levels (*even more stress!*).

By combining proper training, recovery, nutrition and supplementation in the right way, we can manage stress, control cortisol levels and promote not only optimal physical and mental performance, but also optimal long-term health.

Remember, it's OK to eat the salmon, and it's even OK to save the salmon—but just do whatever you can not to be the salmon.

Shawn Talbott, Ph.D., an avid triathlete (and not a bad swimmer!), is the author of "The Cortisol Connection—Why Stress Makes You Fat and Ruins Your Health" (Hunter House, 2002) and "The Cortisol Connection Diet—The Breakthrough Program to Control Stress and Lose Weight" (Hunter House, 2004). He lives, trains and controls his cortisol near Salt Lake City.

A WELL-ROUNDED WORKOUT 20 Ingredients for Total Training

By Scott Rabalais

Can you imagine following a nutritional plan of only two or three items, consumed day after day, month after month? Perhaps all you eat each day for a year is chicken, beans and cornbread. Not only would such a diet become monotonous, but in the long term you would also not meet the basic nutritional requirements for adequate health and physical development.

Swim training is similar.

If you were to head to the pool each day and complete the same basic workout each visit, you might be driven to the brink of boredom—and beyond! While you might receive certain physical benefits from such a plan, those benefits could be greatly enhanced by adding variety to your swimming workout.

While some adult swimmers choose to chart a carefully-constructed plan to peak performance, many swimmers prefer to have a stimulating, entertaining and challenging workout session. They are not as concerned about the impact of the workout on future performances. With a wide-open approach for

each workout, the sky is the limit in terms of variety. Any coach or swimmer would be wise to include as many—if not all—of the following 20 ingredients in each workout.

THREE MODES

Swim. This is an obvious ingredient—the meat in the hamburger, the milk in the shake. This is the natural approach, with no equipment or training aids added.

Kick. The legs are not to be ignored in the pool, and kicking can be included in a myriad of ways. Vary your position by kicking on your side, back and front as well as vertically—with and without fins and kick board. Underwater dolphin can be included in any workout.

Pull. Insert the buoy to give the legs a break and add some emphasis on your upper body. Some swimmers prefer to use hand paddles to create additional resistance in the stroke.

FOUR STROKES

Freestyle. Most American swimmers begin their workouts with Freestyle and use it as their primary stroke in practice. It's an effective way to begin a workout, as it may be performed in a relaxed manner by almost any swimmer.

Backstroke. Backstroke, in general, may be the easiest stroke to perform for beginners since the swimmer is free to breathe any time he or she wants. Backstroke is a great stroke for relaxing after a taxing set or cooling down at the end of a practice.

Breaststroke. Because the Breaststroke pull, kick and body action can require a higher level of power and explosiveness, it is advisable to warm up slowly to this stroke. Begin with light kicking, then an extended, gliding stroke, before bringing it to full speed.



Butterfly. Even a short Butterfly swim such as 25 or 50 yards can raise the heart rate substantially, so it is best to prepare for full-stroke fly by performing less strenuous drills, such as one-arm fly and dolphin kicking.

THE TECHNIQUE TRIPLE

Drills. There is an endless number of drills for the four strokes that are designed to help

swimmers perform the strokes more efficiently. For example, a swimmer may want to improve his or her Breaststroke by swimming a 2 kick/1 pull drill, during which the swimmer takes two consecutive kicks—maximising distance per kick and streamlining—followed by one arm stroke (with breath).

Turns. In a 25-yard pool, swimmers spend much of the time approaching the wall, executing a turn and gaining distance off of the wall. If feasible, block starts and race finishes may be practiced as well.

Sculling. While some swimmers have an unusual feel for the water—either inherently or through years of development—all swimmers can improve their kinaesthetic awareness through various sculling drills and positions.



THREE GEARS OF SPEED

Slow. Whether it's the first lengths of practice or recovery swimming well into the workout, slow swimming gives the swimmer a chance to relax in the water and enjoy the experience without discomfort.

Moderate. Most swimming in a workout is likely to fall into this category and may be classified as aerobic training.

Fast. While swimming at or near top speed is not recommended for the entire workout, a few sprints and quick swims will challenge the swimmer and provide enhanced physical benefits.

FOUR EQUIPMENT ITEMS

Pull Buoy. Many adult swimmers have an intimate relationship with their pull buoy, which provides lower body lift and relief for swimmers with fatigued legs. Runners and triathletes seem particularly enamoured with the pull buoy.

Fins. These may be the most popular items on the pool deck, outside of goggles. Fins provide speed assistance and lift and can be used as a teaching tool in all strokes.

Paddles. Caution is the key word in using paddles, as they create additional work for the shoulder region. Use wisely.

Kickboard. While using a kickboard can create an unbalanced body position when kicking, adult swimmers often enjoy the opportunity to “sightsee” and socialise during

kicking sets.

There are many other uses of training equipment, such as snorkels and stretch cords, but these four items are among the most commonly used.

TAKE TWO: START AND FINISH

Warm-up. Every workout should include an initial phase that allows the swimmer to acclimate to the water and prepare physiologically for training.

Cool-down. Likewise, after a solid effort, the body needs to return gradually to its normal resting state. Use the last few minutes of practice to swim easily.

ONE BREATH

Hypoxic Training. Swimmers who race regularly do so in oxygen-deprived states, if only for a few seconds. Hypoxic (without oxygen) training in moderate amounts can not only prepare a swimmer to race, but can be an effective drill for teaching relaxed swimming over short distances.

PUTTING IT ALL TOGETHER

Here's a 75-minute workout that includes each of the items mentioned in this article. Note that several items can be incorporated easily into one swim or set.

Warm-up

600 yards on 11:00, alternating 100 swim, 100 kick on back (no board). During each 100 kick, begin each length with at least six underwater dolphin kicks.

Turns/IM Order

12x25 on :30, starting in middle of 25-yard pool. Alternate 25 Butterfly, 25 Backstroke, 25 Breaststroke, 25 Freestyle, concentrating on turn technique.

Pulling

8x100 on 1:30 with buoy and paddles. Numbers 1-4, breathe every third stroke; 5-8, breathe every fifth stroke.

Kicking

10x50 kick with fins and board on :50, even pace (same time on each 50).

Swim Set

2x500 on 8:00. Each 500 is 200 slow, 200 medium and 100 fast, with second 500 faster than the first 500.

Cool-down

200 yards, alternate 50 sculling with buoy and 50 one-arm Freestyle, inactive arm at side and alternate-side breathing.

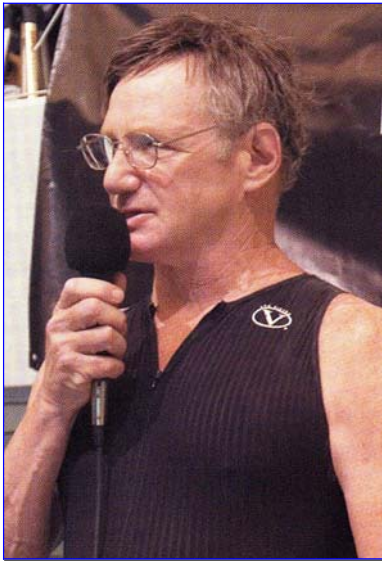
Total: 3,400 yards

Scott Rabalais is the fitness editor for SWIM and serves as vice president of USMS. He is a collegiate and Masters swim coach in Savannah, Ca.

The VOICE of the Sport

By P.H. Mullen

After 45 years of swimming, writing and heralding causes, Masters swimmer Dr. Phillip Whitten is today our sport's most ardent advocate and passionate champion.



As a kid growing up in the Bronx, Phil Whitten excelled at baseball. But when his mother remarried and the family relocated to the agricultural town of Livermore, Calif. near what is now Silicon Valley, he quickly adapted to local customs and took up swimming. The problem was, he wasn't all that good. Freshman year in high school, he was cut from the junior varsity. But that only fuelled his desire to succeed. Two years later, he made the team as a fourth-string Breaststroker. Little more than a year later, he was ranked No.1 in the country in age-group Breaststroke.

That early success has proved immeasurably important for the swimming world, because after 45 years of swimming, writing and heralding causes, Dr. Phillip Whitten is today our sport's most ardent advocate and passionate champion.

This month, two momentous things happen in the life of the 61-year-old editor-in-chief of this magazine, as well as *Swimming World*, *Swimming Technique*, *SwimInfo.com* and the soon-to-be-launched *Swimming World TV*.

First, for his lifetime of work, Whitten becomes the first-ever "contributor" inducted into the International Masters Swimming Hall of Fame, a tremendous achievement for an independent journalist whose career is defined

by frequently challenging the administrative powers that be in swimming's small global community. Second, back home in Phoenix, Ariz., he will oversee the sad closure of this magazine and its hopeful rebirth as part of a larger, more dynamic monthly publication, the new *Swimming World*.

"A whole new era is starting," he says. "I'm just warming up."

Yes, he is. What better time then, to celebrate the life and spirit of the man, Mr. Swim himself, who has led the fight against steroid abuse in swimming, helped save more than a dozen college swim programs from elimination and taught millions of us through his writings how to position our heads, streamline our bodies and love this sport? Here, then, are his three worlds-the journalist, the swimmer and the sport's champion.

The Journalist

The day starts between 4 and 5 a.m. when Phil Whitten rises to learn what's happened in the swimming world while he was asleep for five or six hours.

The Arizona pre-dawn is frosty. But it's his favourite time of the day. Whitten has Parkinson's disease, diagnosed five years ago, and in the early morning he usually feels it least. He settles in front of his home-office computer. He sips hot coffee and starts to type. There may be several dozen messages and stories waiting in his inbox. More news awaits him in the grey netherworld of the internet.

This is pure speed work. He needs to post news on the SwimInfo.com web site and do it fast. It's a race against the bigger news organizations, and he wants to win badly. His daily goal: get accurate news published faster than anyone else. Breaking stories will be sent to news bureaus around the world to be republished.

The exhilaration he feels each morning is real. Every time it's like racing an Olympic champion and staying with him as they charge toward the wall.

"He treats every story like a murder case, regardless of the subject," says Brent Rutmiller, CEO of Sports Publications and Whitten's boss. "He wants to get it first, and he wants to get it right. His tenacity is amazing. He's the quintessential gumshoe reporter."

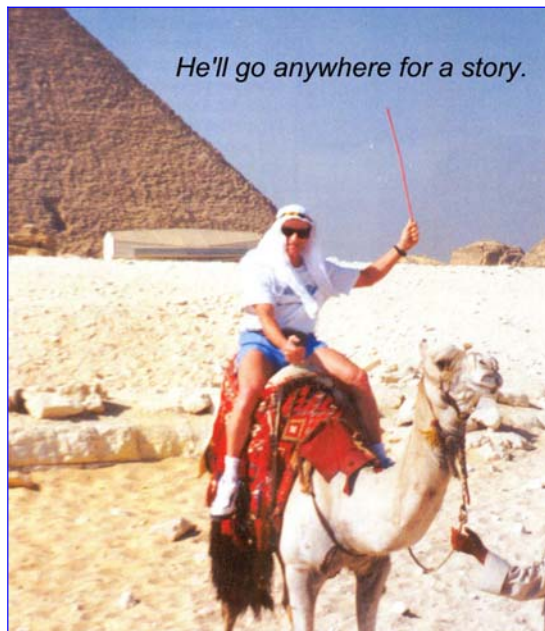
Whitten is unshaven. He's in his pyjamas. His greying, chlorinated hair is dishevelled. He's been doing this early morning routine for five years. It hasn't gotten old.

"I take tremendous pride in SwimInfo being the best news source in the world for

information about swimming,” he says.

SwimInfo.com was originally a support tool for promoting Sports Publications’ various magazines, books and swim shop. But Whitten’s vigour has turned it into the company’s strongest asset. It has become the one real-time voice in the international swimming community that provides instant information about everything from international Masters meet results to steroid scandals. Very often, it rings with the unmistakable clarion passion of Whitten’s moral indignation.

Here in the year of Google, SwimInfo.com is an internet jewel for its unbiased, timely information. In 2004, *PC Magazine* named it for the second consecutive year the No.1 online resource for swimming. Its popularity has skyrocketed: during the 2000 Olympics, it had 36,000 daily unique visitors; four years later for Athens, that figure more than quintupled to 195,000.



While Whitten posts the day’s stories, his wife, Donna, a senior manager in corporate finance, still sleeps. They met at a Masters meet and married in 1993. Also sleeping are the other three souls living under his roof—his stepson, daughter-in-law and 4-year-old grandson. Therefore, Whitten tiptoes. He keeps the lights off. Phone work is nearly impossible. In the darkness, his keyboard sings a modern song of clackety-clackety-clack, seven days a week. Each year, he churns out as many as 1,000 stories and oversees hundreds of others written by stringers.

“He loves to get up early,” marvels Donna. “That’s when his creative juices are flowing.”

He will continue to post news throughout the day as warranted, but this morning routine has a hard-stop deadline at 6:30 a.m. That’s when his office door usually swings open, and his precocious, 4-year-old grandson Stevie rumbles in.

Stevie doesn’t care whether Ian Thorpe just married Britney Spears or if Michael Phelps has entered a Buddhist monastery. Stevie wants Grandpa to make breakfast **now** and play computer games and wrestle **now**. It’s their secret time together; the rest of the house still slumbers. Whitten happily pushes away from the computer, often in mid-sentence.

The only thing that could make him happier would be having his other grandson, 3½ year-old Tiger, there, too. (Tiger lives in Santa Barbara, where Whitten’s son, Russell, is a chiropractor.)

The rule about kids: they age their parents and rejuvenate their grandparents.

In the old days, Mr. Swim would stand on a pool deck and for hours talk about splits, strategies, technique, training and poolside gossip. If it got wet, Whitten had something to say about it. His recall ability for minutia like times, finishes and splits is uncanny.

“Phil is a walking, talking swimming encyclopaedia,” says Nancy Ridout, past president of USMS.

The recall still exists, but it’s no longer Conversation Topic No.1, not since Stevie unexpectedly landed in Whitten’s house when Donna’s son temporarily moved in with his family several years ago.

During breaks in action at Olympic Trials last year, the man who is the most authoritative and objective voice in American swimming seemed to be the only journalist not endlessly rhapsodising about Michael Phelps’ chase for seven Olympic gold medals. Instead, he was busy telling friends about Stevie’s latest humorous take on the world. He positively glowed.

Says Donna: “I think Phil’s greatest aspiration is to be the best grandpa in the world.”

And if Whitten had the choice between a private dinner with Ian Thorpe and Stevie?

“A tough choice,” laughs Donna. “If Thorpe likes to play ‘Star Wars’ computer games, the three of them can have dinner together.”



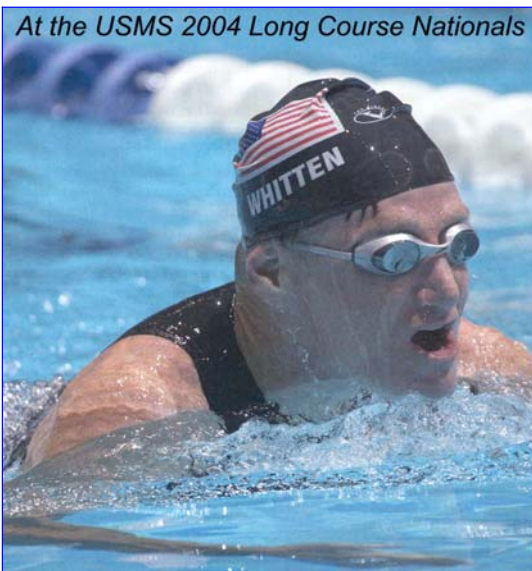
Phil & Donna at the Sydney Olympics

In the late morning, Whitten either resumes working in his home office or heads to the Phoenix headquarters of Sports Publications. As editor-in-chief of the country's three top swimming-related magazines for the last dozen years, there has always been at least one publication deadline looming over his head, and sometimes as many as three.

He usually swims a Masters workout at noon and twice a week lifts weights after work. In the evening, he devotes another two hours to editorial and website issues or works on his next book before bedtime. Unexpectedly, he has had more energy and needs less sleep since he came down with Parkinson's. So he goes to bed late. He sets his alarm early. More news awaits, more stories need to be written before the dawn.

The Swimmer

It's the middle of a noon swim workout on a gorgeous autumn day. Energised Masters fill the bright lanes at the outdoor Brophy East—formerly, the Phoenix Swim Club—pool in central Phoenix.



At the USMS 2004 Long Course Nationals

The water is crisp and blue; the desert sun is warm, and Phil Whitten is angry. It's the final lap of a hard 200 yard Breaststroke, and he can feel his body struggling with each stroke. On deck, anyone can see that the long strokes of his first laps have devolved into rough and jerky karate chops.

It happens every time. It's the Parkinson's. When fatigue sets in, the body loses its gross-motor skills. Whitten, of course, knows this. He accepts it, most days. But he won't let the anger go, because he likes the raw feeling it puts in his breast. It's an athletic urging, an instinctive competitive growl. It's auto-response. It's as natural as breathing.

And Whitten likes it because it lets him know he's still alive, still beating back a disease for which there is no cure, ill trying to get to the wall before the white pace clock's slender hand travels too far.

"Outwardly, he approaches it as if it's a non-issue and we're (all) the benefactors of that," says Donna. "Internally, he's fighting it."

Parkinson's is a neurological disorder afflicting 1.5 million Americans (60,000 new U.S. cases annually). The body's nerve cells stop producing a chemical called dopamine, which transmits signals within the brain to produce smooth muscle movement. Without correct levels of dopamine, the nerve cells fire at random, often non-stop, making the muscles move uncontrollably.

Over years, the ability to have wilful movement erodes. Walking, talking, typing—it all slowly disappears like the grey star in the centre of a turned-off television screen. For a man whose life defines graceful, muscular movement, the irony is a knife stab.

But Whitten, who has set several Masters World records in Breaststroke and Backstroke, is managing his Parkinson's perhaps as well as anyone ever has. Scientifically, it is quite remarkable, even eye-popping. Though they usually are mild, he has the tell-tale tremors, particularly in his left hand. But his gross and fine motor skills remain largely intact.

It's the swimming and weight training. He adamantly believes this. The flexibility, the aerobic development, the muscle training, the dopamine produced by vigorous exercise. Some people who've had Parkinson's disease for five years like him are checking out voice-recognition software, testing four-wheel walkers and pricing assisted-living facilities. Whitten swims Butterfly. He types easily and works 60 to 70 hours per week. He lectures and benchmarks and competes in Masters Nationals. His disease's progress is at a near standstill.

“I believe my continued well-being is largely a direct result of laughter and maintaining physical fitness,” he says.

“I can’t make Parkinson’s go away. But there is a lot I can do on my own to control it.”

“On my own.” That’s the key. Whitten is such a medical anomaly that his physicians simply don’t know what to do with him. When he strolls through their doors and tells them he’s swimming slightly faster now than he was four years ago, he watches them blink in confusion. He watches their pens hover uncertainly over his chart. They don’t have a convenient set of words to explain this, though a study presented late last year at a neurological conference bears out Whitten’s contention that regular exercise appears to halt the progression of the disease.

Nonetheless, Parkinson’s never lets him forget that it holds his nerve cells in its grim fist.

“I have to be extraordinarily careful of my swimming pace,” he says. “If I misjudge even a little bit and swim too fast, I’m in trouble. Literally, my left arm and left leg stop working when they get tired.”

Take his 200 yard Breaststroke. At first he can maintain seven or eight long and powerful strokes per 25 yards. But as the swim progresses, an unnatural fatigue sets in. His muscle control deteriorates. The breakdown happens rapidly and inexorably until by the final lap, he’s doing 12 short, spastic strokes instead of seven or eight smooth ones. By now, he’s cussing at himself. And happy about it.

“I’m not swearing at the disease,” he says. “I’m yelling at my body to fight through the pain. Last year, I made national Top 10 for the first time since I got the P.D. I figure if I continue to improve my times at my present rate, I’ll hold the world record in the 100 metre Breaststroke when I’m 95 years old. That’s my plan.”

The Sport’s Champion

It all comes together with that voice of his, that moral outrage that resounds across the sport. We heard it in 1994 when the Chinese swim team that showed up for the World Championships was so pumped with steroids, it would have been a cartoon-laugh if it weren’t so serious.

There was no evidence, no positive testing results. China owned that meet. And nearly everyone looked the other way.

Except Whitten. He could barely contain his fury. Beginning in 1993, in article after article, and in speeches and on radio, he unleashed a righteous indignation that was backed up with supporting scientific evidence and overwhelming statistical proof that there was one—and only

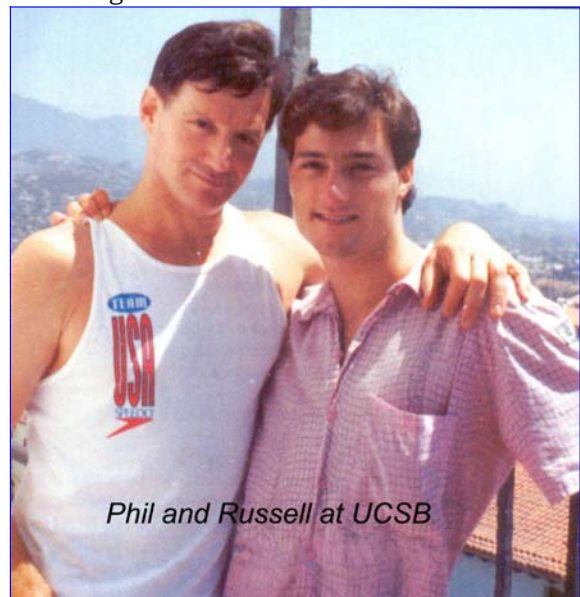
one—explanation for the Chinese swimmers’ performances: widespread, systematic doping.

Ten years on, every one of his contentions has proved correct.

Olympian B.J. Bedford, who was at the meet, remembers: “The athletes couldn’t say anything—all we could do was try not to be bad losers. Phil made us feel there was someone on our side.”

Despite being called a “racist” by Chinese coaches and officials, Whitten was relentless. Gradually forming alliances and sharing information with a small network of journalists around the world, he kept the pressure on China and FINA, swimming’s international governing body, which blithely insisted nothing was amiss. Eventually, half a dozen Chinese swimmers were caught, then, a near torrent of others. Whitten’s groundwork ensured the situation was not treated as individual blips on the screen, but as a systematic doping scandal involving the whole Chinese national program. Multiple athletes were barred from the sport, and one subsequent result was the establishment of the World Anti-Doping Agency, now a powerful international watchdog. Today, all sports are cleaner, and penalties for doping—in swimming, at least—are severe.

More recently, we hear that voice as it calls our attention to what he calls “U.S. Swimming’s biggest crisis”: the epidemic elimination of men’s collegiate swimming programs through the misuse of gender-equity rules related to Title IX. The intention of Title IX was to build women’s athletics, but some complying schools have found it easier to disband men’s programs, particularly in Olympic sports, including swimming.



Phil and Russell at UCSB

Writing a handbook on “How to Save Your College Swim Program” (published by USA Swimming)—a “how-to” guide to making swim programs virtually invulnerable to the ax—and using his bully pulpit to generate national interest in the debate, Whitten has been instrumental in saving more than a dozen teams and protecting many others.

“I don’t seek out big issues,” he says. “I’d much rather spend the time with my wife. But when I’m in a position to do something about a problem, I act. It would be an evasion of my responsibility if I didn’t speak out.”

Now the next chapter is starting. There’s the triumphant induction into swimming’s hall of fame—something that turns him emotional if he thinks about it too much. Then there’s the closure of this magazine and the thrilling birth of his new one, the revamped *Swimming World*, which debuts in March.

Much to do: many laps to swim, many fights to win on behalf of the sport. And he’s only just begun.

“Professionally, I only want two things,” he says. “First, I want to find new ways to promote the sport of swimming, its lifelong benefits and the fabulous people and values it produces. Second, I want to remain a guardian of the integrity of our sport.”

It’s enough. It’s more than enough.
P.H. Mullen, a graduate of Dartmouth, is the author of “Gold in the Water.”

Voices of Appreciation

John Leonard, Executive Director of the American Swimming Coaches Association



“Very few people are willing to take risks ... Phil takes them. Very few people are willing to take on the hard issues in sports ... Phil takes them on. Very few people place service above self ... Phil does. And in doing so, he provides an example for everyone.”

Dale Neuberg, FINA Vice President & Past President of USA Swimming



“Phil is tenacious and relentless ... pretty good qualities for a journalist, swimmer and activist to possess in abundance. He and I have not always agreed, but I never doubt his

sincerity and passion. He is impatient and strong-willed and wants fast action. Political expediency is not in his vocabulary. He taught all of us that the sanctity of our sport is too valuable to squander or to put at risk.”

Forbes Carlile, legendary Australian coach



“On many international issues when FINA and U.S. Swimming were slow to act, Phil has spurred these governing bodies into action with well-considered and forthright opinions. When there was dithering and political correctness over the question of doping involvement by East Germany, and later China, Phil never let up in his condemnation of what was so clearly happening ... I can think of no swimming journalist with such boundless love of swimming.”

8 LAPS WITH DR. PHIL WHITTEN

1. Whitten was an All-America swimmer at San Jose State University, but was better known as a campus activist promoting civil rights and protesting the Vietnam War.
2. Whitten won a graduate scholarship to Harvard and earned an interdisciplinary doctorate.
3. In 1970, Whitten started two international relief agencies to assist starving African children and was directly responsible for flying 3,000 children out of war-torn Nigeria and Biafra. The field hospital he helped establish in the Ivory Coast is today one of the largest hospitals in west Africa.
4. After a divorce, Whitten raised his son, Russell, now a Santa Barbara chiropractor, as a single parent in the 1970s and '80s. He remarried in 1993.
5. Whitten has taught at three universities, including Harvard.
6. Whitten has authored or co-authored 18 books, including “The Complete Book of Swimming” (Random House).
7. Whitten was the first journalist to procure and publish (in *Swimming World*) documents from the Stasi, the East German secret police, proving East German swimmers were systematically doped.
8. In college, Whitten was the lead singer in a rock band. The Parkinson’s disease has affected his ability to carry a tune.

BACKSTROKE: SLICE IT!

By Glen Mills

Demonstrated by Tanica Jamison

Photos by Michael Aron

Tanica Jamison demonstrates impeccable technique for hand entry and the “catch” in Backstroke.



A powerful Backstroke pull begins with two simple skills: a clean hand entry and an early catch. There’s no better swimmer to demonstrate these skills than Tanica Jamison, who swims every stroke with precision, elegance and awesome power. The 23-year-old Jamison is a former Texas Longhorn All-American. In August 2004 at the Conoco Phillips Summer National Championships, she took gold in the 100 metre Freestyle and 100 Butterfly, second in the 50 Freestyle and eighth in the 200 IM. And she took sixth in the 100 Butterfly at the 2004 U.S. Olympic Trials.

Photo #1: Thumb Out



When teaching the Backstroke recovery, coaches like to use the phrase “thumb out ... pinkie in.” The hand should exit the water thumb first ... and the hand should enter the water pinkie first.

Here Tanica demonstrates a picture-perfect thumb-first exit. She reaches straight for the sky with her thumb leading the way. She’ll then rotate the hand and arm to a pinkie-down position just prior to the hand entering the water.

Photos #2 and #3: Pinkie In



These two photos capture the exact instant of hand entry—from two different angles. Notice the position of the hand—pinkie first—and notice how **clean** the entry is. Rather than slap onto the surface, Tanica’s hand is going to **slice through** the surface. This simple act of positioning her hand for a clean entry gives Tanica several advantages in the power department.

Because the hand enters the water with minimum resistance, it will travel with maximum velocity. This allows Tanica to rotate her body quickly, and gives her extra **snap** as she shifts her body weight from side to side. This extra rotational force translates into added power.

The clean entry, combined with great rotation, allows the hand to seat **deeper** into the water. Tanica will get to the “catch” position quickly, and the catch will be deep, resulting in more power than a shallow catch.

One more thing to notice about Tanica’s hand entry is that she does not overreach. The hand enters the water on a line directly above her shoulder.

Many swimmers feel that by reaching past the shoulder and beyond the midline of the body, they’ll get a longer, stronger pull. It may **feel** like a stronger pull, but overreaching usually limits your ability to rotate, gives you a more shallow catch, and it slows down your turnover—three things that can decrease the power of your pull.

Look closely at Tanica and you’ll see she keeps her head stable and centred on her midline. This stable head position acts like a limiter—or gauge—to help determine just how far to rotate, and makes it less likely that she

will overreach.

Photo #4: Palm Down



Tanica’s hand enters the water and immediately goes palm-down to initiate the catch. As the hand rotates down, the body continues to rotate until she is completely extended and fully on her side—with the head remaining low and stable.

Notice how Tanica’s legs are connected to the rotation of her body and the catch of the hand. As the left arm enters the water, the right leg is bent and ready for the up-kick.

Again, it’s all about positioning and timing. A big kick with the right leg will help Tanica initiate her rotation to the other side. The left hand, by holding on to the water, will also help her initiate rotation. She connects the leg and the hand to generate power.

Photo #5: Shoulder Up



From the surface, here’s what great rotation and an extended, deep catch should look like. Notice that the top shoulder and arm are exposed and have rolled clear of the water. The head is low and stable. Everything is in line (one very **loong** line), and Tanica is ready to take full advantage of her deep, catch. A clean hand entry allows her to get into this position as quickly as possible on every stroke.

Photo #6: The Catch



Here is the exact moment of the catch. Tanica is at maximum rotation (nearly on her side). Her fantastic rotation has helped to push her hand deep into the water. The hand is deep and the palm is angled directly down. The legs

are crossing over each other. Legs, hips, body and hand are all in position, and are working together to produce maximum rotation and maximum power. The timing of the kick, connected to the power of the rotation, will actually help **draw** the hand into a more powerful pull.

If you take another look at Photo #1, you’ll see that a clean, deep pull leads to a clean recovery. The recovery of that arm will create as little resistance possible, as it’s totally clear of the water.

Keep these images in your mind as you head to the pool. Experiment with the position of your hand as it enters the water. See how quickly you can get your hand into a palm-down position to press against the water. Feel how an early catch can tie your entire body together—from fingertips to toes—and give you a more powerful pull.

Glenn Mills is the technical advisor for SWIM Magazine. Check out his website at www.goswim.tv.

DORSAL DELIGHT—A Backstroke Technique Workout

Presented by Speedo

Most Masters workouts emphasise Freestyle. This workout is a dorsal delight ... almost the entire workout focuses on Backstroke—from technique drills to tech tips to aerobic sets. If you plan to compete in Backstroke races—or just want to enjoy having the option of breathing any time you like—this workout is a must.

	Group I	Group II	Group III
1. Warm-up	300 Swim	300 Swim	200 Swim
2. Pre-set	3x100 IM 6x50 FR	2x100 IM 5x50 FR	2x100 IM 4x50 FR
3. Drill Set			
One Arm Kick/Pull	3x100	2x100	1x100
Kick/3 cycle/Full	3x100	3x100	3x100
4. Main Set	2x 2x200 3x100 4x50	2x 2x150 3x100 4x50	2x 2x150 2x100 4x50
5. Sprint Set	12x50 @ 1:10	11x50 @ 1:20	10x50 @ 1:30
6. Warm-down	100	100	100
Total Yards	4,000	3,500	3,000

About this Workout...

- Warm-ups:** Do any variation of a 300 swim or more, depending on the time available. Swimmers may do their own warm-up or follow the recommended set. Our team uses the first 10-12 minutes of the 105 minutes for warm-up.
- Pre-Set:** This is an extension of the warm-up, and the swims should be at a relaxed pace to loosen up the muscles. Swim a set of 100 Individual Medleys, taking 30 seconds rest between swims. After the muscles are warm and loose, swim a set of four to six 50

Freestyles to elevate the aerobic system for the hard work ahead in the main set.

3. **Drill Set:** There are two Backstroke drill sets. In Set #1, swim a set of 100s on your back as follows. For the first 25, have one arm extended overhead with the other arm at the side while keeping the head steady, body in a streamlined position and the shoulders and hips still while kicking. The next 25 is the same except do a one-arm swim with the arm that was at your side on the previous 25 (think of rhythm and body roll with the arms and hips). Complete the next 50 using the same drill except alternating the arm positions to the opposite side.
In Set #2, swim a set of three 100s on your back as follows. For the first 25, kick with hands extended over the head in a streamlined position. For the next 50, do three one-arm strokes with the right hand, followed by three with the left hand, then do six strokes, alternating the arms with each stroke. For the final 25, swim regular Backstroke. Concentrate on rotating the body while maintaining a streamlined position.
4. **Main Set:** In this set, you will alternate moderate and hard swims. This can be done swimming any stroke, but preferably Backstroke or Freestyle
5. **Sprint Set:** In this set, swim a fast 50 followed by an easy 50, five to six times. Try to descend on the fast 50s. On the fast efforts, concentrate on turnover, tempo, kick and body position.
6. **Warm-down:** Do 100 easy swim or more, depending on the time available. This is an opportunity to clear lactic acid from your system and allow yourself to recover for your next swim. Never skip or ignore the warm-down period.

Tech Tips

1. I look for three things in the Backstroke body roll ... rhythm, rotation and relaxation. In Backstroke, you can observe body position at all times, but you can't easily see your arms pulling through the water as you can in other strokes.
2. Those can be developed by doing lots of kicking with hands extended above the head, body in a streamlined position, head steady, keeping the shoulders and hips in unison.
3. When pulling, make sure you are bending your arms during your sweep through the water rather than using a straight-arm pull. I relate it to a person swinging a golf club or a tennis racket because power is generated in bending the arm through the swing.
4. Maximise distance per stroke through better Backstroke push-offs from the wall. Swimmers should kick to the surface with no splash in a streamlined, continuous kick from the hips with loose ankles and flexible knees. Practice vertical kicking to help kicking tempo. Do some hypoxic sets to become more comfortable with being underwater to develop the best potential maximum breakout.



*This article appeared in the ASCA Newsletter
Vol 04 Issue 8*

IN PHELPS'S CASE... THE HYPE IS RIGHT

*By Sally Jenkins
Sunday, August 22, 2004*

There are some people who feel that Michael Phelps has been overpraised at these Olympics ... that the attention on his medals came at the expense of others. It's a common refrain—Phelps was not the only guy in the pool. But I refuse to apologise for the fact that Phelps is the best swimmer you or I will ever see. The next time your child wonders what a real Olympian looks like, just turn their head in the direction of the centre lane, and say, "There goes one, right there." Phelps is the big kid in the middle, the one who makes greatness seem like a dependable, everyday quality. Now that his meet is over, there will be lots of nuanced discussion about how Phelps's medal count stacks up to that of Mark Spitz, the all-time Olympic record holder with seven golds. The debate, like all historical comparisons, is exciting but not particularly relevant. Spitz finished first in everything he entered, including four individual golds, but he swam in 1972 against arguably weaker competition. If Phelps's accomplishment here is slightly less golden, with six gold and two bronze medals, it's more versatile. He has scope.

The important point is this ... they belong in the same company. Spitz is now the only swimmer to whom Phelps may adequately be compared. This became evident when Phelps edged out Ian Crocker on Friday night to win his final individual gold medal, with that enormous come-from-behind-lunge in the 100 Butterfly. The sheer dynamism with which

Phelps moved through the water was one of those experiences the discerning sports observer recognised immediately for what it was: the sign of real greatness.

There are certain things you don't forget, athletes whose power is so instantly visceral that your inner tuning fork goes off. John Elway throwing a football. Steffi Graf walloping a forehand. Watching Phelps swim is a similar experience, provoking a sharp intake of breath. Everything I know in my 20 years of watching and writing about athletes tells me that he's going to be the greatest swimmer who ever lived, if he isn't already. Watch him, and every nerve responds. "Oh," you say to yourself. "He's one of those."

Phelps clearly knows this about himself, which was why he took on Spitz's record in the first place. There will be a lot of debate about that, too, and the wisdom of publicly stating you want to make history. Also, the campaign was no doubt in part a clever marketing ploy. It instantly made Phelps the focal point of the first week of the Olympics, and he remained the focus as he raced 17 times in seven days, counting heats.

Speedo offered a \$1 million bonus if Phelps could equal Spitz's gold medal count, and it would be naive to say that Phelps didn't care about the money. He's only 19, but he's already a savvy pitchman. There was that clever little sponsor-friendly remark he got off when he was asked if he was looking forward to breaking training now that his Olympics are over. "It's McDonald's time," he said.

But it's a serious mistake to label Phelps purely a commercial swimmer. Anyone who watched him closely could not question his motives or the genuine depth of his ambition. If Phelps was interested in commerce, for instance, he never would have entered the 200 Freestyle against world record holder Ian Thorpe of Australia and defending Olympic champion Pieter van den Hoogenband, almost ensuring himself an early loss. "You know what you're doing, right?" asked his coach, Bob Bowman. Meaning, you could be sabotaging your whole Olympics.

The smart marketing play would have been to avoid the race, because it represented an almost certain defeat on only the third day of the Games. But Phelps burned to see where he stood against the Thorpedo and the Flying Dutchman, the best Freestyle specialists in the

world. Phelps finished third, ending his Spitzian ambitions abruptly. But that he swam his personal best proved something: it proved he was a game kid who flourished under pressure, instead of folding.

As the meet progressed, it became obvious that the marketing campaign and medal quest didn't mean nearly as much to Phelps as it did to the rest of us, and may have even sort of bugged him.

"Can't get away from the numbers," he said, ruefully. But he never complained about the weight of expectations, as he might have. Instead he remained a basically carefree, gangly wet-head of a kid who was determined to enjoy himself, and found his greatest pleasure in a Relay.

"In my opinion, I did everything I wanted to do here," Phelps said later. "I won the first gold, and from then it was all for fun."

There are some athletes who are here only because their sponsors made them come. They are Olympians by obligation, not by choice. Phelps is not one of those. "I'm here and I'm able to compete in the Olympic Games for the United States of America, on one of the best swim teams for one of the best nations in the world," he said. "That's an honour."

If there was any lingering doubt about exactly what sort of champion Phelps is, he answered it Saturday evening when he sat in the stands and pulled for his teammate Crocker in the final swim of the Games, the Medley Relay. Phelps said he wanted Crocker, the superb Butterfly specialist who had a disappointing meet due to illness, to be able to redeem himself.

"He deserves another shot to prove himself and he's going to get that shot," Phelps said.

Crocker made the most of that shot; the Medley Relay team won gold Saturday night in world record time. But you also have to wonder if Phelps gave up his Relay place to Crocker because he was well aware that some felt he had commanded too much of the spotlight. After Phelps's announcement, he and Crocker exchanged a brief word.

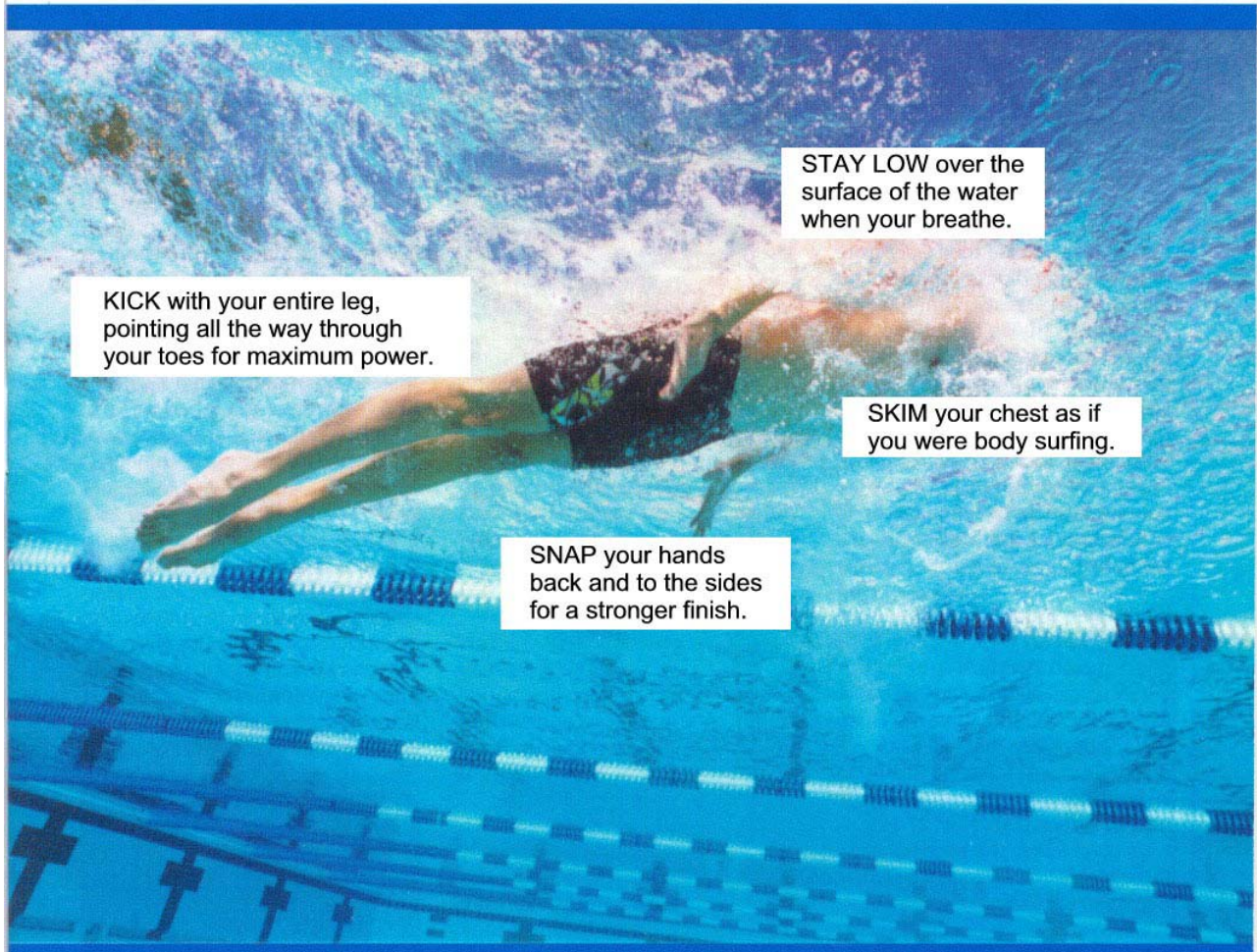
"I don't know what to say," Crocker said. "We're going to have to talk about this later."

"Okay," Phelps said. "But I want you to go out there and show the world what you're made of." With that gesture, Phelps's Olympics was complete. He proved that he could be as great out of the pool as in it.

This article appeared in Swimming World & Junior Swimmer, January 2005

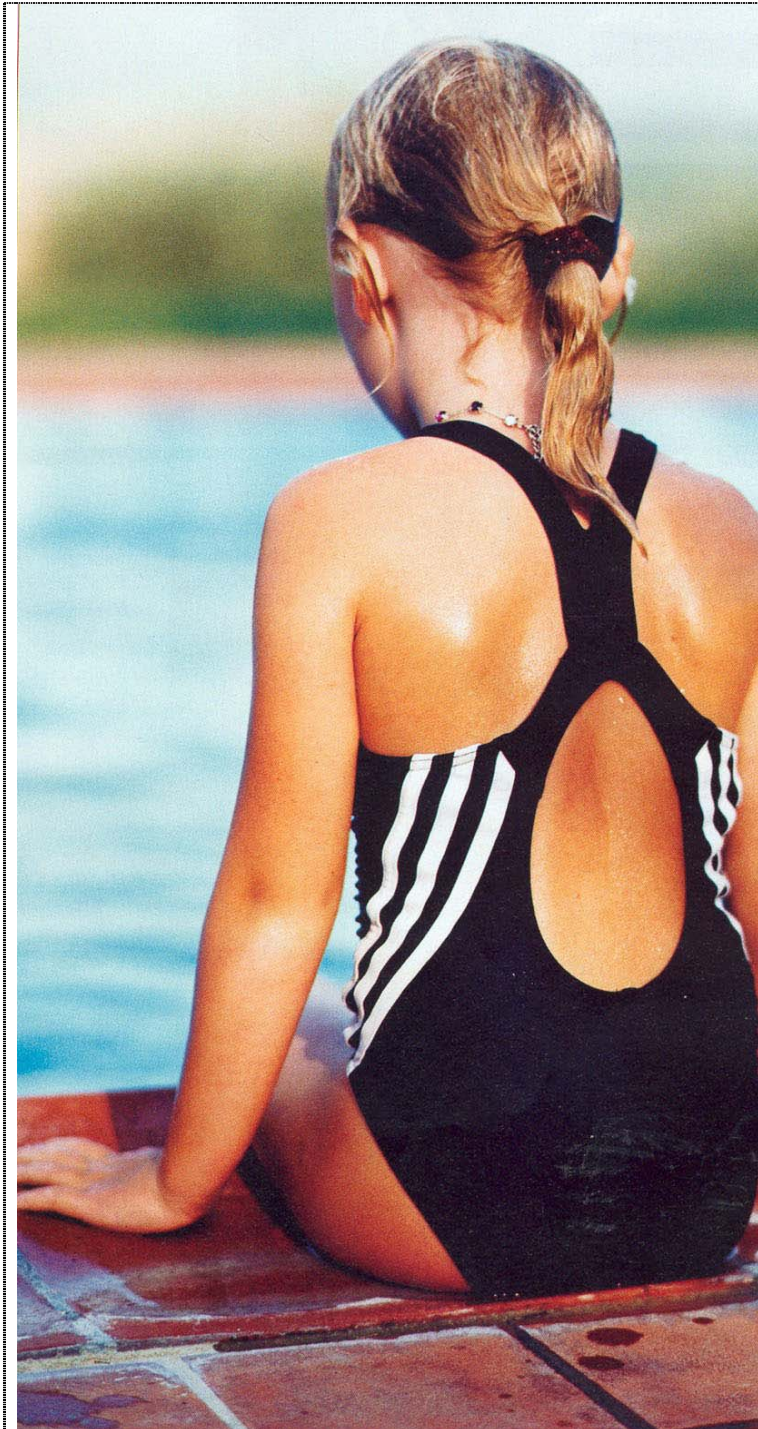
Butterfly: “Body Surfing”

By Glenn Mills • Demonstrated by Ian Crocker • Photo by Michael Aron





Reproduced from February 2005, No.26



The clean future

FINA and IDTM have enjoyed a long term relation fighting for a clean sport and fair competition. FINA appointed IDTM to conduct their world-wide Out-of-Competition Doping Control Program already in 1995.

Starting in February 2002, FINA was one of the first international sports federations to undertake combined urine and blood tests as a regular part of its unannounced out-of-competition program.

“One of the means to improve the image of our sports is to create stars and emphasise their achievements,” says Cornel Marculescu, Executive Director of FINA. “We cannot say that we have won the battle against cheaters, but we can assure the world that we continue this fight without limits!”

As FINA’s Anti-Doping work is continuously growing and improving, IDTM is also functioning as an advisor and discussion partner in order to create a clean future in swimming.



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HUMAN ABOVE ALL

Otylia Jędrzejczak, an example in sport and in life

By Pedro Adrega, Editor-in-Chief of FINA aquatics World



Otylia Jędrzejczak. A difficult name to write, but an easy name to retain considering the performances of the talented Polish swimmer, undoubtedly considered a hero in her country after the 2004 Athens Olympic Games. However, besides the medals and the extraordinary performances, Otylia is an example of generosity and her fame can encourage others. Last December, she auctioned her gold Olympic medal of the 200m Butterfly and donated the resulting US\$100,000 to an Oncology Institute in Poland. An unprecedented action that perfectly symbolises the values and philosophy of Otylia. “Every day I fight a lot to swim kilometres in the pool, but at the same time children around the world fight to wake up every morning and feel better. The world is a small nutshell in which we try to fulfil our dreams; if I can bring help to enable others to look forward to the ‘next day’, then I am satisfied,” confides Otylia to our magazine.

Words of singular maturity for someone who is used to being in advance for her age. In the summer of 1999, still aged 15, Otylia started to show her potential to the world: at the European Championships, she was third in the 200m Butterfly, the distance that would make her reputation. At the 2000 Sydney Olympic Games, she ranked fifth in the same event, but some months earlier at the European level she won the gold in the 200m and the silver in the 100m. Since then, Otylia has earned several awards in the major international competitions – including the FINA World Championships and the FINA World Swimming Championships (25m), and got her consecration in Athens,

during the 2004 Olympic Games. In the Hellenic capital, the Polish swimmer conquered not only the first gold medal for her country in Olympic swimming, but with two more awards (silver in the 400m Freestyle and 100m Butterfly) she became the most successful swimmer ever in Poland. “It was unforgettable! I took a huge risk by taking part in three events, but even being very tiring it paid off,” considers Otylia.

After her return in Poland, she received the highest honours from the national authorities and, most importantly, she was transformed into an idol for the youth and all the athletes. “As a person I did not change and I am trying to act and behave as before the Games. You know, fulfilling our dreams is not easy; I’ve fulfilled mine and I must get along with it,” she states. Defining herself as “a happy person”, Otylia’s goal is to carefully progress until the 2008 Olympic Games in Beijing: “I would like to swim well there, but first of all need to qualify for the team. Three years is a long time and everything may change by then.” Cautiously, she gives the motto of her life: “Sometimes it’s better to make a step backwards to be able later to make two steps forward”.

Otylia is studying in the fourth year at the Academy of Physical Education in Warsaw and in her free time she appreciates being with her family. “When on holiday, I always try to be with my parents, as for the rest of the time I see them very rarely,” she admits. Asked about a sport idol, she is clear: “I don’t have any. I try to take from each good athlete a positive aspect for myself.” As for the life idol, the answer comes also promptly: “the Pope John Paul II”.

“As a person I did not change and I am trying to act and behave as before the Games. You know, fulfilling our dreams is not easy; I’ve fulfilled mine and I must get along with it”



Career evolution

Olympic and World champion in the 200m Butterfly, and World Record holder in this event (2:05.78 from 2002—“I don’t make any prediction on bettering this time...”), the biggest challenge for Otylia is the supremacy in the 100m Butterfly. At the 2003 FINA World

Championships in Barcelona, she lost the gold medal to Jenny Thompson (USA) and at the 2004 Olympic Games she was second behind Petria Thomas (AUS). Now that those two athletes announced their retirement, the Polish swimmer has, in theory, more chances to shine in the shorter distance. “It’s very risky to think like that. There are many young and ambitious swimmers in this event. On the other hand, it is true that I need to swim fast the 100m to be good in the 200m...” declares Otylia, who started swimming at six on a doctor’s recommendation.

“I didn’t choose Butterfly; Butterfly has chosen me. I swam many strokes, but it went the best with Butterfly...”

Concerning the 400m Freestyle, and despite the success in the Games, the evolution is still uncertain. “I swam this distance for the first time in a major competition in Athens. It is very exhausting and one must be really well prepared to take part in it. I do not say it will have been the last time though,” she says.

Considering herself a 50m-pool swimmer—“I definitely prefer the long course races, in which I get my best results”—Otylia is attentive to the evolution of swimming in her country. Presently, with a set of talented and young athletes – Pawel Korzeniowski, Przemyslaw Stanczyk, Slawomir Kuczko, Aleksandra Urbanczyk, amongst others – Poland can face the future with confidence. “These names will mean a lot for our country in the future. They are ambitious and they will evolve. I am keeping my fingers crossed”.

Otylia is generous, optimistic and determined. Her talent and consistent work will certainly bring additional reasons to celebrate new victories and successes on the occasion of major international events. In life and in sport, Otylia Jedrzejczak was born to win. Considered by the prestigious “Time Magazine” one of the 29 “European Heroes of 2004”, one of these persons “who shines their light on the world”, the 21-year-old swimmer from Poland can be proud. Her compatriots, too.



Date of birth: December 13, 1983

Place of birth: Ruda Slaska

Weight: 72 kg

Height: 1.87 m

Club: AZS AWF Warszawa

Coach: Pawel Slominski

Top performances:

1999: LC European Championships – 3rd 200m Butterfly (2:11.60), 5th 100m Butterfly (1:00.53); SC European Championships – 5th 100m Butterfly (1:00.37), 6th 200m Butterfly (2:09.57); LC Junior European Championships – 1st 100m Butterfly (1:00.26), 1st 200m Butterfly (2:11.71)

2000: Olympic Games – 5th 200m Butterfly (2:08.48), 9th 100m Butterfly (59.14); LC European Championships – 1st 200m Butterfly (2:08.63), 2nd 100m Butterfly (58.97); SC World Championships – 3rd 200m Butterfly (2:09.61), 5th 100m Butterfly (59.50); SC European Championships – 4th 400m IM (4:42.13), 5th 200m IM (2:14.32)

2001: LC World Championships – 2nd 100m Butterfly (58.72), 6th 50m Butterfly (27.02), 12th 100m Freestyle (55.97); SC European Championships – 1st 200m Butterfly (2:07.95), 5th 100m Butterfly (59.31), 6th 50m Butterfly (27.39), 7th 4x50m Medley Relay (1:52.97)

2002: SC World Championships – 5th 200m Butterfly (2:10.11), 7th 100m Butterfly (59.20); LC European Championships – 1st 200m Butterfly (2:05.78), 2nd 100m Butterfly (57.97)

2003: LC World Championships – 1st 200m Butterfly (2:07.56), 2nd 100m Butterfly (58.22), 13th 400m IM (4:48.59); SC European Championships – 4th 200m Butterfly (2:07.81), 5th 100m Butterfly (58.75)

2004: Olympic Games – 1st 200m Butterfly (2:06.05), 2nd 400m Freestyle (4:05.84), 2nd 100m Butterfly (57.84); LC European Championships – 1st 200m Butterfly (2:06.47), 3rd 100m Butterfly (58.85)

FINA Swimming World Cup 2004/2005

4th meet in Stockholm (SWE)

January 18-19 2005

SHOEMAN BRILLIANT

By Camillo Cametti

FINA Press Commission Chairman



Roland Schoeman (RSA) was the swimmer in evidence during the fourth leg of the 2004/2005 FINA Swimming World Cup, which took place in Stockholm (SWE) on January 18-19, 2005. The South African athlete established a new World

Record in the Men's 100m IM (52.51), a World Cup Record in the 100m Freestyle (46.45) and also won the 50m Freestyle in 21.53. Moreover, the first of these performances put him in the lead of the overall ranking of the World Cup with 1046 points.

Also in the men's competition, Ed Moses (USA) won the three Breaststroke events, Yuri Prilukov (RUS) arrived first in the 400m and 1500m Freestyle, while the Japanese Ryo Takayasu (50m and 100m Butterfly), Takeshi Matsuda (200m Butterfly) and Hidemasa Sano (200m and 400m IM) appeared as well very strong.

In the women's field, the local stars Therese Alshammar (50m Freestyle and 50m Butterfly) and Josefin Lillhage (100m and 200m Freestyle) delighted the spectators with their performances.

Highlights of Day 1

Fireworks were up already when the first final—the Men's 100m Freestyle, was contested thanks to the South African pair Roland Schoeman and Ryk Neethling. Schoeman was always in the lead and clinched a clear cut victory over his compatriot with the time of 46.45 ... a new World Cup record.

Towards the end of the night South Africa's wonder duo gave life to the best race of the day by staging a fascinating duel in the Men's 100m IM. Once again, Schoeman managed to touch first, with a fantastic new world record of 52.51 (23.85); Neethling came just 1/10th of a second behind, in 52.61 (24.38). Schoeman's world record was the first in the 2004/2005 series.

Slovakia's veteran, Martina Moravcova, consolidated her position as the current World Cup most winning female when she touched ahead of two other well known ladies in the 100m Butterfly—her favourite event. Moravcova won in 57.25 (995 pts) ahead of Mette Jacobsen (DEN, 58.02) and Rachel Komisarz (USA, 58.57).

Highlights of Day 2

The "Eriksdalsbadet" National Swimming Arena was set alight in the opening race of day two—the Women's 100m Freestyle—by the duel between home swimmers Josefin Lillhage (in lane 3) and Therese Alshammar (in lane 5). In between (in lane 4) Melanie Marshall, of Great Britain, a specialist in this event, was never in contention and finished in third place, well behind the Swedish duo. Lillhage had the best in the convulse final ... her win was clean, in 53.26 ... her rival clocked 53.51.

Alshammar exacted revenge—and what a revenge! In the last event of the meet, the 50m Butterfly, when she narrowly beat (in a great time, 25.65) fellow countrywoman and world

record holder Anna-Karin Kammerling (25.84). Alshammar scored 1041 points, Kammerling 1019 – while Alshammar who did not participate in any meet of Zone 1 (Africa-Asia-Oceania) and therefore she is not eligible for the World Cup ranking—Kammerling is.

Slovakia's Martina Moravcova, who has just turned 29 on 16th January and is based in America (Dallas), managed a unique feat ... her 96th victory in a World Cup meet ... she did it in the 100m IM, with the time of 1:01.06, ahead of Alison Sheppard (GBR).

The Men's 200m Freestyle was also a great race thanks to Ryk Neethling. The South African swimmer had an extremely fast start and by the end of the first lap he was one length ahead of the field. He milled powerful strokes for about 100 more metres but finished on a slower note, however in an excellent time, 1:43.01 (splits: 23.57, 49.73, 1:16.67), worth 1008 points. This was Neethling eighth victory in this series.

South Africa would conquer its second gold this day when Roland Schoeman, definitely the "swimmer of the meet", clinched his third gold in the 50m Freestyle.

FINA Swimming World Cup 2004/2005 5th meet in Berlin (GER) January 22-23 2005

NEETHLING AT HIS BEST

By Pedro Adrega

Editor-in-chief of FINA aquatics World

Two World Records, two World Cup records and deep changes in the men's overall ranking of the competition ... this was the spectacular outcome of the 5th meet of the 2004/2005 FINA Swimming World Cup, which took place in Berlin (GER) on January 22-23.

After Day 1 performances of South Africans Ryk Neethling (World Record in the Men's IM in 52.11) and Roland Schoeman (World Record equalled in the Men's 100m Freestyle in 46.25), but also the result of Swede Therese Alshammar (World Cup record in the Women's 50m Freestyle in 24.03), the second day of the meet was highlighted by the new World Cup record of Markus Rogan (AUT) in the Men's 200m Backstroke, 1:50.67.

By countries, Japan dominated the medal's table with 13 awards (5 gold, 4 silver and 4 bronze).

Highlights of Day 1

South Africa lived a memorable day thanks to the fantastic performances by its two stars of the moment—Roland Schoeman and Ryk Neethling.

In the Men's 100m Freestyle, Schoeman did not disappoint and finished first in 46.25,

equalling the World Record set by Ian Crocker (USA) on March 27, 2004. Shortly after, he won his second gold of the day in the 50m Butterfly – victory in 22.92, the second world's best performance of the season.

Ryk Neethling also achieved an extraordinary feat in the 100m IM—fighting hard with Thomas Rupprath (first at the 50m mark), the South African recovered during the Breaststroke leg and displayed a fantastic finish in 52.11, much better than Schoeman's World Record (52.51) in Stockholm four days earlier! Moreover, this time gave Neethling 1071 points and the lead of the men's overall World Cup ranking.

Another major highlight of the session happened in the Women's 50m Freestyle, with an intense fight between Therese Alshammar (SWE) and Alison Sheppard (GBR). The Swede was superior and arrived first in 24.03, a new World Cup record that was in the hands of Sheppard since January 2003 also in Berlin (24.06).

The last intense moment of the day was the Men's 200m Breaststroke. Ed Moses (USA), the World Record holder (2:02.92) and winner of this race in Durban and Stockholm, was first until the 150m mark, but an inspired Jim Piper (AUS) had a strong finish and touched first in 2:04.03, the world's best performance of the year and a time worth 1054 points.

Highlights of Day 2

Markus Rogan, recent European short course champion in the distance, finished first the Men's 200m Backstroke in 1:50.67 (a new World Cup record), bettering the performance of Michael Phelps (USA), who had done 1 :51.40 in November 2003.

Therese Alshammar did not find special problems to win the Women's 100m Freestyle in 53.32 and the 50m Butterfly in 25.79 (third gold medal in Berlin), while in the Men's 200m Freestyle Ryk Neethling also imposed his superiority in 1:42.75. Finally, Schoeman won the 50m Freestyle in 21.45 and Neethling conquered his third medal of the meet (bronze) in the same event.

Thomas Rupprath's destiny was definitively revealed in Berlin ... the German was not supposed to win—alone—a Backstroke event. Like in the 100m (with Rogan), Rupprath also didn't make it in the 50m ... this time the co-winner was the American Randall Bal in a common time of 23.77. In the Men's 100m Breaststroke, as in the 50m of Day 1, the fight between Oleg Lisogor (UKR) and Ed Moses (USA) was favourable to the European—Lisogor touched first in 57.94, the world's best performance of the season, while the American was second in 58.10.

Yuri Prilukov, of Russia, also marked this meet, by winning the 1500m Freestyle – his fifth victory in the five meets of the current series (he did the same in the 400m). His time of 14:38.96 was the best so far.

FINA Swimming World Cup 2004/2005 6th meet in Moscow (RUS) January 26-27 2005

WHO WILL STOP NEETHLING?

By Mike Unger

Ryk Neethling (RSA) was the star in the Russian capital, by bettering the World Record in the 100m IM with a time of 52.01 – he had already established a World Record in this event in the previous meet of the series (Berlin) in 52.11. In Moscow, the South African also won the 100m Freestyle and 200m IM, becoming the only male swimmer with three gold medals.

In the women's field, there was as well a single athlete with three wins—Martina Moravcova (SVK)—who reached the 100th victory in World Cup races. Josefin Lillhage (SWE, 100m and 200m Freestyle), Kateryna Zubkova (UKR, 50m and 100m Backstroke) and Elena Bogomazova (RUS, 50m and 100m Breaststroke) were also in evidence. In the men's competition the double winners were Yuri Prilukov (RUS, 400m and 1500m Freestyle), Randall Bal (USA, 50m and 100m Backstroke) and Oleg Lisogor (UKR, 50m and 100m Breaststroke).

Russia captured the top position in the medal standings with 11 gold and 28 overall.

Highlights of Day 1

Ryk Neethling of South Africa smashed the 100m IM World Record for the second time in four days to highlight the opening night in Moscow.

Neethling, who won gold anchoring South Africa's 4x100m Freestyle Relay in Athens this summer, finished with a time of 52.01, knocking 0.10 from his previous mark set in Berlin on January 22. He earned 1077 points with the swim to strengthen his position for the overall top prize of US\$50,000 for the 2004-05 World Cup series. His countryman, Roland Schoeman, who broke the world record (52.51) in the same event in Stockholm on January 18, finished second in 53.88. Of the four world records set during the World Cup this season, all are by either Neethling or Schoeman, and three are in the 100 IM.

In other action, local favourite Yuri Prilukov of Russia pulled away from a tightly bunched field over the final 100 metres to take the gold in the 400m Freestyle in 3:45.04. He has now finished first in this event in all six World Cup

competitions this season. Martina Moravcova of Slovakia won the 100m Butterfly for her fifth consecutive win in the World Cup in 57.08, her fastest time of this series. The four-time Olympian also was second in the 50m Freestyle. Oleg Lisogor of Ukraine led from start to finish in capturing gold in the 50m Breaststroke in 26.67.

Highlights of Day 2

Martina Moravcova of Slovakia won her 99th and 100th career World Cup races by coming from behind in the final 25 metres of both the 100m IM and the 50m Butterfly.

Moravcova earned her first World Cup race victory nearly 12 years ago at age 17 in Milan, Italy, and since 2000, she has won 93 gold medals, highlighted by 27 wins in 2001 and 24 in 2002. She has 15 thus far in the 2004-05 series.

“I was definitely thinking about it tonight, just trying to get myself in position to win,” Moravcova said. “The World Cup has been great for me over the years. It’s helped me in my racing and also provided me great motivation in my training.

“Those two races tonight were difficult since there was little time between them,” she continued.

In other action, Ryk Neethling of South Africa continued his winning ways, nabbing the 200m IM from lane 8 in 1 :57.22. Neethling made a late rush over the final 50 metres to nab his third title of the meet. His 100m IM world record highlighted the first night of swimming in Moscow.

Yuri Prilukov of Russia won his second race of the meet, taking the 1500m Freestyle in 14:37.99. He has now won the 400m and 1500m Freestyle in all six World Cup meets this season.

FINA Swimming World Cup 2004/2005 After the conclusion of Zone 2 (Europe) SO FAR ... SO GOOD

After the conclusion of the first two zones (Africa-Asia-Oceania and Europe) of the 2004/2005 FINA Swimming World Cup (corresponding to six meets), the fantastic performances of the competition allow the first analysis of the current edition. Four World Records (one equalled), three World Cup records, 13 victories for Ryk Neethling (RSA) in the men’s competition and 15 for Martina Moravcova (SVK) amongst women, and constant changes in the overall rankings are the most relevant aspects to retain from these first six legs, when there are still two meets to complete the series (New York and Belo Horizonte in Zone

3, Americas).

Until this stage, the star of the competition is undoubtedly Ryk Neethling. The South African not only collected two World Records in the 100m IM (52.11 in Berlin and 52.01 in Moscow), but has also the highest number of points in the overall ranking (1077, precisely for the performance in Russia) and the biggest number of victories in the men’s competition—13. An amazing set of results that proves the quality of the South African swimmers in the latest major international competition: his compatriot Roland Schoeman has the remaining two World Records established so far – 46.25 in the 100m Freestyle (equalled record) and 52.51 in the 100m IM (in the fourth meet in Stockholm). Furthermore, he has also nine victories throughout the series and a World Cup record in the 100m Freestyle (46.45, before clocking the 46.25).

TOP VICTORIES

Men: Ryk Neethling (RSA) 13

Women: Martina Moravcova (SVK) 15

Markus Rogan (AUS) also has a World Cup record in the 200m Backstroke (1:50.67), while Yuri Prilukov (RUS) is the unbeaten swimmer in the Men’s 400m and 1500m Freestyle—he won both races in all the six meets that took place so far. As for the men’s overall ranking it presents a very consistent pack of results, with the six first of the classification having performances higher than 1000 points.

In the women’s competition, Sweden has in Therese Alshammar – World Cup record in the 50m Freestyle (24.03), in Anna-Karin Kammerling – lead of the ranking with 1019 points (50m Butterfly in 25.84), and in Josefin Lillhage – five victories and the third place of the ranking – its best representatives, but the prize of regularity goes to Martina Moravcova. The Slovakian, used to shine in the World Cup, is again doing a memorable season with 15 victories in the current six meets. Furthermore, her last win in Moscow represented the 100th win for Moravcova in World Cup races. A success that is also rewarded by the second place she occupies in the women’s ranking—1004 points (100m Butterfly in 57.08).

WORLD & WORLD CUP RECORDS AFTER ZONE 2

World Records

Roland Schoeman (RSA) 52.51 in the Men’s 100m IM (Stockholm)

Roland Schoeman (RSA) 46.25 (equalled) in the Men’s 100m Freestyle (Berlin)

Ryk Neethling (RSA) 52.11 in the Men’s 100m IM (Berlin)

Ryk Neethling (RSA) 52.01 in the Men’s 100m IM (Moscow)

World Cup Records

Roland Schoeman (RSA) 46.45 in the Men’s 100m Freestyle (Stockholm)

Markus Rogan (AUT) 1:50.67 in the Men’s 200m Backstroke (Berlin)

Therese Alshammar (SW E) 24.03 in the Women’s 50m Freestyle (Berlin)

TOP-3 RANKING after Zone 2

MEN

Swimmer	Points	Time	Event	Place
1. R. Neethling (RSA)	1077	52.01	100m IM	Moscow
2. J. Piper (AUS)	1054	2:04.03	200m Breaststroke	Berlin
3. R. Schoeman (RSA)	1046	52.51	100m IM	Stockholm

WOMEN

Swimmer	Points	Time	Event	Place
1. A-K. Kammerling (SWE)	1019	25.84	50m Butterfly	Stockholm
2. M. Moravcova (SVK)	1004	57.08	100m Butterfly	Moscow
3. J. Lillhage (SWE)	990	1:55.40	200m Freestyle	Stockholm



READY FOR NEW CHALLENGES
A portrait of the Italian Synchronised Swimming

*By Camillo Cametti **

FINA Press Commission Chairman

Synchronised swimming was introduced in Italy in the mid-seventies. The “vestal” of this discipline in the peninsula was a charming and blonde lady from Rome, Romilde “Rumi” Gramignani Cucchetti.



The lady – or “signora” as she was frequently addressed – was animated by a sacred fire, an

iron will, an adamant passion and some background in contiguous areas of the sport. These qualities allowed her to develop a well-attended school where she would teach the fundamentals. In a short time the first Italian synchronised swimming in Italy was born.

Supported by some friends who shared her enthusiasm and by the specialised press, Mrs. Cucchetti successfully lobbied in order to get the discipline recognised by the Italian Swimming Federation.

In 1978, a small Italian team was entered in the 3rd FINA World Championships, in Berlin: this was the first international top level competition ever attended by some synchronised swimmers from Italy, who could not escape collecting some of the bottom places as well as some ironic comments from a part of the Italian media.



The seeds, definitely thrown on a fertile ground, with time generated a strong tree, and flowers blossomed. To further improve and continue climbing up the ladder of international values the Italian federation hired coaches and choreographers from abroad, including Margo Ericksson of Canada, Cathleen O’Brien of the United States and Maria Maximova of Russia.

Over the last 14 years or so – about half of which under the guidance of the current national head coach, Mrs. Laura De Renzis, a former synchronised swimmer herself – the presence of Italian synchronised swimmers and teams in the finals of the top world competitions has been consistent and some medals have been collected. In 2004, six medals (five silver and a bronze) have been won overall by Italy at both the European and the European Junior championships, plus placements in the finals at the Olympic Games.

Not many countries can exhibit such a positive or stable trend over such a long span of time. Over the years other countries have known the highs and lows but Italy goes along with Russia and Japan for its ability to hold its place in the world ranking, although at a lower level. Sailing at the top level Russia and Japan both managed to keep their winning momentum through at least four Olympic terms, always on top of the medal chart in the major

international competitions.

Mrs. De Renzis and her staff managed to capitalise on the work done by her predecessors. She also brought in her own coaching skills and a rare ability to renew and rejuvenate the team without losing positions in the world hierarchy.

Since the beginning the “tutelary deity” of the Italian synchro was, and still is, the well-known Stefania “Cicci” Tudini, also a member of the FINA Technical Committee: her merits in supporting the development of synchronised swimming in Italy will never be enough praised.

The house of the Italian synchronised swimming movement may not be that big however it relies on solid foundations and it works efficiently. In the past years, a plan to further develop the discipline was implemented. There is still some room for the growth of the movement. The main obstacle may be the competition that synchronised swimming has to win over the aqua gym – a recently born discipline (in the area of fitness) which has already reached a high popularity – to gain to clubs more space and time in swimming pools.

The trend is on the rise, and the demand for synchro coaches is sustained, The Federation has some difficulties in coping with it in spite of a well-gearred professional training program of quality.

Although the superiority and the dominance of the Russian school are both universally acknowledged, Italian coaches are requested not only by Italian clubs but also by some foreign entities, clubs and federations from both Europe and the Mediterranean region.

Laura De Renzis gladly talks of an excellent coverage of the top international competitions by the Italian public television (RAI), including those traditionally staged in Rome and Loano. “Thanks to this coverage, which is based on high audience figures, the requests for establishing new synchronised swimming schools are boosting; consequently the pool managers are happy to grant more space to the synchro activities and the number of the girls who turn to synchronised swimming is increasing”. Most of the newly recruited athletes come from swimming, although a minority abandons other sports to tackle synchro.

The Italian swimming federation is encouraging in any way both the creation of new synchro schools and that of national training centres located in different areas of the country.

In 2005, the national competitive calendar includes several events disseminated all over the peninsula: from Trieste, in the North East, to Palermo, the capital of the Southern island of

Sicily.

After sending the past Olympic year to the archives the National team has immediately started their preparation in view of the World Championships, scheduled for the next summer. Laura De Renzis: “The Olympic team has done an outstanding job and the outlook on the forthcoming season looks bright. We are fortunate that we can still count on five of the nine members of the Olympic team; we can count also on some very promising athletes from the junior team who are ready to replace without difficulties those who have retired.”

De Renzis goes on: “The ‘new deal’ for the four-year term 2005-2008, leading to the Olympic Games in Beijing, has been inspired by both technical and economical reasons; in fact the Italian swimming federation has decided that the preparation and the training of the Senior national team must go along with that of the Junior national team”.

The Junior team, coached by Roberta Farinelli, will have to rush to keep the pace with the Senior team. They must develop all of their skills by absorbing the great experience of those who have taken part in the Olympic Games: the common goal for this year is represented by the World Championships.



A successful duet – Beatrice Spaziani and Lorena Zaffalon

“Our four-year training plan will optimise all available technical, economical and logistical resources”, adds De Renzis. “We want to land in Beijing in the best possible conditions. From the technical point of view we aim to increase our physical strength and to refine our technique in terms of synchronicity and accuracy of the movements; we also need to introduce and master new acrobatic figures”.

The new wave’s most promising athlete seems to be Beatrice Adelizzi. She is tall and full of energy, and features a statuesque body; she is also gifted with high expressive and interpretative skills. Indeed she is reckoned to be a real talent. It is hoped that Adelizzi’s abilities may soon equal those of Lorena Zaffalon, the current number one. Some predict that Adelizzi, who had a successful first

appearance in a international competition at the Junior World Championships in Moscow last year, will soon become the leader of the Italian movement and, perhaps, revive the deeds of Giovanna Burlando, the first Italian athlete to achieve an international standing.

For De Renzis, Lorena Zaffalon is still to be reckoned as the pillar of the Italian synchro: “She is strong and she still has an edge; Beatrice is the future, technically she needs to improve a lot. The new duo will have in Zaffalon its pivot; it will be completed either by Joey Paccagnella or Laura Zanazza, who have their strong points in their close physical resemblance as well as their expressive and interpretative skills, supported by a technique both accurate and homogenous”.

The Italians feel that they are now ready to move forward from their current 7th place in the world ranking. “A placement right behind the medallists or on the third step of the podium looks more realistic to us. We believe that we are the fastest moving country, along with China. Considered that around there is an inclination to ‘freeze’ the rankings this may appear as a hard task, and a very difficult goal to achieve. It will be a tight fight but we have indications that we can make it: after all our team has changed less than other teams and therefore we can count on solid values”.

In Europe, the Italians have always been on the podium since 1991: their continuity is an evidence of their good fundamentals and of their good work, only the Russians look beyond their reach.

At the Italian swimming federation they are proud of what they have done so far. Says De Renzis: “We do not feel that we can teach the others how to do it; however we claim to have walked our own original path, both technical and choreographic.” She adds: “We have achieved a lot in term of choreography, our results have been thoroughly recognised; we know that we have still room to improve; our efforts will be aimed to sustain our growth, especially in this area where we feel we are already among the world’s leaders”.

As a matter of fact the Italians have obtained their best results in those events where choreography represents the “core” of the event and where the spirit of synchronised swimming is more distinct: the Team and the Free Routine Combination (Combo) events, in which the team work prevails over the individualities.

De Renzis likes to make some comments on Combo: “It’s a very entertaining event, spectators like it very much. It also fully repays the swimmers and the coaches of their efforts. Probably a finer definition of the rules could

help. Also, not only for Combo but for all the events, a better understanding between coaches, choreographers and television producers could deliver better synchro images to the world viewers. I also believe that the creation of a language common to both the synchronised swimming adepts and the television commentators could prompt a better understanding of the sport, thus increasing the audience”.



Other ideas for the future? De Renzis asserts that experiments aimed to better entertain spectators should be encouraged. “A new event based on the ‘highlights’ could be interesting”, she concludes.

** The author wishes to thank Mr. Giorgio Scala for his valuable contribution.*

SUSIE O’NEILL QUIT THE IOC



The International Olympic Committee (IOC) announced that Susie O’Neill, IOC member in Australia since 2000, handed in her resignation from the IOC membership and its Athletes’ Commission. With regret, but understanding, the IOC accepted her resignation, acknowledging her desire to dedicate more time to her family.

Olympic champion in swimming at the Games of the Olympiad in Atlanta in 1996 and in Sydney in 2000, and World Champion in 1998, Susie O’Neill was elected to the IOC membership in 2000. Since then, she played an active role in other commissions including the Coordination Commission for the Games of the XXIX Olympiad, Beijing 2008.

Coming on the resignation, IOC President Jacques Rogge said, “Susie is a role model for the Olympic Movement. I would like to thank

her for her active and valuable contribution over the last four years during which she played an important role in representing the voice of athletes on the IOC. We wish her all the best for the future and hope that her busy family life will still allow her some time to keep close ties with the Olympic Movement.”

Susie O’Neill said, “I continue to be very committed to the Olympic Movement and, at a future, time, I hope to again be actively involved with Olympic responsibilities.”

FINA CALENDAR

FINA CHAMPIONSHIPS, WORLD CUPS & OLYMPIC GAMES

2005

Jul 17-31 **11th FINA WORLD CHAMPS** MONTREAL CAN

2006

TBA 4th FINA World OWS Champs TBA CAY
 Sep 11th FINA Synchro SW. World Cup Yokohama JPN
 Aug 11th FINA Masters World Champs San Francisco USA
 TBA 10th FINA Junior Synchro SW. World Champs Guangzhou CHN
 TBA **8th FINA World SW Champs (25m)** Shanghai CHN

2007

TBA **12th FINA World Championships** Melbourne AUS

2008

Aug 8-24 **Olympic Games** Beijing CHN
 TBA **9th FINA World SW Champs (25m)** Manchester GBR

FINA MEETINGS

2005

Mar 3-5 FINA Bureau Meeting Shanghai CHN
 Jul 13 FINA Bureau Meeting Montreal CAN
 Jul 14-15 & 21 FINA Technical Congresses Montreal CAN
 Jul 22 FINA General Congress Montreal CAN

CONTINENTAL, INTERNATIONAL COMPETITIONS, OTHER GAMES

2005

Jun 24-Jul 3 15th Mediterranean Games Almeria ESP
 Aug 11-21 Universiade Izmir TUR
 Dec 1-15 West Asian Games Doha QAT
 Dec 8-11 European SC Champs TBA TBA
 TBA 4th East Asian Games Macao MAC
 TBA 11th Games of Small States of Europe TBA TBA

2006

Jul 27-Aug 6 28th European Swimming Champs Budapest HUN
 Aug 17-20 Pan Pacific Championships Vancouver CAN
 Sep 8th African Swimming Champs Dakar SEN
 Dec 1-15 15th Asian Games Doha QAT

2007

Oct 14-21 4th CISM Military World Games Hyderabad IND
 TBA Pan-American Games Rio de Janeiro BRA

Fédération Internationale de Natation

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FOREIGN LEGION?

By Phillip Whitten

This article appeared in Swimming World & Junior Swimmer, February 2005

It seems that after every recent Olympiad the question has been raised anew. Why are American colleges and universities in the business of training foreign swimmers—swimmers who then turn around and use what they have learned here to win Olympic medals ... not for the USA, but for their native countries?

In the past, swimmers such as Bengt Baron (Sweden-University of California), Gustavo Borges (Brazil-Michigan), Attila Czene (Hungary-Arizona State), Agnes Kovacs (Hungary-Arizona State), Anthony Nesty (Suriname-Florida), Benny Nielsen (Denmark-Stanford) and Martin Lopez-Zubero (Spain-Florida) have all won Olympic medals after training in the good Ol' USA.

2004 continued the trend. Last year in Athens, the list of non-American Olympic medallists training at American universities included George Bovell (Trinidad-Auburn), Kirsty Coventry (Zimbabwe-Auburn), Duje Draganja (Croatia-California), Stephen Parry (Great Britain-Florida State), Anne Poleska (Germany-Alabama), Markus Rogan (Austria-Stanford) and Roland Schoeman (South Africa-Arizona).

In fact, three of the four men on the gold medal-winning South African 400m Freestyle Relay team swam for the University of Arizona (and the fourth is currently at Florida).

“Why are we training our competitors?” critics ask. “Especially when they are taking precious scholarships from young Americans who may be denied the opportunity to develop themselves to the fullest and to represent the USA internationally?”

In the post-Athens aftermath, the issue has been raised again. Recently, even the staid *NCAA News* jumped into the fray. Quoting USA Swimming officials, the newspaper stated,

“Forty percent of swimming medallists at the Athens Summer Games had ties to NCAA institutions.” And, it noted ominously, “Most were not donning gold, silver and bronze for the Red, White and Blue.”

If those statistics were correct, the controversy might be even more heated. They are not. Of the 78 individual medals awarded in swimming in Athens, 27—or 34.6%—went to NCM-affiliated athletes. American swimmers won 16 of those medals—or 20.5%—while foreign swimmers took 11 medals, amounting to 14.1%.

The impact of the NCM—and of foreigners in NCAA institutions—was greater among men than women. NCM-affiliated male swimmers took 17 of 39 medals in Athens (43.5%), with 10 going to Americans and seven to foreigners. NCAA-affiliated female swimmers won 10 medals: six by Americans and four by foreigners (three going to Coventry).

Still, the issue is a knotty one, and one that will not easily be resolved. Among the questions...

- Does the USA ultimately gain by having its swimmers compete against the world's best in college?
- With limited resources available (only 9.9 scholarships per team for men and 14 for women at Division 1 institutions), are we depriving promising Americans of the opportunity to win a college scholarship and develop to their maximum swimming potential?
- Does the U.S. win friends abroad when it develops a swimmer—such as Anthony Nesty, George Bovell, Ous Mellouli or Kirsty Coventry—who becomes the first Olympic or World Championship medallist from his or her country?

USC Head Coach Mark Schubert, who coaches Lenny Krayzelburg, a Soviet immigrant who went on to become an American citizen and win four Olympic gold medals for the U.S., takes the broader view: “The American dream is the opportunity for outstanding people to come to our country and contribute to our society. The NCM is a microcosm of that. A lot of outstanding student-athletes come here, they love our country, they stay and they contribute.”



This article appeared in Swimming World and Junior Swimmer, February 2005

How do you spell, “Class”? Easy. It’s J-E-D-R-Z-E-J-C-Z-A-K. As in Otylia Jedrzejczak.



Otylia Jedrzejczak

In what is certainly one of the classiest acts ever by an athlete, Otylia, who became Poland’s first-ever Olympic gold medallist in swimming when she won the 200m Butterfly in Athens last August, auctioned her Olympic gold medal for 257,550 zlotys (US\$101,500) in December. She donated the money to a Polish children’s hospital for treating young victims of leukaemia.

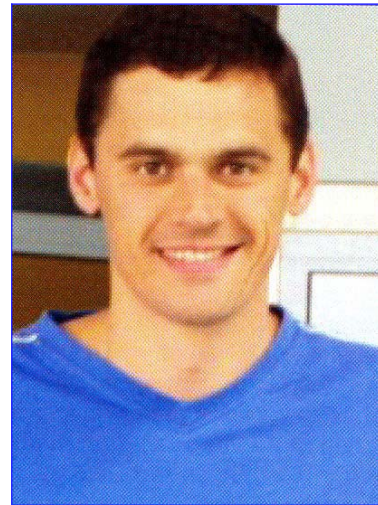
In addition to winning the 200m Butterfly, Jedrzejczak also won silver medals in the 100m Butterfly and 400m Freestyle, becoming an instant national hero. With her unprecedented selfless act—believed to be the first time an Olympic champion has ever auctioned a gold medal he or she has won to benefit a charity—she is now an international hero.

Swimming World Magazine readers can email Otylia by writing to philw@swiminfowire.com.

POPOV Calls It Quits...or Does He?

The French newspaper *L’Equipe* had a scoop last December 22: Russian superstar Alex Popov was about to call it quits after a magnificent career. Not so, Popov said from his home in snowy Switzerland. He had no official announcement to make on that topic.

Still, there’s little doubt the Russian Rocket, now 33, has swum his last major race. Popov was the world’s dominant sprinter in the 1990s, becoming the first swimmer to win Olympic titles in both the 50 and 100 metre Freestyle events in two successive Olympic Games when he won both sprints in Barcelona in 1992 and repeated in Atlanta in ‘96. Four years later in Sydney, Popov was the silver medallist in the 100.



Alex Popov

Popov attributes much of his success to Coach Gennadi Touretski: “The main thing in my career is consistency,” he said. “I achieved the results, and I stayed there. To be consistent, you have to believe in what you are doing, and you have to believe in your coach. It is like any relationship. I have been married for seven years and I’ve been with Gennadi for 13 years; you have to trust each other.”

Apologetic Phelps Gets Probation

Olympic superstar Michael Phelps, 19, was fined \$250 and sentenced to 18 months’ probation on December 29 in a Maryland courtroom after pleading guilty to driving while impaired. The offence carried a maximum penalty of one year in jail plus a \$1,000 fine.

Judge Lloyd O. Whitehead granted Michael probation before judgment, which will allow him to have his record expunged if he abides by the terms of his probation. Aside from his arrest for DUI, Phelps has a spotless record.

The judge also told Michael, who won six gold and two bronze medals at the 2004 Olympic Games, that he must speak to students at several schools about the dangers of consuming alcohol—something he has already begun doing.

“I recognise the seriousness of this mistake,” Phelps told the judge in court. “I’ve learned from this mistake and will continue learning from

this mistake for the rest of my life.”

Short Course Speed

Short course yards swimming got a boost in December with some sizzlin’ times. Olympian Rachel Komisarz, 28, was positively ablaze at the Kerr-McGee Pro-Am in Oklahoma City. Komisarz swam lifetime bests in winning four events: the 500 yard Freestyle in 4:36.80 (fourth fastest performer/performance all-time); 1000 Freestyle, 9:28.35 (third and third all-time); 200 Freestyle, 1:45.39; and 100 Butterfly, 51.83.

Former University of Texas Big 12 champ Tanica Jamison scored three golds with PRs in the 100 Backstroke (53.71), 200 IM (1:58.42) and 100 Freestyle (48.95).

University of Wisconsin grad Dale Rogers won three in the men’s competition with lifetime bests in the 50 (19.50), 100 (42.69) and 200 Freestyle (1:35.18).

At the Tom Dolan Winter Invitational, 16-year-old Katie Ziegler of the aptly named FISH Swim Club swam like one, turning in near-record times of 4:38.62 and 15:47.20 for the 500 and 1650 yard Freestyle, respectively.

Masters. In December, Mike Picotte, 32, bettered two U.S. Masters records for men 30-34 with a 44.53 effort in the 100 yard Freestyle and a 48.25 clocking in the 100 Butterfly. Four-time Olympic gold medalist Jon Olsen held the previous marks. Picotte, who won a U.S. national title in 1990, plans to compete at the World Championship Trials in April.

People

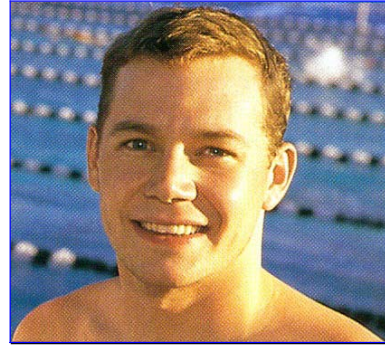
Coaches. John Leonard, executive director of the American Swimming Coaches Association, will be the recipient of the National Interscholastic Swimming Coaches Association 2005 Collegiate Scholastic Swimming Trophy. The trophy is conferred annually by NISCA in recognition of “the greatest contribution to swimming as a competitive sport, including protecting oneself and others in emergencies and as a healthful, [recreational] activity in the province of undergraduate and scholastic education in the United States.”

Dave Salo, Irvine NOVAS head swim coach and director of aquatics, has been named men’s head coach for the U.S. All-Star team in the Mutual of Omaha Duel In The Pool dual meet against arch rival Australia. The meet will be held August 2 at the recently completed William Woollett, Jr. Aquatic Complex in Irvine, Calif.

Frederic Vergnoux, one of France’s top young coaches, left his native land last month after being appointed the new head coach at the City of Edinburgh Swimming Club in Scotland. Vergnoux, who is also a SwimInfo correspondent, replaces England’s Tim Jones.

University of Iowa head coach John Davey resigned in December, citing personal reasons for his decision. Marc Long, a former Hawkeye All-American and currently women’s interim head coach, was named interim men’s coach in addition to his duties with the women.

Hickman Hangs It Up... British world champion James Hickman, 28, announced his retirement in December. The three-time Olympian won five consecutive titles in the 200m Butterfly at the World Short Course Championships. “I love the sport and have enjoyed swimming immensely, but the time is right for me to retire,” he said. “I’ve had a great year, and I always wanted to go out on a high.



James Hickman

...Luo Doesn't. Chinese Olympic champion Luo Xuejuan announced she plans to continue competing through the 2008 Olympic Games in Beijing. Luo, 20, who won the Women’s 100m Breaststroke in Athens last summer in an Olympic record time of 1:06.64, said she will not even think of retirement before the 2008 Olympics.



Luo Xuejuan

SwimInfo Announces News Channels

Finding your swimming news on the SwimInfo website just got easier. SwimInfo has added a news channel feature to the website, easily allowing you to locate the news stories in which you are most interested.

THE BEST OF THE BEST

By Phillip Whitten

This article appeared in Swimming World & Junior Swimmer, December 2004

Doing the December issue of *Swimming World* is always fun, as it gives us the opportunity to kick back, reflect upon the year's events, and select the Swimmers of the Year.

Of course this year, 2004, will always be remembered as the “Year of Michael Phelps,” although Michael had already had several absolutely extraordinary years, beginning with 2000 when, as a 14-year-old on March 29, he broke two minutes for the first time in the 200m Butterfly with a 1:59.02 at the U.S. spring nationals. A few months later, he became the youngest man since 1932 to make a U.S. Olympic swim team, placing fifth in the 200 Butterfly in Sydney.

In 2001, he set his first world record—in the 200 Butterfly—and in '02 and '03, he followed with global marks in both Medleys. At last year's World Championships in Barcelona, the international media took note when Mike lowered world records five different times on his way to three gold and two silver medals.

It was in 2004, however, that Michael the Legend was born, as he challenged Mark Spitz's mythic seven gold medal-performance at the Munich Games in 1972, emerging from the Olympic Aquatic Centre pool in Athens with six gold and two bronze medals.

And it was in 2004 in Athens that Michael revealed himself to be much more than just an extraordinary, once-in-several-generations athlete. He also showed that he is an extraordinary sportsman, testing the great Ian Thorpe in the 200 Freestyle, although he knew he was a decided underdog, then giving up his place in the finals of the 400 Medley Relay, where the U.S. was a heavy favourite, to teammate Ian Crocker, whom he had nipped in the 100 Butterfly.

Thus it is no surprise at all that, for the second year in a row, Michael Phelps is our unanimous choice for male Swimmer of the Year.

Aaron Peirsol, who had a fantastic year in his own right—three Olympic gold medals, three world records—was selected by our international panel of experts as the runner-up. Australia's Ian Thorpe took the third spot.

If the outcome of the men's voting was a foregone conclusion, the women's balloting was just the opposite, as two extraordinary young women—Australia's Jodie Henry and Ukraine's Yana Klochkova—vied for the top spot.

Both had fabulous years. “Jode,” who had been working her way up the rankings gradually since 2001, had a breakthrough performance when it counted the most. The 20-year-old from Brisbane set a world record in the 100m Freestyle in the semi finals in Athens, then came back to whip defending champion Inky De Bruijn and the fastest field in history for the gold. To top it off, she swam history's two fastest 100m Freestyle Relay splits to anchor Australia's world record-setting 400 Medley and Freestyle Relays.

Yana's achievements were of a different nature. Over the past seven years, the 22-year-old Ukrainian has established herself as the best all-around female swimmer in history. In Sydney, she became the first woman ever to win both Medleys at the Olympic Games. When she repeated her triumphs in Athens this year, she had achieved an unprecedented double double, writing herself into the history books.

The voting for female World Swimmer honours see-sawed back and forth, but ultimately the selectors gave the nod—by a very narrow margin—to Klochkova over Henry.

CREATING A SUCCESSFUL HIGH SCHOOL SEASON

By Kari Lydersen

This article appeared in *Swimming Technique*
October-December 2004

Coaches at The Bolles School, Lake Forest High School and the Mercersburg Academy tell how they shape their high school season and workouts.

High school swimming seasons come in all shapes and sizes.

Some last most of the school year; others are as short as 10 weeks. Some take place during the cold of winter; others take place as the summer heat sets in. Some are geared toward a local championship meet; others are focused on the state championships and, perhaps, USA Swimming's senior nationals. Some teams compete two or three times a week; others only once a week. Some do dryland training and morning workouts; some don't.

But there are also similarities among the ways coaches shape their high school seasons and workouts. Consider the programs of Jeff Poppell, Lea and Erik Maurer and Fete Williams, some of the top high school coaches in the country...

- Jeff Poppell was awarded the 2004 National High School Coach of the Year for Girls Swimming by the National Interscholastic Swimming Coaches Association (NISCA). He has coached at The Bolles School in Jacksonville, Fla., for the last 11 years, the last two as head coach. The swimming powerhouse has won 16 straight Florida state high school championships for boys and 13 straight for girls.
- Former NCAA champions Lea and Erik Maurer coach at Lake Forest High School. Since they took over, the swimming program has been one of the best in the country. Lake Forest, located on the outskirts of Chicago, won the Illinois State High School Girls Championship in 2002 and 2003, while the boys were *Swimming World's* national champs in 2003.
- Mercersburg Academy, located in central Pennsylvania and coached by Pete Williams, has finished among the top three teams at its state championship for many years. Williams' swimmers have also

competed regularly in the USA Swimming senior nationals.



The Bolles School girls won Swimming World's national high school title in 2004

Challenges Aplenty

There are many challenges facing any high school coach in shaping his or her season. Among them include...

- Putting in quality training while having meets one or more times a week;
- Getting ready for a championship meet in a relatively short amount of time—as in Florida's 10-week season;
- Preparing for two or three championship meets one after another toward the end of the season;
- Integrating seasonal high school swimmers with year-round swimmers; and
- Balancing a successful high school season with the long-term demands of a swimmer's USA Swimming career.

The Bolles, Mercersburg and Lake Forest programs all involve a majority of swimmers who train year-round and compete in USA Swimming meets.

"Our high school swimmers are not required to swim for a USA swimming club, but it is encouraged strongly for everyone, and most of the varsity swimmers train at some level year-round," noted Erik Maurer.

All four coaches have learned how to fit the high school season into a year-long framework. In most cases, this means focusing on one major high school meet at the end of the season—either the state or local championship meet—and training through all the other meets without much rest.

In fact, dual meets are usually viewed as another form of practice and incorporated into the week's plan as speed work or an anaerobic workout.

"We make them fit into our training program," said Poppell, whose team competes only once a week—"the fewest meets possible"—so their training isn't interrupted too much.

"We use the meets as speed work and as opportunities to try different races and race strategies," said Lea Maurer, an Olympic gold

and bronze medallist. “Young swimmers with limited race experience can get instant feedback on the changes they are making in training, technique and tactics on a regular basis.”

A Short Season

The high school season in Florida may be the most challenging structure of all. The season starts in mid-August and continues through the last week of October. It was shortened by three weeks recently to make room for four seasons of high school athletics per year in Florida.

Starting next year, Florida will have three championship meets the last three weekends of the season—districts, regionals and state. A swimmer qualifies for regionals based on districts, and for state based on regionals, so performing well at these meets is critical. However, after only about seven weeks of training, tapering for each meet isn’t realistic.

“We treat districts just like any other meet,” said Poppell. “We just prepare for the state meet and that’s it. The season’s too short to prepare for three meets in a row. We put all our eggs in one basket and get as many swimmers to state as we can.”

There are about 70 swimmers in the Bolles program, about 45 girls and 25 boys. They are divided into sprint, middle distance and distance groups, with the sprinters tapering about two weeks for states, the middle distance swimmers tapering a week-and-a-half and the distance swimmers tapering for a week.

“Ten weeks isn’t much time to build a base, incorporate speed work and taper,” Poppell noted. “Most teams can ease into the season more than we can.”

Lea Maurer noted that at 14 weeks, their season is longer than Florida’s, but that still doesn’t leave a lot of extra time for “easing into things.”

“Since it is a short season, we jump into pretty good work right from the start,” she said. “We do drilling and technique work as a part of the mix, but the yardage is solid out of the gate. We mix the type of work that the swimmers get throughout the season, but the first five to six weeks are geared toward base work and increasing volume.”

Since the girls’ high school season is in the fall, they get right down to hard training because some of the swimmers may have taken a break from swimming over the summer. The boys have more time to build a base before their winter season starts.

“The boys will usually be willing to get back in and train in the fall before the start of their high school season,” said Erik Maurer. “This mitigates their laziness if they took the entire summer off.”

Full-Time Commitment

Mercersburg and Bolles are both private schools with boarding programs. However, not all of the student-athletes live on campus. Some of the local residents go to school during the day and live at home.

The division in which Bolles competes is one of three divisions in the state based on school size. Most of the schools in this largest division are private schools, although there are some public schools. For Mercersburg, the championship meet includes private schools from not just Pennsylvania, but around the Eastern region as well.

For Mercersburg and Bolles, the boarding structure means that for at least some team members, school and team are a full-time, often year-round commitment. Although some boarders go home during the summer, others—especially international students—stay and train.



Last year, the Lake Forest High School boys were Swimming World’s national high school champs.

Lake Forest isn’t a boarding school, but the Maurers also coach a USA Swimming team that allows swimmers to train with them year-round.

There are actually three different teams and schedules, with the girls’ high school season stretching from August to November, the boys’ high school season going from November to February, and the 120-member USA Swimming team—Scout Aquatics—practicing year-round. Both high school seasons culminate with the Illinois High School State Championships.

Mercersburg Academy, located in central Pennsylvania and coached by Pete Williams, has finished among the top three teams at its state championships for many years.

Mercersburg's season begins in September and stretches to February for a total of about 24 weeks. Those swimmers who qualify for senior nationals, sectionals or other USA Swimming meets continue to train into the spring. The high school season culminates with the Eastern Interscholastic Swimming and Diving Championships in February. The team tapers and shaves for this meet and also rests for an invitational meet at Christmas.

"Since we're a boarding school, people go home at Thanksgiving and Christmas," said Williams. "So one part of our season is before Thanksgiving, the few weeks in between the holidays is another, and after Christmas is still another."

He notes that the "kids who go back to good programs" usually have intense training during the holidays, so they come back in good shape. International students might stay at school over the holidays, and a minority of swimmers who go back to less competitive hometown programs might have some catching up to do in January.

Training Phases

Even though the high school competition season is over in February, Williams sees the training phase between the major USA Swimming meets in March and graduation in June as another crucial phase of their training. The summer is considered yet another phase.

There are about 40 swimmers in the program at Mercersburg, with boys and girls training together. They do morning workouts Monday, Wednesday, Friday and Saturday plus afternoon workouts every day but Sunday. They also do dryland workouts on Tuesday, Thursday and Sunday in the fitness centre at the school.

Bolles does morning workouts on Mondays, Wednesdays and Fridays as well as afternoon workouts every day but Sunday. They do dryland workouts on a three-day cycle, with a day of weights, a day of medicine balls and tubing, followed by a day focusing on running and strengthening their abs in order to give their upper bodies a chance to rest.

Likewise, Lake Forest does three mornings and five afternoons a week plus Saturdays, with dryland training after swimming on three afternoons.

Lea Maurer noted that after their 5-6 weeks of high volume training, they "transition to a 3-4-week block of increased intensity, higher expectations in training and more recovery between intense sessions.

"One of the things we emphasise during this portion of the season is training at race efforts and tempos," she said. "Therefore, we break things into smaller pieces that allow swimmers to keep their cycle counts and speeds closer to

the levels they need at the end of the season. We also start to blend in more race-specific training such as sprinting and pace work."

Lake Forest tapers for about four weeks, which might sound like a lot, but that doesn't mean they have a month of taking it easy.

"Taper in our terminology does not mean that the athletes are just floating for a month," she said. "We expect higher levels of concentration on the little things such as starts and turns and technique. We begin looking for an attitude of 'faster on the fast, easier on the easy.'"

Kari Lydersen is a contributing editor of Swimming World and writes for the Washington Post.

SAMPLE WORKOUTS

THE BOLLES SCHOOL

Early Season Workout Monday, Aug. 18, 2003 with fins...

10x50 streamline kick on back on 1:00
 1x400 build w/paddles—breathe every 3 on
 4:50/5:00/5:10 10 x 50 kick on side on 1:00
 1x400 build w/paddles—breathe every 3 on
 4:50/5:00/5:10 10 x 50 streamline kick on stomach on
 1:00
 1x400 build w/paddles—breathe every 3 on
 4:50/5:00/5:10

12x100

1-4—25 right arm, 25 left arm, 50 technique on 1:40
 5-8—Touch 'n pull w/thumb up the side on 1:30
 9-12—3 strokes w/ 6-count hesitation on 1:30

Distance—8x400 free negative split on 4:40

Middle—6x400 free negative split on 4:50

Sprint—4x400 free negative split on 5:00

Middle Season Workout—Thursday, Sept. 18, 2003

100 swim, 100 kick, 100 pull, 100 swim—Freestyle
 200 swim, 200 kick, 200 pull, 200 swim—best stroke
 300 swim, 300 kick, 300 pull, 300 swim—Freestyle
 200 swim, 200 kick, 200 pull, 200 swim—2nd best stroke or
 IM

10x50—Dive 25 underwater kick (no breath), 25 technique

Freestyle on 1:10 24 x 25 on :30 (1 round each stroke)

1) Skull 4) 12.5 EI, 12.5 fast
 2) 12.5 fast, 12.5 EZ 5) Drill
 3) Drill 6) 25 fast

16x50kick

1-4 on 1:00 9-12 on :55
 5-8 on :50 13-16 on :45

20x100 Pull (all free on 1:10/1:15 or 10 free on 1:10/1:15

and 10 stroke on 1:20/1:25)

Sprint—400 IM (25 drill/25 swim)

Middle—800 IM (50 drill/50 swim)

Distance—1200 IM (75 drill/75 swim)

Late Season Workout—Wednesday, Oct. 22, 2003

Warm-up: 800 Swim, 400 Kick, 400 Pull

3x (everyone):

2x100 drill choice on 1:40
 4x50 variable sprint on :55

Distance 2x:

100 smooth on 1:20
 3x100 on 500 pace + 2 seconds @ 1:20
 200 smooth on 2:40
 2x100 on 500 pace +1 second on 1:20
 300 smooth on 4:00
 1x100 on 500 pace on 1:20
 1x500 distance per stroke w/paddles and fins; breathe

every 3 on 7:00
Middle/Sprint 3x:
4 x broken 100 (25, 50, 25) on 10 secs.
200 EZ swim
2x (everyone):
6x50 pull w/buoy only; breathe every 5 on :50
1x200 kick choice on 3:40

LAKE FOREST HIGH SCHOOL

Yardage: "Our swimmers start at 35,000 yards the first week and will peak at 45,000-60,000 yards, depending on whether they are sprinters or distance swimmers. During taper, the volume decreases to 15,000-25,000 yards."

400 swim kick pull
16 x 25 kick EZ/fast on :30
10 x 50 descend 1-5, 6-10 on :45
Split Groups
Distance:
4 rounds (400 Free on 5:00, 8 x 50 on :35 or :40 at 500 pace)
Sprint/Mid:
16 x 25 prime stroke EZ/fast
200 EZ, double arm backstroke
4-6 rounds (200 on 2:30, 2 x 50 at 200 pace on :40, 2 x 25 fast on :30); 30-sec. rest between rounds
200 easy
4 x 200 pull w/paddles, breathe 3-5-7-9 by 50s
400 loosen

MERCERSBURG ACADEMY

Fall P.M. Workout

300 Easy
900: 300 swim, 50 drill/200 swim,
50 drill/100 swim, 50 drill/50 drill,
50 swim/25 drill, 25 swim
3 x 450:
1. 50 IM, 100 free negative-split,
50 IM, 100 free, 50 IM, 100 free
2. 50 drill, 100 IM, 50 drill, 100 IM,
50 drill, 100 IM
3. 3 x 150 with 5, 10 seconds rest between, descend
pace
2 sets:
300 kick with board on 6:00
200 fast free on 4:00
100 IM easy on 2:00
12 x 25 3 each stroke on :30
4 x 50 on :40, :45
100 fast stroke on 2:00
8 x 75, alternate 12.5 yards easy, 25 fast

Spring P.M. Workout

12 x 50 alternate drill on :50, kick on 1 :00
600 negative split
8 x 300:
Odds descend IM on 4:20
Evens ascend free on 4:00
400 as 25 swim, 25 drill stroke
8 x 200:
Odds descend free on 2:40
Evens ascend IM on 3:00
200 drill
8 x 100:
Odds descend IM on 1:30
Evens ascend free on 1:20
10 x 50 on :50, build to turn and three stroke cycles

Butterfly Breakout

Text & Photos by Glen Mills

This article appeared in *Swimming Technique*
October-December 2004

Coaches should encourage their swimmers to be streamlined and patient after they dive in at the start. Once they find the right depth to start the first stroke, swimmers should skim forward into the breakout rather than blast up and out into the first stroke.



Kevin Clements demonstrates his technique for positioning himself at just the right depth for a fast, clean Butterfly Breakout. Clements, who swims with the North Baltimore Aquatic Club, is a national champion in the 400m IM (spring 2004). The 24-year-old ranked second in the U.S. last year in the 200 IM (1:59.56), and finished fifth in that event at this summer's Olympic Trials.

Young, aggressive swimmers can't **wait** to start racing once the horn is sounded. But if they're too aggressive—especially in a Butterfly or IM race—they can end up starting to swim way too soon, while their body is deep in the water.

It isn't any fun to have to drag your arms through the water on the recovery phase of the first stroke. That kind of massive resistance can slow down even the best swimmer, forcing him or her to struggle to regain momentum.

All the advantages of a fast start and good streamlining can be lost in a single breakout stroke that starts too deep. Coaches need to teach swimmers the best way to begin a race.

Photo #1—Perfect Streamline



A picture is worth a thousand words. Notice how Kevin locks his hands into a streamline. There's no way those hands (or forearms or elbows) will pull apart. Notice **how straight** the line is from Kevin's fingertips to his tailbone.

Kevin holds this perfect streamline position from the moment his hands hit the water after the start through several dolphin kicks that take him toward the surface. Throughout this phase of his start, Kevin's hands are stretched directly forward and do not move up and down. He uses them to stabilise and guide his body.

Photo #2—Perfect Alignment



Here is the exact moment in which Kevin begins to separate his hands. If you look at his reflection on the surface of the water, you can judge how deep he is. At this point, Kevin is still fairly deep, but his momentum is directing him gradually toward the surface. He wants to make sure he begins his pull prior to any part of his body contacting the surface to ensure a perfectly clean first pull.

Notice that the straight line from Kevin's fingertips to tailbone is still there. As he begins the pull, his head remains in perfect alignment with the rest of his body.

Photo #3—Perfect Position



Here is the moment when Kevin first breaks the surface. Because he has maintained good head/spine alignment, it's the top of his head (**not** his forehead or goggles) that breaks first. Soon to follow will be his shoulders and suit. His body is in a great position for the first stroke.

He now begins to head upward at a steeper angle. The arms direct him up just a bit, but not so much that he **pops** out of the water. It's a natural reaction to move up as the arms start to

pull. This will look unnatural and drastic only if the swimmer is too close to the surface at the start of the pull—or if he leads with his goggles.

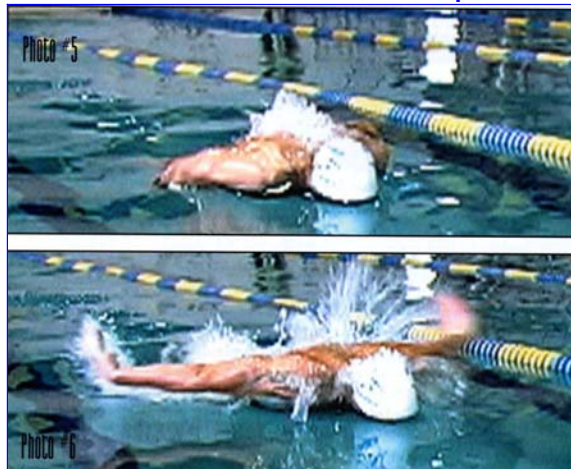
Photo #4—Perfect Breakout



The key point to look at here is Kevin's nose. Yes, that's his **nose** still in the water. What does it tell us? That he's not going to breathe on his first stroke. That his head and spine are still in perfect alignment. That he's leading (above water) with the top of his head. And that he's travelling **just** over the surface of the water.

Instead of "flying" over the water, he's "skimming" his body over the surface. He's trying to stay low so that his energy is directed forward rather than up and down.

Photos #5 and #6—Perfect Sweep



From above water, you can see that Kevin's shoulders are completely clear of the water as he takes his first stroke. This allows his hands to clear the water on his first recovery, sending him into a clean, powerful and **fast** first stroke.

Notice how low his hands are as they sweep over the water. Again, he's skimming his body forward rather than sending it up into the breakout.

Glenn Mills is technical advisor for Swimming Technique. Check out his website at www.goswim.tv.

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As the Beatles said, “LET IT BE”

By Kathy Hubbard

*This article appeared in SWIMMING TECHNIQUE
October-December 2004*

We consider ourselves a sophisticated, state-of-the-art swim school.

We try really hard! We have analysed, discussed, argued and augmented our system, our teachers and our training.

And yet, sometimes, at the end of the day, we find ourselves reverting back to our favourite quote, our strongest “call to action.”

As the Beatles said, sometimes we just have to: **LET IT BE.**

We encourage our instructors to let their students relax and enjoy their swim lesson! Let the water do the work! Why work hard? Hard work is the teacher’s job! Just hold still and let me push you to the wall. Don’t do anything—I want you to be lazy and feel what the water does for you.

Come to swim lessons to take a nap! Too tired today to swim? Great—just close your eyes, hold your breath and rest in the water on your belly or your back. Find your float—find your buoyancy.



Two-year-olds Christopher and Katie Greene enjoy the benefits of the Hubbard Family Swim School’s “call to action”: LET IT BE.

Different students, different ages, different body types. We all have students who fix their hair, sing songs or lazily cross their legs while floating in the water! Some days instead of being such strict teachers, we have to step back and just give our students/swimmers the time and freedom to figure out their relationship with the water.

Of course, this comes after we have given them the primary skills to help keep them safe in the water. Oftentimes our search for speed or propulsion through the water makes us skip the essence of solidifying our relationship to the water.



When we teach, we feel it is as important for a child to relax and enjoy the water on their stomach as well as on their back. We work on both with equal patience and resolve.

As an instructor, teaching the back float is not your clue to take a deep breath, grit your teeth, take two Tylenol and head for work! Teaching floating is fun. It is a challenge! It is often an overlooked skill!

Just because a child can traverse the pool with arms churning and side-breathing, do not believe that they have any idea or understand the relationship of their body to the water. They may be swimming across the pool fast simply because if they stopped in the middle, they would not know what to do!



In our lower levels of new 3- to 5-year-olds, we build in lots of quiet swims from the wall to our instructors or our teaching island. Quiet arms, faces in the water, looking at the bottom of the pool.

This may be a four- to five-second float. Then our instructor will pick them up or oftentimes quietly roll them over to begin their introduction to a back float.

Streamlining is also a great time to let our students gain a great understanding of their relationship to the water. The sequence can begin with just stepping off the steps to the instructor.

We then progress to a more traditional streamline position with arms extended, biceps squeezing their ears, faces looking at the bottom of the pool and blowing bubbles. Finally we add in a quiet kick to gain propulsion.

Our instructors will also have their students curl-up in a ball, face in the water, and float. We will then bounce them like a basketball by pushing down on the curve of their backs.

Amazingly, many children believe that if they curl-up in this position, they will sink to the bottom of the pool. It gives them great confidence to know they will float. We then reverse the process and have them float quietly

on their backs, delivering the message that if you can float like a ball on your tummy, think how easy it is to do with your face out of the water!

Oftentimes we find that our upper-level swimmers do not have a good sense of their breath control or buoyancy. Ask a developmental swimmer to sit on the bottom of a five-foot-deep pool for five to eight seconds.

Many will not be able to relax enough to get down there, let alone stay there. We believe giving them time in the water to gain these skills will lead to a more relaxed swimmer with better breath control and body position.

In our teaching environment, we encourage our instructors to get out of the way and let the students teach them what they need to learn. Letting them play in the water—even at a developmental stroke level—will often times provide the students with new skills.

Our society today is moving at a very fast pace. Our instruction does not have to match it. In our teaching environments—whether at the swim school or swim team—we need to let the children learn not only swimming skills but about their bodies and their intimate relationship with the water.

Research today indicates that our children do not know how to play outside of structured environments. Gone are the days of pick-up basketball or baseball games.

Even though our swim lessons or workouts are highly structured, adding a little non-structured time can provide a great reward in skill development. Focus on keeping the “fun” in FUNdamentals.

Sometimes just step back, watch and LET IT BE.

Kathy Hubbard is the co-founder with her husband, Bob, of the Hubbard Family Swim School in Phoenix, Ariz.

TRAINING BRENDAN HANSEN

Fastest in History

By John Lohn

This article appeared in *Swimming Technique*
October-December 2004

In his rise to the top of the Breaststroke, world record holder Brendan Hansen has nailed down a near-perfect routine ... he busts it in the pool, he goes hard in the weight room, and mentally, he pushes himself to the max, continually drawing on his desire to better himself.

Each day he awakes, he does so with a title: fastest in history. It's a designation that describes Brendan Hansen's connection to the Breaststroke events. It's a distinction that has been made possible by countless hours in the pool, tiring dryland workouts and a mental toughness found in a miniscule percentage of athletes.

It was only four years ago that Hansen was dealt a devastating blow, a punch that has floored other athletes. But Hansen climbed off the mat, determined to become the fastest Breaststroker of all-time. Today, Hansen owns that honour despite just missing individual Olympic gold in Athens. His world-record performances in the 100 and 200 metre Breaststrokes from July's Olympic Trials still stand. Those swims, simply, were rewards for years of dedication and the adherence to a diversified training program.

Here's a look at the well-rounded training of Brendan Hansen.

Breakout Party

Remember 2000? It was the year that brought Hansen heartache in the form of a pair of third-place finishes at the Olympic Trials. Is there a worse place to finish? No.

At the time, Hansen was a fresh-out-of-high-school phenom with a world of potential. Four years later, Hansen is the fastest Breaststroker ever to walk the planet, his results from the 2004 Trials still difficult to comprehend.

The past few months have been a whirl-wind time for the 23-year-old. Tabbed as the individual with more to prove than anyone in Long Beach, Hansen used the Olympic Trials as his springboard into rarefied air. He used the Trials for redemption. The week also vaulted Hansen into the stratosphere.

As the University of Texas product stormed down the stretch, the clock seemed to lie. No man is capable of that type of time. On the touch, a double-take was required. Then, it registered: 59.30. Hansen had just obliterated

the world record of 59.78 set by Japan's Kosuke Kitajima in the 100m Breaststroke a year earlier.

He didn't just shave a few hundredths from the book, the norm in a world-record swim. Instead, he hacked a half-second off the former standard. Immediately, the question surfaced ... what can Hansen do for the 200 Breast?

How's a 2:09.04 effort sound? It was another swim that seemingly laughed at the 2003 mark of 2:09.42 set by Kitajima. Quickly, the pain from 2000 had dissipated. Hansen stood on top of the world, literally and figuratively.

"I think as an athlete, you know what your potential is, and the decisions you make in your life will determine how much potential you use," Hansen said. "I've tried to make the best decisions in my life and make the little things come together, and that's what happened. I took something (2000) that was a disadvantage and made it into an advantage when I went into workouts."

Six weeks after his mind-numbing escapades in the Golden State, Hansen added to his legacy with a three-medal haul during the 28th Olympiad in Athens. Call it a hat trick, for Hansen exited the Athens Games with a medal of each colour.

Coming off the emotional drain of Trials, Hansen nailed down silver in the 100m Breast before snagging bronze in the longer discipline. A few days later, it was all capped by a gold medal showing in the 400 Medley Relay, where the United States set a global standard.



Now, he wants to do it again. "I'm going to do Beijing," Hansen said, just after the completion of the Athens Games. "I'm looking at 2008. I'll be more experienced, and I know I can get better. I still think I have a lot to prove. This is what I love. Why wouldn't I want to do this again?"

Pool Power

Each day Hansen strolls onto the deck, mystery surrounds the hours ahead. What does Eddie Reese have in store? Typically, Hansen is

unsure of the workout he'll tackle. What he does know is this ... Reese, the legendary coach at the University of Texas, is going to beat him up. It's a formula that works.

When Hansen enrolled at Texas after the 2000 Olympic Trials, he was eager to embrace a new page in a growing career. And while his personal book has added countless chapters of success, he admits to a four-month transition period. These days, Hansen is familiar with the demands of training in Austin.

"Brendan is a hard worker, which sounds simple and old-fashioned," Reese said. "But the great ones have those virtues. He's a great human being and a great team leader. He has all the attributes."

During peak training, Hansen adheres to a program that includes nine swimming sessions a week – double workouts on Monday, Wednesday and Friday, and single sessions on Tuesday, Thursday and Saturday. The double days usually feature a 5,000-6,000-yard workout in the morning, followed by a 6,000-7,000-yard dose in the afternoon.

For the single days, Hansen has become accustomed to 6,000-7,000 yards on Tuesday and Thursday, with 7,000-8,000 yards slated for the Saturday morning get-together. It all adds up to weeks of 50,000-60,000 yards. Still, it's not all about the yardage number.



"We believe in quality over quantity," Hansen said. "Some of my hardest workouts have only been an hour. I think we go harder than most people. We feel like we're better trained than anyone else, and that's important. When Sunday rolls around, we just want to sleep."

During a mid-season workout, Hansen will open a session with a 1,500-2,000-yard swim, albeit a set that relies on descending time. Some days, the Breaststroke standout will open with a pair of 400s (5:00/4:50), follow with a duo of 300s (4:00/3:50) and conclude with two 200s (2:45/2:30) and a pair of 100s (1:20/1:15).

Hansen, too, recalls 20-minute kicking sets, with each minute alternating between fast and easy.

Otherwise, he has difficulty pin-pointing specifics. Sure, he handles days of other kicking sets and pulling sets. And there are days dedicated to straight swimming and stroke work. But, ultimately, it's nearly impossible to break down a workout, except that it's likely to include efforts on descending time.

"In my four years with (Reese), I don't think I've ever done the same workout twice," said Hansen, who mixes in Individual Medley work with his Breaststroke focus. "I don't even think I've done the same set twice. Eddie is so great about mixing things up and going off how we feel. He has a plan in his head, but we'll come in and it'll be a crapshoot as to what we're doing."

With the likes of Aaron Peirsol and Ian Crocker alongside Hansen, workouts at Texas may be the most competitive in the world. That competitive spirit also brings out good-natured challenges, such as a face-off between Hansen and Peirsol in the Breaststroke.

The double Olympic champion in the Backstroke events, Peirsol challenged Hansen to a 100 Breast race last year. Ah, but there was a caveat ... Hansen was forced to don a T-shirt and shorts, elements that would create significant drag. As soon as the gauntlet was thrown down, Hansen bolted for his clothing.

"That's the kind of stuff that breaks it up and gives you a balance," said Hansen, who won the battle with Peirsol. "When Aaron challenged me, I was like, 'All right, let's go.' It's fun that way. In a long season, there are going to be call-outs. That's good for the team. It raises the practice level and keeps you from going insane."

At the same time...

"I've thrown kickboards, cursed and yelled. That all comes with the territory," Hansen said. "Training comes down to making each other better. There's a difference between being at practice and actually showing up at practice. The intensity level needs to be high."

Land-Locked

Although Hansen's water workouts vary on a daily basis, his dryland slate tends to be a mixture of familiar exercises and routines. Don't be mistaken, though—those exercises are conducted in a manner that also provides a freshness and forces the body to adjust continually.

Hansen's dryland regimen is, basically, a three-part animal, featuring a weightlifting program, an abdominal routine and a running/hop program that works its way into the rotation at various points during the year.

In the weight room, Hansen mainly relies on a six-exercise program—scheduled three times a week—that works the core strength of the body. Aside from turning to the bench press, lat pull-downs and squats, Hansen also benefits from the use of curls, triceps extensions and dips. Through it all, Hansen mixes the routine between repetition days and sessions dedicated toward explosiveness.

Aside from Hansen's program with the weights, his training includes a 20-minute abdominal routine that works the muscles through an organised series of crunches. That demanding session stresses conditioning to each of the abdominal regions—upper and lower, along with the oblique muscles.

As for the third portion of Hansen's dryland routine, the Breaststroker follows a Tuesday-Thursday running program, and a hop program that comes into play for a five-week stretch during the year, primarily in November—a month Hansen refers to as a hellish period.

"If it's in the pool or in the weight room, (Reese) is so innovative," Hansen said. "You leave a workout knowing you pushed yourself. He just knows how to get the best out of people. That's why he's been that successful. He knows how to push the limit."

Mental Magic

When Hansen climbs atop the starting block, he possesses an overwhelming confidence, a belief that he'll reach the wall before his competition. As much as his physical prowess, that mental strength is a major factor in Hansen's training.



Sure, there are days when Hansen is beaten down, his body battered by the gruelling sessions dictated by Reese. But the mind is a powerful tool, and Hansen has learned to use his toughness to block out the pain and realise it's all for a reason. Call it the greatest form of training trust.

"It's huge to know and believe that you've outworked the people in the lanes next to you,"

Hansen said. "The first couple of weeks I was at Texas, it was crazy. It took some time to adjust to what (Reese) wanted us to do. It was something different than anything I knew before."

Before leaving Pennsylvania for Texas, Hansen honed his skills at Suburban Swim Center under Charlie Kennedy, a nationally recognised coach who has guided the likes of Grace Cornelius, a top sprinter in the late 1980s, and Eugene Botes, who represented South Africa at the Athens Games.

Increasing Hansen's workouts to double-sessions in the spring before the 2000 Olympic Trials, Kennedy stressed a mixture of endurance and speed workouts with his pupil, who averaged 50,000 yards during peak training. Kennedy, too, is the man who introduced Hansen to the weight room.

"He would always go 100%," Kennedy said. "We didn't start doubling until he was ready, knowing that his better days would be in college. I didn't want to burn him out. But when he started with the doubles, he accepted the challenge. He never had a bad workout."

To this day, Hansen pays tribute to Kennedy, as he routinely takes the time to recognise the impact of his age-group mentor. In Athens, Kennedy was present, sharing in the greatest accomplishment of Hansen's swimming days.

"(Kennedy) was great about giving me the mental aspect of things," Hansen said. "He made sure I had a strong head on my shoulders. At this level, it's important to have that mental game. You can't have any doubts in yourself. You have to believe there are no boundaries. (Kennedy) helped me with that."

The Future

With three Olympic medals stashed in one pocket and a pair of global standards tucked neatly in the other, Brendan Hansen could walk away from swimming tomorrow as one of the greatest Breaststrokers in history.

Yet, that's not Hansen's style. Instead, he's already looking ahead, designing a game plan that will carry him to greater heights. He's eagerly awaiting greater results in the water. He's anxious to hit the weight room with enhanced fervour. Mentally, he's a runaway locomotive, confident that he will plough through the competition.

"I'm still motivated," he said. "There are things I want to do in this sport that I haven't done yet. I know I can be faster. There's a lot left for me."

John Lohn is a sportswriter for the Delaware County Daily Times.

TRAINING LARSEN JENSEN

THE RETURN OF THE GREAT AMERICAN MILER

By Tito Morales

*This article appeared in Swimming Technique
October-December 2004*

Larsen Jensen's American record, silver medal performance of 14:45.29 in the 1500 at Athens was the culmination of many months of careful planning and highly-focused training.

The expression on Grant Hackett's face after he touched the wall at the end of the 1500m Freestyle final in Athens said it all.

Yes, there was the usual joy associated with winning an Olympic Games gold medal. Hackett's elation, however, looked to be very much tempered by feelings of relief, concern and an acute awareness of his own swimming mortality.

In a distance he has completely dominated for most of the past seven years, Hackett prevailed by less than two seconds over American Larsen Jensen and less than three over Great Britain's David Davies.

In 14 minutes and 45 seconds, the Hackett aura of invincibility had been pierced.

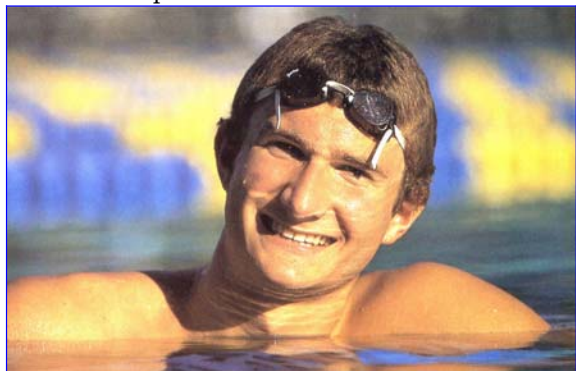
Jensen knew it. Davies knew it. And, most tellingly, Hackett, himself, knew it.

SETTING THE TARGET

What may have come as a surprise to many—Larsen Jensen's sterling 11-second improvement—was merely the culmination of many months of careful planning and highly-focused training.

In setting out a strategy for Athens at the beginning of the year, Jensen's coach, Bill Rose of the Mission Viejo Nadadores, analysed data such as the swimmer's training background, improvement patterns and lifetime bests in order to determine what might be doable by Aug. 21, 2004.

"You have to take steps along the way," says Rose. "You have to consider the whole gamut. What is your experience? Where have you come over the last period of time?"



Big things had been expected of Jensen since 2002, when, as a 16-year-old, he banged out a 7:52.05 in the 800m Freestyle.

The new American record holder was not only anointed as the swimmer most likely to close the sizeable gap between the U.S. male distance corps and the rest of the world, but also as someone who might one day be mentioned in the same breath as the legendary Brian Goodell.

However, coming into this critical Olympic year, the sobering truth remained that Jensen's lifetime best of 15:00.81 in the 1500 was still nearly a pool length slower than Hackett's world record.

The question, then, was where exactly Rose and Jensen should set their sights.

"If we stepped him up to go 14:30 from 15 minutes, I felt that he may not be ready for the realism of that," explains Rose. "And if we tried to do something he really wasn't ready for physically, mentally and based on his experience level, it would have been very counterproductive."

After all the careful scrutiny and the intuition that comes with a coach's familiarity with his athlete, Rose and Jensen reached a consensus.

"The 14:45 was simply the time that we felt was achievable," says Rose. "It was absolutely something he could do."

Now the trick was to get Jensen enrolled in a course of action that would get him there.

A DETOUR IN THE ROAD

In January, though, just eight months before the Olympic Games, it not only seemed highly improbable that Jensen would do something special in Athens, but it also seemed downright impossible.

The normally brash Jensen had hit a colossal stumbling block—himself.

Everything up to that point had seemed to be rolling so smoothly. A few years earlier, the Bakersfield, Calif. native had moved down to Orange County in Southern California to train with the no-nonsense Nadadores. Then, in the tidiest of segues, he was heading over to the University of Southern California as a 17-year-old freshman to train alongside veteran star Erik Vendt under coaching legend Mark Schubert. After all, it was Schubert who had groomed Goodell.

Mission Viejo, Goodell, Schubert, USC, Vendt—it all seemed so picture perfect that some openly wondered if either Vendt or Jensen might just nab the \$1 million incentive bonus USA Swimming had offered for any American swimmer who won a gold medal and broke the world record in the 1500 in Greece.

After just three months at USC, though, Jensen returned to Orange County—confused, distraught and completely out of sorts.

“My head wasn’t in the right place,” admits Jensen. “It was just really hard for me to juggle my first semester of college life and try to do the extreme workload that I also had to do in the pool.”

Blame Jensen’s hasty departure on his youth, inexperience, unfamiliarity or any number of other factors, but credit him with recognizing and quickly admitting that he’d made a huge mistake.

College could wait. He had to get back to a place where he felt comfortable enough to focus entirely on what he knew he needed to do to reach Athens.

“He came back here really teetering in his own self-confidence,” says Rose. “He was not the same swimmer as he had been when he left.”

A few weeks after his return to the Nadadores, Jensen competed at a “Q” Invitational meet in Pasadena. Life had gotten so skewed for Jensen, though, that the best he could manage in the 800 was 8:27.52. He lost the race by over 15 seconds.

When Rose, who was at a Grand Prix meet in Minnesota with another of his top distance stars, Justin Mortimer, heard about Jensen’s performance, he was positively livid.

GETTING BACK ON TRACK

“There was a concern as to whether he was going to be able to pop back into mentally and physically being able to train properly,” says Rose.

Rose had scheduled an intensive 10-day training camp with Mortimer at the University of Minnesota. He suggested quite firmly that it would behoove Jensen to purchase a plane ticket so that he could take part. Jensen agreed.

“That turned out to be a major, major decision,” says Rose. “Because once he got there, it was just him and Justin, and they trained their guts out the next 10 days.”

Rose could tell right away that Jensen’s poor swimming was not fitness-related—it was purely psychological. And he credits Mortimer with really helping to get the swimmer back on track.

“It was just head-to-head,” explains Rose. “In the beginning, Justin was doing what he was doing—which was very good, and Larsen was hooking on and saving face along the way. Each day, though, each guy would challenge the other one a little bit more. Within two or three days, they were both doing really good stuff.”

The competition grew so highly-charged that the entire Golden Gopher swim team would often times congregate in the natatorium just to

watch Jensen and Mortimer go at it.

The results of the training camp—and Jensen’s successful rejuvenation there—were immediate.

On Feb. 10, just three weeks after his dismal performance in Pasadena, Jensen travelled to the ConocoPhillips Spring National Championships and won the 800 in 7:53.29; four days later he placed second in the 1500 in 15:08.84.

“The comparison to less than a month earlier was simply awesome,” says Rose. “We knew that he had turned a corner as far as his attitude and his belief in himself. The rest of it was getting down to setting goals and following them the rest of the year.”

LATE TO BLOOM, EARLY TO RISE

Jensen didn’t get his start in competitive swimming until late. He was already 13 before he began to swim full time. While his late start may have been a handicap for gaining technical mastery over each of the four strokes, it was a blessing in disguise in the sense that his motivation in making up for lost time was “through the roof”.



From a technical standpoint, too, Rose is convinced that Jensen’s late start was actually beneficial for his swimming the distance Freestyle. “He learned to swim with a six-beat kick,” Rose explains. “Most of our swimmers who start really early learn with a six-beat kick, but then, when they start doing a lot of laps, they go into a kind of survival situation where they’ll develop a two-beat or crossover kick so that they won’t get so tired.”

Since Jensen came into the game so late, though, he never really had time to develop such habits. “Fortunately, by the time he figured out that there was something else he could do,” Rose says, “it wasn’t comfortable for him to do anything else but a six-beat kick; it had already been ingrained in his neurology, so to speak.”

Rose points out that since Jensen’s stroke was so sound when he joined Mission Viejo—a tribute to former Bakersfield Swim Club coach Jim Richey—his focus has been merely to try to enhance the swimmer’s existing technique.

“A lot of our workouts involve drills,” says Rose. “The technique work he does is

preparation for his sets, and a lot of them are things that promote as much balance in the water as possible.”

What works for Jensen, though, Rose says, may not be ideal for a Justin Mortimer or Chad Carvin.

“You have to look at the individual,” he explains. “We all have different bodies. We all look different, walk different, and so on. It’s the coach’s job to say what is best suited for a particular swimmer.”

Much of what Rose has been working on with Jensen is trying to improve his speed.

“He’s probably the slowest 3:46 you’ve ever seen,” the coach laughs, referring to Jensen’s notoriously slow turnover in shorter distances. “We were able to get his 200 down from a 1:56 to a 1:50.6 over the last year-and-a-half. He will get stronger as he goes, and the stronger he gets, the faster he’ll get. Most swimmers who are really fast are in their mid-20s, so that bodes well down the road.” (Jensen just turned 19 on Sept. 1.)

IMPLEMENTING THE PLAN

Once Rose and Jensen agreed upon the ideal target, they dissected the perfect goal race into various segments—not just into 500s, but also into 100s. They would leave nothing to chance. The truth would be in the numbers.

They backtracked from Aug. 21 to devise a training schedule that would get Jensen there with various key stages along the way.

“Goal-setting is so important,” says Rose. “Everything we did was set up for the 14:45. All of our splits, all of our training sets. When we did certain kinds of pacing work, it was all set up based on what needed to be done to do a 14:45.”

Perhaps even more importantly, once Jensen set his sights on a 14:45 in Athens, and he knew that he possessed the talent to achieve it, he set about affixing the time deep into his psyche.

Jensen immersed himself in his goal time. He posted it on notes throughout his apartment—on the bathroom mirror, the television screen, the wall of his bedroom.

Rose even had Jensen memorialise all of his perfect race splits on his kickboard in indelible ink.

“We trained with the idea in mind that that was going to be the time he was going to do,” says Rose.

All along the way, there were clear indications that the plan was going according to schedule.

Jensen, for instance, swam extremely well at a two-week spring training camp at the Olympic Training Center in Colorado Springs.

“I was basically doing the same stuff at altitude that I was doing at sea level,” Jensen says. “And I was really confident with that.”

A short time later, at the TYR Swim Meet of Champions at Mission Viejo in late May, Jensen ripped off a 15:05.03 while still in the middle of heavy training.

“I don’t know too many guys who can do that in a season,” says Jensen. “That was a huge boost of confidence for me.”

At the U.S. Olympic Trials, a racing-heavy competition that was designed to get him into the pool in Athens to give him the chance to swim his 14:45, he swam a 14:56.71—a four-second improvement of his lifetime best and a time just under Chris Thompson’s 14:56.81 from 2000 for a new American record.

THE CULT OF THE DISTANCE SWIMMER

Distance swimming is as gruelling on the mind as it is on the body.

It is a discipline in which the meek need not apply. For athletes such as Jensen, no amount of pain is painful enough. Less is never more. And more can always be improved upon the next time around.

The Larsen Jensens of the swimming world take pride in being in the outside lane. They take pleasure in seeing how much discomfort their bodies can tolerate. They need to know that in a pool full of swimmers, they’re the ones who are working the hardest—every practice, every day.

“When people watch my workout, I want them to say, ‘This guy’s crazy,’ confesses Jensen. “I don’t ever want to have a bad workout. I want people calling their family and friends and telling them, ‘Do you know what Larsen did at practice today?!?’”

Word spreads quickly in the cult of the distance swimmer—from generation to generation, from continent to continent. Mike Bruner did this. Brian Goodell and Kieren Perkins did this. Grant Hackett does this ... some of the accounts are whispered in near reverential tones.

Jensen’s average heavy training week leading up to Athens was 90,000 metres. Oftentimes, though, his totals would cross over into six-digit territory.

“Putting your mind and body through hell is not easy,” Jensen admits. “You have days where you want to quit. You have days where you’re feeling on top of the world. There are ups and downs almost daily or weekly; it changes that quickly. You just have to keep working through it.”

TAKING CARE OF BUSINESS

At the height of his training, Jensen’s week was broken down into 11 water sessions,

including doubles on Monday, Tuesday, Thursday and Friday, and singles on Wednesday, Saturday and Sunday.

There was some weight training incorporated into the schedule, but the emphasis each week was on swimming, swimming and more swimming.

“Everything we did, except for Sunday, would be between 8-10,000,” says Rose. “It would vary according to the emphasis and stress level we would use.”

Mondays, Wednesdays and Fridays were pressure set days—days where Rose expected good times with either short or long rest intervals.

A typical set might include 15x100s on the 1:15 holding about 1:02s, immediately followed by 10x100s on the 1:10 holding 1:00s, then topped off by 5x100s on the 1:05 holding 58s. As the season progressed, and Jensen’s fitness level improved still more, the sets were adjusted even further.

“At the end of the year,” Rose says, “we got to the point where he could hold 5x100s on the 1:00.”

Rose sometimes monitors his athletes’ efforts by having them take their heart rates during or immediately after a particular set. It’s all performed manually, with no gadgets.

“It’s done to know what kind of pressure we’re putting on,” Rose explains. “On certain days, I want them to keep their heart rate under a certain level.”

Twenty to 30% of a given workout is kicking-oriented. Pulling sets involve pull buoys and bands, but Rose insists that he’s not a huge fan of pulling drills because they tend to create good pullers and not necessarily good swimmers.

Month after month, Jensen kept raising the bar on his training sets—80% of which were set up for negative-splitting or descending.

He knew he was on the verge of doing great things in Athens when, on the first day of the U.S. Olympic team’s training camp in Stanford, he kicked a 400m Freestyle in 4:58. That evening, he and Vendt knocked out a challenging set of 10x400s on descending intervals. Jensen produced a sizzling 3:55 on his final effort.

And, still later in the camp, during a descending-to-best effort set of 400s, 300s and 150s, Jensen recorded the mind-numbing times of 3:49 on his last 400, 2:53 on his last 300, and 1:24 and 1:23 on his last two 150s—all from a push.

“That was probably the best set I’ve ever done,” concedes Jensen. “Even though it was a shorter set, it was definitely the most quality set I’ve ever done.”

THE EXECUTION

“The last thing I said to him going in was, ‘You’ve gotta realise that Hackett is not necessarily swimming at his best,’” recalls Rose. “He may very well be in the 40s somewhere, and if you’re at 14:45, why couldn’t you be in the ballgame with him?”

With that in mind, Jensen dove into the Athens pool to fulfil his destiny.

“The most amazing thing in the entire world was that there was not a 100 split that he did at the Olympic Games that was more than a tenth of a second off the splits we had on his kickboard,” says Rose. “In 30+ years of coaching, I’ve never seen this happen before. He was supposed to go out in a 57.2, and he went out in a 57.2. He was supposed to come home in a 57.7, and he came home in a 57.7. He was supposed to be 3:56 at the 400, and he was 3:56”.

Hackett had surged to his usual early lead, and at the 200 metre mark, he was already over three seconds ahead of Jensen.

By the halfway point, though, Hackett had only managed to extend his advantage over Jensen by a few more tenths. Both swimmers were clicking off 100 splits in the mid-59-second range. So, too, was Davies, who was virtually dead even with Jensen when his feet hit the wall in 7:24.75.

As Rose watched, Jensen continued to execute their plan to perfection.

“It was almost eerie,” says Rose. “When he went into the 58s at approximately the 1000 mark, that was exactly when he was supposed to do that.”

Hackett started to come back to Jensen.

“It was a very, very fun race,” says Jensen. “It’s not too often when you have three to four guys together in a mile, not to mention all of them going so far under 15 minutes.”

Layer by layer, Jensen and Davies began to peel away Hackett’s invincibility.

No one in recent memory had ever gained on Hackett quite like this. It wasn’t so much that Hackett was completely falling apart; it was that Jensen and Davies were growing stronger with each length of the pool.

At the 1200 mark, the three swimmers were separated by less than two seconds. The Olympic Games had not seen such a battle at this distance since 1976, when Americans Goodell and Bobby Hackett (no relation to Grant) duelled Australian Stephen Holland.

“Seeing the world record holder and Olympic champion right there with 300 to go—it’s everything you could ever ask for,” says Jensen. “It’s an opportunity you don’t get every day.”

And it was a position no American male miler

had been in during a fully-attended Olympic Games in decades.

While Jensen produced a sterling negative-split swim (7:24.77-7:20.52 for a 14:45.29), Hackett, who was fighting to hold his pace, still had just enough left to prevail in 14:43.40. Davies was third at 14:45.95.

“I was exhausted, definitely,” admits Jensen. “But looking up and seeing the time I wrote down on my wall and in so many places—it made all the pain just dissolve away. It was a very special feeling.”

THE JOURNEY CONTINUES

For Jensen, who is back at use this fall—another year wiser, another year stronger and another huge accomplishment more confident—the journey continues.

“Now I’m more focused than ever,” he says. “I really want to get in and start training hard. I want to win more than ever now.”



Jensen is excited about having been part of one of the most competitive 1500m swims in history, and he’s eager to face off against the likes of Hackett and fellow distance youngsters Davies and Yuri Prilukov for many years to come. “I hope that with my race, a younger generation of American distance swimmers will come up through the ranks and realise that there’s a lot of respect that goes with working hard,” says Jensen.

As for USA Swimming’s Million Dollar Distance Challenge, which was created to foster more attention and enthusiasm to U.S. distance swimming, Jensen insists that the entire concept never factored into his approach leading up to Athens.

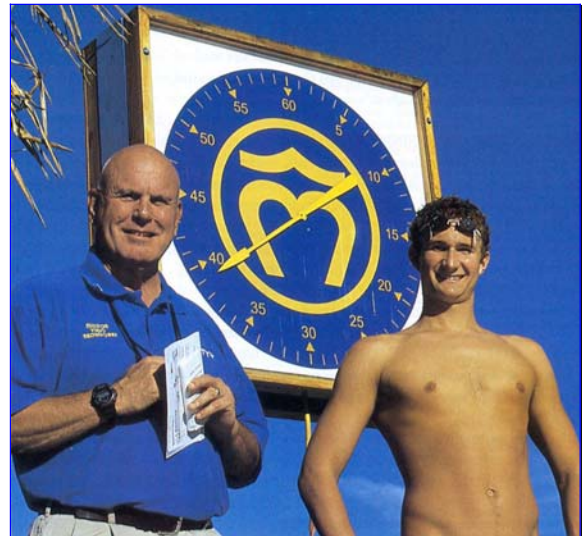
“I swim because I want to swim and I like to swim,” says Jensen. “I don’t swim for money. Obviously, it’s nice to have my school paid for, but I do it first and foremost because I love it and enjoy it. I enjoy the pride associated with it—and especially with representing your country at the highest level of sport.”

Truth be told, Jensen’s performance in Athens probably bolstered the future of American distance swimming much more than any seven-figure monetary challenge.

“Larsen going a 14:45 had a lot of other ramifications,” says Rose. “Finally, in America, there’s somebody who can do that kind of thing. Someone else is going to say, ‘Wait a minute, I can do that. How can I do that?’ And it’ll spread out—how we did it will spread.”

As Jensen continues to set his sights even higher, both his future—and the future of U.S. distance swimming in general—continues to unfurl like a beautiful tapestry.

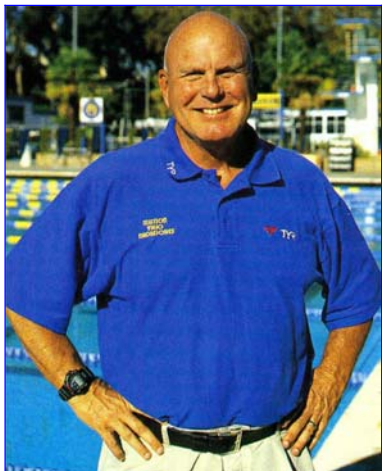
“We wanted to put him in the position where he’s in right now,” says Rose. “And the next step is to break the world record. It’s believable now. The bottom line is you’ve truly got to be able to believe that you can do it, and that’s where he is now.”



“I’d be honoured if I was the one who people would say, ‘Yeah, American distance swimming turned around with Larsen,’” says Jensen. “That’s how Brian Goodell did it. Everyone wanted to be like Brian Goodell. I think it’d be an extreme honour for a younger generation of people to say, ‘I want to be like Larsen.’ That’d be a great, great thing.”

Tito Morales, a novelist and free-lance writer, is a Masters swimmer who competed collegiately for the University of California.

A CHAT WITH COACH BILL ROSE



By Phillip Whitten
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This article appeared in *Swimming Technique*
October-December 2004

(This is the sixth in a series of mini-interviews with some of the world's leading coaches. This issue's interview is with Coach Bill Rose, head coach of the famed Mission Viejo Nadadores in California. We spoke with Coach Rose shortly after his swimmer, Larsen Jensen, set an American record of 14:45.29 in winning silver at the Olympic Games in Athens.)

Swimming Technique: Coach Rose, congratulations on that magnificent 1500m swim by Larsen Jensen at the Olympics. Were you in Athens to watch it in person?

Coach Bill Rose: Thank you, Phil. No, I was not in Athens. I'm not a very good spectator, and I didn't want to watch from the stands where I'd be easily identifiable as somebody's coach.

ST: Why?

Rose: It stems from my experience as a U.S. coach at the Pan Ams and World University Games. At these meets, you'd always see coaches who were not on the national team staff interacting with their swimmers, telling them what to do, and so on. I think this is distracting for the swimmers, and it does a disservice to the national team coaching staff. I don't want to be part of creating that kind of confusion.

ST: So how do you interact with your swimmers at big international meets, such as the Olympic Games, if you're not on the coaching staff?

Rose: Well, in Larsen's case, we spoke on the phone every day. Essentially, my message was,

"You can only do what you've trained to do. Don't expect to swim better than you've practiced."

ST: As I recall, only about 40% of the times swum in Athens by U.S. swimmers were best times. But Larsen dropped from 3:49.8 in the 400 to 3:46.9 at Trials and 3:46.0 in Athens. In the mile, he dropped five seconds off his best at the Trials, then whacked another 11 seconds off that time at the Games. How did he do that?

Rose: Well, his taper was as good as his training ... and his training was *spectacular*. He didn't miss a single practice all year. Of course, some workouts were not as good as others but, in general, he just pounded it. He always did *at least* what I asked, but he also always tried to do better. He continually asked himself, if you don't want to do better, why are you here?

ST: I understand Lars did some mind-boggling sets at the Olympic team training camp.

Rose: That's right. Before Trials, he did a set of 15x100 metres Freestyle on 1:05 and averaged 58.8. That's when I knew he could go a 14:45 and, perhaps, give Grant Hackett something to think about. And he definitely turned a few heads in the Olympic training camp with some monster sets. The most amazing set came at the end of practice one day. It was a set of 8x400 metres, descending, with the interval also descending by 10 seconds every two repeats, starting at 4:40. Lars went 4:20 and 4:18, leaving on 4:40. On 4:30, he brought his times down to 4:16 and 4:12. The interval dropped to 4:20, and he responded with 4:11 and 4:08. Finally, with the interval at 4:10, he went 4:02 and then 3:49! After the 4:02, (U.S. men's coach) Jon (Urbanek) told him to see if he could break four minutes. By then, a crowd had gathered and was watching him. And he busted a 3:49! That took his confidence sky-high, and that's when *everyone* knew he was ready.

ST: So when he swam a 14:45, it was really no surprise.

Rose: That's right. But what's most amazing about that swim was his splits. Back in January, we worked out what he'd have to do for every 100 in order to go a 14:45. He wrote the splits down on his kickboard and posted them everywhere in his house – his bedroom wall, on the refrigerator, the bathroom mirror ... until they were engraved in his brain. When he swam in Athens, he was never more than 3/10^{ths} of a second off his goal splits.

Larsen Jensen's Goal Splits vs. Actual Splits

2004 Olympic Games, Athens, Greece

August 21, 2004

	Goal	Actual
100m	57.2	57.28
200m	59.7	59.90
300m	59.7	59.78
400m	59.7	59.78
500m	59.7	59.94
600m	59.7	59.34
700m	59.7	59.34
800m	59.5	59.22
900m	59.2	58.89
1000m	59.2	58.81
1100m	59.2	58.86
1200m	58.8	59.06
1300m	58.7	58.86
1400m	58.2	58.42
1500m	57.5	57.81
	14:45.7	14:45.29

ST: I heard that when Larsen returned to Mission last January, he was in a bad way, wasn't he?

Rose: Yeah. He had been at USC training with Erik (Vendt). Now Erik is a good athlete and he's very smart. He ground Larsen down, intimidating him mentally. He'd pick his spots and then bust a move. Lars is different—he pounds every repeat. So every now and then, Erik would pull a "Sammy Save-Up," going all out and crushing Larsen. Then he'd ask, "Gosh, Larsen, aren't you feeling well today?" The strategy worked. By the time Larsen decided to take the spring semester off at SC and came home to Mission to focus on training for Athens, he was a whipped dog. His first meet back was a disaster. That's when I told him to hop on a plane and come out to train in Minneapolis for a week with Justin (Mortimer). That was the turning point. Each day, he and Justin would bang heads on every stroke, and both guys got faster day by day. For Larsen, his confidence began to build.

ST: And we all know what ultimately occurred. Let me change the subject a bit and ask you some questions about technique, specifically kicking.

Rose: OK. As you know, Lars is a great kicker. After watching (Grant) Hackett and (Kieren) Perkins, (California Coach) Nort Thornton concluded that the only way our guys would ever be competitive with the Aussies would be if they swam the 1500 with a six-beat kick all the way. That was an epiphany of sorts for me. At the time, all of our distance guys were doing a two- or four-beat kick. Chad (Carvin) was the first of my swimmers to change over to a six-

beat. His 400 time dropped, and then last June, he went a 7:58 for the 800 in the midst of heavy training. That's when I decided to change everyone with elite potential to a six-beat kick.

ST: How do you figure a six-beat kick is needed in the 1500? Isn't there too great an energy expenditure?

Rose: I think the trick is to *use* a six-beat kick but not *emphasise* it. It's not easy, but that way you avoid using too much energy kicking. I want my swimmers to use their kick more to balance their body than to add to their speed. The six-beat kick gets you into a better-balanced position, making you more efficient. So I increased the amount of kicking we do from 20% to 30%. And that's *quality* kicking. We even have team records. Larsen did a set of 10x100 metres on 1:20, holding about 1:10, but he wasn't the fastest kicker we had. There was a Japanese boy, not yet a member of their national team, who kicked that set fly and beat Larsen every time.

ST: Aside from the emphasis on kicking, how else do you emphasise technique?

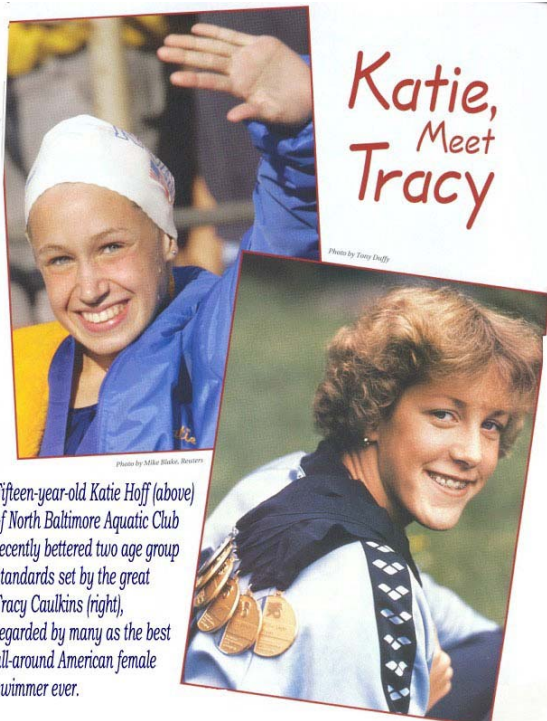
Rose: At the national level, we try to maintain and perfect what's been developed to that point. We do lots of slow drilling every day as part of the warm-up—"form swimming" or "efficient swimming". I look to see if there's something I can do to perfect an already good stroke, like the angle of the hand or body rotation. For example, Larsen has a tendency not to rotate sufficiently. I call it "robotic swimming". I believe it's better to coach too little than too much. So what I do is try to know each swimmer's stroke. Then I look at what he's doing right and try to enhance that. So in our technique drills, the goal is to be perfect. But "perfect" is different for each athlete.

ST: So what's next for Larsen? Hackett's world record?

Rose: No question. If you ask me "when" though, the answer is, "I don't know." Let me make it clear: his success will not be the result of my coaching. It'll be all him. But to do that, he'll need to put 100% into his craft.

ST: And the ultimate for Lars?

Rose: Somewhere in the 14:20s, I think. I also suspect he's going to develop a pretty fast 400 as he grows and matures.



Fifteen-year-old Katie Hoff (above) of North Baltimore Aquatic Club recently bettered two age group standards set by the great Tracy Caulkins (right), regarded by many as the best all-around American female swimmer ever.

By Phillip Whitten

This article appeared in *Swimming World and Junior Swimmer*, February 2005

Young Katie Hoff is in some pretty fast company.

Swimming at her own team's Christmas Invitational last December, the 15-year-old Olympian from the North Baltimore AC blasted the 15-16 standards in the 200-400 yard Individual Medleys (1:57.06-4:08.09) set by the great Tracy Caulkins a quarter-century ago—among the very oldest age group records on the books.

That's almost a decade before Katie was even a twinkle in her mom's and dad's eyes!

How good are Katie's times? They are jaw-droppers! Her 4:05.74 in the 400 IM makes her the fourth-fastest performer in history (fifth best performance), while her 1:56.70 for the 200 IM ranks her No.6 on the all-time performers list (see chart below).

Katie's times are even more impressive when you consider that she swam them while in heavy training in a relatively low-key, non-championship meet in the middle of winter. When Caulkins did her record swims at East LA., in early April of 1979, she was swimming in a national championship, and her times were American records. (Two years later, again swimming at nationals, Tracy lowered her 400 IM standard to 4:04.63.)

But though Katie may eventually establish herself as the greatest all-around American female swimmer ever, that title unquestionably still belongs to Tracy Caulkins.

Here's a brief rundown of Tracy's accomplishments...

- She won a record 48 U.S. national titles.
- She set individual world records in five different events: 100 and 200 Breaststroke, 200 Butterfly, 200 and 400 IM.
- She is the only swimmer ever to set American records in all five disciplines: Freestyle, Backstroke, Breaststroke, Butterfly and IM.
- At the 1978 World Championships—during the heyday of the doped East Germans—she won five gold medals and a silver. Not even Michael Phelps has done that!
- Unable to compete at the 1980 Olympics—the peak of her career—due to President Jimmy Carter's pointless boycott of the Moscow Games, she came back in 1984 to win three golds—both IMs and the Medley Relay.

That's not all...

- She was undefeated in collegiate competition, winning 12 individual national titles. Only Natalie Coughlin has come close to matching that achievement.
- She set 63 American records, with her 400 yard IM time (4:04.63) still the second-fastest ever and her 500 Freestyle (4:36.25)—an event she only swam once—still history's third-swiftest swim.
- She was voted *Swimming World Magazine's* World Swimmer of the Year three times; won the Sullivan Award as the outstanding amateur athlete in the USA in 1978 (at 16, the youngest athlete ever to win the award); won the Broderick Cup twice and was twice named Sportswoman of the Year.

In 1990, she was elected to the International Swimming Hall of Fame.

Today, Tracy, a co-owner of the Tracy Caulkins Physiotherapy Centers in Tennessee, lives in Brisbane, Australia, with her husband, Mark Stockwell, a 1984 Australian Olympian, and their four children.

History's Fastest Female IMers (SCY)

200 Yard Individual Medley

1.	1:53.91	Maggie Bowen (2002)
2.	1:54.45	Natalie Coughlin (2004)
3.	1:55.54	Summer Sanders (1992)
4.	1:55.64	Martina Moravcova (1999)
5.	1:56.24	Shelly Ripple (2001)
6.	1:56.70	Katie Hoff (2004)

400 Yard Individual Medley

1.	4:02.28	Summer Sanders (1992)
2.	4:04.63	Tracy Caulkins (1981)
3.	4:05.62	Cristina Teuscher (1998)
4.	4:05.74	Katie Hoff (2004)
5.	4:05.82	Maggie Bowen (2003)
6.	4:06.54	Kristine Quance (1997)

FRESH CROC'S VISIT QUEENSLAND STATE CHAMPIONSHIPS

By Mark Davies – Head Coach Casuarina Croc's

It was a new look Croc team as we had several retirements at the end of last season. Beth the Butterfly machine headed to the "Apple Isle" for university studies ... Kenny and Megan retired to further their social careers ... Kara has sort of retired but isn't sure why yet and Jeremy is doing it tough on the Samoa island.

So the new generation of Croc's were being sent to the toughest competition in the country and it was going to be interesting to see how they handle it. It seemed like an international event with swimmers from all over the globe venturing to the sunny state.

Well the trip started at the Super Centre on the gold coast. I had wanted to try out the Centre for a while but the chances were never there. However, this time we made it. We stayed in the Lodges with a New Zealand team which was a worry for a start. The accommodation was great, the community room and kitchen were too small to cater for the numbers ... but we worked it out. The facilities around the Centre were fantastic and the staff was the friendliest and most helpful I have come across and I have stayed at many sporting centres.

So we stayed for a few days' training with Coach Graeme and his local swimmers. They have a great group there and are getting stronger and bigger every year as Graeme is obviously doing good things there. The Kiwi group turned out to be a pretty friendly (not like their cricketers). Nellie apparently found them very friendly from all reports.

The pool and gym facilities are first rate and I would certainly recommend it to other groups thinking of attending the Centre. We had many European groups staying there so it had a real Cosmo feel which adds to the whole experience.

We had some incidents with Nellie falling through the bed as the bed boards mysteriously disappeared. We had interesting exchanges of English pronunciations with the Kiwi squad, with thongs, six-sex and other social areas discussed.

Well from the Super Centre we ventured to the Chandler Swim Centre for an assault on the Queensland Titles. It was a test for some of the

new Croc's to see what they could do against some of the best swimmers in the country.

The trip had been going well so far but there was a concern over the homely skills of the new generation Croc's. The cooking, cleaning and shopping skills were not up to standard of previous trips and I think I know the reason why ... mobile phones. They just don't have the time to do these mundane duties as they are either talking, playing games or messaging someone.

The meals were fair but some did not cook enough to go around, some cooked too much and others just couldn't cook at all—Dale couldn't cook a boiled egg to save his life. The shopping was the big worry. We had a budget and nearly always the younger Croc's blew the budget and had trouble understanding what a budget actually means. Again, the mobile phones are to blame for this.

The cleaning duties were performed reasonably well but the main problem was finding pieces of clothing, swim gear, personal things when we needed to shoot off to the pool. They were always hidden under other pieces of clothing, swim gear and personal items. We never had trouble finding the mobile phones though ... unfortunately.

This brings me to an important problem facing us all today—mobile phones. They are to blame for everything. This generation's communication skills are based on phone calls or messaging. Kids in the same room would rather message than talk. And those ring tones! All day you hear them – along with car alarms, reversing trucks, police cars – it's becoming a loud world.

Maybe they could develop waterproof phones so they can communicate while they swim up and down the pool ... wouldn't that be just great? It is sad but the art of conversation is gone, replaced by fast twitching thumbs on the phone pad. Maybe if the coaches turned the whiteboards into a giant mobile phone we could get the attention of the kids when writing up the programs for the day.

Well to the competition at the Queensland State Titles. Overall, the kids did pretty well. Hayley, Rachel and Lisa Eadie all made finals in pretty tough competitions and all the others had PB's so the new Croc's did pretty well on their first hit out.

Lisa Eadie qualified for Nationals in her first season in the seniors so that was very pleasing. Rachel MacLean also made Nationals and had an interesting pre-race routine. She head butted the railing around the stairs which shook the whole stadium. She got a fast black eye, which obviously put off the other competitors.

Michael again swam quite well as the old man of the squad. He disappeared quite quickly on the Sunshine Coast—his girlfriend arrived from Darwin—I don't think she trusted him.

Tanya Bower our new Butterfly queen was quite sick throughout the trip but managed a good PB which showed lots of courage and looks good for Nationals next season. Dale was also not too well; he was very concerned about sleep and food through most of the trip. If he could put as much focus into his swimming he will swim some pretty fast times. Maybe we could stick a pillow and steak sandwich up the end of the pool for motivation.

Poor old Nellie went down for the Open Water race but again it was cancelled which was frustrating but Queensland Swimming made the right decision on the day. She kept herself occupied by establishing a relationship with our New Zealand neighbours. Nellie is apparently looking to apply for New Zealand citizenship ... she is studying international affairs and doing quite well from all reports.

Macca swam well and should learn a lot from the trip and start stepping up to another level, which she is capable of doing.

During the trip some interesting things did happen. I have never seen anyone go through cans of Milo like these guys; I will look at buying shares if this keeps up.

Rachel's thongs are still on the balcony of the first floor of the hotel and grapes seemed to be mysteriously falling out of the sky onto the roads below. I was wondering why we were going through so many grapes.

Hayley left us toward the end of the competition to swim at New South Wales Championships, but I think the motivation was to catch up with a friend, but I'm not one to start rumours.

With the competition coming to a close we got organised to head north to the Caloundra beaches for a few days of rest and relaxation. We hit the beaches with the Northern Territory

kids showing their surfing skills—or lack of it. Some of these guys had better chances of catching a falling star than a wave.

Thanks to John and Vicki Wallace for supplying some bedding for us, not that we needed it as it was nice and warm—just like home in the Northern Territory. We had a competition on who could abuse their credit card the most and Tanya Bower won a close and eagerly battled contest. Mum was not very pleased she won that competition.

Macca managed to lose her wallet and all her spending money so her Mum was also not very pleased about that one. The Dicky Beach Surf Club was great with sensational meals and support throughout our stay.

The security camera seemed to catch some interesting scenes that are currently being viewed by security and details with arrests should follow.

Romance also seemed to be in the air ... the girls spent quite a lot of time on the beach chatting to the locals about the usual boy-girl stuff. Lisa and Tanya were kept busy at the beaches.

All in all a great trip as usual. It's nice to see the next generation of kids coming through and performing and behaving so well during the trip. It sets up some exciting times ahead to see how far they can go ... they have a lot to live up to with the success we have had over the years. As I always say, it's sad to see the old ones leave but makes it easier to bear when you have good kids coming through to replace them.

A special thanks to Liz for helping to look after the kids throughout the trip.

So yet another Queensland trip is over and we again look forward to the Nationals in Brisbane – the girls can check up on their new friends. I think the Northern Territory kids should do well again. So good luck to all and see you in Brisbane.



**SEE YOU AT THE ASCTA
2005 ANNUAL
CONVENTION**

INSURANCE UPDATE

*By Les Beattie, Senior Account Executive
Marsh Pty Ltd
ASCTA Insurance Brokers*

TSUNAMI

A word that many Australians had never heard prior to 26th December 2004, best guess might be something you ordered from a Japanese Takeaway. The Tsunami that hit our near neighbours with such devastation has brought home our vulnerability to the forces of Nature. Hundreds of thousands of dead and countless injured and homeless.

The generosity of Australians was overwhelming ... Governments, Businesses, Aid Agencies and Individuals ... a clear demonstration of what a good friend and how Australia can be counted on at a time of crisis.

Closer to home we have experienced the South Australian Bush Fires with more Australian lives lost and property destroyed. And finally the unseasonable weather in Victoria with record rainfall. Whilst the rain was mostly welcomed to assist with the replenishing of the State's Water Storages, local flooding and wild winds caused many millions of dollars damage.

Are there lessons to be learnt? The Tsunami has raised the issues of Early Warning Systems given that the events that triggered the Tsunami were detected. With no effective systems in place to warn the villagers living at sea level nothing could have been done to avoid the tragedy that followed. In Australia (being the driest Nation) we will always be susceptible to Bush Fires but is there enough being done to prevent loss of life?

Much will always be left to the individual and we must never take our own safety for granted, we can replace our property and other assets but nothing will replace our lives or the lives of our families and friends.

The Insurance Industry is now much more in turn with community standards and requirements and act swiftly in the case of emergencies. The properties that were correctly insured and affected by the recent events are fast being reinstated.

However, many of the losses will be uninsured and those affected will need to rely on the donations of Governments and Relief Agencies. We can only encourage the purchase

of appropriate insurances as part of your risk management strategy.

Each time there is a Natural Disaster we find that many Australians have failed to either insure or have underinsured their assets—particularly the family home and contents. Some families never fully recover from this financial setback.

Please treat the annual review of all Insurance policies with the importance it deserves. Make sure you understand the requirements of your policies to fully insure and ascertain up to date valuations on a regular basis. Thus making sure you are not facing a payout of less than the amount of your loss.

COUNCIL OVERTURNS SWIMMING POOL PHOTO BAN

*This article reproduced from ABC Online Website
2nd March 2005*

Sydney's Randwick Council has dumped a controversial proposal to ban people from taking photographs at swimming pools after an angry reaction from parents.

At a meeting last night, the council voted to amend the policy so it applied only to toilets and change rooms.

One woman who addressed the council meeting last night said she had been stopped photographing her son's first race win at a swimming carnival last week.

Councillor Dominic Sullivan, from the minority ALP group, says he is relieved the council has decided to take a more commonsense approach.

"Sometimes at Randwick it's bureaucracy gone mad and unfortunately it was the mayor of the day that was promoting and proposing this policy," he said.

"It was a dumb policy, it was a silly policy, it was devoid of commonsense, and we're all very grateful now that it's been overturned."

A council spokeswoman says the amendment aims to balance the rights of parents and families with the need to protect children and other pool users.

The council has received complaints about suspicious people taking photos, including an underwater shot.

Lander & Rogers

Lawyers

HIGH COURT UPHOLDS DIVER'S APPEAL – JURY'S VERDICT WAS OPEN

Swain v Waverley Municipal Council
Gleeson CJ, McHugh, Gummow, Kirby, & Heydon JJ
9/2/05

Although the High Court has upheld a jury's verdict in favour of an injured diver, insurers of municipal authorities need not be too concerned that this represents a change in the trend towards personal responsibility & recognition by the courts of obvious risk. The decision merely demonstrates how notoriously difficult it is to overturn a jury verdict on appeal.

Background

Guy Swain ("the appellant") was injured at Bondi Beach on 7 November 1997. Flags signifying a patrolled area had been positioned on the beach by lifeguards employed by Waverley Municipal Council ("the respondent") and the appellant had entered the water between the flags and waded out approximately 15m into waist deep water. He observed a wave coming towards him and attempted to dive into it. In the process he hit his head on a sandbank where the water was only about knee deep.

He sued the respondent in negligence alleging that it had failed to take reasonable care in the placement of the flags. The claim was heard by a judge and jury of 4. The jury found the respondent liable but reduced the appellant's damages by 25% for contributory negligence. A verdict of \$3.75 million was entered.

The respondent's appeal to the New South Wales Court of Appeal was upheld by the majority on the grounds that there was no evidence capable of sustaining the verdict as a matter of law, that is, no reasonable jury could have found in favour of the appellant on the evidence.

The Decision

By 3:2 majority, the High Court upheld the appeal. The members of the court delivered separate judgments but all were at pains to point out that the case was not about the negligence of local government authorities for placement of flags on beaches, but rather, the powers of an appellate court in reviewing a jury verdict.

"It should be added immediately that this is not a case in which this Court is required to determine the extent of the duty of care of municipal authorities to swimmers who use beaches in their local government areas. Nor will this appeal determine in general terms what is required of local authorities in exercising reasonable care for the safety of beach-goers. The issue in this case is narrower; simply put, it is whether the Court of Appeal correctly applied settled principle in setting aside the jury's verdict" – Gummow J

"This appeal is not so much one concerned with the negligence liability of local government authorities for the placement of safety flags on patrolled surfing beaches. It is one about the respect accorded by the law to jury verdicts and the severe difficulty presented to those who receive them and then seek to overturn them" – Kirby J.

Majority Judgment

Chief Justice Gleeson, and Justices Gummow and Kirby, although hinting strongly that they may have formed a different view of the evidence than that of the jury, adhered to strict legal principle in holding that the relevant question was not what they, or the Court of Appeal, would have found on the evidence,

but whether there was any evidence upon which a jury acting reasonably could have found that the respondent was negligent. This is a very low threshold and the majority considered that the appellant had lead enough evidence, which if accepted, could support a finding against the respondent.

“Many judges, and many juries, might have accepted the respondent's argument. Some people, applying their standards of reasonableness, might have reflected that variable water depths are as much a feature of the surf as variable wave heights, that diving into waist-deep water without knowing what lies ahead is obviously risky, just as catching and riding a wave to shore is risky....However, under the procedure that was adopted at this trial, the assessment of the reasonableness of the respondent's conduct was committed to the verdict of a jury. The question for an appellate court is whether it was reasonably open to the jury to make an assessment unfavourable to the respondent, not whether the appellate court agrees with it. The Court of Appeal should have answered that question in the affirmative” – Gleeson CJ.

Dissenting Judgment

Justices McHugh and Heydon would have dismissed the appeal on the basis that there was no evidence upon which a jury could reasonably have found the respondent negligent. Justice McHugh was prepared to acknowledge that a jury could quite correctly have considered the risk of injury in this case was reasonably foreseeable; however the appellant did not lead any evidence of a reasonably practicable alternative which could have avoided the risk of injury. As this is a necessary component of a negligence action, the appellant's case must fail.

“What was required for Mr Swain to succeed in this case was evidence – which almost certainly would have had to be expert evidence – that the conditions at some part of the beach to the north or south of, or even in a section of the centre flagged area, were such that the risk of injury from sandbank, rips and guttering was much lower than the risk existing at the point where Mr Swain suffered his injury. No such evidence was led. In my opinion, there was no evidence upon which the jury could reasonably find that the Council was guilty of negligence and, as a result, caused Mr Swain's injury.” - McHugh J.

Justice Heydon went even further in holding that there was also insufficient evidence to support a finding by the jury of reasonable foreseeability of injury in the first place.

Comment

As Justice Kirby pointed out in his judgment, jury verdicts do not carry the same weight of precedent that a reasoned decision of a judge alone carries and therefore has little value as far as precedent is concerned.

Had this case been decided by judge alone, and had that judge found in the appellant's favour, it is likely that we would have seen a different result in the High Court. The tone of even the majority judgments is that their decision to restore the appellant's verdict was based more on what the press has referred to in reporting the decision, as “legal technicalities”, rather than their view about the weight of the evidence.

A more detailed analysis of the decision will appear in the forthcoming edition of Lander & Rogers Insurance Newsletter, but for now, interested parties should not view this decision as having widespread ramifications.

Matthew Finnis
Ian Fullagar
24 February 2005

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