



# NISCA Journal

Official Publication of the  
National Interscholastic Swimming Coaches Association of America, Inc.



**Back to School...**

**Back to the *POOL***

**Review of the Old,  
Plan for the *NEW***

**September-October 2021**



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# THE NISCA JOURNAL

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“Back to School, Back to the POOL”



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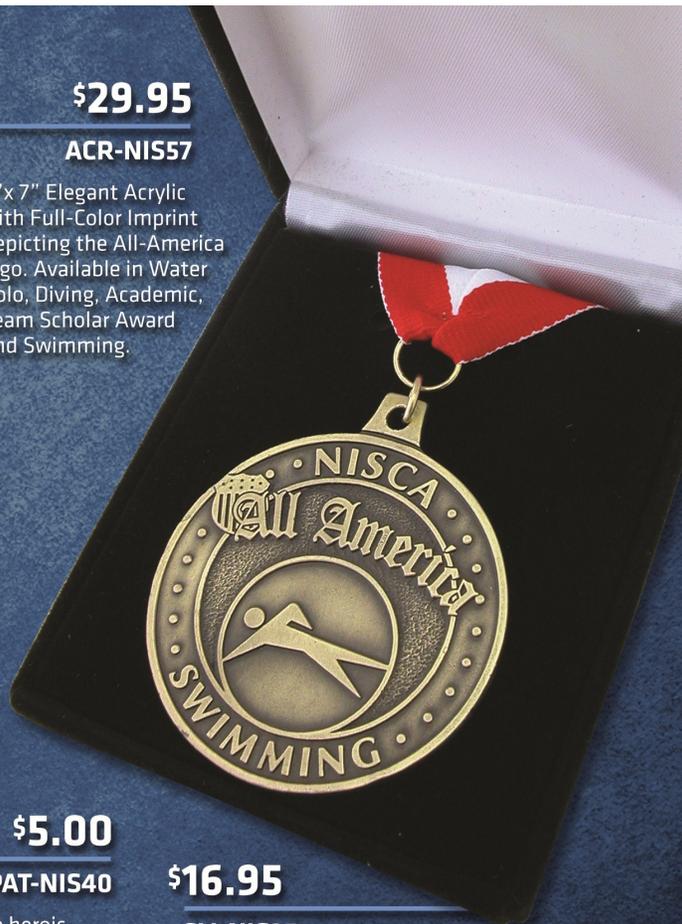
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**National Interscholastic Swimming Coaches Association of America**  
**To Educate... To Promote... To Honor.**

Dear NISCA Membership,

By the time this edition finds its way into your mailbox, our fall season and a new school year will be underway. Whether you took time away from the pool this summer, or were on deck every day, I hope you've been able to recharge and get ready for the season and school year. For me, picking up each edition of the NISCA Journal offers a chance to recharge, finding new ideas and the energy that comes with thinking of ways to implement them.

An association is a group of people organized for a common purpose. We know that NISCA's common purpose is to promote and advance high school aquatics. Last week, I had a conversation with a parent of one of my swimmers related to the importance of surrounding ourselves with good people. Our association with NISCA allows us to surround ourselves with great coaches who can challenge us to become better. As coaches and teachers, it is important to take advantage of the opportunities to meet and learn from each other. It is equally important to create opportunities to gather with others in our profession on a regular basis.

An example of the power that comes when great coaches work together was on display when the NISCA Diving All America Selection Committee met in early July. That group always does an outstanding job with the selection process. I've had the privilege to observe the work they do and listen in on conversations they have. Many of the coaches on the panel share the sentiment that the time spent with the selection committee is one of the best coaching clinics they could possibly attend. By virtue of their association with the selection committee, and their interactions while together, they become better coaches, all while providing an extremely valuable service to the high school diving community.

NISCA becomes stronger the more our coaches associate with each other. At the ASCA World Clinic, NISCA members Ron Blanc (Santa Margarita Catholic) and Josh Runkle (New Trier), as well as Journal Medical Consultant Dr. Karl Hamouche presented to high school coaches. We heard rave reviews for their presentations, *nice going, gentlemen!*

Even if you are unable to travel to coaching clinics this school year, I encourage you to be a point person for NISCA in your area and organize a local informal gathering for coaches. There is power in coaches getting together and learning with and from each other. Let me know the details of your meeting, including one coaching topic that you plan to discuss, the location, time and date. Email, text or call me using the contact information on this page. We will put together a list of those meetings and let other NISCA coaches know about them. If you are like me, you probably have observed how difficult it is for some swimmers to jump into the pool to get the practice started. Please "jump in" and set-up a local meeting that will allow coaches to gather, learn, and build a stronger community within our ranks.

Now is the time to renew your membership with NISCA (remember that memberships run from August 1 through July 31). There are many benefits to being a NISCA member. The benefits of professional growth and enrichment become even greater the more you are actively involved in our coaching community.

I wish you all a great start to the school year and much success with your team!

Tim



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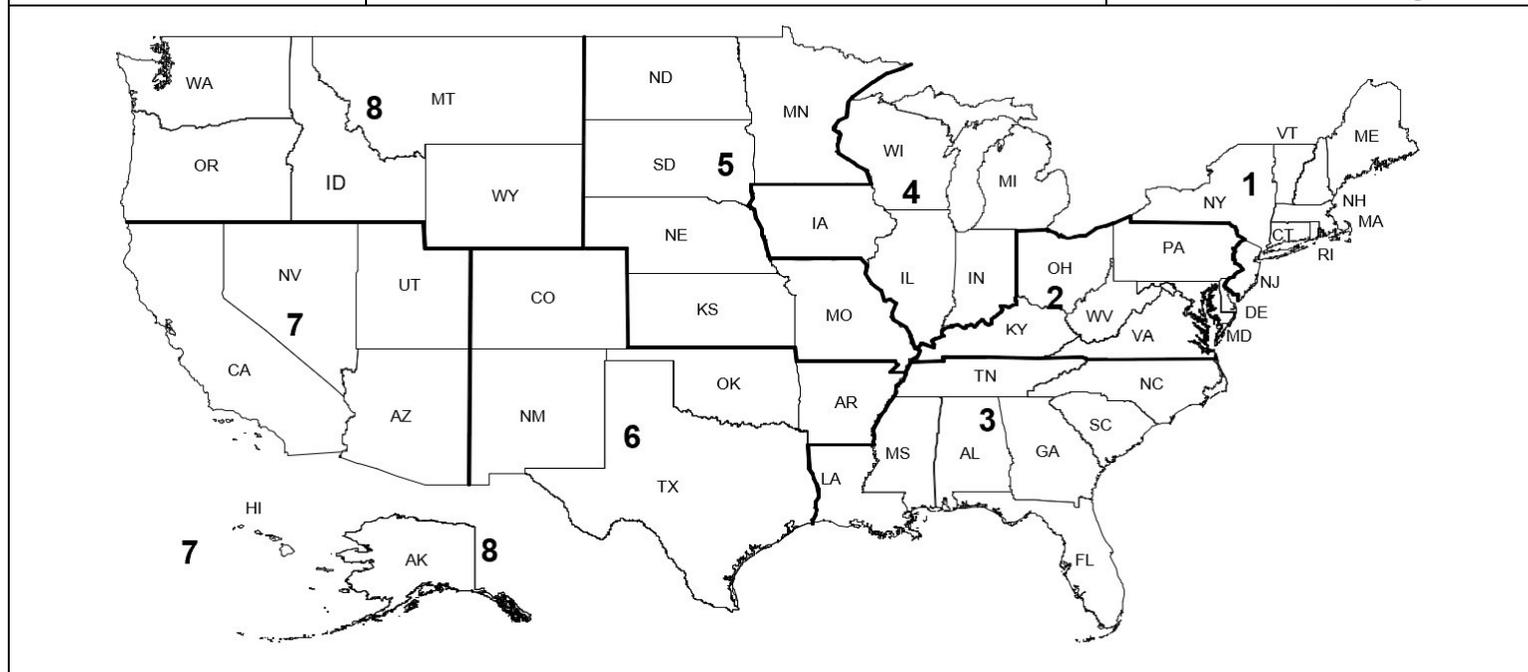
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## Back to School, Back to the POOL

As the new school year and swim seasons get under way, we look for ways to keep doing what has produced good results in the past, trusting in proven methods and teaching techniques whether we are in the classroom (like many), or just in the pool.

For veteran coaches, long years of figuring out what works may give an edge, but everyone is always on the lookout for something that may hone that to an even sharper edge. That extra "something" is sought by good coaches everywhere, and especially by the great coaches.

Even more important is rejecting the premise that what worked the previous season will work just fine for the next season.

In a March 2016 article in *Swimming World* by noted writer Mike Stott, Eddie Reese is quoted:

*At the end of our season I look at our guys and try to figure out what worked. If it did, I know it won't work the same way next year. So, I have to change it and make it harder. If it didn't, I have to discard it or figure out how to make it better.*

In his book *EDDIE REESE: Coaching Swimming, Teaching Life*, Chuck Warner recalls a conversation with Coach Reese when Eddie remarked,

*There is a fine line between 'old school', 'new school', and 'dumb school'. I'd rather stay on the 'old school' side of that line.*

Chuck commented: *"The coach's point is, in part, that jumping at new training ideas without careful thought is a mistake. In other words, a coach can fall prey to a 'shiny new concept' that might seem to work for the new fastest swimmer around, but that concept might not necessarily help his/her swimmers."*

There is an observed temptation, sometimes a willingness to just copy something that was part of a successful swimmer's training program, without actually understanding why or how it fit into that swimmer's experience. I know many younger coaches who, in their zeal to develop or produce the fastest swimmers they can, jump at the chance to add an intriguing training set to a practice because they read about it in a blog, an article, heard it at a clinic or in a conversation with fellow coaches.

Now, the set they were intrigued with may actually be a great set in construct or purpose, but not at all applicable to the group or individual swimmer they use it for.

Also from the "Don't Do This" Department: Thinking to oneself, "This worked great for Swimmer A, who is an X-seconds backstroker, and my swimmer is a Y-seconds backstroker, so I'll adjust the training goal-time and the repeat interval by a factor of Y/X." *That's not how it works.*

The point is, we coaches need to understand more completely the exercise science, the physiological responses to training modalities, and not rely on anecdotal experiences. What works specifically for one may not work generally for all. One way to get a better understanding and grasp of the biological and physiological is to continue our own education. Going to clinics, reading, talking with experts, etc., are great ways to do so.

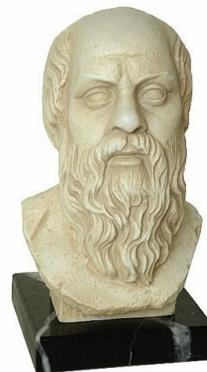
Dr. Karl Hamouche, the NISCA Journal's medical consultant, is a former club and collegiate swimmer, and is steeped in the "human-engine" side of our sport. He was one of this year's speakers at the ASCA World Clinic, and his talks should be available post-clinic for ASCA members. Check online!

His presentations were *"How Training Builds the Swimming Machine: Build trust in your athletes by understanding how each set changes the Swimming Machine on a biological level to create positive effects and faster swimming"*, followed by a related talk, *"Overtraining: A Practical Guide - Some practical ways to understand, monitor and treat overtrained athletes."*

The high school track at ASCA also included talks by NISCA members Josh Runkle (New Trier) *"Preparing to Swim Fast in a Short Season"*, and Ron Blanc (Santa Margarita Catholic) *"The Single Most Powerful Tool in your Coaching Toolbox—Mental Training"*. We hope to run excerpts in coming issues!

*"The secret to change is to focus all of your energy, not on fighting the old, but on building the new."*

**Socrates**



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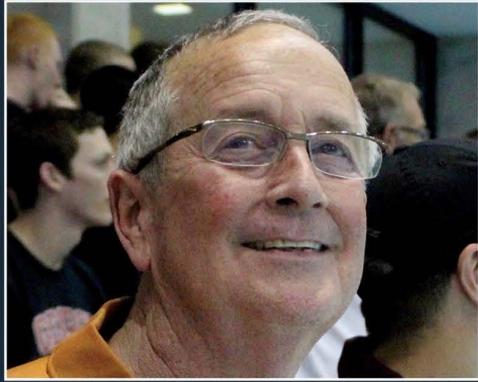
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# EDDIE — REESE —

COACHING SWIMMING, TEACHING LIFE



**CHUCK WARNER**  
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**EDDIE REESE**  
**COACHING SWIMMING,**  
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**BY CHUCK WARNER**  
**WITH DANA ABBOTT**

[Excerpt from book, on **Leadership**]

The word "leadership", especially in coaching, can bring to mind a commanding figure pushing the group forward. Eddie Reese is not that type of leader. His combination of kindness, high moral character, and striving for excellence signals team members and staff alike to find similar qualities in themselves. He models a standard and then constantly and selflessly coaches everyone around him, nurturing them to likewise develop those qualities, embrace them, and let them shine.

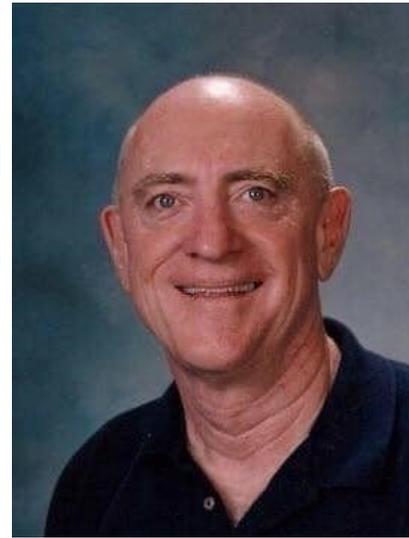
Eddie Reese's enthusiasm for engaging those around him in the process of swimming faster motivates nearly all his athletes. Athletes who lose their passion for improving and can't rekindle it, even with the help of a coach, are probably not suitable for an Eddie Reese team. If a swimmer is all-in, Eddie's all-in. And whether you are an athlete or a staff member of an Eddie Reese-coached team, his desire to support you knows no limit.

Coach Reese's leadership qualities include an internal persistence of striving for excellence. And he has the confidence that over time, by doing the right thing, his athletes and teams will be successful in reaching it.

***No printed word, nor spoken plea can teach young minds what they should be.  
Not all the books on all the shelves - but what the teachers are themselves.***

*-Rudyard Kipling*

***Lanny Landtroop, NISCA President 2007-2009, passed away on August 7, 2021. His guiding influence extended many years before and after his term as President. Few people have influenced and affected as many lives as Lanny did. We remember his many pithy reflections on subjects far and wide, but the common thread in all of them was care for others. We share some comments from people who knew and loved him, and whose lives were touched by the warmth and care he shared with all. Thank you, Lanny.***



The swimming community has lost a giant. Lanny Landtroop. The Dean of Texas High School Swimming, a true legend. Our colleague, our mentor, our friend. Your wisdom will continue to guide us, Lanny, and our lives are better because you touched them.

Lanny was a Coach above all, and above all he was a Coach.

How many people have you met that could REALLY change the way you looked at your profession? Guessing you could count them on one hand, right? Lanny was one of those people. What a loss.

Coach Landtroop was such a huge part of my life. He was the best part of my high school years. A major force. Thank you Lanny! You will be missed!

One of a kind.

I always loved and respected him! He was a great Coach and even though he didn't really coach much when it came to diving, he was a huge cheerleader for us and encouraged us when we were doubting our abilities. Many of my best memories of high school are from being part of the CLHS swimming and diving team.

Coach Landtroop had an indelible impact on his family of swimmers lives. Those 4 years spent swimming under his guidance was life-changing and made me the person I am today. His quiet leadership and positive energy guided us in every aspect, not just in the pool but in relationships and community. I was privileged to have him as a government teacher as well. He inspired me to be a better citizen. He will be greatly missed! Just know his impact reach far and wide and spanned generations of young people who now are passing down his legacy to our own kids and grandkids. He lived the example of what every person strives to be. I will be forever grateful of his leadership, generosity of time and investment in us as young people during such formative years!

Lanny taught life skills through sport that not only brought out the best of us in athletics and teamwork but developed awareness and abilities to lead enriching and fulfilling lives. His legacy will continue beyond his students, colleagues and friends to all those who we have shared his teachings. His positive impact on so many people is immeasurable and I consider myself most fortunate to be one of his students.

A Texas Legend! An honor to say I knew him and considered him both a friend and mentor.

Few men have impacted as many lives as he did. I'll always remember his motivational talks, his ruthless dedication to hard work, and that sly little smile he had when he would joke with you or had tricked you in some way.

(From Mark Onstott) Legendary swim coach Lanny Landtroop passed away August 7. His loss is devastating to his family, the many athletes he coached, students he taught and many swim coaches as well. I am one of the latter. My wife, Jan, called me immediately after she received a text from his wife Sandra with the terrible news. It was an unexpected gut punch. I first "met" Lanny in 1979 in Ames, Iowa at the Iowa High School Swimming Coaches Association fall Clinic. I say "met" because I only heard his presentations that weekend, I never formally met him. I took pages of notes and implemented much of what I learned into my coaching immediately and used it right up to my retirement. Soon after I moved to Texas I found myself at a table with about 6 other coaches at the TISCA Clinic. The coach that invited me to the table was Lanny. With Lanny's encouragement I became involved in TISCA and again at Lanny's urging I ran for and was elected president of TISCA several years later. After we moved to Illinois I would see Lanny annually at the NISCA Conference always coming away with something to make me a better coach. All the while he was influencing how I coached and interacted with athletes. I became NISCA president-elect the first time in 2003, in Austin, Texas. Again, due in no small part because of Lanny's support. While I was President and Past President I had the opportunity and pleasure to spend hours sitting around a table with Lanny, as President-Elect and President, and other Executive Board members, Tom Wojslawowicz, Eve Julian, Arvel McElroy, Dana Abbott and others as we worked tirelessly to improve high school swimming, diving and water polo. Lanny was a friend and mentor. Jan and I loved the time we got to spend with Lanny and Sandra. They were always so kind and supportive. He will be missed. God Bless Lanny and Sandra and their family.

(From Eve Julian) Lanny Landtroop was a giant of a swim coach in Texas, and the guy who saw something in me and talked me into being a part of NISCA. He was funny, smart, gentle, caring and an all-around wonderful human. His passing has left a hole in my heart. The swimming community owes him a great debt and it will not be the same without him. I will continue to try to carry a little of his wisdom with me always.

*(From Lanny's wife, Sandra Landtroop)* Today, August 27, is my Lanny's birthday, a fine day, I think, to celebrate the life he made. The scores of tributes, expressions of appreciation, and messages of deep affection from so many swimmers, students, coaching colleagues, family members, and friends old and new are evidence of the person he became. We are so very grateful for every one of your communications about and remembrances of an extraordinary man.

But he was also the freckle-faced, red-headed little boy with me in Mrs. Howard's first grade classroom, an all-boy who loved to bike to the Texas City dike to fish with his buddies; to play basketball, baseball, and football with equal measures of abandon and joy; to explore his world, bringing home snakes and other critters to observe. (That last one was problematic for his mother and sisters!)

He was also an eager teen Eagle Scout aspirant who fashioned by hand a Native American dance costume (bustle, headdress, and all) and learned with fellow Scouts native dances to perform at powwows. Unsurprisingly, mothers of daughters who sought permission to attend a party often asked if Lanny would be there, granting permission if the answer were yes. A dear friend relates a story from those teen years about him stripping to his skivvies, again on the dike, and jumping into the bay to help a struggling swimmer. He's also the teenage boy who, with his cousin, taught swim lessons to African-American children at their pool when officials denied those kids lessons at the "white" pool.

Pretty evident where this fellow was headed. I remember him from those days as the very nicest boy, full of joy and fun, and decency.

Being with the adult Lanny was for me like basking in sunshine, so much so I'd bring my school work to swim meets just to be in the bleachers watching him coach while I tried to learn the sport and be more a part of the exceptional culture he created. But, make no mistake, storm clouds could quickly overtake the sunshine when he sensed meanness, cruelty, or injustice.

His enthusiasm for his profession and his swimmers and students was impossible to resist, but he also had such a deep interest in the world and its people. He read and read, and retained amazing amounts of information, one of the most protean thinkers I've known. In his retirement he put those skills to great use by devising a devastating smoked pulled pork!

I know by now you can tell that I am his most ardent fan and admirer. But there was so much to appreciate and, truly, to love. The estimable virtues that imbued his character—quiet confidence (never arrogance), moral and physical courage, curiosity, loyalty, commitment, kindness, and decency—never overshadowed his humanity. No priggishness, no self-righteousness, no false superiority marred his goodness.

He also adored his parents, sisters, aunts and uncles, and cousins, without reservation. But the light of his life was his son Jason, his boon traveling companion, ardent swim team cheerleader/mascot, and all-around fan. Later, my own children were warmly embraced by his love and concern. I'm so grateful for his presence in Stephen, Michael, and Cathy's lives. As our family grew, Jason's Kat, Mike's Brandy, and Cathy's Jimmy also became part of our circle. And then—those grandchildren, who simply adored him and were adored by him. Madeleine, Brooke, Summer, and Avery, "Lanny's Little Sweethearts," dressed him up, doctored him with bandaids and gauze, danced recitals in the den for him, sought babydoll-sitting duties and advice about Barbie's latest outfit. Alex, whom he named, and Andrew, who bears his name, loved his big hugs and great corny jokes. But so did we all.

We shared a truly fine life together, even in the face of his three cancers. He was stoic and determined, upbeat and positive, through every test, surgery, treatment—a wonder to witness. He was ever concerned about the effect it was having on me, and I used him as my model for strength and optimism. Recently, he ordered for me a pandemic surprise, an elegant, deep red cashmere shawl. It strikes me now as a fitting image of his love and concern for me, always so warm and comforting and present.

We will all miss our Lanny so very much, but his love and remarkable character will sustain us. His example will guide us. His goodness and decency will remind us what a human being can be, and thus, of what we must strive to be. His own dear departed dad would proudly say of his exceptional son, that he was "simply great."

Many of you have asked for a way to honor his life. I know he would "dance at your wedding or anniversary" if you'd join us in contributing to the M. D. Anderson Cancer Center. I hope we can joyfully celebrate Lanny's life in the future with a suitably inclusive gathering so many of you have indicated you'd like.



# Back To School, Back To The POOL

By Dana Abbott, Journal Editor



In the "From the Editor" column on page 6, I reviewed what most of us active coaches do between post-season and pre-season like this, using a quote from Eddie Reese:

*"At the end of our season I look at our guys and try to figure out what worked. If it did, I know it won't work the same way next year. So, I have to change it and make it harder. If it didn't, I have to discard it or figure out how to make it better."*

Thinking of making some changes in your own program? Be careful how much you change from the previous season. It is probably safe and a good rule of thumb to not change more than 10-15% of your previous approach. It's apocryphal (we think), but more than a few swimmers have been heard to complain about all the "new" stuff Coach brings back from every clinic he/she goes to! To be fair, we coaches almost always get excited about new approaches, ideas, sets, practices, motivational techniques, strength work, etc., when we go to a good clinic, but we have to be careful, prudent, even *discrete* when it comes to implementing those new items. Change can be good, but too much is almost always not.

So, what to change? It could be the meet schedule that needs attention, too many away meets, not enough, or maybe a travel trip would be a needed shot in the arm to boost motivation or be an added incentive to work harder and smarter. More strength work? More flexibility? More yardage? More intensity? More specialty stroke training? More freestyle? More turns? Starts? Video analysis? How about team social or bonding activities, *team-building*? Every component of your program could well benefit from a review and evaluation as soon as the previous season concludes, while it is still fresh in everyone's mind (meaning: *yours*). It may even be a good idea to have two folders in your file cabinet or on your computer, "Things that really worked" and "Let's not do this again." File as soon as you can!

Most of you have early-season **parent meetings** to try to get things off on the right foot, and much of it involves providing information the parents and swimmers need, especially the new ones.

Olympic Gold Medalist Josh Davis is coaching a small Division 3 college in Oklahoma City and was asked what his three top priorities were for starting a season off right. His answers were simple and basic:

**1. Answer questions** of the parents and swimmers but anticipate the questions and give them the information they are going to want to know before they ask. Based on past parent meetings, we know that the same questions get asked again and again, so get ahead of the curve and have that information ready to share, both orally and in a printed handout or on your team website. Let them know what expectations you have for their son's or daughter's participation on the

team, what team goals you have, and how you are going to help the swimmers set personal goals that will help achieve the team goals. Emphasize academics, rest and nutrition, staying healthy and *making healthy choices*.

**2. Balance technique and training**, or as Josh called it, "toughness." That is the challenging balancing act coaches have to perform all the time: How much time on teaching technique and how much time doing the swim training? For the newer, less-experienced swimmers on the team, the better investment is to develop proper technique; for the older veterans and those with technique that is already good, invest more time in training. But it has to be BOTH, doesn't it? Coaches who have their athletes just pound it out, day after day, will get strong "tough" swimmers, but their efficiency and economy will suffer. Coaches who spend all their time on technique may wind up with a swimmer who is told "you have a beautiful stroke, but you spend too much time in the same place." Balance.

**3. Balance grace and grit.** Josh was referring to himself, the coach, with this priority. Balancing the extremes of the velvet glove and the iron fist, and every degree in between. Or maybe *"The iron fist in a velvet glove."* Newer swimmers probably will need more grace from the coach, a lighter approach, and the veterans not only can accept but probably *need* a bit more "grit", a sterner approach or more direct approach. Once you know your swimmers a little better, just as you get to know your students in the classroom better, you figure out how to push that balance needle more to the left or the right. But in all of these cases, ALL of the swimmers need to be punctual, work hard, be accountable, exercise self-discipline, support their teammates, trust the coach and the program, and basically "do the right thing."

Lahnee Pavlovich, Head of Research and Writing for *Athlete Assessments* in Queensland, Australia, had this to say about **accountability**:

*"Accountability in sport is doing what you say you're going to do and executing the task to the best of your ability. Being accountable is not making excuses, not blaming others or [whining] and complaining. Accountability in sport is taking ownership of something and making sure you 'know your job and do your job' 100% of the time."*

*"Accountability in sport also extends to holding others accountable. One of the biggest issues we see in teams is when one athlete is not doing something right, something that could hurt the team, and another athlete notices but doesn't do anything about it. Being able to have an accountability conversation with a teammate is critical if you want to reach the highest level of performance."*

One of the most practical and sometimes most productive things a coach can do is look for ways to give the athletes some *ownership* in the team. Here are some examples, you may have others (*and if you do, please email me at the address on the bottom of page 6*):

1. When I got to the point where I felt there was some good judgment in the group, I let the girls decide each year what their team suit would be. They researched the various swimsuit catalogs and submitted some designs they liked, and after I determined availability and acceptable pricing, I let them vote on the suit they wanted. (*I gave the boys the Henry Ford Model T choice: "Any suit you want as long as it is black."*)

2. Instead of the coach coming up with a weekly or seasonal motivational quote or theme, a girls basketball coach in New York implemented a new procedure for inspiration. Instead of him being the inspirational leader for his players, he expects his own athletes to come up with pre-game messages that help motivate the team before they play.

The rules: The coach only asks they give it some thought and follow rules of grammar. An inspiring quote, a reminder from practice or a team-related story – all of it is in bounds.

Kirk Mango, a writer for Chicago Now who relayed the above motivational example from the New York coach, had a little more to say about ownership:

*"The individuals in charge are giving up some ownership and placing more responsibility on their athletes for creating the environments in which these athletes wish to participate. From my perspective, whenever you get athletes truly invested in the task at hand, the results will almost always be more prolific."*

\*\*\*\*\*

***Have you had some success with giving your athletes some form of ownership in your/their team? Do you have some examples of how you get back on track when you start the next season? Do you have some suggestions about how to run a good pre- or early-season parent meeting? We'd love to hear about it. Write to me at the address at the bottom of page 6. We'll publish and credit the best ones!***



**KEEP  
CALM  
ITS THE  
NEW  
SEASON**

# The Gut Microbiome and Swimming

By Karl Hamouche, M.D., NISCA Journal Medical Consultant



Recently a Wall Street Journal article titled "Diets Engineered to Work with your Microbiome are Latest Startup Craze" discussed how a new trend in targeted nutrition aimed at working with your microbiome is helping customers live a healthier life. Many of the new businesses geared towards this trend have some big claims about how the food we eat and the gut microbiome we have affect how we live. Basically, if you can just eat the right foods that fit better with your personal genes and your microbiome community, this will result in you losing more weight and feeling healthier. The question is... is any of it true and does any of it apply to swimming?

## Let's start with the basics: What is the gut microbiome exactly?

The microbiome is the community of bacteria, viruses and fungi living in your intestines. This community intimately interacts with your own body to regulate all kinds of things like food breakdown, nutrient creation/absorption, immunity, and inflammation. This community is comprised of thousands of species and the key to understanding the rest of the article is that this microbiome is not static. It is continuously changing based on a whole variety of inputs including: the host's genetics, geographical environment, diet, and even their daily activities such as exercise.

Changes in the microbiome can result in very significant changes in the host's life. For instance, the most obvious example is called *C. difficile* infection. *C. diff* is a common bacterium that is part of the microbiome and usually does not cause any problems. However, for certain patients who receive antibiotics, the antibiotics kill off most of the patient's normal microbiome... Except for *C. diff*. Now that the community has gone away, *C. diff* can expand, multiply and essentially take over the entire gut resulting in a horrendous inflammation of the gut and causing serious diarrhea and can even be lethal if left untreated.

The main course of treatment is oral antibiotics, however sometimes this doesn't work. In those cases, one very effective treatment is called a fecal transplant which is now FDA approved. This basically involves taking the fecal material out of a healthy person, putting it in a blender, turning it into a smoothie and then manually spraying it throughout the infected patient's colon. This essentially re-establishes a more normal microbiome community keeping the *C. diff* infection under control.

The microbiome has also been implicated in chronic diseases such as obesity and diabetes. For instance, the most impressive experiment demonstrating the power of the microbiome involved transplanting the fecal material from a fat mouse into a thin mouse, and the fecal material from a thin mouse into a fat mouse. Without changing diet or exercise for these mice, the fat became thin and the thin became fat purely based on the effects of the microbiome.

If you travel to different countries and eat different foods, it is common to experience something called travelers diarrhea (or "turista") which is nothing more than you picking up a new version of *E. coli* that you have not encountered before.

These are of course extreme examples of how the microbiome interacts with our health. But the question is:

## Can maintaining a good microbiome community result in improved swimming performance?

This is a very difficult question to answer. There are so many variables involved it is difficult to determine what is correlation and what is causation. For instance, we know that exercise itself alters the microbiome. So, if a couch potato starts swimming every day and loses weight, increases muscle mass and has decreased chronic inflammation... is that because of the exercise or because of his altered microbiome? Like many complex problems, the answer is probably multifactorial. Most definitely, the exercise itself has a big effect. But, there's probably a small role for the microbiome to play as well.

This is a very cutting-edge topic and there really has not been a lot of good research performed. What has been done up to 2020 has either shown mixed results or was conducted on mice trials where the extraneous variables can be much more tightly controlled and won't necessarily relate to real world human results. Let's briefly look at a few studies which tried to answer this question.

One experiment showed that if you take the fecal material out of an exercising mouse and transplanted it into a sedentary (couch potato) mouse, the receiving mice have improved lifestyle markers such as reduced colon inflammation. This shows that the microbiome itself has a positive effect on health markers which could be extrapolated to athletic performance.

In a more relevant study which tested rats and their running performance, antibiotics were given in order to kill off the rat's natural microbiome. Rats with poor microbial diversity from the antibiotics had decreased muscle glycogen levels and worse running performance. What is more reassuring is that when rats were receded to their normal microbiome, their performance improved creating a more direct link between the microbiome and athletic performance.

Mice that were given probiotics to improve their microbiome showed improved swimming performance as well. In fact, mice with a diverse microbiome perform better than mice that only had a single type of bacteria in their gut, and they performed better than mice who were germ-free.

The few human studies conducted have shown very mixed results, but at least a few did show beneficial athletic effects when probiotics were given to the athletes. Unfortunately, most of these studies did not confirm that the probiotics actually changed the microbiome because stool studies were not tested. So, it is impossible to say whether the probiotics helped performance through improving the microbiome community or from a different mechanism (improving glycogen stores from the extra calories for instance).

In summary, a very large derangement in the microbiome will have an effect on athletic performance. If you're given antibiotics and develop a *C. diff* infection and are having diarrhea 20 times a day, it's going to be difficult to perform at your best in the swimming pool. But the idea of trying to "optimize" your microbiome to improve

athletic performance is far from an answered question and at best results in a minimal improvement. Having said that, it is still important to eat the right foods which likely help you maintain a good microbiome. So let's go through some of the good stuff you can put in your body to help keep you as healthy as possible as well as some things to avoid.

A healthy microbiome is characterized by having a diverse community of microorganisms and specifically having a low amount of Firmicutes and high amount of Bacteroidetes. These are large classifications of bacteria and have generally been shown to be good for you (Bacteroidetes) or bad for you (Firmicutes).

The foods that you generally think of as being "bad for you" such as junk food, fried food or processed foods containing trans fats feed Firmicutes. Foods that you generally think of as being "good for you" such as colorful vegetables, fiber and non-processed foods feed the Bacteroidetes. In addition to that, some diets and scientists recommend incorporating some sort of fermented food (probiotic) into your diet on a daily basis to help maintain a healthy microbiome. Examples include: yogurt, kefir, miso, sauerkraut, kimchi... and many others.

**Dr. Karl Hamouche** is the founder of **Swim Smart** and **Fog-X**, author of *The Biology of Swimming* and *Swim Coach's Starter Guide*. Karl studied biology and exercise science at Iowa State University, received his medical degree at the University of Iowa and is currently a radiology resident in Wichita, Kansas. He was an assistant and satellite head coach with ACAC-Ames Cyclone Aquatic Club, a USA-Swimming Silver Medal club in central Iowa.

In summary, as long as you do what we pretty much all know is good for you like exercise, sleep well and eat right, your microbiome will take care of itself and your swimming will be just fine.

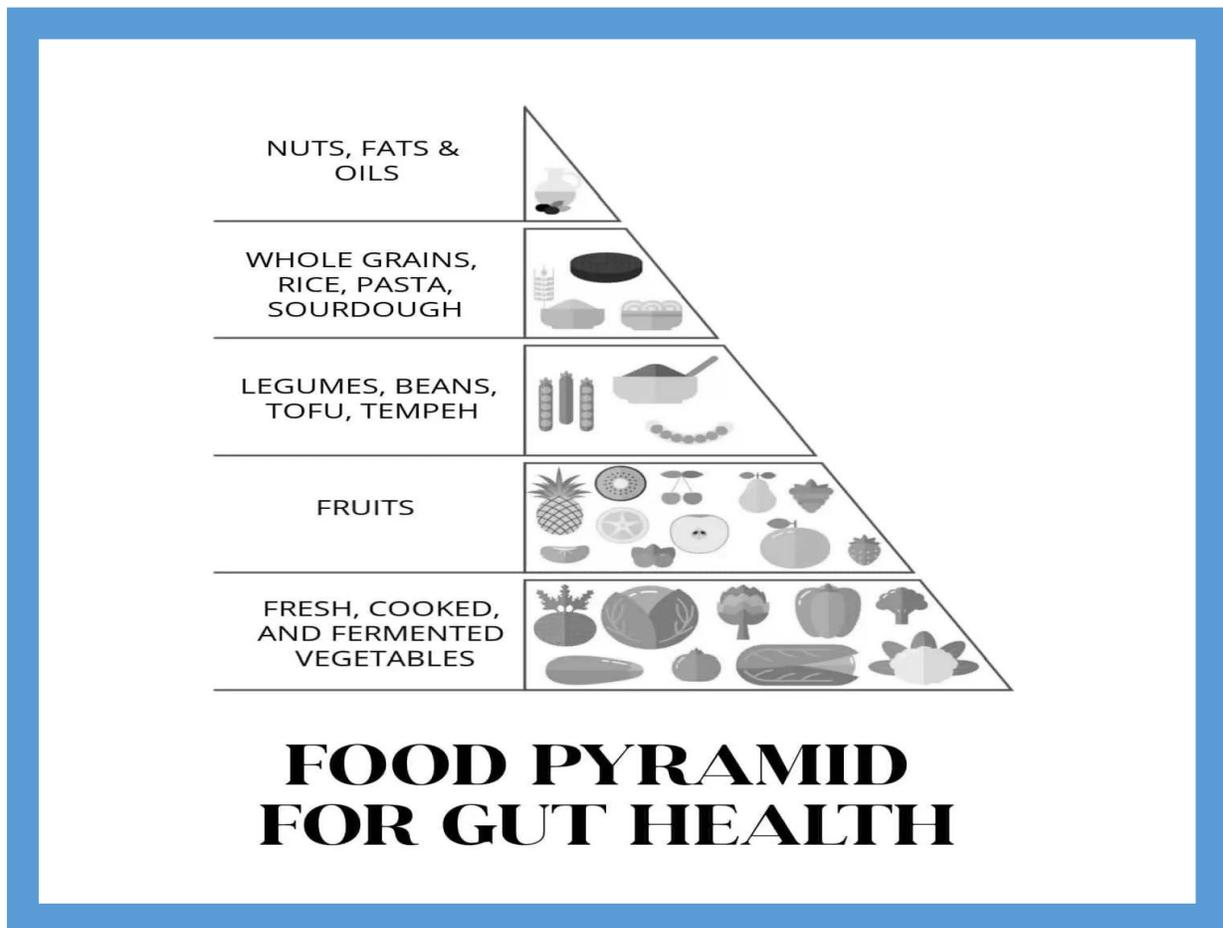
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<https://doi.org/10.3389/fnut.2019.00191>



# Step Up Your Game With These Products From SwimSmart

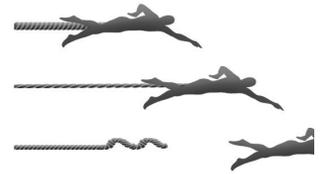


## Push Paddle

Fix bad dolphin kicking!  
Resistance from the top  
Moon cut-out for streamlining  
Three sizes for any ability

## Break-Away

Fix bad resistance sets!  
Automatic release system  
Use with Power Towers  
A whole new ability



## Power Harness

Fix bad body alignment!  
Drive with the shoulders  
Use with any resistance tool  
Carabiner for quick exchanges



## The Biology of Swimming

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Swimming science for beginners  
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Fun and easy to read



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Lasts weeks to months  
Fits virtually any goggle  
Two pairs included



## Squeezline

Fix bad streamlines!  
Audible BEEP for feedback  
Soft silicone case  
Every streamline, every wall



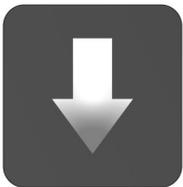
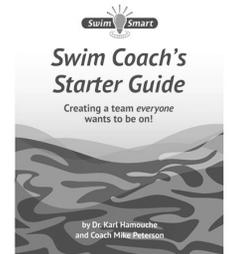
## E(xchange)- Paddles

Fix dropped elbows and train EVF  
Exchange all paddles for variety  
Incentivize the body to grip with the forearm  
A-la-carte combinations available by email



## Swim Coach's Starter Guide

Written by Swim Smart founders  
Perfect for new coaches  
A resource for head coaches  
Directly applicable guidelines



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## DIVING:

# Navigating the Challenges: 2021 NISCA All American Diving Selection

By Jennifer Amman, NISCA All America Diving Committee

A plane takes off from Florida, it would be the last for a few days. Looking out the window multiple tornados can be seen about to touch down and minutes later, Hurricane Elsa hits. An omen? Maybe. Fore-shadowing? Possibly. So begins the All America Diving selection weekend.

In a year where nothing was easy, meets and calendars had to be altered constantly, multiple plans were made only for them to fall through, and start over again ... why would we ever think that *this* weekend would go smoothly? It has been a year of unprecedented challenges which included delaying the selection process by over two months so states could finish their seasons. A year when overcoming the unexpected and dealing with unimaginable obstacles became "normal".

As the first people began to arrive, a quick summer storm later confirmed to be a small squall/tornado, ripped through the area knocking out the power for the next 30 hours. Yes, more tornados! As judges from all over the country arrived, anticipating judging over 400 videos from the best divers in our nation's high schools, the power went out! We scrambled to figure out a way to watch and re-judge over 4,500 dives in the next two and a half days, and do it in a way that everyone could make their return flights home. Trees were toppled, power lines were down, and transformers burst into flames starting fires that lasted for over 12 hours all around our location. Driving was challenging, flooding was abundant, and everything was in disarray. Thankfully, the hotel where everyone was staying was spared and we at least had a warm safe place to lay our heads.

A lesson we all learned from COVID was how to come up with a backup plan, or three. When looking at the power outage map, it became very apparent that we were not getting the power back on any time soon. Phone calls and emails ensued in efforts to secure a secondary location. Eventually, a local business stepped up and volunteered their location. A really big thank you to the Kirksey Livonia Community Recreation Center who were more than accommodating in offering us space to move everything into their facility if need be. Just knowing the option was there brought considerable peace in a very stressful time. In the end, it was too big a task to move all of the (1) equipment, computers, judging hardware; (2) diver videos, applications, and supporting paperwork; and (3) re-plan meals, snacks, and drinks necessary to make 15 people comfortable and nourished for the selection weekend.

At 4:30 AM on Thursday the first text message of the new day arrived. The power remained out and the estimated time for restoration was pushed back yet again. The Rec Center was still an option but, if we could find a generator we wouldn't have to move everything and we could start sooner. Don Mason, the NISCA Diving Selection Chair started searching for generators to borrow/purchase/beg for, anything

that would allow us to find a way to begin judging videos.

At 5:45 AM, the entire committee received a text message stating that the power was still out and everything would be delayed until 10:30 that morning. Normally, we begin on Wednesday and our normal start time is 8 AM each morning. When everyone arrived, there were two generators running, extension cords were safely sprawled all over the house and Don was setting up two rooms for judging.

In the process of reviewing diving applications, all the required paperwork and videos are gathered by the AA Selection Chair and prepared for the committee. (*FYI, the committee re-judges every dive!*) The group breaks up into two rooms, one for boys applications and one for girls applications, and re-scores each meet submitted. Once all the videos are completed the group then re-scores the applications surrounding the cut line, thus adding another layer of accuracy to the process. When that is completed the committee re-judges the top scorers to determine both the Boys and Girls National Champions. It really is a lot of fun to see the very best divers compete at such a high level.

Thanks to the entire committee for being flexible, patient, and working hard, especially when the generators stopped ... a couple of times. A big thank you as well to the local coaches that came in to help when everything seemed to be spiraling out of control. Without everyone working together this year's selection would never have happened. It was amazing to see the group come together, find a working rhythm and efficiently begin to accomplish the giant task at hand.

After the judging was completed Thursday, while we enjoyed a fabulous dinner (gas grills are awesome) the power suddenly came back on and... it wasn't all doom and gloom after all. Over the next few days, we were able to make new friends while we practiced what we preached all year, calm amid chaos, and making the best out of a less than ideal situation. We enjoyed the opportunity to swap stories, share practice methods, and even share a few laughs as well. A few days later we finished our task and everyone looked around in amazement thinking, "How did we ever get everything done?"

As far as Elsa, she spared the gym in Florida and cleared the coast, thankfully, in time for the coaches return flight.

We all enjoyed watching as two outstanding divers become this years 2020 - 2021 National Champions, and then, a few weeks later we watched our girl's champion, Hailey Hernandez compete in the Olympics! Congratulations on your 9th place finish, lady! That is very impressive for anyone, let alone someone who just graduated from high school.

Front row: Jeff Arnold,  
Courtney Gills, Donna  
O'Brien, Charly Collins,  
Trey Collins III, Ethan  
Burke



Back row: John Pearson,  
Paul LaCroix, Dave Brinks,  
Dave Salmon, Mike Wag-  
ner, Dick Farnsworth, Russ  
Ingold and Don Mason

Not pictured: Carly Sevald  
and Jennifer Amman

DIVING:

## Helpful Tips For A Successful

## All America Submission

by Ann Wright



Throughout my many years of coaching I have wondered how NISCA selected who was selected to serve on the All-American Selection Committee. Like you, I had many questions: How fair is the selection committee? Are there any biased judges on the committee? Why did one diver receive the All American Award and another did not? And so on.

From start to finish, I hope I can answer all the questions that many people ask.

**How is the All-American Selection Committee chosen?** The NISCA Diving chairperson, Don Mason, chooses coaches throughout the eight zones of the United States that have proven themselves to be knowledgeable and fair diving judges. Don explained that he first looks for coaches who are NISCA members. Second, he looks for coaches that are knowledgeable about diving. Third, through judges' analysis and review, he looks for fair and consistent judges. Fourth, the judges must represent the United States as a whole, coming from east, west, north, south, and central states. And, finally, each year new people are invited to serve on the committee, bringing fresh insight and new ideas.

**Is the All-American Selection Committee fair?** Throughout the selection process committee members are not allowed to judge any divers from their home state, judges rotate from girls to boys panels to reduce any potential for bias, and just like any other championship meet the high and low scores are dropped to create more fairness. We even use judge boxes to eliminate any unintended scoring influence.

Having served on the committee twice, I have witnessed members give the divers the benefit of doubt. Judges have leaned on their side to view videos, tried to imagine the missing parts when a spectator walks in front of the camera or divers go out of the screen, even watched dives filmed upside down. Many strange things occur while filming meets, and the committee really tries to be as fair as possible. However, in defense of the committee, it is difficult to judge what you cannot see.

**How are divers awarded the All-American status?** First, the diver must meet a few criteria: a) score: 375 points (11 dives), b) degree of difficulty on optional dives: 13.0 (girls) and 13.3 (boys), c) the diver must be filmed in a sanctioned 11 dive contest and the diving referee & meet director must verify score and place. Second, the video, paperwork and payment must be **received** by the deadline. Third, the committee runs a national meet, rejudging every dive from the videos received. The divers are judged based **solely** by their videos; and from them the top 100 divers are honored as All-American.

### **Why was one diver named All-American and not another of equal or better ability?**

Every year the committee receives entries from divers that are missing videos, dive sheets, or payment; some videos are missing dives, dives are out of order, and some videos don't play or can not be downloaded. The committee chair spends a lot of time contacting parents and coaches when these administrative errors are found, but the committee runs this like a meet, and there is a limited time frame in which everything must take place.

### **As a coach / parent, how can I ensure my diver has the best opportunity to be named All-American?**

**1. Get your entries in early.** We can't stress this enough. If anything goes wrong, there may still be time to correct, resend, or redo it.

#### **2. Video**

a) Film horizontally, with phones many people are tempted to film dives from a vertical perspective and leave dead space on either side of the screen. This just doesn't look natural and makes judging more difficult. Make it easy for them - use the full screen and film with a horizontal picture.

b) Zoom in only to the point that the diver will not dive out of the screen, and only to the point that you do not have to move the camera. Once you find the perfect setting, leave the camera alone. Turn on and off as needed.

c) Moving the camera to get a better view takes away from the overall impression of the dive. You want a steady shot for the judges to have a stable view.

d) View: Your filming can be behind the judges **if** you can see the entries into the water. I highly suggest that you have someone sit in a judge's chair during the warm-up and film a dive before the meet starts to make sure you can capture the entry completely. Setting up your camera across from the judges is still the judge's view, and you can usually get permission to film there, then use the zoom feature effectively.

e) Never film from in front or behind the diving board. These angles will not benefit your diver, it will actually hinder the score since the dives will appear too close, show extra twisting, and show flaws that would not normally be seen.

f) Judges need to see the entire dive from start to finish. I suggest that you start filming before the approach begins, then continue holding the camera on the entry a few seconds after the diver disappears.

g) Please keep your videos simple, and do not include the scores. The whole meet should not be more than two to three minutes

h) Send in a video of all 11 dives, **not** eleven *separate* videos.

i) Always have a backup for your video. I learned the hard way that sometimes we get excited and miss filming a dive, or sometimes the camera shuts off. Last year I had to insert a dive from my cell phone because the camera shut off. Ask another parent/coach to film your diver also.

j) Finally, **always** preview your video. Make sure the dives on the sheet match the dives on the video. If the dives are out of order, then the dives are failed ... just like in a live meet.

**3. Paperwork.** The NISCA AA Diving Verification Form must be signed by the diving referee and meet manager. Copies of the dive sheets, official meet results, online application, and receipt of payment **are all required** and need to be included in order for your application to be complete and your video to be viewed.

In closing, it is important to remember that every diver who submits an application is very good and every parent believes their sons or daughters are automatic whether it is because of their original score, their place at state meet, how hard they work, or because they had a great meet. Help your athletes and parents understand that you need to do everything possible to give them the best chance at being recognized as All America. Also, each application is another chance to qualify, if the first application isn't a "sure thing", don't take a chance of missing out - send in two.



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## Finish Where You Started... Only Better

by Aimee Schmitt



### How tracking your repetition aids peak performance.

*“You follow a black line back and forth and end up in the same place you started, do you feel like you are getting anywhere?”*

These were the witty words of my English professor during a college office visit where I was trying to understand what I needed to do to improve my essay writing skills and grade.

Instead of providing the advice I wanted, he began to ask me about the paradigm that was swimming. At the time, I was caught off guard...I had never thought of my sport in that way. What did he mean I end up in the same place I started? Maybe figuratively, but in reality, this couldn't be farther from the truth. I was determined to finish better each day than the day before.

While competitive swimmers do train countless laps back and forth in a season, they understand that repetition is the name of the game. Repetition builds habits. Good habits build successful races. The key to success is that the daily repetitive action should never be mindless swimming. Good athletes recognize how good repetitive habits take them to a far different place than where they start.

But how do you know if your repetition is better than last week, or last month, or even last year? Besides measuring your time at the championship meet—many swimmers do not know if they are on a good repetition track or not.

If something is important to you—you want to keep track of it. If swimming is important to you, keep track. Recording your repetition is the key to seeing how your efforts are paying off and how you can make changes that will lead you towards your desired end of season finish.

Take as little as five minutes each day to record what you have done, how you felt, and what changes you made to be better, faster, stronger. As your log builds from week to week, you will see patterns that will help you with your current and future season. Three quick ways to record your repetition:

**Have a journal, notebook, spreadsheet or logbook.** Whatever you use, make sure it is substantial and can last a season and is accessible so that you use it every day.

*Example—using a swim log like The Ultimate Swim Log and Goal Planner, makes it easy to have a dedicated place to record as much or as little as you feel comfortable.*

*For example—Tues practice—did 2k—finally was able to hold .30s on repeat 50s.*

**2. Make record keeping/logging easy on yourself.** Start with just a note of attendance. If something significant also happened...quickly write that down.

**3. Set a short habit goal for the week, or season—and have it visible each time you record your workout.**

*For example—Goal: kickout past flags on all turns in practice this week.*

Making this habit goal visible reinforces the intention and helps your brain re-wire to make this a habit.

There is no rule to how to log—except just to log something. As you get used to making notes each day you will find it easier to write down more notes to yourself.

*Aimee Schmitt, author of The Ultimate Swim Log and Goal Planner, is a former USA Swimming National Team member, Stanford Swimming NCAA Team champion, and avid believer in logging and goal setting.*

**HOW DO YOU PLAN YOUR SEASON?**

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**THE ULTIMATE SWIM LOG AND GOAL PLANNER**  
BY AIMEE SCHMITT

## WATER POLO NOTES:

# The Water Polo Community and COVID-19

From Bryan Weaver, NISCA All America Water Polo Chair



*Here is some current information regarding the reported impact of COVID-19 on a widespread representation of water polo clubs at high school and colleges across the U.S. courtesy of Dr. Ray Kreienkamp of the Washington University School of Medicine:*

Anecdotally, there has been little to no spread of COVID-19 through water polo play. However, it was difficult to advocate to governmental authorities, who often lumped water polo with riskier sports solely because of mask usage, since no quantifiable data had been collected. This spring, a team of physicians at Washington University School of Medicine polled high school and college water polo coaches across the country to quantify COVID-19 risk associated with water polo play to determine just how risky the sport is.

In the end, over 80 teams at both the high school and college level made up the study group, including over 1500 athletes. Of those athletes, only three cases of COVID-19 were linked back to water polo. Some athletes were required to quarantine for water polo associated contacts, and of those quarantining, based on these three positives, the COVID-19 positivity rate for water polo was comparable to school positivity rates for people in classroom wearing masks.

There were a significant number of athletes that did contract COVID-19, particularly at the college level. None of these college level cases were traced back to in-pool contact. However, over 1/5 of cases required prolonged return to play (greater than seven days after quarantine ended to return to pre-infection activity).

As a result, our study show a few important points:

1) With current virus strains, water polo is relatively safe. We did see isolated cases of spread. But, for some reason (and there have been a number of theories proposed, including chlorine, humidity, etc.), there was very little COVID-19 transmission with water polo. We did not see any of the more widespread COVID-19 transmissions that have occurred in some other sports. In spite of not wearing masks, water polo does not seem to be riskier with current virus variants, at the current time.

2) COVID-19 can still have significant effects on water polo athletes. Over 20% required prolonged return to play. As a result, we should be advocating for all athletes to be vaccinated, not only to decrease morbidity but also ensure everyone playing is safe.

We will continue to track COVID-19 in the water polo community. If you have any experiences or cases, please email us at :

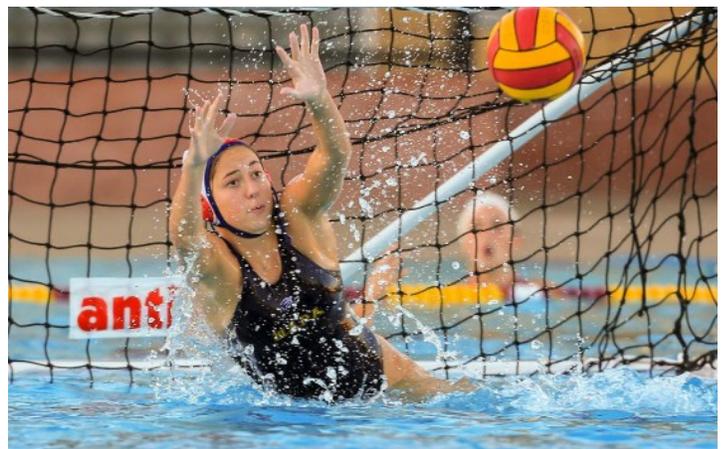
[ray.kreienkamp@gmail.com](mailto:ray.kreienkamp@gmail.com)

Ray Kreienkamp, MD, PhD

Department of Pediatrics  
Washington University School of Medicine  
St. Louis Children's Hospital



Photo Courtesy of  
La Salle College Preparatory



Caitlyn Berryhill, Napa High School  
Photo by Don Lex, LuckyDuckImages.com



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA Swimming All-America**

**Yard Time Standards**

*Top 100 Athletes as determined by submitted and accepted times will be recognized as All-America in individual and relay events.*

<i>Boys</i>		<i>High School</i>	<i>Girls</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All-America</u>
1:33.21	1:34.74	<b>200 Medley Relay</b>	1:46.21	1:44.21
1:38.40	1:40.13	<b>200 Freestyle</b>	1:50.57	1:48.74
1:49.57	1:51.57	<b>200 Individual Medley</b>	2:03.64	2:01.51
:20.54	:20.91	<b>50 Freestyle</b>	:23.54	:23.20
:48.92	:49.95	<b>100 Butterfly</b>	:55.49	:54.42
:44.95	:45.73	<b>100 Freestyle</b>	:51.05	:50.19
4:28.38	4:33.10	<b>500 Freestyle</b>	4:56.85	4:52.18
1:24.80	1:25.86	<b>200 Freestyle Relay</b>	1:36.94	1:35.36
:49.38	:50.37	<b>100 Backstroke</b>	:55.92	:54.80
:55.84	:56.98	<b>100 Breaststroke</b>	1:03.80	1:02.58
3:06.28	3:09.26	<b>400 Freestyle Relay</b>	3:31.02	3:27.65



**National Interscholastic Swimming Coaches Association  
2021- 2022 NISCA Swimming All-America**

**Meter Time Standards**

*Meters are converted to Yards by the online entry database  
Coaches enter Meter Times and check "Meters"*

*Top 100 Athletes as determined by submitted and accepted times  
will be recognized as All-America in individual and relay events.*

<i>Boys</i>		<i>High School</i>	<i>Girls</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Meters</u>	<u>Consideration</u>	<u>All-America</u>
1:44.07	1:45.86	<b>200 Medley Relay</b>	1:58.53	1:56.29
1:49.16	1:51.05	<b>200 Freestyle</b>	2:03.61	2:00.48
2:01.91	2:04.18	<b>200 Individual Medley</b>	2:17.24	2:14.87
:23.05	:23.45	<b>50 Freestyle</b>	:26.24	:25.86
:54.49	:55.64	<b>100 Butterfly</b>	1:01.64	1:00.46
:49.98	:50.86	<b>100 Freestyle</b>	:56.76	:55.81
3:55.63	3:59.78	<b>400 Freestyle</b>	4:23.36	4:16.30
1:34.63	1:35.81	<b>200 Freestyle Relay</b>	1:48.28	1:46.51
:54.86	:55.96	<b>100 Backstroke</b>	1:02.12	1:00.88
1:01.98	1:02.91	<b>100 Breaststroke</b>	1:10.94	1:09.58
3:27.47	3:30.47	<b>400 Freestyle Relay</b>	3:55.07	3:51.32



**National Interscholastic Swimming Coaches Association  
 2021- 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
 as Para All-America in individual events.*

<i>Girls Para All-America</i>		<i>50 Freestyle</i>	<i>Boys Para All-America</i>	
<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
1:40.54	1:30.17	S1	1:49.92	1:38.23
1:04.42	:57.77	S2	1:09.45	1:02.06
:54.37	:48.76	S3	:57.20	:51.11
:47.07	:42.21	S4	:44.00	:39.32
:43.00	:38.56	S5	:36.81	:32.89
:39.35	:35.29	S6	:34.62	:30.93
:37.00	:33.18	S7	:31.37	:28.03
:34.97	:31.36	S8	:30.00	:26.81
:33.14	:29.72	S9	:28.04	:25.05
:31.30	:28.07	S10	:25.81	:23.06
:35.30	:31.66	S11	:31.86	:28.47
:30.52	:27.37	S12	:27.44	:24.52
:31.84	:28.55	S13	:27.43	:24.51



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
as Para All-America in individual events.*

*Girls Para All-America*

*100 Freestyle*

*Boys Para All-America*

<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
5:21.74	4:44.41	S1	4:34.08	4:06.69
3:35.30	3:13.61	S2	2:38.87	2:22.99
1:55.33	1:43.71	S3	1:58.25	1:46.43
1:42.06	1:31.78	S4	1:35.43	1:25.89
1:37.54	1:27.71	S5	1:18.40	1:10.56
1:28.23	1:19.34	S6	1:13.52	1:06.17
1:18.84	1:10.90	S7	1:09.43	1:02.49
1:15.44	1:07.84	S8	1:05.79	:59.21
1:11.24	1:04.06	S9	1:00.69	:54.62
1:08.42	1:01.53	S10	:56.01	:50.41
1:17.19	1:09.41	S11	1:09.75	1:02.75
1:07.39	1:00.60	S12	:59.79	:53.81
1:09.02	1:02.06	S13	1:01.53	:55.38
1:06.54	:59.83	S14	:59.89	:53.90



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
as Para All-America in individual events.*

*Girls Para All-America*

*200 Freestyle*

*Boys Para All-America*

<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
10:07.72	9:08.46	<b>S1</b>	10:07.72	9:08.46
6:12.83	5:36.47	<b>S2</b>	5:28.59	4:56.55
3:58.08	3:34.86	<b>S3</b>	4:37.91	4:10.81
4:02.47	3:38.82	<b>S4</b>	3:25.94	3:05.86
3:19.92	3:00.42	<b>S5</b>	2:52.33	2:35.52
3:08.84	2:50.42	<b>S6</b>	2:37.49	2:22.13
2:51.82	2:35.06	<b>S7</b>	2:37.48	2:22.12
2:41.20	2:25.48	<b>S8</b>	2:25.00	2:10.86
2:37.63	2:22.26	<b>S9</b>	2:22.45	2:08.56
2:25.57	2:11.37	<b>S10</b>	2:09.75	1:57.09
2:48.36	2:32.84	<b>S11</b>	:36.55	2:21.28
2:29.70	2:15.10	<b>S12</b>	2:21.84	2:08.01
2:27.81	2:13.39	<b>S13</b>	2:17.91	2:04.46
2:22.27	2:08.39	<b>S14</b>	2:12.38	1:59.47



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
as Para All-America in individual events.*

<i>Girls Para All-America</i>		<i>400/500 Freestyle</i>	<i>Boys Para All-America</i>	
<u>400 SCM</u>	<u>500 SCY</u>	<u>Classification</u>	<u>400 SCM</u>	<u>500 SCY</u>
6:16.72	7:14.35	S6	5:25.04	6:10.22
5:54.81	6:49.09	S7	5:13.24	5:56.78
5:25.43	6:15.22	S8	4:59.21	5:40.80
5:19.68	6:08.59	S9	4:43.20	5:22.59
5:17.26	6:05.80	S10	4:29.76	5:17.36
5:57.80	6:52.54	S11	5:27.21	6:12.69
5:09.28	5:56.59	S12	4:43.38	5:22.76
5:16.27	6:04.65	S13	4:44.99	5:24.60
5:24.56	6:14.21	S14	4:41.09	5:20.16



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
as Para All-America in individual events.*

<i>Girls Para All-America</i>		<i>100 Backstroke</i>	<i>Boys Para All-America</i>	
<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
6:14.21	5:36.82	S1	3:00.93	2:42.85
2:54.83	2:37.36	S2	2:37.01	2:21.32
2:02.24	1:50.02	S3	2:17.67	2:03.91
2:04.17	1:51.76	S4	2:16.42	2:02.79
1:49.53	1:38.58	S5	1:25.21	1:16.69
1:42.00	1:31.81	S6	1:25.70	1:17.13
1:26.22	1:17.60	S7	1:18.19	1:10.37
1:28.09	1:19.28	S8	1:12.66	1:05.40
1:17.48	1:09.73	S9	1:06.62	:59.96
1:18.05	1:10.25	S10	1:05.88	:59.29
1:28.80	1:19.92	S11	1:24.04	1:15.64
1:15.65	1:08.09	S12	1:06.17	:59.55
1:20.03	1:12.03	S13	1:07.70	1:00.93
1:15.53	1:07.98	S14	1:07.38	1:00.64



**National Interscholastic Swimming Coaches Association  
 2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
 as Para All-America in individual events.*

<i>Girls Para All-America</i>		<i>100 Breaststroke</i>	<i>Boys Para All-America</i>	
<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
3:38.01	3:16.05	SB1	3:08.01	2:46.05
3:14.71	2:55.11	SB2	2:39.40	2:23.60
2:31.25	2:16.01	SB3	2:03.67	1:51.41
1:59.93	1:47.85	SB4	1:45.21	1:34.78
1:49.59	1:38.55	SB5	1:45.54	1:35.08
1:49.13	1:38.14	SB6	1:33.66	1:24.37
1:39.88	1:29.82	SB7	1:26.45	1:17.88
1:26.87	1:18.12	SB8	1:20.42	1:12.45
1:26.10	1:27.42	SB9	1:13.13	1:05.88
1:37.78	1:27.93	SB11	1:26.62	1:18.03
1:25.54	1:16.92	SB12	1:17.89	1:10.17
1:26.73	1:17.99	SB13	1:14.93	1:07.50
1:27.11	1:18.33	SB14	1:15.60	1:08.10



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
as Para All-America in individual events.*

<i>Girls Para All-America</i>		<i>100 Butterfly</i>	<i>Boys Para All-America</i>	
<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
2:05.73	1:53.16	S5	1:58.37	1:46.26
1:44.55	1:34.10	S6	1:22.98	1:14.49
1:33.06	1:23.76	S7	1:23.51	1:14.96
1:23.08	1:14.78	S8	1:08.90	1:01.85
1:17.29	1:09.56	S9	1:07.04	1:00.18
1:12.60	1:05.34	S10	1:02.97	:56.52
1:28.29	1:19.46	S11	1:17.07	1:09.18
1:14.86	1:07.38	S12	1:07.03	1:00.17
1:16.04	1:08.04	S13	1:04.17	:57.60
1:16.95	1:09.26	S14	1:06.00	:59.24



**National Interscholastic Swimming Coaches Association  
2021 - 22 NISCA U.S. Para All-America**

*Time Standards*

*Athletes determined by time will be recognized  
as Para All-America in individual events.*

<i>Girls Para All-America</i>		<i>200 Individual Medley</i>	<i>Boys Para All-America</i>	
<u>SCM</u>	<u>SCY</u>	<u>Classification</u>	<u>SCM</u>	<u>SCY</u>
4:07.30	3:42.79	SM4	4:03.88	3:39.51
3:52.69	3:29.63	SM5	3:10.83	2:51.76
3:32.90	3:11.80	SM6	3:03.16	2:44.86
3:19.03	2:59.30	SM7	2:57.46	2:39.73
2:59.20	2:41.44	SM8	2:37.73	2:21.97
2:50.81	2:33.88	SM9	2:29.14	2:14.24
2:42.67	2:26.54	SM10	2:22.66	2:08.40
3:13.54	2:54.36	SM11	2:58.32	2:40.50
2:52.05	2:34.99	SM12	2:30.22	2:15.21
2:50.35	2:33.46	SM13	2:32.33	2:17.11
2:44.55	2:28.24	SM14	2:29.02	2:14.13

The #2 ranked AA swimmer in the girls 100-yard breaststroke has her sights set on being #1 and breaking the National High School record next year. Seward High (AK) High School's Lydia Jacoby continued her pursuit of high goals at the Olympic Trials, made the Tokyo Olympic squad for the USA, and brought home a gold medal in the 100-meter breaststroke. With another year of high school left, she has verbally committed to The University of Texas for the Class of 2026, and has really brought the spotlight to Alaska Swimming. We're sharing excerpts from an excellent and in-depth story in her own high school newspaper, "SHS Today", by Kylie Mullaly.

(From December 2020)

As Jacoby continues breaking records, succeeding at championship meets, and qualifying for this summer's Olympic trials, she has entered the realm of college recruitment. At least 40 schools contacted her. Still unsure of what she was looking for, Jacoby was "very nervous about missing out, so I actually ended up talking to almost all of them at least once."

Jacoby said she felt honored to be desired by so many schools and see her hard work pay off. However, the process was very stressful for a barely sixteen-year-old. "Although the process is really cool and I'm beyond grateful for it, deciding my path for the next 6 years is a lot to be asked to do," said Jacoby. "It's also tough to build such a strong connection with so many people and have to just cut it off when you eliminate the school," she added. "It's like some sort of breakup and committing is the marriage."



In her final year at Seward High School, Jacoby hopes to break the national high school record in the 100 SCY (short course yards) breaststroke. She will also focus on improving her 200 breaststroke and rounding off another event to swim in college. "Seward High School has always been so supportive of what I am doing both academically and athletically," says Jacoby. "The staff always goes out of their way to make opportunities for me even in our small town. Also, I've grown up swimming in Seward so the same friends, coaches, and community have been with me all the way through my athletic career."

*By Kylie Mullaly, Seward High School*



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  - 12 Print Issues of *Swimming World Magazine*
- \$300**



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Signature \_\_\_\_\_

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*Hailey Hernandez of the Southlake Carroll Dragons, 4-time Texas UIL 6A State Champion and 4-time NISCA National Champion, 9th at Tokyo Olympics in 3m Springboard Diving, and a Class of 2025 signee to The University of Texas Longhorns for Coach Matt Scoggin. Truly a super star!*



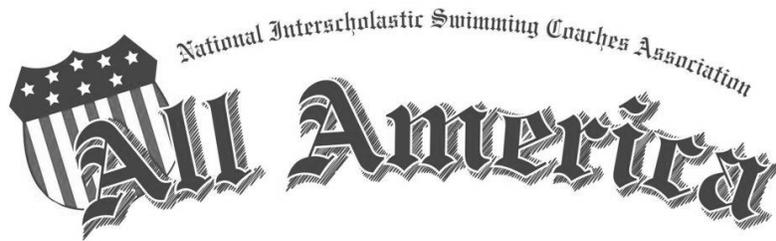


## New National Records for 2020 – 2021

Type	Event	Time	Name	School/Coach	City, State	Date
Male Independent	100 Butterfly Meters	55.10	Joshua Zuchowski	The King's Academy Jonathan Zuchowski	West Palm Beach Florida	9/29/2020
Female Independent	50 Free Yards	21.59	Gretchen Walsh	Harpeth Hall School Polly Linden	Nashville Tennessee	2/7/2020
Female Independent	100 Free Yards	46.98	Gretchen Walsh	Harpeth Hall School Polly Linden	Nashville Tennessee	2/8/2020
Female Public	100 Butterfly Yards	49.95	Victoria Huske	Yorktown High School Torin Ortmayer	Arlington Virginia	2/25/2021
Male Independent	50 Free Yards	19.42	David Curtiss	The Pennington School George Ward	Pennington New Jersey	2/26/2021
Male Independent	50 Free Yards	19.26	David Curtiss	The Pennington School George Ward	Pennington New Jersey	3/3/2021
Male Independent	50 Free Yards	19.11	David Curtiss	The Pennington School George Ward	Pennington New Jersey	3/6/2021
Male Independent	400 Free Meters	3:50.65	Matthew Fallon	The Pingry School Deirdre O'Mara	Basking Ridge New Jersey	3/25/2021
Male Public	50 Free Yards	19.20	Aiden Hayes	Norman North High School Kent Nicholson	Norman Oklahoma	2/20/2021
Male Public	100 Butterfly Yards	45.47	Aiden Hayes	Norman North High School Kent Nicholson	Norman Oklahoma	2/20/2021
Female Public	200 I.M. Yards	1:53.73	Victoria Huske	Yorktown High School Torin Ortmayer	Arlington Virginia	2/25/2021



Yorktown (VA) High's Victoria "Torri" Huske , new NISCA National Record Holder in the 100 butterfly. Huske won a silver medal in the 4x100-meter medley relay at the Tokyo Olympics. She has committed to Stanford University. Torri was coached in high school by Torey Ortmayer. (Photo by Deb Kolt)



**The 2020-2021 NISCA All America Diving Judging Committee**

Front row: Jeff Arnold, Courtney Gills, Donna O'Brien, Charly Collins,  
Trey Collins III, Ethan Burke.

Back row: John Pearson, Paul LaCroix, Dave Brinks, Dave Salmon,  
Mike Wagner, Dick Farnsworth, Russ Ingold and Don Mason

Not pictured: Carly Sevald and Jennifer Amman

## HIGH SCHOOL SPOTLIGHTS

Clearfield Area (PA), Richwoods (IL), Medina (OH), Mason (OH)



Taking a celebratory dip in the tank following a big victory is a tradition that has no known beginning and no projected end, and it's always a wise coach who removes wallet, belt, and shoes before the swimmers make their move.

The Clearfield Area (PA) Bison swimmers are pictured here exulting in their double 2A District 9 Championships last season. They apparently like swimming fast, evidenced by their District Victory Dips in 2019 and 2020, too, shown below!



To say that swimming is a big part of Jackie Morrison's life would be quite the understatement.

Morrison, who is in her 32nd year as the head coach of the Clearfield swimming program, lives and breathes the sport.

She has been wildly successful at her craft in an area where swimming does not enjoy the same kind of interest as many other sports.

She has over 650 dual meet wins as head coach, guiding her girls teams to a mark of 312-81-2 and her boys squads to 341-49-1 record. The boys have won 29 District 9 titles, while the girls have amassed 18.

Morrison took over the Clearfield program in 1989, the same year she accepted a teaching position at her alma mater.

(Rich Murawski in the Clearfield *Progress News*, January 3, 2021)





## Richwoods High School (Peoria, IL) Boys Team

*Coach Chris Lingenfelter*

Their season started in November and lasted one day before a statewide shutdown of athletics halted practices due to the pandemic. They were able to restart in January and had a shortened season.

Two weeks before the end-of-season meet they were going to host, their pool shut down due to mechanical problems. They had to drive 20 minutes to another site to practice the last two weeks and ask someone else to host the meet.

*"Never give up, never surrender."*

—Commander Peter Quincy Taggart

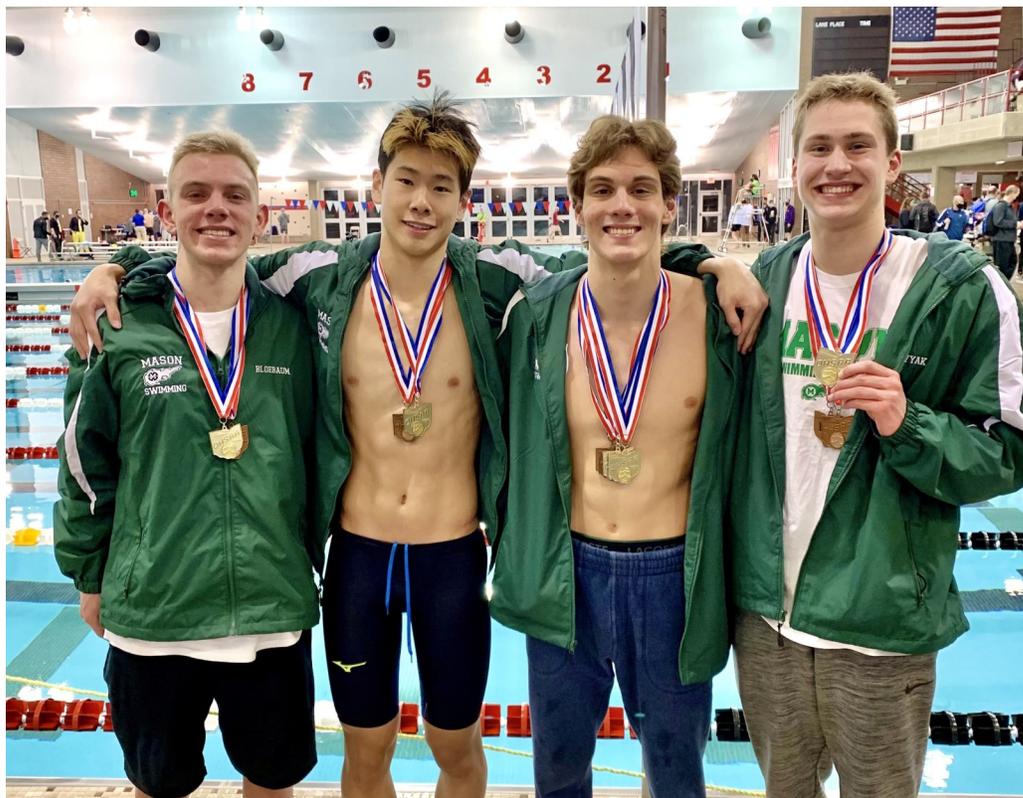
**The Medina (OH) High School Bees** are coached by David Kaufmann, Anthony Petruzzi, Allison Davilla, and Steve Rhien.

The girls finished 10-2 in dual meets last season, and the boys went 10-4.

Seven swimmers were named All-Conference, eight were named All-Conference Honorable Mention. Both teams received NISCA Scholar Team Awards, the girls were Gold, the boys were Silver.

*Way to go, Bees!*





**The Mason (OH) Comets** after their first relay win ever at State, in the 200-yard medley at the Division 1 Ohio State Championships. They are coached by Mark Sullivan.

*Left to right:*

*Carl Bloebaum-11 (100 fly-2nd)*

*Kevin Wu-12*

*Braden Osborn-12 (50/100 free-1st, 5th)*

*Eli Devyak-11 (100 fly-5th)*

The Mason boys team finished 4th at State, finishing 1st in the 200 medley relay, 3rd in the 200 free relay, and 13th in the 400 free relay.

The medley tied for 12th in the NISCA All America listings.

***Congratulations, Comets!***



When the power failed during the annual NISCA All America diving judging meeting at Don Mason's house in Michigan this summer, it barely slowed down this intrepid panel of judges, who stalwartly soldiered on in the cold (yes, it was funny Michigan summer weather!) with the help of generators, extension cords, and warm beverages! You can easily pick out the judge from Texas in his warm red parka, veteran coach and longtime AA diving judge Trey Collins, aka "The Silver Surfer", but you can bet he wasn't going surfing in this weather!



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