

# NISCA Journal

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



## *In this Issue:*

Eddie Reese Stroke Tips

Flexibility

Swimming in College

The Ted Mullin Story

Goal-Setting: Process Goals

Obstacles to Success

The Birth of Texas Water Polo

Combating Getting Older

Life After Coaching  
the GoSwim Pullout...

***...and much more!***

**January - February 2022**



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# THE NISCA JOURNAL

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November-December 2021



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**Front cover:** It’s the time of year when coaches are really getting excited, too. Five coaches at Richmond’s (Va.) Collegiate School are urging on junior Kelsey Stratford, three feet away in lane 8 of the 500 yard free final at the 2015 Virginia Independent School state meet. Stratford qualified 16th in 5:32. 93 and surged to 10th in 5:23.22, enabling the Cougars to win their fourth straight state title by two points (271-269) over arch rival St. Catherine’s School.

Pictured, L-R: assistant coach Mike Peters (now head coach), Drake “Bucka” Watson (now St. Catherine’s and St. Christopher’s head coach), Laure Keatts, David Stillman and head coach Mike Stott.

[ PHOTO COURTESY OF PATRICK McLAUGHLIN, HIT-PICS LLC ]

Hasty Awards, previous b/w ad from Nov-Dec 2021 issue



# National Interscholastic Swimming Coaches Association of America

*To Educate... To Promote... To Honor.*

Dear NISCA Membership,

As our coaching journey takes us into the new year, we are all undoubtedly in different places along the route. Some are just getting started, others are nearing the end of the road. Whichever coaching path we are on, there will undoubtedly be surprises and discoveries, along with an inevitable pothole or two. The top of this page lists what NISCA is all about, “To Educate... To Promote... To Honor...”. I encourage you to take advantage of the educational materials NISCA provides to help you navigate the winding roads and obstacles that appear each season. This journal, the NISCA High School Coaches Exchange on Facebook, and the NISCA Between the Lane Lines podcasts all offer easy-to-access professional growth opportunities.

Consider adding a bit of adventure to your journey by making plans to attend our annual conference. This year’s NISCA Conference is in Atlanta from March 23<sup>rd</sup> to the 26<sup>th</sup>. The conference is a great place to work with NISCA members to set our course for the coming year. Aside from the business meetings, the conference will afford you the opportunity to interact with a host of speakers, including those who are being honored with distinguished coaching awards. Since our conference is held at the same time as the NCAA Men’s Division I championships, those who attend will have the chance to watch a lot of great swimming with our fellow coaches. Formal and informal educational opportunities, along with the chance to network with a diverse group of coaches makes Atlanta a great place to gather in March.

The deadline for fall season All America applications was December 31<sup>st</sup>. As a result, we have many new members receiving the Journal for the first time. Whether you are just starting your collection of NISCA Journals, or have been a member for years, I’m asking you to bring your copy to the pool and share it with another coach. Promoting your professional coach’s organization with other high school coaches will help your colleagues recognize some of the advantages of joining NISCA. Help us expand our membership base and make our sport the best it can be.

I’m pleased to announce that **Sean Wimer** (Stevenson High School, Illinois) is our new NISCA Water Polo All America Chair. Sean is a leader in the water polo coaching community and we very much welcome the experience he brings to the position.

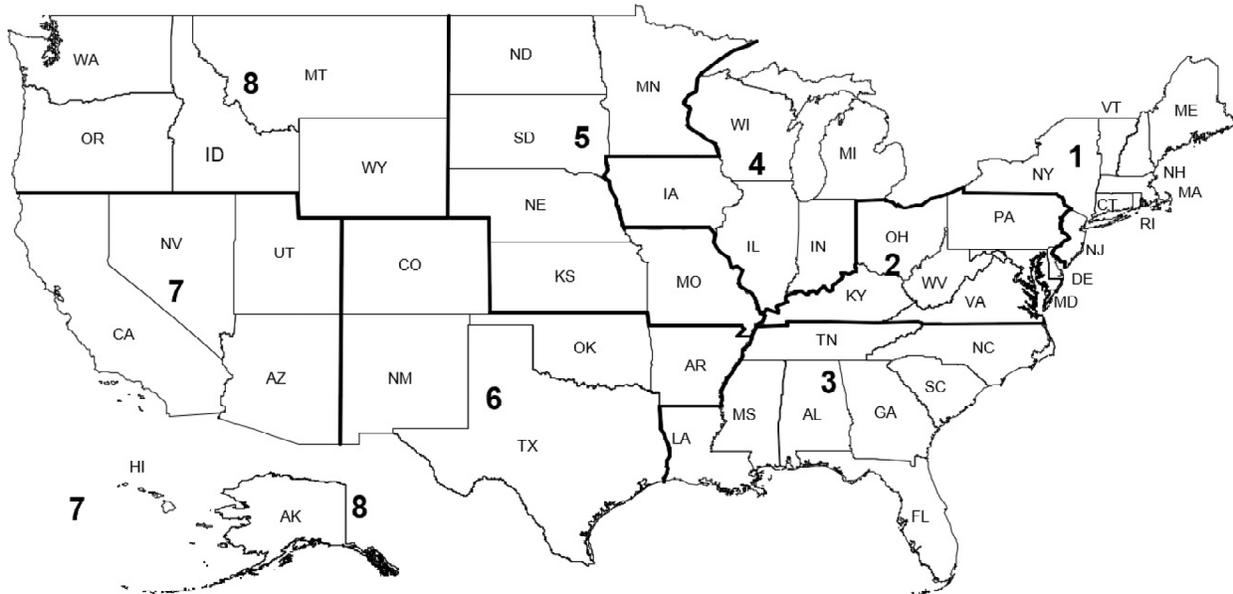
I’m guessing that many (most?) of you have had athletes approach you at the end of the season worried about how the team will replace the seniors who are graduating. They worry about how the team will fill the void left in the line-up, but they also worry about the leadership that is being lost. As coaches, we know that there is another group of athletes who will transition into the holes left by graduation. It would be nice if we had the same situation with our NISCA leadership positions. If, when a coach retired from their involvement with NISCA, that we had a group of coaches waiting in the wings to fill the position. Unfortunately, this is not the case. NISCA needs for our next set of leaders to recognize their time has come to volunteer to give back to the “team”. From my own experience, I can state that becoming involved with NISCA has been one of the most rewarding professional decisions I’ve made. If you are ready to head down that path, please send me an email or give me a call.

Sincerely,

Tim Sirois

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## HAPPY BETTER YEAR!

A lot of us were wishing family, friends, colleagues and others traditional "HAPPY NEW YEAR!" greetings a few short weeks ago, but one of my acquaintances issued a variation in her well-wishing: "HAPPY BETTER YEAR!" What a fresh idea. *IDEAS*. Amazing things.

Merriam-Webster defines 'idea' as "*a thought, plan, or suggestion about what to do; a belief; something that you imagine or picture in your mind.*" Ideas make all the difference.

The difficulty lies  
not so much  
in developing  
new ideas as in  
escaping from  
old ones.

- John Maynard Keynes

We live in a world today when technology and connectivity and speed affect so much of how and what we read and listen to and watch, but again, it's the *IDEAS* and *INSPIRATION* we gain from those ideas that make all the difference.

Shared ideas birth inspiration, spur thought, impel us to action. How and what we think determines everything about our experience, and daily affects those around us. An influential 19th-century author once wrote, "*The time for thinkers has come.*" She felt that "*contentment with the past*" was "*crumbling away.*" And that opens the door for *PROGRESS*.

I remember hearing the swimming guru, the GOAT, Eddie Reese, comment that "*if you're coaching the way you were coached, you're 20 years behind.*" Think about that. Do the math. It's true. It's in the past. That's why it's important to expose yourself to new ideas and discussions, to explore new territory, because somewhere in that intentional engagement, that perusal of shared information, there may be an article, a paragraph, even a single sentence that can generate an "Aha!" moment, or expand your understanding and give you a stepping-stone to a higher or improved level of coaching.

It is the foundational and continued goal of this Editor to provide you with information, news and discussion, and a generous offering of *IDEAS* from which you may discover a nugget that you find beneficial or educational in your coaching journey. Enlightenment and entertainment often go hand-in-hand, so maybe there will be some of that for you, too.

If there is a topic you'd like to see covered in a future Journal, or if you have something you would like to share or comment on, email me.

DJA

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## Remembering John Madden

By Dana Abbott, *Journal Editor*

Last fall, while returning from an annual family road trip in the little cars, I stopped off in Olathe, Kansas to spend a couple of days with Arvel and Linda McElroy before my last leg home. After spending a few minutes discussing which special restaurant to visit (*Jack Stack Barbecue, Overland Park, KS, highly recommended!*), Arvel and I did what we always do when we get together: Discuss swimming and NISCA. We arrived at the topic of the Journal and Arvel suggested the addition of a regular feature that shared wisdom from coaches. He suggested the title above, “**Sages of the Sport**”, and it sounded perfect, so here we are with #1.

Future issues will focus on our aquatic sports coaches, but with the passing of the legendary NFL coach, we had an opportunity to do a little more *thinking outside the box*, or as Arvel and I have come to call it, “**thinking outside the bowl.**” A good coach is a good teacher, regardless of the sport, and we think John Madden has some lessons for all of us.



The late John Madden possessed a unique communication style, in-depth knowledge and great enthusiasm for what was happening in front of him.

He demonstrated incredible leadership prowess - possessing an uncanny ability to simplify the complex. Through his choice of words and his voice inflection, he gave even casual [followers of the sport] a practical and substantive education. While his audience of students was undoubtedly learning, [they] never felt they were being taught - **a crucial leadership distinction.**

Madden was truly the master of the second component of leadership: Management of attention. **He explained concepts in detail using various methods to keep his audience engaged** — and he always made [them] want to come back.

As leaders, we recognize our **attention spans are getting shorter and shorter. We are battling the rapid development of technology and the overflow of easily-accessible information.**

**It's imperative that we, like Madden long before, use multiple methods to convey our messages and our plans. We can believe we've explained a strategy perfectly and that everyone has heard it, but if no one actually listens or processes what we said, the onus is on us.**

Madden's greatest strength lied in his ability to uniquely communicate. We as leaders can carry on his legacy by focusing on how he successfully engaged his audience while contemplating ways we, too, can better instruct.

As a leader, Madden taught football every Sunday in his own way. We must do the same in our own respective fields.



*[Adapted from The Daily Coach]*

When John Madden retired from the Oakland Raiders at the young age of 42, he was hired by Cal-Berkeley to teach an extension course about - you guessed it - football. In his "Man to Man Football" class, Professor Madden drew X's and O's on the blackboard and scrutinized the faces of his students. He wanted to make sure they understood. *"I wanted to see at what point I lost 'em."* His genius was not *what* he taught, but *how* he taught. His classroom felt like a safe place, where the students would get a little smarter and he would never act like he was smarter than they were.



Do you take steps to make sure your "students" understand, that they feel like they're in a safe place? We've heard before that a teacher's real job is not to *"fill the bucket"* but to *"light the fire."* Are you lighting that flame, stoking the firebox, fanning the desire? If you can answer YES, you're probably doing a super job.

Madden was a great user of video to teach. Most of our readers are old enough to remember his repeated use (overuse?) of the CBS Chalkboard, an early type of Telestrator, the device he would write and draw on during replays to explain how plays developed or mistakes were made, very often punctuated with his classic **"BOOM!"** for emphasis.

Do you use video? Do you make sure your athletes understand? Are you able to relate principles to them in language, metaphors, or verbal images to get the message across? Good coaches do. And they use a variety of methods to do so. Our old friend Lanny Landtroop used to remind us that *"if a student hasn't learned, the teacher hasn't taught."* He underscored the message that not all students (or swimmers) learn the same way. Some learn by hearing/listening, some by seeing/observing, some are tactile/touch learners. A good teacher/coach will utilize every method at her/his disposal to make

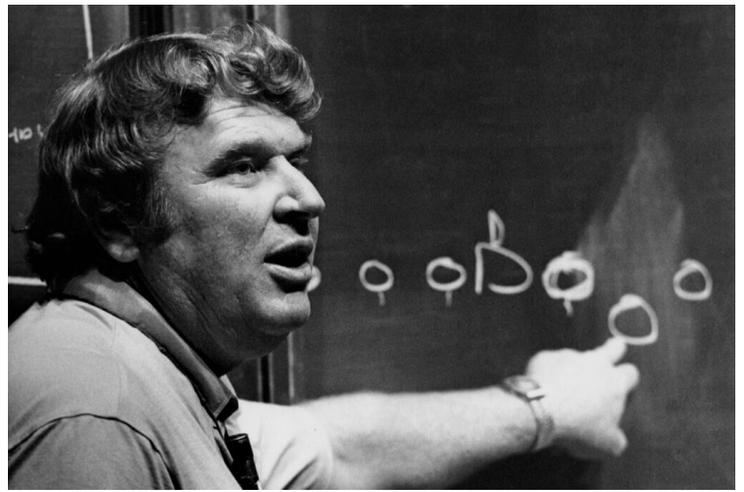
sure the learning occurs.

Madden's educational approach was careful and subtle, both in the classroom, and later during his time as a TV commentator. *"Was that bit about the zone defense too much for you? Don't worry. I'll explain it again."* Do you explain once and move on, like so many teachers-in-a-hurry in the school classroom, or do you take the time to make sure the seed gets planted and nurtured?

John Madden was hugely successful in his careers as the Raiders' head coach and then as the TV football commentator. He was *really* good. In 1994, Fox paid him more to call football games than any NFL team paid a quarterback.

He was a great teacher, an "everyman" to every football-watching household in America, and he was *funny*, which made him easier to pay attention and listen to.

[Adapted from *"The Genius of John Madden"*, by Bryan Curtis, December 29, 2021, on [theringer.com](http://theringer.com)]



Madden once said, *"You know how people say, 'Your body is your temple; be careful what you put in it?'"* *"We say, 'Your body's a garage; put anything you want in it.'"*



Archival photo of Edina (MN) Coach Art Downey getting the outdoor pool ready for morning practice in January 2020. *"Well, the sun was out so we knew it was going to be a good day to swim outdoors and toughen up a little bit. We had some ice cream and cocoa after. A gust of wind blew my glasses off and into the woods, but I could still see well enough to get the lanes ready. We only got in about 17,000 yards, but had a good 5-mile run after."*

## A Life Not Measured by Awards Alone

by Annette Thies, Membership Chair

For 93-year old Dick Hannula, legendary swim coach from Tacoma, Washington a career is not measured by things you can hang on a wall. He could, after all, brag about his 1987 ISHOF Coach Honoree award, his NISCA Collegiate-Scholastic award, or the many other awards and accolades he received during his 68 years of coaching. But again, this is not what makes him. *"I never once thought an award would come out of my coaching. The reward was in doing the work at the time"*, Dick said when we spoke recently. At the time of our interview Dick was going through his office preparing for a move to a smaller home. What follows is an edited version of our conversation about his coaching career. - Annette Thies



**NJ:** *When did you first start coaching?*

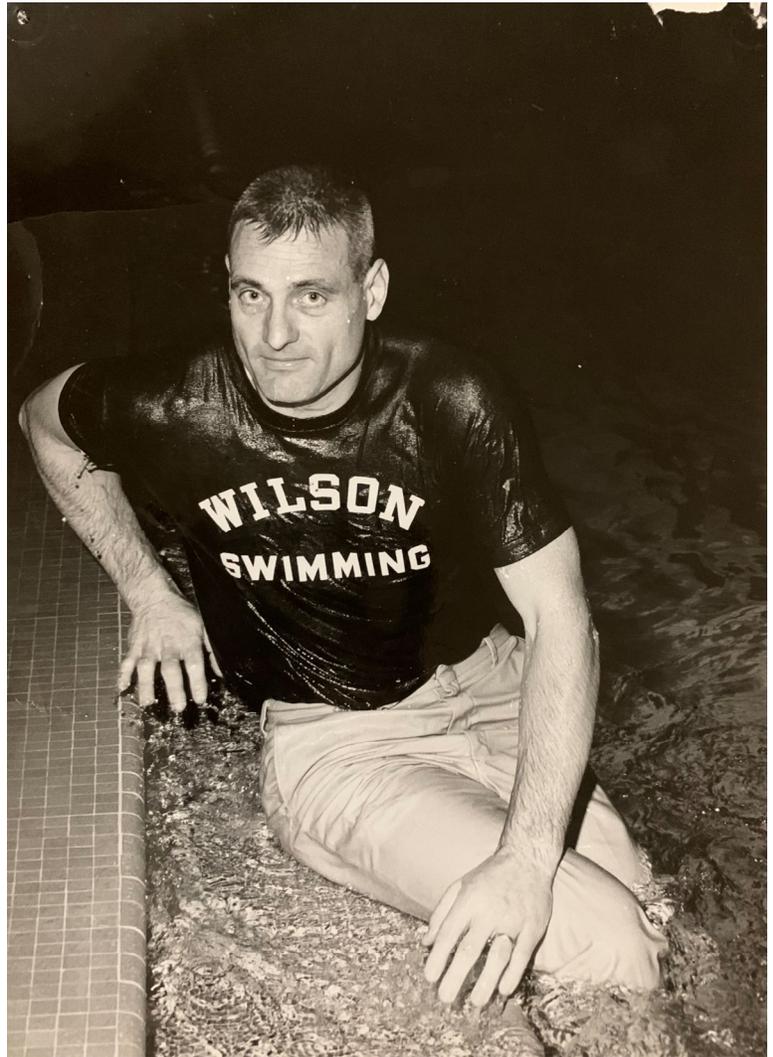
DH: My first team was a boys' team in 1951 at Lincoln High School, Tacoma Washington. Washington state had not approved girls high school swimming at that time. When I formed the Tacoma Swim Club in 1955, girls swam on the team. Twenty years later I would start the first girls' team at Wilson High School. After a year of coaching, I turned over to another coach and then was only indirectly involved with the team.

**NJ:** *You were already coaching high school and teaching. Why form the Tacoma Swim Club (TSC)?*

DH: My first boys' team at Lincoln High School had no competitive experience. I had one boy that swam for the YMCA. The rival high school across town had better swimmers because many of the boys swam for the YMCA. I formed and coached with TSC so I would have kids with experience. The problem was that most of the kids also lived on the other side of town. When Wilson High School opened in 1958, I was able to utilize the talents of the swimmers on TSC.

**NJ:** *What do you think contributed to your success?*

DH: I believe we were successful for 25 years because my swimmers trusted me. I really believed in what I was doing and what I thought they could do. We had good rapport. We always celebrated swimmer accomplishments and improvements. Most memorable was the award at the end of the year with team voting for the most inspirational swimmer. Very often it was a swimmer who didn't qualify for the state meet but had improved a fantastic amount during their entire time. We celebrated improvements by using a season chart for points earned – for grades, for improvement, for best time for an individual and best workout times for the individual. I don't think anyone felt they were left out or the lone member of the team at any time. At the end of the season right before the state meet, we always had a party at my house. Based on how many points a swimmer had they would get a popcorn ball, a milkshake, or a hot fudge sundae.



**Tacoma Wilson High School's Dick Hannula, taking a traditional "victory dunk" after one of MANY championships during a career that spanned seven decades!**

We had a saying *"to be satisfied is to be finished"* and everybody was aware of the saying. We had a lot of sayings on the board and the kids would put stuff up also. If a swimmer made a certain time in an event, they got their name on a kickboard and posted on the pool wall. I created a kickboard for any swimmer that could get his name on all the event kickboards.

I got lots of ideas from other coaches. But I also read business and sports magazines to get ideas for ways to motivate the kids. I never stopped educating myself because **I think if you think you know it all you are done. You never know it all.**

***NJ: You have three boys (Dan, Dave, Dick) and one girl (Debbie) who garnered many awards in their swimming careers. Was it assumed they would swim?***

DH: They swam, played Little League football, basketball, and baseball. They started age group swimming in my club and were reasonably successful and having fun. When they started getting good, they were pushed to swim more by their teammates than me. And their mother thought everything they did was great, so it didn't matter if they swam badly at a meet. **We never talked about swimming at dinner.** I think they liked having me as a coach and never felt any pressure.

***NJ: While you were raising a family you taught, coached swimming, and managed and coached your club team during the school year. That's a busy schedule. Did you take the summers off?***

DH: I was still coaching club during the summer. Then I was also manager and supervisor of swimming for the Metropolitan Park District where I taught lifesaving, water safety instruction, and learn to swim. I also trained and hired lifeguards and swim instructors. My schedule was always full until I retired.

***NJ: You've met and maintained friendships with many coaching legends. How did you meet these coaches?***

DH: I ran the Northwest Swim Coaches Clinic in Tacoma for fifty years and all these coaches were speakers and houseguests. I got to know them and a many more coaches when I directed the clinic. Coaches like Matt Mann of Michigan, George Haines and Sherm Chavoort. I consider Mark Schubert, Dick Schoulberg, Nort Thorton, Eddie Reese, and Jon Urbanchek my friends.

Toward the end of my coaching career, I visited Nort Thorton, Richard Quick, Skip Kenney and Skip Runkel. I watched what they were doing and quizzed them like crazy. I met with Howard Firby, coach of Canadian swimmer Elaine Tanner, who competed many times against Kaye Hall, who I coached. I was always asking questions about training. I remember one national indoor meet and my team wasn't doing well the first day. I started quizzing the competing coaches about what they'd done the last three weeks to prepare for the meet and realized I was overcoaching and changed. The last two days of the meet were better. **It is dangerous to overcoach.**

I ran clinics for The Finals Swimwear Company for the previous owners. At these clinics, many coaches asked lots of questions. **I don't think it hurts to give away whatever you've got that you think is important. Sometimes we give away things, but we receive a lot.**

***NJ: What do you mean when you say it is more dangerous to overcoach?***

DH: If you can't find a new way to say it, then it doesn't matter if they turn their hand this way or that, a little different pitch with the arm. **It gets to the point where the swimmer can only think about what he's doing wrong. I really believe you should tell the swimmer what he's doing right. And at a swim meet isn't the place to change a stroke or put pressure- that is overcoaching.** To under coach is to give the essentials, back off and get the swimmer to the point where they want to make the change.

***NJ: I'm interested in how you developed Han's Paddles and other training devices you used with your club team.***

DH: I was always trying different training technique and collaborated with a guy to develop some ideas. We made our own periscope to watch the swimmers underwater. We also had a great big mirror underwater so the kids could see themselves coming into the turns.

About 10-12 years before I made the commercial paddle, I tried a paddle made of aluminum sheeting. The paddle was light so you could really feel the water. But, the thin edges, which could cut if you hit someone, were a disadvantage if a swimmer hit another swimmer. Then when plastic paddles came out, I didn't like them because the oversized paddles put pressure on shoulders. That's why I produced the paddle with holes, to feel the water without pressure on the shoulders.

***NJ: You also wrote a book Coaching Swimming Successfully and co-edited The Swim Coaching Bible Vol. I and II. Why did you decide to write a book?***

DH: Another coach had been approached by Human Kinetics to write this book, he declined but recommended me. Prior to that I had a number of people ask me to write a book, so I decided to write one. Sometime after that they contacted me about doing a swim coaching bible with different coaches contributing a chapter. I agreed to do it if I could get Nort Thorton of University of California as co-editor. I had a lot of contacts, such as Bill Sweetenham in Australia. Nort and I each wrote a chapter and contacted other coaches to write the rest.

***NJ: What are your memories of NISCA?***

DH: I remember the conventions and getting to know the other coaches, which was an important thing. One other memory is how the rules book was developed (before the NFHS Rules). NISCA didn't have a rules book, so they adapted the NCAA collegiate rules book to high school swimming. They formed a committee to write the NISCA high school swimming rule book and I was a member of that committee with about 6 other members. At the time there was a 400 freestyle, and I was determined to get it the same as nationals, a 500 freestyle so swimmers could also qualify for nationals, which they couldn't do with a 400 freestyle. I also suggested a 200 medley and 400 medley. Dave Robertson was dead set against those changes. It took several days to get the book finished and we just needed to negotiate these last items. Finally, Dave and I came to an agreement. He'd go with the 500 freestyle if I'd agree to a 200 rather than 400 medley.

***NJ: How long have you volunteer coached?***

DH: I retired from Tacoma Swim Club in 1997, then came back as a volunteer coach 4-5 days a week in afternoons. Then I coached at the University of Puget Sound twice a week doing strictly stroke technique until 2018. The last swimmer I coached was in 2019, just before the pandemic. I coached a boy from Wilson High School who was going for the 100-yd breaststroke record of one of the kids I coached back in 1981. I worked with him on technique for four months at least two to three times a week. He did break the record. I haven't coached since COVID.

***NJ: Tell me about special moments that stand out in your career.***

DH: One was Kaye Hall at the Olympics. As an age grouper and at the Pan Am Games, she had 32 swims against Elaine Tanner from Canada and never won. At the Olympics in Mexico, she not only beat Elaine, but she set the world record and got the gold medal. I was there on deck, and the coach told me to work with her the week after we got there. We primarily worked on what she had been doing when she was training with me.

Another was a boy who never made the state meet. He was one of those swimmers that improved so much from when he started that he was voted swimmer of the year by his teammates. He applied to the State Department for embassy training. Back then they rarely took someone from a state school, and he'd graduated from the University of Washington. After several applications he was accepted. He drove to the pool, came in the back door said, "Coach, I finally got in and I owe it all to the team, the program, and you – being **consistently persistent** (*one of our catch phrases*). Often when people asked me why I was able to keep winning at the state meet I couldn't think of anything to say so I said, "we are consistently persistent."

The third one would have to be, when our youngest boy Dick broke the national High School records in both the 500 and 200 at the state meet his senior year. That was another wonderful day.

**NJ: Do you have any regrets?**

DH: I don't think so. If I had a regret, it is when I cut one high school kid early in my career. He turned out after he was cut from basketball, and that bothered me. I never cut kids that came out and wanted to swim on the team. The fact that I still think about it, and this was back around 1958 or 1959, I guess I do have one regret.

**NJ: How do you spend your time now?**

DH: I spend time with my wife Sylvia, who has always supported and contributed to my coaching career. Time with my family. My boys live in the Tacoma area and my daughter is in Seattle, a one-hour drive. Sylvia and I have 13 grandchildren, 4 of them close by, and 14 great grandchildren. In fact, my grandchildren are helping with my move.



*After this move Coach Hannula's walls may be bare, and his awards packed away. He has years of memories, sustained contact with swimmers he's coached, lifetime friendships with other coaches and the love of his large family. None of these take space on his walls or need to be packed for a move. They always travel with him. - AT*

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**Editor's Postscript:** *When I started my professional coaching career with a small AAU club team in south Mississippi in 1973, I was hungry, literally and figuratively. One of the first things I did to broaden my knowledge beyond what I had learned after being coached by the legendary Dick Bower in college was to join ASCA. (When I started coaching high school in 1980, I joined NISCA) There was a magazine called Swimming Technique that repeatedly had articles by a coach in Washington state named Dick Hannula. After reading and taking voluminous notes from his captivating, instructional, and motivating articles, I figured he had to be one of the greatest coaches in the world, and I emboldened myself to write him a letter. I asked many, many questions, just -hoping- he would answer a few of them. Days went by, then a few weeks, but one day there arrived in my mailbox a thick letter with the postmark I had been praying for. Dick Hannula had handwritten a reply that answered every single question I put to him. He was humble, open, and fully responded to my many queries. At the end, he wished me success in my coaching career, and simply signed it, "Dick". I still have it. I treasure it. He helped me. - DA*

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## Excerpts from January 2014 Swimming World Magazine "Lessons With the Legends", by Michael J. Stott

*Reprinted with permission*

**Q. What is the most important thing you could say to a dedicated swimmer?**

**A.** Think big and be persistent. Persistence has been the most consistent trait of successful swimmers. Setbacks occur. Failure is a learning opportunity. It is never failure unless you so choose. It is temporary non-success and a building block for future successes.

**Q. Describe the importance of "hidden training"?**

**A.** Sleep, rest and nutrition are mostly hidden from the coach's eyes, but are the elements that provide athletes with a great opportunity for success. Training requires stress and rest to achieve maximum adaptation to training. High-intensity training requires adequate sleep. An adequately rested swimmer is a happy, enthusiastic and energetic team member. A swimmer making good nutrition choices can maintain a high energy level needed for training.

**Q. Is "praise the performer, critique the performance" still good advice?**

**A.** Yes. Separate the individual and the performance for better coaching results. Analyzing the performance—even criticizing it—gives the coach the tool to correct those areas needing enhancement. Criticizing the individual can create coach/swimmer barriers.

## DICK HANNULA BY THE NUMBERS

### HIGH SCHOOL COACHING CAREER (1951-1983)

Lincoln High School (1951-1958): Two state championships  
Wilson High School (1958-1983): Twenty-four consecutive state boy's championships (1960-83), 323 consecutive undefeated high school meets, including championship meets. One dual meet tie.

### TACOMA SWIM CLUB (1955-1997)

Founded and coached  
Three USA National Long Course Championships

### VOLUNTEER COACH (1998-2019)

Tacoma Swim Club  
University of Puget Sound

### OLYMPIC, PAN AMERICAN, WORLD UNIVERSITY GAMES SWIMMERS

Four Olympic team swimmers. Kaye Hall most successful with gold and world record  
Two Pan America games swimmers (one gold, one silver)  
Five University Games swimmers (three gold)

### USA COACH INTERNATIONAL COMPETITION (1973-1985)

London and Bulgaria - 1973  
Pan America Games, Mexico City -1975  
Alexandria, Egypt 1976  
Taiwan 1977  
Pan Pacific Meet, Tokyo, Japan 1985

### VOLUNTEER COACH

University of Puget Sound  
Tacoma Swim Club

### USA MANAGER INTERNATIONAL COMPETITION (1979-2001)

Pan America Games Puerto Rico 1979  
Olympic Games, Los Angeles 1984  
Olympic Games, Seoul, Korea 1988  
Jr. Team, Paris, France 1995  
Goodwill Games, Brisbane, Australia 2001

***“My philosophy never changed and that’s to try to teach as many skills as possible in all strokes. And you also want to keep a kid out of stressful situations — stress from his parents, his teammates and especially from the Coach. They do the swimming.”***

***Coach Dick Hannula***

COMMISSIONER OF SWIMMING GOODWILL GAMES, SEATTLE, WASHINGTON (1990)

### AWARDS

NISCA: Outstanding Service, Collegiate-Scholastic, Hall of Fame, Life Membership  
ASCA: Peter Daland Outstanding Service, Hall of Fame  
International Swimming Hall of Fame  
Washington Interscholastic Activities Association Hall of Fame  
Washington State Sports Hall of Fame  
Washington State University Sports Hall of Fame  
Tacoma/Pierce County Sports Hall of Fame

### AUTHOR/SPEAKER

Coaching Swimming Successfully, Volumes 1 and 2  
The Swim Coach Bible, Volumes 1 and 2, Co-Editor  
Over fifty articles in swim publications  
Clinic speaker throughout U.S.

### VISITING COACH:

Australian Institute of Sport, Canberra, two seasons  
Hong Kong Institute of Sport, Hong Kong, two seasons

### INVENTOR:

Han's Paddles

### OFFICES HELD:

ASCA President, 4 terms

World Swim Coaches Association Vice President, 3 terms

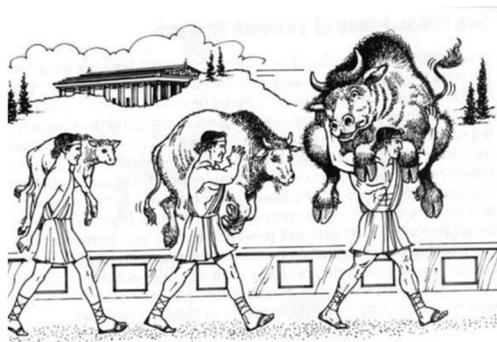


Behind most successful coaches there is a loving and supporting spouse, and Coach Hannula gives full credit to his lovely wife Sylvia. We always looked forward to seeing Dick and Sylvia Hannula at Conference!

*Photo courtesy of their son, Dick Hannula.*

## Building Trust in Your Training

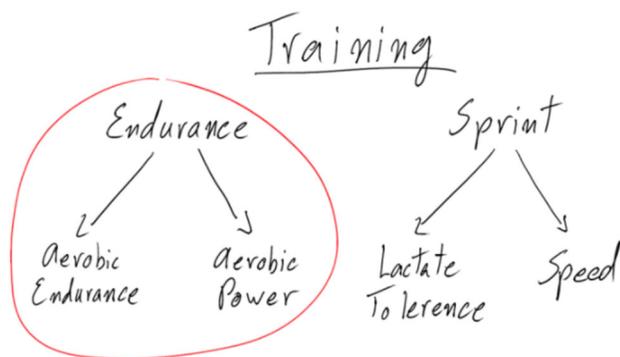
By Dr. Karl Hamouche, NISCA Medical Consultant



Ever since the days of Milo of Croton in ancient Greece, people understood that training resulted in improved athletic performance. Milo lived (supposedly) in 600 BC and as the story goes bought a newborn bull when he was just a kid. Everyday, Milo would carry the bull and as the bull grew, so did Milo's strength.

We now know that training actually sends signals down to the DNA level. These signals adjust gene expression, create new proteins, build new features and in the Swimming Machine resulting in improved adaptations and improved performance. But, most swimmers don't understand this process. That's why we are going to take a few minutes and explain how it works. And since different types of training send different signals and produce different adaptations, we are going to break it down into those types of training so that when you put a set up on the board, you can tell your swimmers exactly what it is going to improve in the Swimming Machine.

We are pretty simple people and can only focus on four levels of training. Two are for endurance and two are for sprinting. The two endurance types are aerobic endurance and aerobic power. The two sprinting types are lactate tolerance and speed training. At least with this basic guideline, you can expand these concepts to whatever training model you prefer to use whether it is color levels, heart rate levels or Dr. Maglischo's EN/SP levels.



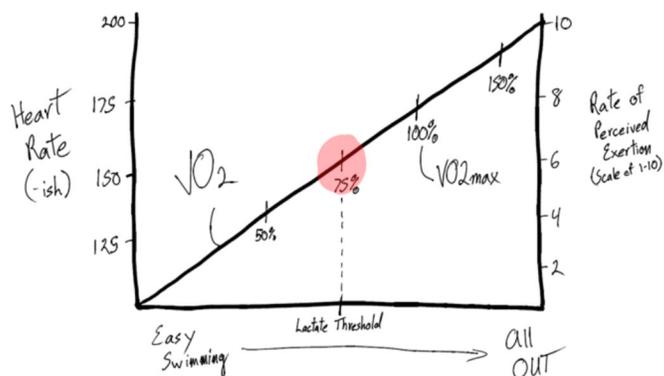
As we go through each individual training Zone, we will start on the pool deck with a sample set and what this training zone looks like and feels like. Then we will describe some of the top biologic adaptations that this training promotes. Every time you explain to your swimmers this process, they will gain trust in their training

and put in more effort into their practice. At the end of the day, the more effort the kids put in, the better they will train and the faster they will swim at the end of the season.

### Endurance Training

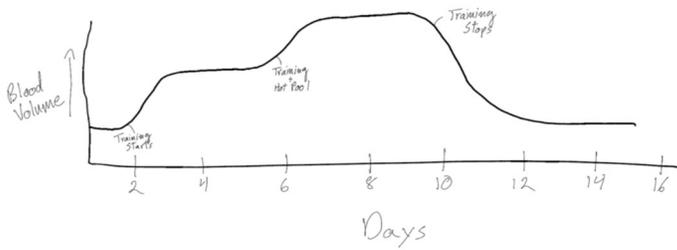
First off, what is endurance ability? For our purposes, endurance is the maximum amount of speed that we can hold for about 30 minutes. This means we need to generate a lot of energy while simultaneously minimizing or eliminating as much acid as possible.

Aerobic endurance is the first training zone that we will take a closer look at. A sample set would look something like 10x200 on the 2:30 JMI (just make it) with about 10 seconds of rest. It's basically a lot of swimming with very little rest and feels like 500+ pace. This training zone sits right on the lactate threshold which equates to about a 160 to 170 heart rate and about six out of 10 on the pain scale. All of this information is summarized in our handy chart. We will get to VO2 in a bit.



The quickest thing to adapt because of aerobic endurance training is blood volume. If you were to open up all the available capillaries in your body, there wouldn't be enough blood to fill them all at the same time and your blood pressure would drop to zero, which is a bad thing. So your body has to pick and choose where to send the blood: brain, intestines, skin, muscles. But, with aerobic endurance training the blood volume increases within a matter of days by about 10% or 400 ml. If swimmers really pay attention, they will notice that when they just start training for a new season, they're much thirstier and will pee a lot less than normal for a few days. With the extra blood volume, the body can send more blood to more muscle groups allowing for better performance. This increase in blood volume is exaggerated in a hot environment. So, if you are forced to train in a hot pool you can at least use this as an excuse for why the training will be better even though it is more uncomfortable. In biology, what goes up fast also comes down fast. And since blood volume can be adjusted within a matter of days, when you stop swimming it will also go down within a matter of days. This gives the false appearance of the swimmer is quickly losing their abilities even though they only take a few days off for vacation. But you can reassure them as a coach that most of the ability that was lost was simply blood volume which will come back in a

couple days of training.



If there is one thing that aerobic endurance training is good for it is to improve the power and ability of mitochondria. As we all remember from middle school, mitochondria are the powerhouses of the cell. The benefit of mitochondria is that they can generate energy (ATP) without generating acid along the way. The problem with mitochondria is that they are very slow and generally don't produce a lot of ATP.. With aerobic training however, their abilities can be improved so that mitochondria kick in sooner and kick in harder. This happens by both increasing the number of mitochondria in each muscle cell and by increasing the complicated enzymes and proteins within mitochondria so that they can grow in size and improve their ability. Over the course of years, mitochondria can improve anywhere from 50 to 300% from baseline.

What is VO<sub>2</sub> max? This is the maximum number of oxygen molecules your body can breathe in, transport to the muscles, extract and then use to generate energy. The main components of this system are determined by how many red blood cells you have, how well your heart and blood vessels function, and how well your mitochondria work. Change in your blood cells will adapt a little bit, but this is mostly altered through altitude training which we won't cover. Mitochondria we already talked about in aerobic endurance. So, if aerobic power training was going to improve just one thing, it is the cardiovascular system.

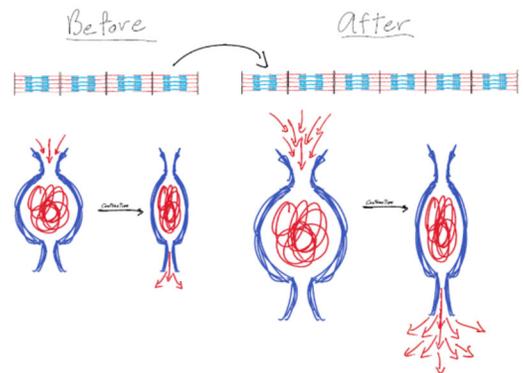
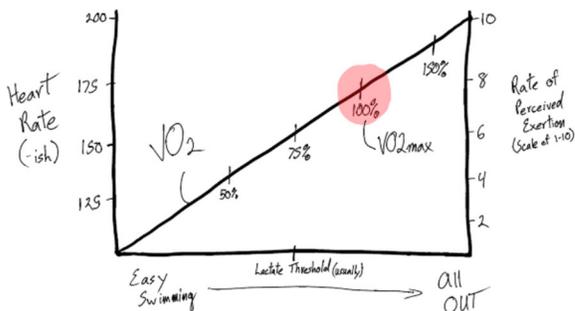


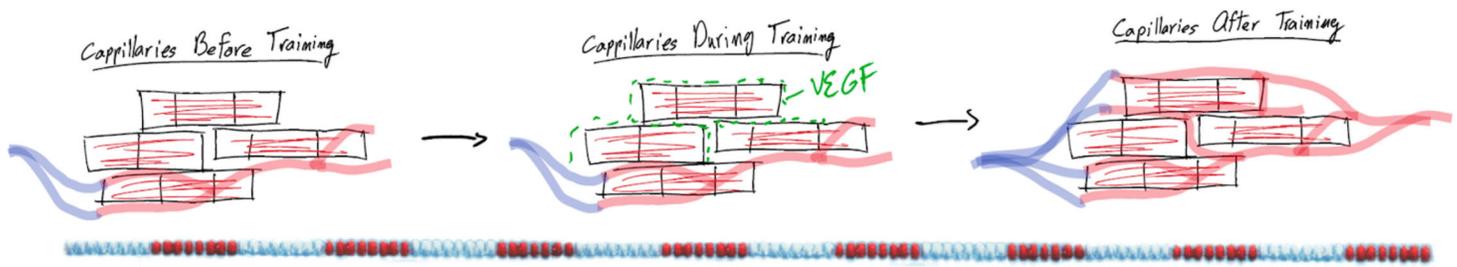
As the name implies, the cardiovascular system is made up of the heart (cardio) and blood vessels (vasculature). Let's start with the heart. For our purposes, the heart can be simplified into a single balloon where blood comes in one end and is squeezed out the other. The more times this happens and the more blood that is pushed with every squeeze, the better the cardiac system works. Overtime, endurance athletes like swimmers develop larger and larger hearts which can take in more blood and squeeze out more with each pump. To give you an idea of how much this can improve, a couch potato will have a typical stroke volume of 70 ml (this is how much blood is squeezed with every pump) and an endurance athlete can have a stroke volume up to 150 ml. At maximum effort, the couch potato can pump about 20 liters of blood per minute, but an athlete can do up to 35L! So just accounting for the heart, an athlete can almost double their endurance capacity.



Next, let's look at aerobic power. A sample set here would look something like 20x100 on 2:00 holding 60s for each 100. Essentially, we are targeting a 1:1 ratio of swimming time to rest time and this should mimic a 200 pace feeling. If we look at our combined chart, aerobic power is roughly equivalent to 175 to 190 beats per minute and 8 out of 10 on the pain scale. This is also at the maximum VO<sub>2</sub> level which is what aerobic power is best at training.

Because aerobic power trains above the lactate threshold, muscles need to rely on more than just oxygen to produce power. Therefore, they essentially become slightly ischemic (O<sub>2</sub> deprived) during this kind of training. This causes them to secrete a hormone called vascular endothelial growth factor (VEGF) which stimulates new capillaries and blood vessels to grow around the muscle cells. This increases how much blood flow there is and improves how much oxygen is delivered and how much acid can be removed, thereby improving the function of the muscles.

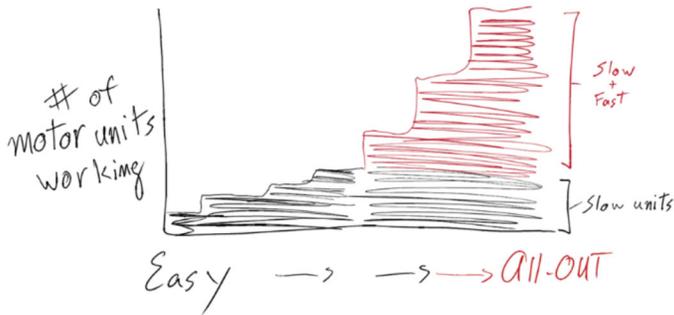




## Sprint Training

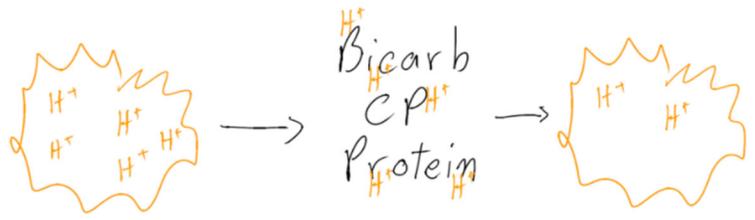
Enough about slow endurance training, let's talk about some fast swimming. Sprint training can be defined as top speed that we can hold for about 40 seconds. Why 40 seconds? That's because if we are truly swimming at an all-out pace, the acid would overload the muscle cell around 40 seconds and shut everything down.

In both speed training and lactate tolerance training we are recruiting all available muscle fibers to help us go as fast as possible. In order to understand why this is important, we need to take a step back and understand how muscles work and modulate the power they generate.



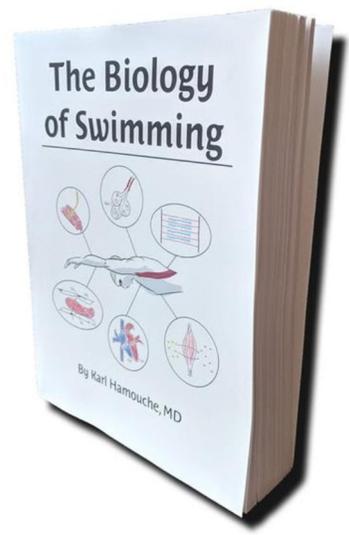
At baseline, the Swimming Machine is designed not to use all the available motor units to generate power, even at an all-out sprint. This is because most of the time muscle is so strong it can cause damage to the body. But after enough speed training, the safeties are taken off and the body is able to do much more with the same muscle mass. For instance, if we look at the latissimus dorsi muscle and broke it down into just 10 motor units, before training we may only have been able to recruit five or six at an all-out sprint, but after training we can recruit everything. That means the same amount of muscle can produce a lot more power.

With lactate tolerance training we are doing almost full length, all-out races up to 100 yards with long periods of rest. A sample set would be 6x100 @ 6:00 all out. These hurt a lot because they overload the entire system with as much acid as we can make. This forces the muscle cell to buffer the acid by creating more molecules like bicarbonate, creatine phosphate and generally have more protein lying around. This is also a good opportunity to practice race strategy and to develop good habits which we can carry on to our races later. Arguably, that could be the biggest benefit to swim training there is!



These are the basic ways training sends signals to the Swimming Machine and how different types of training promote different types of adaptations. The goal of understanding these concepts is again to explain to swimmers how their training helps make them better and to increase their trust in their training. **In the end, the best workout is the one your swimmers believe in!**

For more details on these concepts and a deep dive into everything you need to know about the Swimming Machine, we cover much more in our book and course *The Biology of Swimming* available at [www.swimsmarttoday.com](http://www.swimsmarttoday.com).



# Step Up Your Game With These Products From SwimSmart

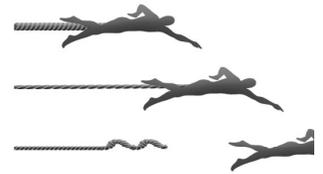


## Push Paddle

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

Fix bad knowledge!  
Swimming science for beginners  
300+ illustrations  
Fun and easy to read



## Fog-X

Fix foggy goggles!  
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



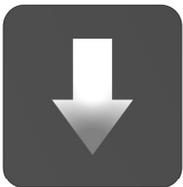
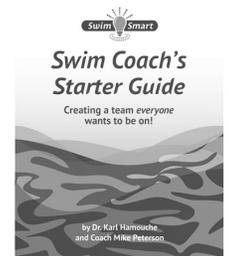
## E(xchange)- Paddles

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



## Free Download-ables

Fix bad organization!  
Improve your coaching ability  
Tools to build training guidelines  
Learning for the whole team

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Fix bad swimming knowledge!  
Easily digestible presentations  
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Other companies offered too



Because SMART swimming  
is FAST swimming!

We are swim coaches  
fixing swimming problems.

Find solutions that come from  
our pool deck to yours.

[www.swimsmarttoday.com](http://www.swimsmarttoday.com)

## WATER POLO NOTES:

# Texas High School Water Polo: The Growth (1979-1998)

By S. R. “Mac” MacDonald

*Swimming Coordinator, Houston Independent School District*

Coming out of the 1970's, and into the 1980's, Texas Water Polo flourished with a Houston-San Antonio rivalry along the I-10 East-West highway between the two metropolitan areas. What began with teams mostly in Houston, included strong programs in College Station, the Valley, and one program in the Dallas area. McAllen HS came up from the Rio Grande Valley featuring 1974 MVP (and future Aggie Goalie) Vince Tavarez. At the same time, the lone team playing in Dallas was St. Mark's School for Boys led by Co-MVP and future Judson HS Coach, Scott Harris. St. Mark's would later lead a Dallas explosion of growth and dominance. But it was in San Antonio where the first seeds of rivalry were sown when a “fighting Irishman” named George Block brought lone San Antonio high school Alamo Heights to the State Tournaments. His Alamo program won a 3-way tie for the 1977 Boys Championship, then both his Girls and Boys captured titles in 1979.



If Disco launched the 'eighties, George led a Texas Two-Step when he took over a sleepy little aquatic program on the Northside of the Alamo City. The power in Texas shifted along I-10 from Houston to San Antonio. The four school Northside ISD joined with Alamo Heights to shift the balance of power. Northside schools won the next nine Girls' Championships (Marshall and Clark each with four plus Taft) from 1980-1988. At the same time, Heights appeared in the five straight Championship Finals from '77-'81, and NISD Boys' programs won six of seven championships (Holmes, Clark with four in a row, and Marshall in '87). From 1981-1990, San Antonio Northside schools appeared in ten straight championship finals, often against another NISD program.

The one interruption came in 1986 when Coach Tom Landgraf's Baytown Sterling upset San Antonio Jay's boys. The game featured Co-MVPs Eddie Hoff of Jay and David Nester of Sterling, but the Houston suburb of Baytown proved to be a harbinger of change as the pendulum of power swung eastbound along I-10.

Jeff Kerrigan's Clear Creek and John Webb's Cypress Creek (from opposite Houston suburbs) faced off in the Girls' 1989 title game. This would begin a 27-year streak of Houston schools winning State Championships through 2014.

While Coach Landgraf moved on to Clear Lake (where his girls teams won four of the 33 Championships from 1989 to the present), the girls he left at Sterling went on to win ten of those championships. Those Sterling teams were coached by the Landgraf-McDonald coaching tree, including players that played at either Sterling or Lake for the two Texas friends (masquerading as rivals). MacDonald took over the Sterling program in 1992 and the Sterling girls would dominate the game, winning 10 State Championships.



Three of those teams were coached by McDonald ('92 '94 '01), before turning the program over to his former player and Assistant Coach Scott Slay. Slay repeated the trifecta ('07 '08 '09). TJ Markiewicz (played for Landgraf at Lake), then coached the Sterling girls to three titles ('10 '11 '13). Allie Hill (played for both Mac & Slay) completed the run with a 2014 title.

The 1989-2021 era saw Houston teams win 30 of 33 Championships: Sterling's 10 was followed by Cypress Creek (coached by John Webb, Eric Sharar and now Jeff Chandler) would rack up seven. Clear Lake-4, Clear Creek-3, Humble-3, and Saint Agnes, Clear Brook and Foster with one each would all share in the dominance. The rivalry would then shift North along Interstate 45 when Dallas (Southlake Carroll, Denton Guyer, Flower Mound) schools would split the last six titles with Houston schools (Cypress Creek and Foster).

That 1986 interruption of San Antonio dominance was followed by the 1987 all-San Antonio Championship game won by Marshall over Clark. San Antonio would not win another Boys Championship, although Marshall would play in the next 3 Title games, falling to Houston's North Shore (twice) then again to Sterling in 1990. From 1988 until 2013, Houston schools would dominate, winning twenty-six titles along with twenty-three runner-up claims. By school, winners were: Clear Lake-8, Sterling-6, Cypress Creek-3, Humble-3, Clear Creek-2, North Shore-2, Tomball and Strake Jesuit with one each.

Houston so dominated the game that the need to grow created two separate Coaches Organizations from 2008 until 2010, each crowning their own State Champions in separate Fall and Spring seasons. When TISCA coaches (under the leadership of WP Chair Brad Schurdell and with the support of USWP's Joe Linehan) voted to move to a Spring season, the strong majority of Houston schools formed their own association and continued to play in the Fall. "The Split" forced long time colleagues to choose sides, and though painful, the end result was a Dallas resurgence.

Remember those early St. Mark's teams in the mid-seventies beginning of Texas water polo? Now under the tutelage of Romanian national Mihai Oprea, the Dallas team would win the 2009 TISCA title and launch a new rivalry along the I-45 corridor. St. Mark's would finish second to Scott Slay's Tomball in 2011, then come back to win six of the 7 State Championships from 2014 through last year's 49th TISCA Tournament. Their reign has not yet ended, as they are favored to win what will be the "Last TISCA" in 2022. Dallas dominance included three straight all-Dallas finals, with Flower Mound besting Denton Guyer in the 2018 game, the only final St. Mark's failed to reach.

Those first A&M tournaments of six to eight schools grew to between 60-90 schools competing during the Houston dominated 1980-1990's. But the move to Spring in 2008 and the subsequent Dallas explosion revitalized San Antonio, opened the Austin area, and even brought back schools from the Rio Grande Valley. The support of USWP was instrumental in Texas growth, now boasting over 170 schools looking forward to 2022.



Mihai Oprea

Dallas St. Mark's



Joe Linehan

USWP



## MEMORIES: WATER POLO

### Texas: 1977, The First Year of Spring Polo

By Bruce Lester

*Bruce Lester played high school polo 1976-78 before playing at Texas A&M 1978-79, and has also coached at Marshall and Taft High Schools in the San Antonio area.*

The first year of Texas Spring State Water Polo. Our LaMarque HS polo team entered the tournament which was also set up to decide which team would travel to Miami, Florida that summer to represent Texas at the then AAU Water Polo Junior Nationals. The winning team was awarded the right to represent Texas, coached by their own coach, and was allowed to pick up a few other players from Texas if desired.

With only seconds left in the championship game we were losing by 2 points and all seemed lost.

The rules were slightly different then. I set hole on our possession, received the ball and struggled mightily to turn my guard, then released the ball and took a T-shot right by the goalie's ear to score and bring us within one. There was no time left and my play would never work under current rules.

1977 rules had the backcourt ref count 10 seconds and then signal the goalie to put the ball in play. Meanwhile, players were allowed to position themselves anywhere in the pool. Goalies could not throw the ball over the halfway line. I faked a leg cramp after the hole shot and floated on the 2 yard line in front of, but with my back to the opposing goalie and with an eye on the ref. Once he signaled the ball in play the goalie did the usual and tossed it up to show a visible separation from his hand and thus making the ball live. At this point I spun and placed a hand on the ball the goalie was holding with 2 hands. He tried to submerge it but I held it up and forced him into his own goal scoring the point and tying the game.

We went on to win in overtime and got to go to Miami as the Texas Junior National team. I played at A&M, too, after 3 years in HS and this still ranks as my favorite and nearly impossible memory: 2 goals in less than 3 seconds of actual live game time.



*Thanks to Bruce for this exciting account! If you have a favorite water polo or swim meet memory you would like to share, drop us a line at [journal@niscaonline.org](mailto:journal@niscaonline.org) with MEMORIES in the subject line.*



## Keeping It Fun!

Text and Photos by Glenn Mills

As I've met more and more people in the sport of swimming, I've learned that there are all kinds of levels of understanding of - and commitment to -- the sport. Some are interested in teaching philosophies, some seek to understand the technical aspects, and still others want to learn more about training, racing, and nutrition. There's so much to learn -- and so many ways to enjoy and experience swimming. One thing they all agree on, however, and that they remind me of all the time, is that it has to be fun.

I've heard this more in the past couple months than I've ever heard it before. Almost like learning and fun just don't go together. There seems to be an overriding feeling that if we, as coaches, demand perfection in movement, or the acquisition of skills, it's just not fun. The consensus seems to be that fun is racing, fun is swimming back and forth, fun is relays, fun is simply doing more and more of the same thing until, eventually, the kids will pick up some key points and perhaps start to swim faster.

My personal observation is that when kids learn, when they acquire new skills, when they gain mastery over something, it's fun. When they become better at anything, it's fun. When they begin to understand why they're doing something, it's fun; in fact, it's more than fun - it's the beginning of hope and of having control over your own destiny. When kids are involved in the process through constant interaction between swimmer and coach, it's fun. Nobody enjoys hearing a coach (or a parent) say, "Do it because I said so" or "You don't need to know why I want you to do it, just do it."

Once a swimmer, or student, understands that you're really in this for them, they tend to give more effort...because they want to, not because a coach or a parent has demanded it.

I once worked with a very talented swimmer in Ohio who frequently missed practice. He had so much ability, and I just thought it was a waste that he didn't really commit himself to the sport. One day he missed practice because he was playing basketball with some friends. That afternoon I sat down with him to have a talk, and he said he just felt like having fun instead of working. At the time, I tried to get him to define "fun" and he basically said fun was doing things he enjoyed. That should have been my clue to make practices more fun. Instead, I tried to motivate him by telling him that winning was fun, and that, to win, he had to work. I'm sure this turned him off even more. What a fun coach I was, huh?

I've learned many lessons in my 40+ years in this sport (starting at age 5), and a very important one is that to reach your potential in this sport, you have to love it. People generally don't love things that they view as a task or work or drudgery. It's my responsibility as a coach/teacher to learn enough about each person I work with so that I can figure out their goals, and draw things out of them that even they didn't know where there. The best way to do this is to make it exciting and rewarding and enjoyable to come to the pool. I have to make it fun.

Swimming is a supremely difficult sport, mentally and physically. Then again, what sport isn't? They're all tough if

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Continued on page 4



# Relay Takeoffs

Text and Photos by Glenn Mills

In high-school swimming, relays are typically awarded double points. In other words, relays are important. Here's a fun and efficient way to get EVERY swimmer on your team ready for relay takeoffs. The drill helps them develop the ability to judge the momentum of the incoming swimmer.

## Why Do It:

High-school relays often are chosen at the last minute, which makes it important for swimmers to know how to "read" the momentum of the incoming swimmer, no matter who it might be. Likewise, incoming swimmers have a responsibility to finish in a certain way, so that ANY swimmer can get a good start off of them. These things can be learned!

## How to Do It:

1. Three swimmers per lane will be practicing together.
2. One swimmer comes in, the next swimmer takes off, and the third swimmer is ready to jump up to the block for the next round.
3. Every few starts, the swimmers will switch up the order, and the swimmers **MUST** come in with a different stroke each time.

## How to Do It Really Well (the Fine Points):

Each swimmer must practice coming in with a different stroke AND the trio of swimmers must change their order several times during the drill. It's also good to change the composition of the trios. The more variety, the better prepared your swimmers will be in a meet situation. Mixing male and female swimmers will also get the swimmers more aware of differences in momentum and speed. The goal is to teach the swimmers how to read and react, rather than to teach them a particular method of doing relay starts.

Coaches should frequently remind incoming swimmers **NOT** to glide and not to take half strokes into the wall. The swimmer coming in has as much responsibility for a great start, as the swimmer on the blocks.

Incorporating exercises like this in practice means the swimmers will be better educated when they get to their meets, and find out at the last minute...**THEY MADE THE RELAY!!**

*Glenn Mills works with world-class swimmers to create instructional videos for GoSwim. For more drills, ideas, and videos on swimming technique, check out [www.goswim.tv](http://www.goswim.tv). You'll find free content and, if you subscribe to the GoSwim.tv platform, you can access ALL of GoSwim's great video content for one low price.*



you're determined to be the best, and there is no easy way to accomplish lofty goals without a tremendous amount of work, pain, suffering, sacrifice, and total commitment of your life. Every athlete has to determine the level of his or her commitment and involvement. But an athlete will never commit at the highest level unless he or she has learned to love the sport, mainly because they're having fun.

What makes swimming fun for a high-school student? Put yourself in their shoes and you can probably think of a few dozen things. There's winning, which might be #1 on your list, but my guess is that winning won't be at the top of the list for most high-school swimmers. For many kids, swimming provides a way to represent your school, a place to hang out and communicate with your buddies, and a structured environment where you can learn about respect, pride, leadership, sportsmanship, honesty, jealousy, commitment, and hard work. Swimming provides a place where you can test your limits, where you can shine and excel...and where you can learn how to handle setbacks and, sometimes, failure. All these things are fun and new for a young adult, and as coaches we have to think about providing opportunities for all of those things to happen.

When you think about it, what really makes swimming fun for a high-school student is if you can laugh and learn at the same time. As coaches, we have to provide the hard work, but we need to make sure it's accompanied -at least at the end -- by the sound of laughter and excitement. If practice isn't enjoyable on a daily basis, they'll eventually lose interest and move on to something else.

The greatest gift, to me, is the smile that I see when someone accomplishes something they didn't think they could...when they overcome something that has stood in their path or held them back. Seeing those kinds of smiles is just plain fun, and I try to plan every drill, every set, every practice, and every season with the goal of eliciting those smiles (at least by the end :)).

Now have some fun and Go Swim!

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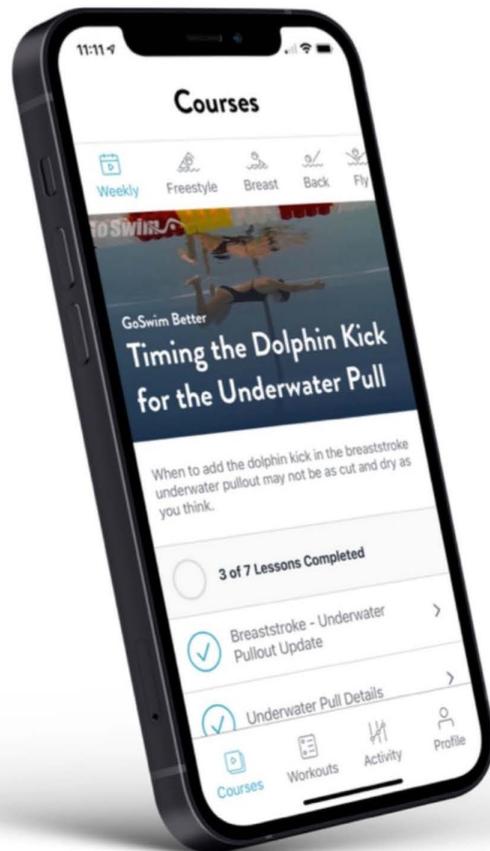
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## PERSONAL FITNESS: New Resolutions, or New GOALS?

### Five Tips on How to Achieve Them

By Dana Abbott, *Journal Editor*

I've always admired Ohio's Jim Starrett, who serves as NISCA Zone 2 Director, when he dutifully heads down to our hotel pool in the early mornings during the annual NISCA Conference. If it's not long enough to swim laps (few are), no problem. He carries a tethered stretch cord and belt and just swims in place for 30 or so minutes if necessary, paddles at the ready. He takes care of his fitness on a more or less daily basis, something a lot of us probably should strive for. All America Coordinator Mark Onstott is a regular at the Y pool, hitting his usual 2500 yards/meters most weekdays, and I try to hit my local outdoor Y pool three or more times each week to get in my cannonballs and floating. The sun, the gentle breeze, the warm air... And then the leaves change color, the air gets cooler, and some of our goals get blurred.

Our fitness goals are often aligned with our nutritional goals and practices. As mentioned in an earlier column, many wage battle every year with the not totally unexpected results from plentiful meal offerings, snacks, and outright indulgences that invade and insinuate themselves into our lives in the period that begins roughly mid-November (or October 31, if we are being honest about it) and ends when the last bit of guacamole is scooped up and relished during Super Bowl weekend. We knew it was coming, we tried to prepare for it in late December, spending time considering the options we could accept to combat the results of the annual assault on the bathroom scales, a period known as "Writing New Year Resolutions", also known as *The Great Discouragement*.

Michael Luca is an associate professor of business administration at Harvard Business School and recently reviewed a new book on motivation titled *Get It Done*, by Ayelet Fishbach. Luca begins his review:

*There's something profound about setting goals. [They] help distill our dreams and aspirations into action-oriented nuggets. At best, they motivate us to become better versions of ourselves.* He then points out the bumps in the road: *[The] problem isn't that we set goals; it's that we often don't know how to set the right ones or, once we do, how to go about achieving them.*

Luca's reading of Fishbach's *Get It Done* notes that the book has two main objectives: *"[To] help readers set the right goals, and to offer...insights on how to better achieve them."*

*According to Ms. Fishbach, an effective goal should "pull us toward our ultimate desires, energizing us to put in the work we need to do to get there." It should be ambitious, measurable and, to the extent possible, intrinsically motivating. An appropriate goal also takes into account our "circumstances and abilities." Overconfidence can...push us toward objectives that are too much of a stretch. To be effective, goals should be adjusted accordingly. Having to juggle multiple goals can be even more challenging. The author recommends writing them out...and then drilling down to subgoals and the means of achieving them. This allows you to more clearly visualize and evaluate trade-offs, [and] to prioritize among them.*

Most coaches utilize the practice of goal-setting in early-season team meetings, and often meet individually with their athletes to help them hone and fine-tune their goals. Coaching legend Lanny Landroop regularly reminded us coaches that goal-setting was not nearly as important as goal-getting. Lucas bridges the gap between the two thus: *[Setting] goals is just the beginning. You then need to figure out how to achieve them.*

Lucas concludes with this: *There will always be times when it's hard to stay motivated. In a cynical world that often says that people can't change, Ms. Fishbach offers a message of hope. She reminds us that change is possible, gives us guidance on how to get started, and provides insight into how to set better goals and achieve them.*

Jen Murphy, who writes the "What's Your Workout?" column for *The Wall Street Journal*, addresses the perennial conflict between resolutions and goals, and believe it when she tells us that there are big differences in definitions.

Resolutions like *"I want to lose weight"* or *"I want to be more fit"* are aspirations, but *"[a] goal is something specific and measurable"*, according to Harvard Medical School psychologist Susan David. And they need to have personal meaning for you.

Murphy says we need to make changes in daily habits if we are to hit our fitness goal targets. David says we need to have a strategy.

Ms. Murphy offers a set of ten tips to help reach those goals. We will look at five of them.

#### Create an Environment That Sets You Up for Success

If you cue your setting to encourage good habits, you are more likely to follow through, says Dr. David. "Put your walking shoes in front of the front door or lay out your exercise clothes next to your bed as a reminder of what you intend to do."

#### Anticipate Obstacles

We all have temptations that sabotage our workouts. Take note of the situations that regularly cause you to skip workouts.

#### Find Your Passion

Discovering an activity that excites you is key. If you have no clue what you are passionate about, start by making a list of what you like and don't like.

#### Make It Social

Whether you join a running club or commit to a weekly walk where you phone a friend to catch up, that social commitment can help you stay on track. "[Doing something] with a friend is one of the best things you can do for mental and physical health," says Heather Harrington, co-owner of Compass Fitness in Denver. "You get physical exercise while unloading your stress and worries."

#### Give Yourself a Pass Sometimes

A lot of times people don't achieve goals because they have an all or nothing approach, says Dr. David. Change is a process, and it is important to be compassionate with yourself. "People think letting themselves off the hook is a failure or weakness, but it often allows us the capacity to regroup and refocus," Dr. David says.

So go ahead and watch the Super Bowl, eat that popcorn. The sun will come up again tomorrow.



## Swim Hack - 4 Easy Steps to Improve This Season--It's All in the Details

by Aimee Schmitt

The key to being successful is not necessarily doing something big and spectacular; but rather doing the little things extraordinarily well.

*Have you ever thought about "the little things"?*

For example, let's think about how many little details go in to swimming just one stroke of freestyle correctly: there is head position, hand position, core position, front arm press, recovery, where your hand enters the water, the depth of the pull, the angle of the pull, head position as you breathe, breath timing, and so on. You get the point...there are many details that make up each and every one of your swim strokes. Many details you don't think about because they have become automatic to the overall function of swimming. You just do it...hundreds of thousands of strokes every week, every month. However, if even one of those little details has been developed with poor technique, and is poorly repeated as a habit, these become the items that when corrected will bring about the most change for improvement this season.

### Step 1. Identify your details

Start with a quick list--what are you already "good" at and what do you think needs improvement. Consult your coach on what they recommend would be the single best item to improve. You can even ask your teammates or your parents for their thoughts on areas of improvement. Be open to suggestions and honestly evaluate where you feel your improvements can come from. Then, choose one of those items to focus one and get to work.

Example: Kick outs off the wall. Not breathing the first stroke.

### Step 2. Be specific on how to change the detail.

It is one thing to say that you need to have better kick-outs; it is another to actually have a plan to do something about it. So be specific on how you will improve. Do you need to plan to stay after practice 2 days a week to work specifically on the walls? Do you need to plan to go to a clinic or a camp? Can you work with your coach to create a new dryland exercise specifically for added strength in this area? A specific plan will help you get you started and focus on making the change.

### Step 3. Establish a timeline for the improvement.

Clearly delineate and even write down how many weeks you plan to put intense focus on the change, and punctuate that timeline with intermediate measuring marks. For example--the plan of improving kick-outs off the wall must "From (today's date) to (6 weeks from now)--I am going to do X, Y, and Z to improve my kick outs. After six weeks I am going to ask for an evaluation from coach and I expect that my time will be faster as a result."

It is important to include a start and finish time window and have your coach or family help you set up a reasonable timeline for measuring improvement. It could be measuring your speed in practice or at the mid-season or end of season meet. In the plan of improving kick outs off the wall--it could be as simple as measuring improved distance off the wall. Or speed in and out of the wall.

All of these are ways to keep you on track with improving a single detail.

### Step 4. Document the process.

There are several ways to document the process. Simply writing down where you are at the start point is the easiest way to begin to measure progress. Videotaping is another. If you can ask your coach or teammate to video your current stroke or kick-out--and write down your plan in a logbook, even better. Then, later, verify improvement with follow up documentation at each mile marker. By documenting the process and the progress, you take ownership of the change you want to have, and as a result you create a NEW habit that is a good, skilled, and fast one.

### Step 5. Go back to step 1.

Once you have improved on one detail, go back to your original list and focus in on another detail you know you need to work on to make another improvement. Following these steps will almost guarantee improvement every season.

*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.*



This is essential swim equipment written by a former USA National team member. Use the five sections to log practices, track dry land training, set and evaluate goals, record meet times and stay motivated. Goal planning made textbook easy.

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## Some quick-hit content that aims to provide a booster shot to your thought process

Courtesy of *The Daily Coach*. You can subscribe [HERE](https://tinyurl.com/5jve47k2): <https://tinyurl.com/5jve47k2>

# THE DAILY COACH

Last issue's "From the Editor" column mentioned the *Apple+* TV series and its title character, Ted Lasso. The email newsletter "*The Daily Coach*" had a great article recently about this rather remarkable coach, and we'd like to share it in its entirety.

### 10 Lessons From Ted Lasso

Some might think the show is overly silly, but if you peel back the humor, there are still several tangible takeaways for all of us.

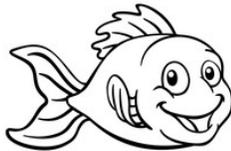
If you haven't watched the Apple TV series "Ted Lasso," you need to re-arrange your schedule and devote some time to it as it has some great leadership lessons.

Lasso, a coach of college-level American football, is unexpectedly recruited to lead an English Premier League soccer team, AFC Richmond, despite having no experience in the sport.

The show is funny and makes you feel good as Lasso and his American assistant navigate a new culture and the seemingly impossible task of coaching a sport they know nothing about. Some might view the show as overly silly, but if you peel back the humor, there are still several tangible takeaways for all of us.

### BE A GOLDFISH

Which is the best animal to embody when you make a mistake? The one with a memory that lasts between 5 – 10 seconds, of course. Next time you need to shake it off and get back to optimal performance... *be a goldfish.*



### BE AUTHENTIC

Lasso might seem quirky, weird and have strange analogies that don't translate to the English culture, but he is real, genuine and demonstrates consistent behavior.

### NEVER TAKE THINGS PERSONALLY

Lasso is constantly roasted by the press and Richmond fans, but he never takes their insults personally and has complete faith in his leadership methods. Nothing will deter him.

### TELL THE **TRUTH** TO THOSE YOU LEAD

It is painfully obvious from the outset that having uncomfortable conversations is not a strength of Coach Lasso's, which is to be expected from a man who is always so darn friendly. Despite his discomfort, he still finds the courage to have the crucial conversations anyway, because he knows they will improve the individual and serve the culture of the team.

### BELIEVE

Belief can be defined as a mental attitude of acceptance of something as true. Beliefs are the core of human development and they are also what keeps us alive. They are the things that we take for granted. They influence our lives and make us who we are.

### EMPOWERMENT, THEN CONFIDENCE

Empowerment and confidence are two aspects of human personality that should never be sacrificed. To achieve these, one has to learn to be patient, kind and confident. One needs to find a way to get rid of negative thinking and start focusing on the positive aspects of life.

### NOBODY IS BIGGER THAN THE

*Team*

Coaching a team of high performers will likely mean managing large egos and resolving personality conflicts. Lasso tirelessly communicates his message that the team comes first, no matter your talent or superstar status. This is probably why the head coach is called the manager in English football.

### POSITIVE THINKING

Not everybody knows how to take Lasso's almost over-the-top enthusiasm and positivity, but despite their initial resistance, they inevitably develop a soft spot for him. Lasso's "can-do" attitude creates a ripple effect that raises the collective vibration around him.

### HUMOR HELPS EASE TENSION

It is a comedy after all, but there is something to be said about injecting humor into a high-pressure environment at the right time, helping to ease the tension and remind players to relax and enjoy their work.

### LOVE CHANGE

We don't have to be afraid of change. We need to see the positive side of it and try to find a solution that is better than what we had before — which Lasso has mastered.



## News From Around the Zones

Compiled from Zone Reports

### Zone 1

Zone 1 is masterfully coordinated and networked by Phil Emery, collector and distributor of fine Maine maple syrup, and one of the world's greatest moose-call impressionists. From around Zone 1, here is what is happening.

#### **Maine - State Rep Rob Hale**

Our season started on time. We have been able to run in-person dual meets. Not all facilities are allowing spectators but many are live-streaming their meets. Recently it was decided that all of our state meets are going to be hosted by a 6-lane high school facility. It will be different but the kids will create a great atmosphere. The state meets are usually hosted by the local colleges or university.

#### **Rhode Island (which is not really an island) - State Rep Dave Hanson**

Rhode Island has no fall swimming... Winter season started 11/29... Dual meets are scheduled...Championship up in air as colleges won't commit to hosting them.

#### **New Jersey - Boys State Rep Claire Scarpa**

New Jersey's season started in November for both boys and girls swimming and diving. State team tournament will run from Feb. 8th through Feb. 26. State individual meet will be March 5/6, 2022.

#### **New Jersey - Girls State Rep Adele Morgan**

We did not have our usual team playoffs, our county or conference meets, nor our individual state champs last year. This year, all are back on the schedule!

#### **Massachusetts - State Rep Mike Foley**

Successfully ran our fall season (although more and more girls teams keep moving to the winter) It was nice to have in person meets again as well as our sectional and state championships:  
Div I State Champs - **Acton Boxboro HS (Gretchen Turner)**  
Div II State Champs - **Wellesley HS (Jen Dutton)**

#### ***New State Records:***

100 Butterfly - 53.31 - Anna Boemer - Reading HS  
100 Freestyle - 49.73 - Malia Amuan - North Andover HS  
200 Freestyle - 1:48.40 - Malia Amuan - North Andover HS at the sectional championships.

Winter Season began 11/29. Dual meets start 12/9 in-person.

Championships are scheduled for the second and third weekend in February, but we are having trouble locking down locations that are large enough and will let us in. Most of the big colleges won't commit until after New Year's when they see what Covid numbers look like in the state.

#### **Connecticut - Boys State Rep Suzie Hoyt**

The Boys' Season in CT started on Dec 2 with much excitement and anticipation after a successful Girls' season in the Fall. Much has gone back to 'normal' – we have in-person meets, Conference and State championship meets are scheduled and All-State banquets are planned. Athletes can all be in the pool together but must be masked when not in the water. Some schools still do not allow multi-team meets to be held in their facilities, but are not restricting the attendance of their teams at these meets. Some teams are also restricting team activities outside of the pool as that is where most new infections seem to be spreading. As with the girls' season, finding venues for the State meets is presenting a challenge because many of the Colleges and Universities are not allowing the use of their facilities by outside teams. We are hopeful and excited for a full season – the first in 2 years!!!!

#### **Connecticut - Girls State Rep Lee Schwartzman**

After a 2020-2021 season of only regional meets (not State meets) and many running virtually, the girls season this year in CT was back to normal. We competed back in our conferences and were free to schedule whatever meets we wanted. We also had our full schedule of State Class meets as well as the State Open. Multiple state records were broken and it was nice to be back to normal. The CIAC had to get a little creative finding new pools for the postseason as some of the main Universities we normally use are not allowing outside teams to use their facilities. As far as COVID protocols, masking continues to be required in all school settings including on the deck. The spacing requirements from last year, however, were relaxed.

The boys season just began last week and the plans are the same as the girls season.

#### Our champions were:

**Class S - Weston - Brandon Barone**

**Class M - Daniel Hand - Jen Lyman**

**Class L - Darien - Marj Trifone**

**Class LL - Greenwich - Coach Brendan Heller**

**State Open - Greenwich - Coach Brendan Heller**

#### **New Hampshire - State Rep Steve VanDerBeken**

Here in NH we just started our season the middle of Nov. This is for both Girls and Boys.

We are still down a number of teams from a few years ago...all due to schools not having pools to practice in. This all started with Covid. At this point it looks like our State Championship meet will happen Feb 12-13 2022.

Swim meet competition started December 4.

## **New York** - Boys State Rep Pete Hugo

The New York State boys season got underway on Nov. 15. Our New York State Championship meet will be held in Ithaca at Ithaca College on March 4<sup>th</sup> and 5<sup>th</sup>. This is the first time in 5 years we have been away from the Nassau County Aquatic Center.

New York State is divided into 11 Sections. Extensive and comprehensive information, including records and history for all 11 Sections is accessible at [www.sectionXswim.com](http://www.sectionXswim.com), just replace the "X" with the section number (1-11) that you would like to look at. John Coombs created these websites, and we are indebted to him for this convenient repository of data!

While Covid 19 has been frustrating, it has not stopped us from competing. Everyone wears a mask unless swimming, and spectators follow individual school policies when in attendance at meets. Kudos to all our athletes, coaches, and officials.

NY State Top 40 Boys Times: <https://tinyurl.com/yxl5o2zx>

NY State Boys Swimming website: <https://tinyurl.com/y2jkdsvl>

## **ZONE 6**

Zone 6 is coordinated by San Antonio Churchill's **Mark Jedow**, also NISCA President-Elect, and here is what he has collected.

**Texas** - Many schools across the state have been attending the various season testing-point invitationals across the state known as the TISCA Championship Invitationals. These invitationals provide various regions of Texas the opportunity to showcase their talents. These meets also serve another purpose: they provide the Texas Interscholastic Swimming Coaches Association an opportunity to generate revenue to support the association's TISCA Scholarship Fund.

To host a TISCA invitational, high school venues must pay a hosting fee as well as collect a nominal splash fee which is paid to support the TISCA Theron Pickle Memorial Memorial Scholarship fund. Meet hosts have flexibility to determine their own events, entry standards, and who can attend ("invitationals"). One requirement that all schools must meet is that their coach must be a registered member of TISCA.

The weekend of Dec 3-4 North East ISD in San Antonio hosted the South Zone TISCA Championship at the recently constructed Bill Walker Pool which brought over 500 athletes to compete in a unique style Prelim/Final event where students could swim longer club-level distances events and short sprints on one day, and the regular high school format of events on the other. Divers were allowed to showcase their 3-meter diving skills.

Under Texas high school competition rules this meet counts as two separate meets against each athlete's invitational allotment of eight meets prior to the district championships.

According to Meet Director David Johnson, the placement of the meet allows coaches to get a feel for where their team is as many schools get ready to prepare for semester exams as they head into the two-week winter break training period. It also allows athletes one last chance to obtain USA Swimming Winter Junior National

cuts before the entry deadline. At the meet there were several NISCA All America consideration performances as well USA Swimming Junior National cuts.

Coming a year after limited fan participation it was great to see packed stands watching these athletes compete. There were even a few college coaches in the stands watching the upcoming talent.

**Colorado** has a similar mid-season championship-style meet where students have an opportunity to post qualifying times for their state meet prior to heading into the championship season. One interesting note for the Colorado State Meet is that in CHSAA State Championship Meets, each team shall be permitted unlimited entries in individual events and one entry in the relay events. Individual and relay entries must meet the qualification standard with only four individuals from each team being eligible to advance past the preliminary round. The individual entry rule shall be followed.

Events may only be modified for non-varsity and invitational competition.

### A. Modification of J.V. Events – Dual Meets Only

1. 200 IM modified to 100 IM
  2. 100 Butterfly, modified to 50 Fly
  3. 100 Backstroke, modified to 50 Back
  4. 100 Breaststroke, modified to 50 Breast
  5. 6 Round Dives, modified to 3 Dives (first dive must be dive of the week)
- Mutual consent by both coaches prior to the meet.
  - Notification to officials if more than four J.V. events.

B. Modification—Invitationals may be modified to add or drop events and order of events. An important planning consideration for the spring Colorado boys swimming and diving season is the movement of the Boys State Championship meet to one week earlier to accommodate the multiple spring sports championship seasons, which should also help the Boys teams get All America applications submitted before the June deadline. The Colorado Boys state swimming and diving championships are now slated for the weekend of May 12-14, 2022.

In **Oklahoma**, schools can start practicing on October 1st with swim meets starting no earlier than November 1st. The season runs until February with the state championships being held between February 17-19. If you want to follow swimmers in Oklahoma, go to <http://ossaa.com/Swimming.aspx>. Meet hosts are required to upload results within 10 days of the conclusion of each swim meet.

Oklahoma hosts two regional championship meets each year, contested as timed final events. The top 24 times in each individual and relay event from the regional meets will advance to the state championship meet.

**New Mexico** - Even though swimming is considered a winter sport, schools are allowed to practice year-round. Competitions may begin during week 19 of the school year until the state meet on week 34. Swimmers are limited to competing in 10 swim meets during this period prior to district and state meets. To qualify for the state championships, swimmers must meet the state qualifying time standard which can be found on the state athletic association web-

site. Swimmers may meet the state standard at any of the approved qualifying meets. Due to the distance and proximity some out of state invitations are recognized as allowable meets for New Mexico. For example the Lubbock Invitational, Andrews Invitational, and Seminole Invitational in Texas are acceptable swim meets for obtaining state qualifying times under NMACT rules. The 2022 New Mexico state meet will be held February 18-19.

**Arkansas** - No report.

## ZONE 5

Andy Cunningham is the Zone Director, working from his home base at Millard North HS in Omaha. His notes are below:

**Missouri** - Boys State Championship was in November. Class 1 Champions was **Glendale High School**. Class 2 Champions were

**Rockhurst High School** coached by NISCA Member **Paul Winkler**. **Andy Wilcox** (Missouri State Director) is one of the Assistant Coaches for Rockhurst.

**Congrats Paul and Andy.**

**North Dakota** - Girls State Championship resulted in **Bismarck Century** winning their seventh straight girls state title.

**Nebraska** has a combined Girls and Boys winter season. Their state championships are at the end of February.

The **Kansas'** Boys state meet is February 17-19. The girls will compete in the Spring.

The **Minnesota** Girls State meet was in November. **Visitation High School** won its eighth consecutive Class A state title. Class AA champions were **Minnetonka** for the first title since 1976.

## PANDEMIC ISSUES: Decision Fatigue

Rachel Feintzeig is the Work & Life columnist at The Wall Street Journal, writing about the intersection of jobs and everything else. Her recent column "**How to Deal With Decision Fatigue**" has some pertinent observations and information that is applicable to many of us in the coaching field.

She starts out: *"New year, same stress. How can we make good calls—or any calls—right now?"*

*"Worn out from nearly two years of the pandemic, many of us are paralyzed when it comes to major life choices...the rules and risks keep shifting... all the options seem fraught."*

*"We can get to this state of, does anything even matter anymore?"* says Dane Jensen, the chief executive of Third Factor, a Toronto-based performance-consulting firm.

An American Psychological Association survey conducted last year found that nearly one-third of adults—and nearly half of millennials—are struggling with basic decisions, like what to eat or wear. About half say planning for the future feels impossible, thanks to the pandemic.

Feintzeig continued: *"Decision making has grown more complicated as the pandemic drags on. Initially the choices were stark, or nonexistent."*

Katy Milkman, a professor at the University of Pennsylvania's Wharton School, says we're spooked by small probabilities of risk and often rely on stereotypes instead of detailed data.

*"It's hard to make decisions even when the world isn't throwing you curveball after curveball and freaking you out,"* says Dr. Milkman, author of the book, "**How to Change.**"

Dr. Milkman recommends reflecting on the beginning of this new chapter, 2022, and being skeptical of your own personal gut reactions, which often aren't grounded in evidence. Instead, for big decisions, tap the wisdom of crowds by consulting five separate people who don't have a stake in the outcome of your choice. Bringing in outside judgment can mitigate our own biases.

**Question:** *Have you used that strategy, getting an outside opinion from one or more trusted sources about a big decision you needed to make? Drop us a line and tell us about it.*

Scan this QR code for the full WSJ article by Rachel Feintzeig



Courtesy Jim Starrett

# CONTROL THE CONTROLLABLES

10 Things You Control

1. Your attitude
2. Your effort
3. Your physical health
4. Who you surround yourself with
5. Your heart for others
6. Attitude of gratitude
7. Your mindset
8. How you view difficulty
9. Time management
10. How you manage your money

## Thoughts to Ponder

### **MOTIVATION: Grit and Perseverance**

It's one of the great pleasures in life to look forward to something and then receive it, even greater if it's on a frequent basis, and a home run if it's FREE.

The NISCA Journal is privileged to share with you coaching wisdom and observations from some of the greats in sport. The free daily email newsletter from *The Daily Coach* offers up some really good gems every week. We share excerpts and bits and pieces that we think are especially relevant to our sport, and one of the most recent reflected on determination, perseverance, *grit*.

It was a short piece on professional basketball player Scotty Hopson. Rather than repeat his story about “sticking to it”, follow the URL link or the QR code and watch a 2-minute video about his story. We think you'll enjoy it immensely.

<https://tinyurl.com/2p98mty2>



### **NOTABLE QUOTES**

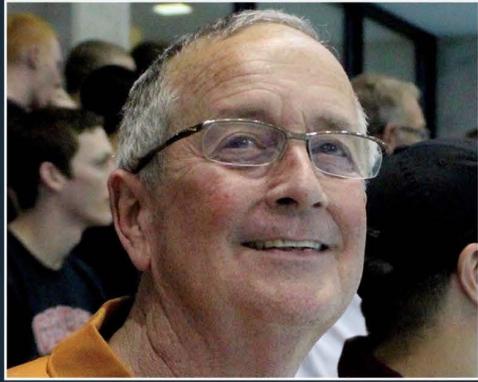
*“I’m grateful that I discovered swimming 12 years ago and that most days since then I swim. I swim in pools and rivers and lakes and oceans. I swim alone or with strangers or best with friends. Sometimes it’s really hard, emotionally and physically. The water does support us, but it doesn’t coddle us.*”

*“Swimming is my happy place.”*

*Janine Serell on Facebook page "Did You Swim Today?" (Check it out!)*

*Photo by NISCA Contributor Heather Perry*





# EDDIE — REESE —

COACHING SWIMMING, TEACHING LIFE



**CHUCK WARNER**  
*with Dana Abbott*

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**EDDIE REESE**  
**COACHING SWIMMING,**  
**TEACHING LIFE**  
**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*

**NISCA PUBLIC School Records – FEMALE (updated 09/29/2021)**

<b>Event</b>	<b>Time YARDS</b>	<b>Name(s), School, Date</b>	<b>Time METERS</b>	<b>Name(s), School, Date</b>
200 Medley Relay	1:38.13	<b>Fossil Ridge High School</b> – Ft. Collins, CO Bayley Stewart, Zoe Bartel, Coleen Gillilan, Kylee Alons February 11, 2018	1:57.02	<b>Hudson High School - Hudson, OH</b> Giovanna Cappabianca, Paige McCormick, Maddie Hannan, Mackenzie DeWitt January 27, 2018
200 Freestyle	1:42.81	<b>Dagny Knutson</b> Minot High School – Minot, ND November 20, 2008	1:57.83	<b>Blair Stoneburg</b> Jensen Beach High School - Jensen Beach, FL September 4, 2021
200 Individual Medley	1:53.73	<b>Victoria Huske</b> Yorktown High School – Arlington, VA February 25, 2021	2:13.76	<b>Katie McClintock</b> Mainland Regional High School – Linwood, NJ January 30, 2020
50 Freestyle	21.64	<b>Abbey Weitzel</b> Saugus High School - Saugus, CA May 16, 2015	25.54	<b>Samantha Woodward</b> Edmond Memorial High School – Edmond, OK December 12, 2006
100 Butterfly	49.95	<b>Victoria Huske</b> Yorktown High School – Arlington, VA February 25, 2021	1:00.57	<b>Samantha Woodward</b> Edmond Memorial High School - Edmond, OK December 13, 2005
100 Freestyle	47.09	<b>Abbey Weitzel</b> Saugus High School - Saugus, CA May 16, 2015	55.66	<b>Amanda Weir</b> Brookwood High School - Snellville, GA December 9, 2003
400 Freestyle			4:08.12	<b>Blair Stoneburg</b> Jensen Beach High School - Jensen Beach, FL September 4, 2021
500 Freestyle	4:34.78	<b>Dagny Knutson</b> Minot High School – Minot, ND November 20, 2008		
200 Free Relay	1:30.72	<b>Carmel High School</b> – Carmel, IN Veronica Burchill, Claire Adams, Kendall Smith, Trude Rothrock February 14, 2015	1:46.11	<b>North Canto Hoover</b> - North Canton, OH Amanda Palutsis, Kate Lochridge, Caroline Ehlers, Parker Timken February 2, 2017
100 Backstroke	51.43	<b>Olivia Smoliga</b> Glenbrook South High School - Glenview, IL November 17, 2012	1:01.56	<b>Katie McClintock</b> Mainland Regional High School – Linwood, NJ January 30, 2020
100 Breaststroke	58.35	<b>Kaitlyn Dobler</b> Aloha High School – Beaverton, OR February 21, 2020	1:09.05	<b>Cecelia Porter</b> Signal Mountain Middle High School – Signal Mountain, TN October 27, 2018
400 Free Relay	3:15.38	<b>Carmel High School</b> – Carmel, IN Veronica Burchill, Claire Adams, Kendall Smith, Amy Bliquist February 14, 2015	3:50.74	<b>Hardin Valley Academy</b> - Knoxville, TN Emily Aycock, Carissa Armijo, Abbey Aycock, Erica Laning November 16, 2016

**NISCA INDEPENDENT School Records – FEMALE (updated 1/130/2021)**

<b>Event</b>	<b>Time YARDS</b>	<b>Name(s), School, Date</b>	<b>Time METERS</b>	<b>Name(s), School, Date</b>
200 Medley Relay	1:38.77	<b>Harpeth Hall School – Nashville, TN</b> Alex Walsh, Ella Nelson, Alex Massey, Gretchen Walsh February 9, 2018	1:54.44	<b>The Baylor School - Chattanooga, TN</b> Arden Pitman, Alison Lusk, Anna Rae Gwarjanski, Sloane Pitman November 21, 2008
200 Freestyle	1:41.55	<b>Kathleen Ledecky</b> Stone Ridge School - Bethesda, MD February 7, 2015	2:00.70	<b>Addison Smith</b> The Baylor School - Chattanooga, TN October 27, 2018
200 Individual Medley	1:53.90	<b>Ella Eastin</b> Crean Lutheran High School - Irvine, CA May 16, 2015	2:16.88	<b>Elie Waldrep</b> The Baylor School - Chattanooga, TN November 16, 2019
50 Freestyle	21.59	<b>Getchen Walsh</b> Harpeth Hall School – Nashville, TN February 7, 2020	24.94	<b>Claire Curzan</b> Cardinal Gibbons High School – Raleigh, NC November 20, 2021
100 Butterfly	50.35	<b>Claire Curzan</b> Cardinal Gibbons High School – Raleigh, NC February 7, 2020	57.08	<b>Claire Curzan</b> Cardinal Gibbons High School – Raleigh, NC November 20, 2021
100 Freestyle	46.98	<b>Getchen Walsh</b> Harpeth Hall School – Nashville, TN February 8, 2020	54.75	<b>Erika Pelaez</b> South Florida Heat, Fort Lauderdale, FL September 4, 2021
400 Freestyle			4:16.18	<b>Addison Smith</b> The Baylor School - Chattanooga, TN October 27, 2018
500 Freestyle	4:26.58	<b>Kathleen Ledecky</b> Stone Ridge School - Bethesda, MD February 7, 2015		
200 Free Relay	1:31.18	<b>The Baylor School - Chattanooga, TN</b> Kristen Vredeveld, Bria Deveaux, Kimberlee John-Williams, Ashley Yearwood February 11, 2012	1:45.70	<b>St. Andrews School – Boca Raton, FL</b> Aspen Gersper, Logananne Zielinski, Nicole Aguilar, Erin Miller September 4, 2021
100 Backstroke	50.89	<b>Phoebe Bacon</b> Stone Ridge School – Bethesda, MD February 5, 2020	58.40	<b>Claire Curzan</b> Cardinal Gibbons High School – Raleigh, NC November 20, 2021
100 Breaststroke	58.88	<b>Alex Walsh</b> Harpeth Hall School – Nashville, TN February 10, 2018	1:07.47	<b>Tracy Caulkins</b> Harpeth Hall - Nashville, TN January 2, 1981
400 Free Relay	3:18.26	<b>Santa Margarita Catholic High School</b> Ella Ristic, Mackenzie Degrn, Anicka Delgado, Samantha Shelton May 13, 2017	3:49.26	<b>St. Andrews School – Boca Raton, FL</b> Aspen Gersper, Nicole Aguilar, Ella Martinez, Erin Miller September 4, 2021

**NISCA PUBLIC School Records – MALE (updated 5/4/2021)**

<b>Event</b>	<b>Time Name(s), School, Date YARDS</b>	<b>Time Name(s), School, Date METERS</b>
200 Medley Relay	<b>Carmel High School – Carmel, IN</b> Wyatt Davis, Ryan Malicki, Griffin Hadley, Jake Mitchell February 29, 2020	<b>Mainland Regional High School – Linwood, NJ</b> Destin Lasco, Erik Truong, Glenn Lasco, Joseph Rogers January 9, 2018
200 Freestyle	<b>Drew Kibler</b> Carmel High School - Carmel, IN February 24, 2017	<b>Brendan Burns</b> Conestoga High School – Berwyn, PA January 15, 2019
200 Individual Medley	<b>David Nolan</b> Hershey High School – Hershey, PA March 18, 2011	<b>Destin Lasco</b> Mainland Regional High School - Linwood, NJ January 12, 2018
50 Freestyle	<b>Aiden Hayes</b> Norman North High School – Norman, OK February 20, 2021	<b>Kyle Bubolz</b> Waukesha North High School - Waukesha, WI January 24, 2004
100 Butterfly	<b>Aiden Hayes</b> Norman North High School – Norman, OK February 20, 2021	<b>Brendan Burns</b> Conestoga High School – Berwyn, PA January 22, 2018
100 Freestyle	<b>David Nolan</b> Hershey High School – Hershey, PA March 18, 2011	<b>Destin Lasco</b> Mainland Regional High School - Linwood, NJ January 6, 2017
400 Freestyle		<b>Destin Lasco</b> Mainland Regional High School - Linwood, NJ December 14, 2017
500 Freestyle	<b>Jake Mitchell</b> Carmel High School – Carmel, IN February 29, 2020	
200 Free Relay	<b>North Allegheny High School – Wexford, PA</b> Jack Wright, Joel Songer, Ricky Mihm, Mason Gonzalez March 14, 2018	<b>Mainland Regional High School - Linwood, NJ</b> Joseph Rogers, Nicholas Dinofrio, Glenn Lasco, Destin Lasco January 9, 2018
100 Backstroke	<b>David Nolan</b> Hershey High School – Hershey, PA March 18, 2011	<b>Destin Lasco</b> Mainland Regional High School - Linwood, NJ January 12, 2018
100 Breaststroke	<b>Max McHugh</b> Sevastopol High School – Sturgeon Bay, WI February 26, 2016	<b>Daniel Chang</b> Science Hill High School - Johnson City, TN November 15, 2014
400 Free Relay	<b>North Allegheny High School – Wexford, PA</b> Mason Gonzalez, Andrew Zhang, Jack Wright, Rick Mihm March 15, 2018	<b>Mainland Regional High School - Linwood, NJ</b> Destin Lasco, Justin Liu, Brian McGroarty, Glenn Lasco January 6, 2017

**NISCA INDEPENDENT School Records – MALE (updated 01/30/2021)**

<b>Event</b>	<b>Time YARDS</b>	<b>Name(s), School, Date</b>	<b>Time METERS</b>	<b>Name(s), School, Date</b>
200 Medley Relay	1:27.74	<b>The Baylor School</b> - Chattanooga, TN Luke Kallsizak, Dustin Tynes, Sam McHugh, Christian Selby February 14, 2014	1:41.15	<b>Phillips Academy Andover</b> – Andover, MA Jack Warden, Neil Simpson, Lance Freiman, Arnold Su December 1, 2018
200 Freestyle	1:33.06	<b>Trey Freeman</b> The Baylor School - Chattanooga, TN February 9, 2018	1:47.49	<b>Trey Freeman</b> The Baylor School - Chattanooga, TN November 11, 2016
200 Individual Medley	1:43.55	<b>Reece Whitley</b> William Penn Charter School - Philadelphia, PA February 17, 2018	1:58.89	<b>Joshua Zuchowski</b> The King's Academy – West Palm Beach, FL September 4, 2021
50 Freestyle	19.11	<b>David Curtiss</b> The Pennington School – Pennington, NJ March 6, 2021	22.38	<b>David Curtiss</b> The Pennington School – Pennington, NJ February 1, 2020
100 Butterfly	45.52	<b>Joseph Schooling</b> The Bolles School - Jacksonville, FL November 8, 2013	54.12	<b>Joshua Zuchowski</b> The King's Academy – West Palm Beach, FL August 26, 2021
100 Freestyle	42.81	<b>Jack Conger</b> Our Lady of Good Counsel - Olney, MD February 9, 2013	50.10	<b>Roman Jones</b> The Piny School January 18, 2022
400 Freestyle			3:50.65	<b>Matthew Fallon</b> The Piny School – Basking Ridge, NJ March 25, 2021
500 Freestyle	4:12.87	<b>Grant Shoultz</b> Santa Margarita Catholic - Rancho Santa Margarita, CA May 14, 2016		
200 Free Relay	1:19.27	<b>The Bolles School</b> - Jacksonville, FL Ryan Murphy, Joseph Schooling, Emiro Goossen, Santo Condorelli November 11, 2012	1:32.77	<b>Brunswick School</b> – Greenwich, CT Alexander Hazlett, Patrick Mullen, Ben Wu, Lucas Hodgson December 15, 2021
100 Backstroke	45.34	<b>Ryan Murphy</b> The Bolles School - Jacksonville, FL November 11, 2012	53.77	<b>Joshua Zuchowski</b> The King's Academy – West Palm Beach, FL September 4, 2021
100 Breaststroke	51.16	<b>Reece Whitley</b> William Penn Charter School - Philadelphia, PA February 17, 2018	1:01.04	<b>Matthew Fallon</b> Piny School – Basking Ridge, NJ December 17, 2019
400 Free Relay	2:54.43	<b>The Bolles School</b> - Jacksonville, FL Ryan Murphy, Santo Condorelli, Josh Booth, Joseph Schooling November 11, 2012	3:26.41	<b>Brunswick School</b> – Greenwich, CT Marcus Hodgson, Lucas Hodgson, Michael O'Malley, Alexander Hazlett December 18, 2019

# New National Records for 2021 – 2022

Updated January 11, 2022

Type	Event	Time	Name	School/Coach	City, State	Date
Male Independent	100 Backstroke Meters	53.77	Joshua Zuchowski	The King's Academy Jonathan Zuchowski	West Palm Beach Florida	09/04/2021
Male Independent	100 Butterfly Meters	54.12	Joshua Zuchowski	The King's Academy Jonathan Zuchowski	West Palm Beach Florida	08/26/2021
Male Independent	200 IM Meters	1:58.89	Joshua Zuchowski	The King's Academy Jonathan Zuchowski	West Palm Beach Florida	09/04/2021
Female Independent	100 Butterfly Meters	1:01.01	Aspen Gersper	St. Andrews School Stephen Cassidy	Boca Raton Florida	09/04/2021
Female Independent	200 Free Relay Meters	1:45.70	Aspen Gersper, Logananne Zielinski Nicole Aguilar, Erin Miller	St. Andrews School Stephen Cassidy	Boca Raton Florida	09/04/2021
Female Independent	400 Free Relay Meters	3:49.26	Aspen Gersper, Nicole Aguilar Ella Martinez, Erin Miller	St. Andrews School Stephen Cassidy	Boca Raton Florida	09/04/2021
Female Independent	50 Freestyle Meters	25.01	Erika Pelaez	South Florida Heat Adam Madarassy	Fort Lauderdale Florida	09/04/2021
Female Independent	100 Freestyle Meters	54.75	Erika Pelaez	South Florida Heat Adam Madarassy	Fort Lauderdale Florida	09/04/2021
Female Public	400 Freestyle Meters	4:08.12	Blair Stoneburg	Jensen Beach High School April Sparling	Jensen Beach Florida	09/04/2021
Female Public	200 Freestyle Meters	1:57.83	Blair Stoneburg	Jensen Beach High School April Sparling	Jensen Beach Florida	09/04/2021
Female Independent	50 Freestyle Meters	24.94	Claire Curzan	Cardinal Gibbons Jonah Turner	Raleigh North Carolina	11/20/2021
Female Independent	100 Butterfly Meters	57.08	Claire Curzan	Cardinal Gibbons Jonah Turner	Raleigh North Carolina	11/20/2021
Female Independent	100 Backstroke Meters	58.40	Claire Curzan	Cardinal Gibbons Jonah Turner	Raleigh North Carolina	11/20/2021
Male Independent	200 Freestyle Relay Meters	1:32.77	Alexander Hareliti, Pratik Mullen Ben Wu, Lucas Hodgson	Brunswick School Haron Montgomery	Greenwich Connecticut	12/05/2021
Male Independent	400 Freestyle Meters	49.75	Rodrigo James	The Pinyng School Deandre O'Mara	Blaskin Ridge Virginia	04/08/2022

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On December 22, 2021 the Olathe South Boys' Swimming Team (Olathe, Kansas) reestablished a tradition that had been forgotten over the past 11 years. When Coach Arvel McElroy assumed the head coaching job in 1987, he introduced a challenging workout called ***The Twelve Days of Christmas***. After Coach McElroy left in 2010, the team was coached by five different coaches who did not carry on the tradition. Coach McElroy returned this year and the tradition was reestablished. The workout consists of 9100 yards not including warm-up or cool-down. Based on the popular Christmas song, the team works through each day adding yardage from the previous day(s). Swimmers who complete the entire workout earn a t-shirt specifically designed for the occasion. This year, 9 swimmers completed the challenge. Their picture and names are listed here. Having completed the 400-yard warm-up, two swimmers (Owen Walton and Logan Smith), entered the 10,000 Yard Club by swimming an addition 500-yard cool-down after the workout.



**10,000 Yard Club:** Owen Walton, Logan Smith

### **The 12 Days of Christmas**

**Day 1: 25 No-Breather**

**Day 2: 50 Tarzan**

**Day 3: 75 Texas Kick**

**Day 4: 100 Catch-up drill**

**Day 5: 125 Drag fingertips**

**Day 6: 150 no breathing inside the flags**

**Day 7: 175 stroke choice**

**Day 8: 200 kick**

**Day 9: 225 alternate stroke/free by 25's**

**Day 10: 250 5 – 7 breathing**

**Day 11: 275 alternate dbl arm back/breast**

**Day 12: 300 choice build**



Back row: Owen Walton (SR), Logan Smith (JR), Tyson Giles (FR), Valentin Vanhaeverbeek (SR, Exchange Student), Kaden Whitney (FR)

Front row: Brett Reaves (SR), Ryan Powell (SR), Sam Gustin (SR), William Whitcomb (SO)

Where in the USA are these pools? Be the first to email us with the correct answer for either, and we'll share a picture of YOUR pool in an upcoming issue! Answers in Mar-Apr Journal.

