

The JOURNAL

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



Photo by Tom Musch

In this Issue:

LIVEN UP YOUR MEETS-Music!

The Daily Coach

HYDRATION

TAPER

Brain Food

Strength Training

DIVING-Meet Preparation

Girls National Records Update

Bylaw Amendment Proposal

WATER POLO-Win #700!

PROFILE-David Nolan

and much more!

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THE NISCA JOURNAL

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January - February 2023



Table of Contents

From the Editor	4
President's Letter	5
Letterhead and Zone Information	6
SWIM MEET ADMINISTRATION-Music, by <i>Karl Hamouche, M.D. and Mike Peterson</i>	8
NUTRITION-Hydration: Beyond Thirst, by <i>Dawn Weatherwax</i>	11
TRAINING-Taper, by <i>Adam Schmitt</i>	14
STRENGTH TRAINING-Pool Time Restriction Solutions, by <i>Charlie Hoolihan</i>	15
GIRLS PUBLIC SCHOOLS NATIONAL RECORDS-Update	17
PROFILES-David Nolan, by <i>Michael J. Stott</i>	18
DIVING-Meet Preparation: by <i>Don Mason</i>	22
THE DAILY COACH.....	24
CONSTITUTION and BYLAWS: Amendment Proposal.....	26
BRAIN FOOD.....	27
WATER POLO-News, <i>From Press Reports</i>	29



Coach Tom Musch retired from Waubonsie Valley HS almost 15 years ago, and then helped open the then-new Metea Valley HS, asst coaching girls water polo. He has a knack for great photography and makes it to all of the season-ending events in swimming and water polo, capturing excellent moments like the ones we are featuring on our front and back covers this issue. You can bet we'll see more of his work in the future! His other work can be sampled at tommusch.wordpress.com



FROM YOUR EDITOR

Business and graduate schools and the military teach leadership skills, but some people learn those things as a matter of necessity, not particularly by choice.

Frances Hesselbein, who passed on December 11 at the remarkable age of 107, fell into that former group. In a leading obituary by James R. Hagerty in *The Wall Street Journal* just before Christmas, her story unfolded:



Frances Hesselbein discovered her leadership talents while leading a Girl Scout troop in the late 1940s. *"A local Girl Scout troop [in Johnstown PA]... suddenly needed a new leader. She didn't want the job but agreed to do it until someone better qualified could be found. That never happened."*

Sound familiar to some of you? I know more than a few coaches who started off that way and wound up staying for the long haul, becoming great teachers and leaders not necessarily from choice, but out of necessity.

Over the course of the next 30 years, *"Mrs. H"* nurtured her troop, ran GS camps, moved up the managerial ranks of GSA, and became its CEO in 1976, a position she held until 1990.

From *WSJ*: *A prolific author, she advised nonprofit leaders, corporate executives and U.S. military officers for decades. She was awarded the Presidential Medal of Freedom at the White House in 1998.*

"To serve is to live," she often said. She sought ideas from all levels rather than simply imposing a new plan.

"Leadership," she said, "is a matter of how to be, not how to do." Ms. Hesselbein called for leaders *"who are healers and unifiers."* Instead of the usual pyramid of corporate hierarchy, she favored a circle, facilitating cooperation rather than commands.

"We can preach mission and values, put them on a plaque on the wall and print them in the annual report," she wrote in "My Life in Leadership," a memoir, "yet unless we live them every day of our lives, we fail."

There are two quotes from University of Texas coach Eddie Reese in Chuck Warner's 5-star reviewed book, *"EDDIE REESE: Coaching Swimming, Teaching Life"* that I immediately thought of when reading the obit of Mrs. H.

"Take care of yourself, take care of each other, and the rest will take care of itself"

"When you die, the only thing you take with you is that which you've given others."

Sounds like they had a lot in common.



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

Dear NISCA Membership,

I hope your 2023 is off to a great start! I know the audience for the NISCA Journal and my opening letter is a group of coaches who are invested in coaching high school swimming, diving and water polo. It is my hope that as we enter the new year, that you strongly consider the contributions you could make to strengthen NISCA.

Last week, I met with one of my freshman swimmers, "Jimmy". Jimmy was home-schooled until this year, and the adjustments to the demands of school as well as being on a team with high expectations has been stressful for him. He was so stressed recently that he thought of quitting the team. I set up a meeting with Jimmy and as I prepared for that meeting, I did my usual reflection, asking myself "what am I doing for Jimmy?" as well as "what could I be doing for Jimmy?". We had a productive meeting and I'm looking forward to his continued contributions to our team, both this year and in the future.

My meeting with Jimmy caused me to reflect on my message to you, my coaching colleagues. I hope you are able to pause and ask not only what you are doing for your coaching community, but what you could be doing for your coaching community (including NISCA).

We at NISCA are very excited to visit Knoxville this March for our annual conference. I'm a college football fan, and as I watched Tennessee win the Orange Bowl, it struck me that our group of NISCA volunteers will be meeting in the Volunteer state. We hope you can join us in Knoxville and learn more about the inner workings of our great association and help us in our mission to advance high school aquatics across the country.

Volunteerism is alive and well in the high school swimming community. When Eve Julian does any of the thousands of things she works on to keep the NISCA ship moving forward, there is a volunteer working to make our coaching community better. When Arvel McElroy and Dana Abbott work to produce educational material for our members, there is another example of volunteers making a positive difference in the lives of coaches, which in turn makes a positive difference for our athletes. When Mark Onstott, Mark Jedow, Marney Shirley, Don Mason and Sean Wimer handle their duties to make sure our All America programs are running smoothly, your schools and your student-athletes benefit from the recognition they receive. When Tom Hudson works to coordinate our professional awards and brings his team of volunteers together to recognize outstanding coaching accomplishments, our coaching community benefits. When Peter Hugo collects input from NISCA coaches and collaborates with the NFHS on rule changes for our sport, we all benefit.

As a reminder, it is unfortunate that every year deserving athletes do not get honored because coaches do not submit applications for All America awards. Remember, there are season deadlines which must be met to avoid late fees. The next season deadline is March 31st for winter season athletes. There is also an absolute deadline of June 15th for both swimming and water polo. For diving, the absolute deadline is May 25th.

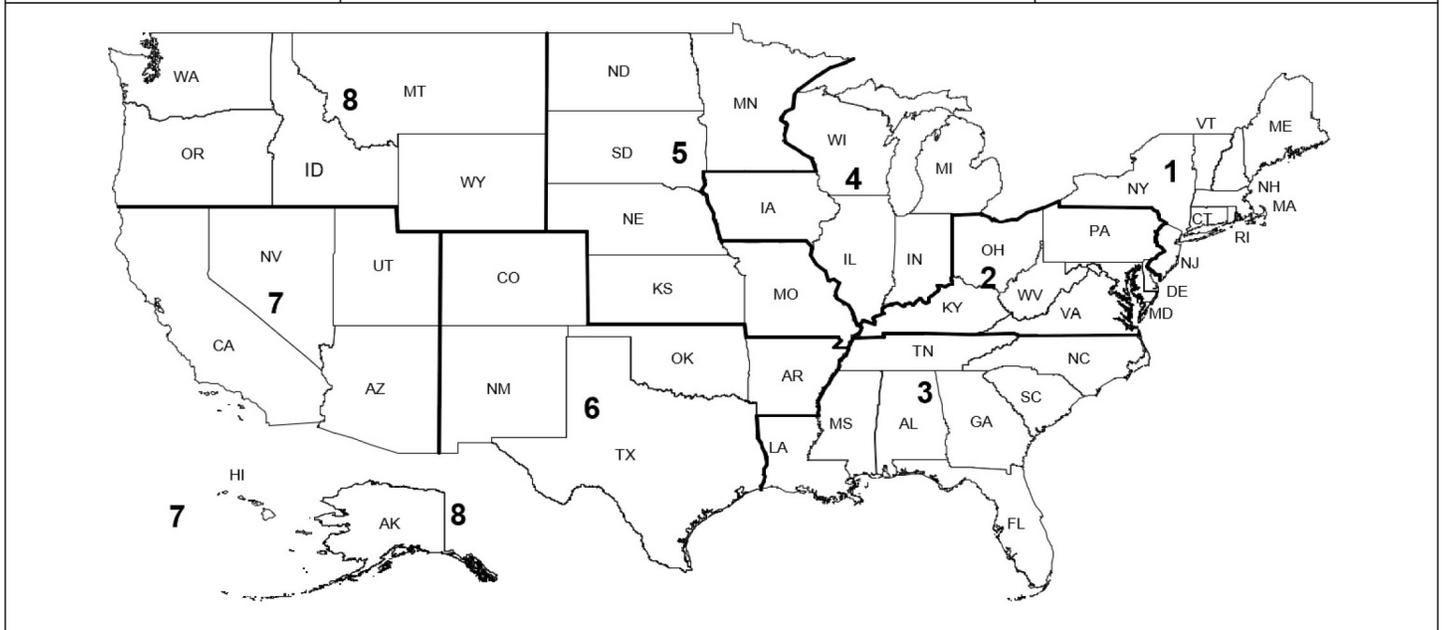
I hope to see you in Knoxville!

Sincerely,

Tim Sirois

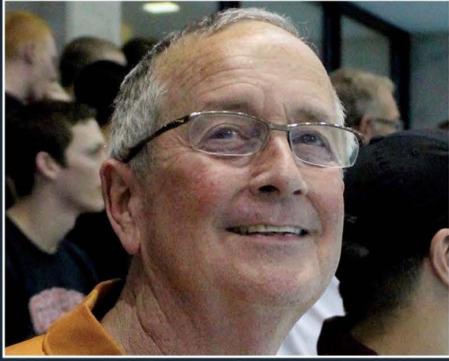
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**COACHING SWIMMING,
TEACHING LIFE**

**BY CHUCK WARNER
WITH DANA ABBOTT**

[Adapted excerpt from book, on *Competitiveness*]

“Personally, I try to get better at everything I do every year.”

Science says that the entire cellular makeup of a human being is replaced every seven years. As our time on earth passes, we have the choice to strive for personal growth mentally and physically, or not. Like all of us, Eddie Reese isn't physically the same person he was years ago, yet he makes sure that his mind continues to grow. And as he will gladly admit, with that passing of time perhaps a little of his internal fire has been traded for a more philosophical view of competition. In an interview in 2018, he had this to say:

Now when we compete, we're still as competitive as can be when that gun goes off, but afterward you shake hands and are happy for the winner. I heard something years ago, “At the end of the contest you should not be able to tell the winners from the losers.” I realize that might be impossible. But it sure sounds good.

***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

Liven Up Your Meets - With Excitement and *MUSIC!*

Karl Hamouche, M.D.

Adapted from the book "Swimming Coach's Starter Guide", by K. Hamouche and M. Peterson

Growing Swim Meets

A major aspect of a professional swim coach's job is hosting swim meets. Hosting a big, multi-day swim meet takes a great deal of organization and time. Meets should be fun and exciting, they should showcase your swim team and its culture, and they should make money to help pay the bills. Here are our tips and tricks to creating the most exciting swim meet in the region!

If you are starting from scratch, you need an organized plan, an army of volunteers and a lot of competition to show up.

Firstly, no one wants to come to a boring meet, and the excitement starts with the meet name. "Fall/Winter Classic" and "West Swampland Invitational" are... lame. We want a name that has a theme behind it. A name that will draw in the kids, parents, and coaches, a name that will promise them a fun time. For instance, a big meet we hold in Ames, Iowa ("God's Country") is called **Rock the Blocks** and we bring inflatable musical instruments for the kids to jam out to the sound system music (*which is raging of course*). This will also make it easier for your t-shirt vendor to make fun designs and sell more shirts.

For our finals session, we play rocking walk-out music for the A-finalists and announce their names and their team before they get up on the block. We make at least one session memorable and elevated. This way when the kids and coaches go back home, they will remember the exciting moments and want to come back. Swim meets like regular businesses need return customers.

Offer an experience rather than a product and people will come back. Here are few of our favorite walk out songs:

Ladies and Gentlemen by Saliva- For the Opening Event!

Afterlife by Switchfoot

Stockholm Syndrome by Muse

Song 2 by Blur

Centuries by Fallout Boy

Click Click Boom by Saliva

Coming Undone by Korn

You're Going Down by Sick Puppies

The Clincher by Chevelle

You Want to Battle? (Here's a War)

by Bullet for my Valentine

Courtesy Call by Thousand Foot Crutch

Let the Sparks Fly by Thousand Foot Crutch

Bangarang by Skrillex

(*although anything by Skrillex is probably close enough*)

Pretty Handsome Awkward by The Used

Monster by Skillet

I Get Wicked by Thousand Foot Crutch

Enter Sandman by Metallica

Killing in the Name by Rage Against the Machine

Born for Greatness by Papa Roach

Monkey Wrench by Foo Fighters

Hail to the King by Avenged Sevenfold

Suicide and Redemption by Metallica (instrumental)

Eruption by Van Halen (instrumental)

Jordan by Buckethead (instrumental)

Joker and the Thief by Wolfmother



Too over-the-top?



How about these boys?

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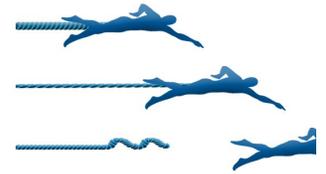


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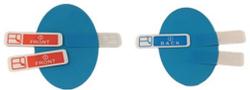


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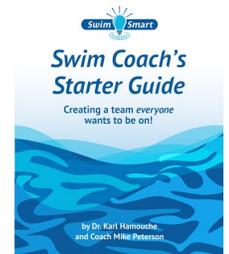


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NUTRITION: HYDRATION

Beyond Thirst

By Dawn Weatherwax, RD,LD,ATC,CSCS

Hydration is important all year around. It truly has a daily importance even when swimming.

Why important

If you are 1% dehydrated, performance can decline up to 12%!

- o Reduces Speed & Recovery
- o Decreases Concentration & Focus
- o Increases Susceptibility to Injuries
- o Accelerates Fatigue
- o Promotes Muscle Breakdown
- o Promotes Storage of Fat
- o Decreases Absorption of Nutrients & Removal of Toxins
- o Enhances the possibility of Muscle Cramps during activity

How Common

Two thirds of athletes show up to practice or an event 1% dehydrated!

If thirsty, already 2-4% dehydrated!

How Much

The rule of thumb is half of your weight in fluid ounces a day NOT including activity.

Hydration during activity will vary on many factors...age, gender, body composition, intensity, duration, climate.....

The quick directive is 4-16 oz of fluid per hour of activity but some need more pending on the rate they sweat.

The goal is to weigh before and after activity and weigh the same. Adjust your intake for the next activity based on outcome. The body can only absorb so much fluid at one time which means some of you sweat more than you can take in. Remember one pound of sweat is equivalent to 16oz of fluid.

Over Drinking?

NEVER weigh MORE than 1-2lbs from starting weight because you can drink too *much* fluid. For every pound of sweat lost you want to drink 24oz of fluid afterwards. You don't have to drink it all at once; in fact, you can spread it over the rest of the day.

Sodium vs. Potassium

Many people have you believe that potassium is the main electrolyte for optimal hydration but they are wrong. Sodium is the electrolyte that is essential. Sodium helps bring the fluid into the muscle cell versus getting urinated out by the kidneys. Athletes can lose from 200mg up to 2000mg of sodium per pound of sweat vs ~30-150mg of potassium per pound. However, do not exceed more than 400mg of sodium an hour per activity on your own. Too much intake can be harmful as well.

From a daily dietary standpoint athletes should aim for a minimum of 2300-2700mg of sodium a day from food. Log on an app such as Cronometer to figure your current intake. (see www.cronometer.com for more info)

What Counts

Water
Infused Water
Unsweetened Iced & Hot teas
Milks
Nut milks
Oat milk
Premade shakes and smoothies
Juice (but in limited amounts)
Sports drinks (preferred only around activity)
Fluids you add to recipes (example: cereals, smoothies)

How to Know

Quick Method: Urine color

You want it to be a very light yellow color, like lemonade. If it is dark like apple juice it means you are very dehydrated.

****Please note there are some flaws to this method but a good place to start.***

If you want to get more scientific about your hydration and electrolyte numbers, reach out to a Sports Dietitian or an Exercise Physiologist to customize your hydration plan.

Summary

As you embark on your athletic goals, what you eat and drink DOES matter.

Set up weekly goals and design a food and hydration schedule to maximize compliance.

Here is a 3000-3500 calorie menu focusing on nutrition, hydration and electrolytes with a Japanese lunch flare to honor the Olympics. As always this is an example and not a solution for all.

Dawn Weatherwax (RD, LD, ATC, CSCS) is a registered/licensed dietitian with a specialty in sports nutrition and is the founder of



*Sports Nutrition 2Go and **Dawn Weatherwax Sports Nutrition Academy**. She has been working with swimmers for over 25 years and has launched an online nutrition program for swimmers. In addition, she is an athletic trainer with a certification in strength and conditioning from The National Strength and Conditioning Association.*

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Grant H -Gained over 55lb of lean weight, Top 10 in the country. Added nutrition age 14yr.

Mariah D.-Gained 25lb of lean, got leaner, Top 10 in the country. Added nutrition age 13yr.

Emma D-Got leaner. Won State! **HS**-13yr. Tired & barely improving to Rocking it at every meet, growing:



“The Mystery of the Perfect Taper”

by Adam Schmitt

The “taper” is a hard word to discuss because of the mixed uses of the variables to create a scenario that allows the swimmer to perform at their best due to the training and work load. So many coaches and swimmers believe that a “taper” is when the swimmer literally doesn’t do any more work and yardage and work load is reduced to near zero. That is untrue in the modern swim “taper” programs; you need to vary the workload, switching from high aerobic capacity to more race-specific and speed-specific sets and training. The yardage may stay the same but the type of work changes to get the body ready to perform at its peak! The mystery is how much and when to begin the process of reduction and change to accommodate the wide variety of athletes on your team. For college coaches, it is easier because they have more control of the groups and coaches to help with different “taper” programs, but with high school swimmers, the club and high school coach have many variables to navigate in order to try and attain a great result for the swimmer.

The three variables of the “taper” are the taper itself (work load reduction, change), the shave and the technical suits. All three of these variables are used in different ways to gain different results depending on the expected results. For example, one might put a tech suit on a swimmer in the middle of the season just to see if they can pop a good time even though they are not rested; that also applies with the shave. The ultimate “taper” will include all three of the variable to get the results at the climatic meet at the end of the season, putting all of the eggs into one basket and shoot for the best results then.

The “Taper” – I have this word in quotes because it seems misused and becomes this mysterious, magical time period where swimmers just swim faster. As explained above, it is a mix of changing work load and training regimens that complete a proper “taper” of the athlete. A gradual lessening of the yardage combined with a weekly progression leading to the championship meet will best ready the swimmer for good results. It is not swimming 500 yards a day for a week... So, it does take careful planning throughout your season plan, and with that being said, you may also need to bail on that and make changes to that plan based on the results of your team.

The Shave – I believe it to be a very important part of the triad of variables for top performance. I know with the introduction of the tech suit, the shave has taken a back seat. The ability to remove the hair from your body, as well as the sensitive top layer of skin is a major factor in producing the physical and mental feeling in the water of being FAST. The shave includes all parts of the body, arms, legs, back and chest for the men. Take your time, use many razors and try not to cut yourself for that takes away from the shave sensation. With the suits in mind, you still need to shave the leg area under the suits because hairs may protrude through the suit material or could

create an unsmooth surface on the suit. And lastly, you may need to re-shave for those meets lasting more than 2 days so you can regain that smooth, fast feeling.

The Tech Suit – The evolution of the tech suit has been a crazy ride! From full body rubber suits to changes in the rules governing those suits, the suit industry has become an important part of the swimmer’s arsenal to perform at the high-level meets both mentally and physically. The important part is to get the correct suit that fits your swimmer’s body type. The compression of the suit is important but not to the extent it puts undue stress and strain on the swimmers body, and that would include getting the suit on and off. The material is very high tech and works well in allowing the swimmers body to be compressed but also reduces drag that lifts the swimmer in the water. Just with all of the variables of swimming fast, the tech suit has more of a mental aspect to it but I believe the aforementioned variables of Taper and Shave may produce the most important factors for fast swimming.

The overall Taper is a tricky process, even to the point where a lot of coaches are afraid to rest their swimmers too much. Each coach has to figure out the best rest for each swimmer or group. For example, a 3-day drop taper can be good for a mid-season meet to see where your swimmers are in the season. One of the hardest things to consider is the mental aspect of the taper for the swimmers, they need to see and feel that they are getting rest. As usual, there is that week before the meet where they can feel really bad, that is normal. The body is adjusting to the workload changes and will adapt, it just takes patience and a belief in your taper towards the team. Other than feeling “bad” during the taper, swimmers need to consider the things they do outside the pool, focusing on reducing the activities that can hinder their performance, these can be physical and mental strains on the swimmer that will take away from a complete rest. For example, playing video games until 3am because you don’t have morning practice is not a good habit before your meet, also physically try not to go shopping for 3 hours at the mall and wear out your legs before the meet. Lastly, the swimmer needs to understand that you still need to work hard leading up to the meet, you have to “sting” your body to prepare for the performances at the meet and keep up a good chunk of yardage. A full commitment must be made by the swimmer and coach in order to work towards that mystery of the perfect Taper.

Adam Schmitt is a former NCAA Division I swimmer (LSU) where he was a 12-time All-American. He was a USA National Team member (Pan Am Games, Goodwill Games, World University Games), head coach at LSU and Long Beach City College, and assistant coach at Auburn, Arizona State, and the University of Houston. He currently coaches a USA club team in the West Houston area.

Pool Time Restriction Solutions

Charlie Hoolihan, *ASCA Swimming Strength and Conditioning Specialist (SSCS)*

Limited water time presents a problem for many high school swim teams without on-campus pools. Unfortunately, some rank relatively low in a pecking order competing with pool members, club swim teams, swimming lessons, aquacise, and more.

Given the "ideal" water training time parameters range between 90 to 120 minutes per session, four to six times per week for a total of six to 12 hours per week, it may be safe to say a significant number of teams fall short.

Fortunately, dryland and strength training solutions can help improve overall conditioning and swimming performance when ideal pool time is unavailable. Sometimes these solutions can be better for some athletes than perfect pool time.

Exercise physiology is universal

In its simplest form, training programs are designed to improve muscle strength, endurance, and neuromuscular sport skill proficiency. Muscle tissue is increased, oxygen delivery is enhanced, and nervous system muscle connections are added to improve the athlete's performance.

Most of these physiological processes are universal to all athletes, with only neuromuscular skill proficiency strictly specific to a given sport.

With this in mind, coaches with limited pool time can take heart, knowing efforts on dryland can help improve strength and endurance. It can be done by using strategies similar to land-based sports and accounting for the muscles of swimming and the endurance needed for specific swimming events.

Program design

Since swimming is upper-body dominant, it's essential to structure dryland conditioning programming to equal upper and lower-body conditioning. Rowers, stationary bikes, elliptical machines with moving arms, and climbing simulators like Versa-Climber and Jacob's Ladder can effectively duplicate the simultaneous demand for oxygen in the upper and lower body.

A variety of interval training sessions can be used in a 30-to-45-minute session. Each session should start with a five-minute warm-up phase, a few moderate intervals to increase heart rate before the prescribed work effort, work intervals for 10-20 minutes, then a cool-down.

After enough practice and heart rate data collection on specific efforts, swimmers and coaches can establish specific sessions with identifiable purposes. Work efforts should be described in swimming vernacular to help the athlete understand the effort required. For example, "You should feel like your effort during middle splits of your 200 freestyle," or "This should feel like the last 25 of a 100."

Endurance conditioning for 500 freestylers would consist of a warm-up and continuous work effort for an entire interval session (5-to-10-minute intervals with short one-to-two-minute recoveries).

Short to middle-distance conditioning would consist of more high intensity intervals appropriate for event. This can be accomplished by alternating one-minute intervals of high intensity and recovery for 10-16 minutes.

Exercise-based intervals

If ideal cardiovascular machines are unavailable, equipment like kettlebells, dumbbells, gymnastic rings, medicine balls, and exercise bands can be set up in exercises that alternate between upper and lower-body work. This is called peripheral heart rate training (PHRT), which distributes the blood to the upper and lower body muscles continuously throughout the workout forcing the heart to work harder.

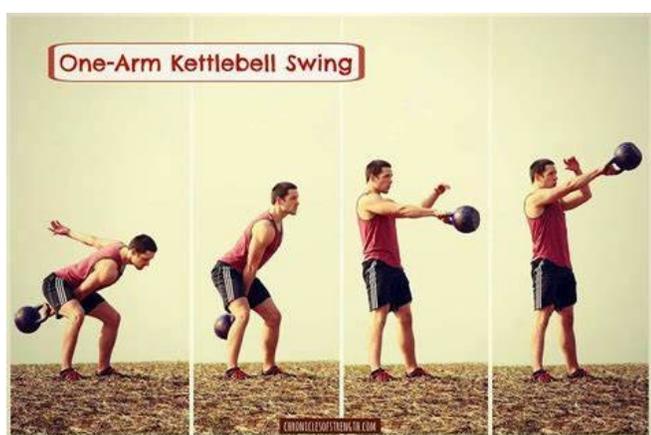
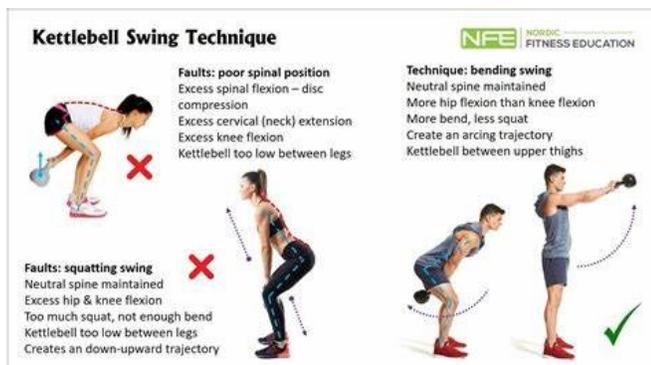
The workout structure would consist of 30-45 minutes, starting with a five to 10-minute general warm-up followed by timed short rest intervals like 45 seconds of work with 15 seconds of rest which alternate between six to 12 different exercises. An example of exercise order is provided in the chart below.

Kettlebell swings
Pushups
Dumbbell squats
Gymnastic ring row
Single-leg hip bridge
Band triceps extensions
Medicine ball rotation throw
Medicine ball vertical throw

Adding in compound exercises using upper and lower body, like dumbbell squat to shoulder press or medicine ball jump and slam, can increase the intensity of a session.

Using forms of crawling patterns are also suitable for swim training due to the upper body muscles used. Crawling forward, backward, and sideways for specific distances placed in circuits like the one mentioned above adds a sustained full-body effort to the mix.

Another is an upper-body isolated crawling with an exercise disk shaped like a frisbee on a smooth floor or turf surface. The athlete assumes a pushup position with feet in the disk, pulls themselves forward for a distance, and then pushes themselves backward. It's important to note this exercise can be demanding on the shoulders, so a gradual build-up in the distance is advised.



Other bodyweight movements with whole body demand include front and side planks with arm/leg movements, moderate tempo burpees to full body extension in both the pushup and jump position.

*Author's note: Video examples of these and other exercises, as well as an exercise circuit, can be found on the Facebook page **ASCA Swimming Strength and Conditioning***

The coach must monitor and correct the exercises' technique to ensure their overall benefits and transfer to the water can be optimized. Swimmers should be encouraged to maintain proper technique for as long as possible within an interval but avoid slipping into poor body position just to finish an interval.

If more rest is required, allow them to self-monitor the effort and muscle tension needed for an exercise. If an athlete doesn't have abdominal and back strength for planks, burpees, and pushups from the floor, use benches, chairs, or boxes for arm and hand support to decrease the angle from upper body to floor and reduce the muscle tension required to maintain a straight line.

Using PHRT in strength sessions

PHRT can also be used in strength training sessions to improve the efficiency of the workout and increase cardiovascular response. The working theory is alternating body segment exercises allow one segment to recover and process exertional metabolic byproducts during the set of the other segment. This allows for less rest between sets and increases the amount of work performed.

A four-exercise circuit of squats, lat pulldowns, kettlebell swings, and pushups can be cycled through three to four times with increasing weight each cycle to create a muscle strength response and improve cardiovascular delivery.

It should be noted here that the cardiovascular response is a positive byproduct of this form of training, but gaining strength remains the priority of these sessions.

Coaching creativity and confidence are critical elements for success

It's important to stress the need for these land sessions to be planned and measured by performance and data like monitoring times, sets, and performance in the pool. When a swimmer understands the need for a specific speed required for 10 minutes on a rower or the number and weight of a 45-second kettlebell swing, they can set performance goals like they do in the pool.

Achieving the dryland performance goals will contribute to their athletic development, which will transfer to their aquatic development.

Charlie Hoolihan is the Swimming Strength and Conditioning Specialist Certification Coordinator for the American Swim Coaches Association and has been strength training swimmers since 1990. He's also a presenter and writer for numerous national fitness certifications.



NISCA PUBLIC School Records – FEMALE (updated 01/13/2022)

Event	Time YARDS	Name(s), School, Date	Time METERS	Name(s), School, Date
200 Medley Relay	1:38.13	Fossil Ridge High School – Ft. Collins, CO Bayley Stewart, Zoe Bartel, Coleen Gillilan, Kylee Alons February 11, 2018	1:57.02	Hudson High School - Hudson, OH Giovanna Cappabianca, Paige McCormick, Maddie Hamnan, Mackenzie DeVitt January 27, 2018
200 Freestyle	1:42.81	Dagny Knutson Minot High School – Minot, ND November 20, 2008	1:57.83	Blair Stoneburg Jensen Beach High School - Jensen Beach, FL September 4, 2021
200 Individual Medley	1:53.73	Victoria Huske Yorktown High School – Arlington, VA February 25, 2021	2:13.76	Katie McClintock Mainland Regional High School – Linwood, NJ January 30, 2020
50 Freestyle	21.64	Abbey Weitzel Saugus High School - Saugus, CA May 16, 2015	25.54	Samantha Woodward Edmond Memorial High School – Edmond, OK December 12, 2006
Diving – 11 Dives	564.00	Hailey Hernandez The Woodlands High School – Woodlands, TX 2021		
100 Butterfly	49.95	Victoria Huske Yorktown High School – Arlington, VA February 25, 2021	1:00.57	Samantha Woodward Edmond Memorial High School - Edmond, OK December 13, 2005
100 Freestyle	47.09	Abbey Weitzel Saugus High School - Saugus, CA May 16, 2015	55.66	Amanda Weir Brookwood High School - Snellville, GA December 9, 2003
400 Freestyle			4:08.12	Blair Stoneburg Jensen Beach High School - Jensen Beach, FL September 4, 2021
500 Freestyle	4:34.78	Dagny Knutson Minot High School – Minot, ND November 20, 2008		
200 Free Relay	1:30.72	Carmel High School – Carmel, IN Veronica Burchill, Claire Adams, Kendall Smith, Trude Rothrock February 14, 2015	1:46.11	North Canto Hoover - North Canton, OH Amanda Palutis, Kate Lochridge, Caroline Ehlers, Parker Timken February 2, 2017
100 Backstroke	51.09	Maggie Wanezek Brookfield East High School – Brookfield, WI November 12, 2022	1:01.56	Katie McClintock Mainland Regional High School – Linwood, NJ January 30, 2020
100 Breaststroke	58.35	Kaitlyn Dobler Aloha High School – Beaverton, OR February 21, 2020	1:09.05	Cecelia Porter Signal Mountain Middle High School – Signal Mountain, TN October 27, 2018
400 Free Relay	3:15.38	Carmel High School – Carmel, IN Veronica Burchill, Claire Adams, Kendall Smith, Amy Bilquist February 14, 2015	3:50.74	Hardin Valley Academy - Knoxville, TN Emily Aycock, Carissa Armijo, Abbey Aycock, Erica Laning November 16, 2016

David Nolan: Man Among Boys

By Michael J. Stott

Courtesy Swimming World Magazine

In this age of instant gratification and the next big thing, today's age groupers may not know the name David Nolan. But 11 years ago he WAS the next big thing. After a storied career at Hershey (Pa.) High School Nolan earned a biomechanical engineering degree from Stanford. He was also a 23x CSCAA All-American. On The Farm he earned 9 Pac-12 titles, three individual NCAA championships in the 100 back (44.99) and 200 IM (1:41.21/1:39.38). Six years removed from graduation he still owns three school records: 100/200 back (44.78/1:39.17) and 200 IM (1:39.38).

But it was in high school that Nolan first made his mark. A 37x NISCA All-American, in 2011, he led Hershey to its third straight team title while setting four high school national records. To wit: 100 free (42.34), 100 back (45.49), 200 IM (1:41.39 – would have won NCAA's) and 200 free relay (1:21.01). A national junior team member Nolan also won two golds at 2009 Jr. Pan Pacs.

A 6'2" strapping lad Nolan responded well to the training he received from his head coach **Greg Fastrich**. In a June 2011 *Swimming World* article Fastrich remarked that his protégé was "a gifted athlete, picking up and applying new things very easily. Challenging him in daily workouts is key because he'll do everything in his power to exceed a challenge. He doesn't always enjoy training, but if challenged he steps it up. I'm not sure how we've gotten him to where he currently is. It just happened."

Truth be told Fastrich didn't just luck into having a talented swimmer. By Nolan's senior year Fastrich's high school teams had won six men's and three women's state titles. He was named PIAA coach of the year in 2009, 2010 and 2011. Up to then he had directed 50 swimmers to 241 All-America Swimming recognitions. His women's squads won the NISCA National Dual Meet championship (public school enrollment 900+) in 2008, 2009 and 2010 while the boys nabbed the crown in 2010 along with being named *Swimming World Magazine's* boys high school team of the year.

In that article we reported "Nolan began swimming with the Hershey Aquatic Club at age seven. He quickly embraced the 'fish posture' espoused by respected coaches Bill Boomer and Milt Nelms and developed a terrific underwater kick while ramping up the yardage as he progressed through the age group ranks. Hershey emphasizes IM training and Fastrich pronounces Nolan 'fast in all four strokes.

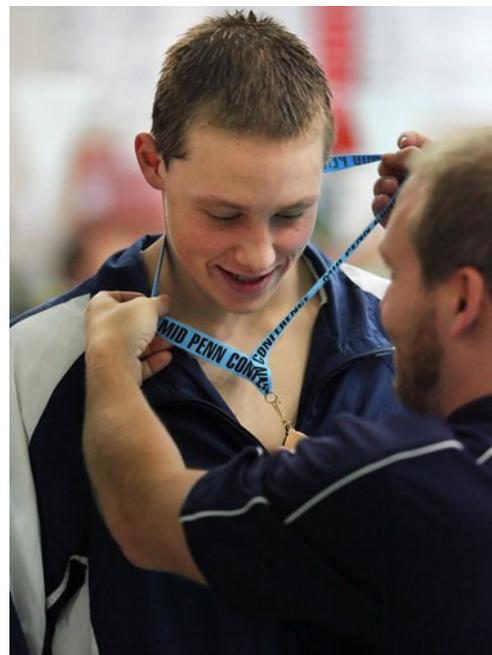
"When we get down to race pace sets and there aren't four rounds or sets of four, we always swim fly, back, then breast.

When taper time comes, David knows his goal times and exceeds these times during pace sets. He has a knack of working to the level he wants," says Fastrich.

Once placed in the senior program year round, Nolan excelled at the higher level training. In addition to dryland, he began lifting weights twice a week and doing an intense cardio day that included spinning, elliptical and fitness balls. "One bonus is that the HAC senior program interval training has become faster each year as the group has tried to challenge David. Honestly, I have yet to challenge his full potential during a season of workouts," says Fastrich.

In 2010 coming off six weeks of resting, maintaining and resting again, Nolan went after Michael Phelps and Ryan Lochte in a Grand Prix meet in the 100 back. "That meet was probably the first time he felt he could go head-to-head with them and nearly pulled it off (Phelps, 54.15; Lochte, 54.81; Nolan, 55.10). David's experience in all different levels of competition has helped him realize 'I can compete with the best and go after an Olympic berth,'" says Fastrich.

A 2012, 2016 Trials swimmer Nolan never quite made the Olympic team. However, the workouts below did allow Nolan to become the nation's premier high school male swimmer in 2011.



High school superstar!

2010 - *The Patriot News*/Joe Hermitt

Some Amazing Workouts

During the first 3 cycles of training Fastrich records test sets. Some sample Nolan sets.

Timed 30 minute swim: 3050 yards

3 x 300 @ 6:00: Avg 2:52 (age 14), 2:53 (15), 2:49 (16), 2:44 (17)

Timed 200 Flutter Kick: 2:39 (14), 2:28 (15), 2:25 (16), 2:12 (17)

Best 200 IM at the end of 6 x 200 IM Desc @ 3:00: 1:51

Best 500 Free at the end of 3 x 500 Free @ 6:00: 4:42

Best 400 IM at the end of 3 x 400 IM @ 5:00: 3:58

Recorded 25 yard under water dolphin kick from push: 10.3

3rd Training Cycle – IM DAY

Workout #18039 - Friday, 05 November 2010

Senior 1 - Lane 1

2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
2,400	3:00 PM	1x{1 x 600 on 9:00 100 Free 100 Bk 100 IM	REC	S	FR 1	:30
		{6 x 125 on 2:15 25 Flutt 75 Choice 25 Flutt	EN1	K	STK	1:48
		{1 x 600 on 9:00 100 Free 50 Back 50 Brst	EN1	P	STK	1:30
		{6 x 75 on 1:15 D1-D2-Bld	REC	D	IM	1:40
1,600	3:41 PM	2x{1 x 50 on :45 Fly	EN2	S	FLY	1:30
		{1 x 50 on :50 Back	EN2	S	BK	1:40
		{1 x 50 on :55 Breast	EN2	S	BR	1:50
		{1 x 50 on :45 free	EN2	S	FR	1:30
		{1 x 50 on :40 Fly	EN2	S	FLY	1:20
		{1 x 50 on :45 Back	EN2	S	BK	1:30
		{1 x 50 on :50 Breast	EN2	S	BR	1:40
		{1 x 50 on :40 Free	EN2	S	FR	1:20
		{1 x 50 on :35 Fly	EN2	S	FLY	1:10
		{1 x 50 on :40 Back	EN2	S	BK	1:20
		{1 x 50 on :45 Breast	EN2	S	BR	1:30
		{1 x 50 on :35 Free	EN2	S	FR	1:10
		{1 x 50 on :30 Fly	EN2	S	FLY	1:00
		{1 x 50 on :35 Back	EN2	S	BK	1:10
		{1 x 50 on :40 Breast	EN2	S	BR	1:20
		{1 x 50 on :30 Free	EN2	S	FR	1:00
600	4:05 PM	1x{3 x 200 on 3:00 Descend	EN2	S	IM	1:30
800	4:16 PM	1x{1 x 800 on 12:00 SKPS	REC	S	STK	1:30
	4:28 PM	5,400 Yards - Stress Value = 58				

6th Training Cycle

Workout #18660 - Friday, 07 January 2011

Senior 1 - Lane 1

2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
1,400	3:00 PM	1x{4 x 100 on 1:20 DPS	EN1	S	FR	1:20
		{3 x 100 on 1:45 IM on Back	EN1	K	IM	1:45
		{3 x 100 on 1:40 O: Drill E: Swim	EN1	D	IM	1:40
		{4 x 100 on 1:30 Free-Bk-Fr-Brst (BUOY)	EN1	P	STK	1:30

3,750	3:24 PM	1x{3 x 400 on 6:00 4x 1IM 2x 2IM 1x 4IM	EN3	S	IM	1:30	
		{6 x 25 on :25 2x (1 brth - 2 Brths - 3 Brths)	REC	S	FR	1:40	
		{1 on :30 REST					
		{6 x 100 on 2:00 Desc 1-3, 4-6	EN3	K	STK	2:00	
		{6 x 25 on :25 2x (1 Brth - 2 Brths - 3 Brths)	REC	S	FR	1:40	
		{1 on :30 REST					
		{3 x 500 on 6:00 Descend from Pink	EN2	S	FR	1:12	
		{6 x 25 on :25 1 2x (1 Brth - 2 Brths - 3 Brths)	REC	S	FR	1:40	
400	4:23 PM	1x{2 x 75 on 1:05 3-2-1 Brths per 25	EN1	S	FR	1:27	
		{3 x 50 on :50 3-1 Brths	EN1	S	FR	1:40	
		{4 x 25 on :25 DPS Cruise (ride out each pull)		REC	P	FR	1:40
	4:30 PM	5,550 Yards - Stress Value = 156					

Week 1 of 3-week taper
Workout #19094 - Wednesday, 23 February 2011
Senior 1 - Lane 1
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	===	=====
2,400	3:00 PM	1x{1 x 1000 on 13:00 200 Free 100 Bk	REC	S	FR	1:18
		{8 x 100 on 1:15 3 Pink 5x RED (500 Pace)	EN2	S	FR	1:15
		{1 x 600 on 10:00 100 Flutter 100 Choice	EN1	K	STK	1:40
600	3:34 PM	6x{2 x 25 on :30 Drill	REC	D	STK	2:00
		{2 x 25 on :25 Build	SP3	S	STK	1:40
		<i>ODD RNDS: NON-FREE</i>				
		<i>EVEN RNDS: FREE</i>				
1,200	3:46 PM	1x{5 x 50 on :50 1x Bld 4x 200 Pace (IM 2x Brst)	SP1	S	STK	1:40
		Nolan(IM): 24, 25, 30, 29, 23				
		{1 x 100 on 1:50 Moderate	REC	P	FR	1:50
		{1 on 6:00 2nd Group				
		{4 x 75 on 1:10 50 Free 25 Scull	REC	S	FR	1:33
		{3 x 50 on 1:05 1 Bld 2x 100 Pace	SP1	S	FR	2:10
		Nolan (BK): 25, 23, 23				
		{1 x 100 on 1:45 Moderate	REC	S	FR	1:45
		{1 on 5:00 2nd Group	EN2			
		{4 x 75 on 1:10 50 Free 25 Kick on Back	REC	S	FR	1:33
1,000	4:19 PM	2x{1 x 500 on 10:00 Super 500	REC	S	STK	2:00
		--25s @ :25 Free 2 Brths				
		--50s @ :55 DA Bk - 2K 1S brst				
		--75s @ 1:25 Flutt-Fly-Flutt Kick on bk				
1,600	4:40 PM	1x{1 x 100 on 1:15 B-3	EN1	P	FR	1:15
		{1 x 200 on 2:40 Back-Free by 25	EN1	P	BK	1:20
		{1 x 300 on 3:40 B-3-5-7	EN1	P	FR	1:13
		{1 x 400 on 5:20 Back-Free by 50	EN1	P	BK	1:20
		{1 x 500 on 5:50 B-3-5-7-5-3	EN1	P	FR	1:10
		{1 x 100 on 2:00 EZ	REC	S	FR	2:00
	5:00 PM	6,800 Yards - Stress Value = 81				

Nolan's Recollections Today

"There are a few sets that really stand out from my senior year of high school. The 3 x 300 set is a classic. I remember pushing my first 300 in under 2:40 and thought '[Wow], I'm so much faster than last year.' I think that time was a 2:37, but I may be off by a second or two. The other ones felt like sprints and I don't think I fell too far off of my mark, but I definitely didn't average under 2:40.

"Another is 3 x 500 descend with paddles. It was a month or two after our holiday training block and I just remember feeling not intimidated by 500's anymore. I was cruising 4:45's pretty easily. Greg did a great job making 200's seem like a walk in the park.

“We did a set; I believe 8 x 100 that felt like a day off because of how hard some of our training was. But 8 x 100 builds a ton of lactate. We used to recover by running outside of the pool into the snow and laying down, which was natural temperature regulation, but in retrospect, unknown genius, since we weren’t really doing ice baths in high school. Those became mainstream in college and post-college swimming.

“The last thing I remember is always doing broken swims. Greg had us building confidence by pumping out a ton of broken 100’s and 200’s. I loved those days because you got to step up and put concatenated times together that would blow your PR’s out of the water and build confidence like no other.

“In terms of mentality, I just remember that it seemed like the master plan Greg and his brother Jeff put into place was really piecing together. They were so good about being consistent with things, i.e.: setting goals every season, checking in on those goals regularly, making sure you were doing what you were supposed to do achieve them... and visualizing to make sure you could believe in yourself easily. That all just seemed like a reflection going into states that year. Up at Bucknell when all the work was over, and because of how much damn work it was, we were able to go out and have fun.

“Somehow, as I’ve gotten older, that’s become more difficult. The structure isn’t there -- there isn’t a coach for work, life or other. So I’m especially grateful for the experience I had which showed me how to add structure to things that are ambiguous and difficult as hell.”



2015 - David Nolan breaks Ryan Lochte’s 200 IM American record at Pac-12 Champs

AP photo/Alan Petersime

Nolan progression chart from the age of 13 to present day.

Event	50 Free SCY	50 Free LCM	100 Free SCY	100 Free LCM	200 Free SCY	200 Free LCM	500 Free SCY	500 Free LCM
13 YO 2007	23.64	X	51.35	1:01.70	1:51.58	2:10.21		
14 YO 2007	21.82	26.29	48.97	57.03	1:45.70	2:01.14	4:46.84	4:22.50
15 YO 2008	21.65	X	47.21	54.10	1:40.67	1:54.13	4:40.35	4:10.01
16 YO 2009	20.95	24.08	46.09	X	1:37.94	1:52.43	4:32.59	4:06.04
17 YO 2010	20.55	23.58	43.27	50.99	1:36.41	1:50.40	4:37.21	X
18 YO 2011	19.58	?	42.34	?	1:35.48	?	4:28.67	
Event	100 Fly SCY	100 Fly LCM	200 Fly SCY	200 Fly LCM	100 Br SCY	100 Br LCM	200 Br SCY	200 Br LCM
13 YO 2007	55.17	1:04.72	2:04.59	2:30.58	1:03.96	1:21.41	2:39.79	X
14 YO 2007	53.03	59.19	1:58.75	2:14.30	1:01.30	1:10.17	2:16.44	2:31.05
15 YO 2008	51.57	57.67	1:54.91	2:11.27	57.94	1:07.61	2:11.76	2:27.13
16 YO 2009	49.75	54.16	1:53.80	2:07.31	57.16	1:05.62	2:06.13	2:21.89
17 YO 2010	47.97	53.05	1:49.76	X	55.41	1:05.01	2:01.14	X
18 YO 2011	46.97	?	X		54.77		X	
Event	100 Back SCY	100 Back LCM	200 Back SCY	200 Back LCM	200 IM SCY	200 IM LCM	400 IM SCY	400 IM LCM
13 YO 2007	55.89	1:06.93	2:03.21	2:26.02	2:05.46	2:26.31	4:35.65	5:08.57
14 YO 2007	53.59	1:02.39	1:57.02	2:14.12	1:58.55	2:10.98	4:13.78	4:40.55
15 YO 2008	51.51	1:00.09	1:51.49	2:08.20	1:51.29	2:09.01	4:00.14	4:37.53
16 YO 2009	49.41	59.55	1:49.42	2:04.23	1:47.80	2:02.19	3:54.12	4:25.11
17 YO 2010	47.90	55.84	1:47.10	2:04.38	1:43.43	2:00.61	3:50.12	4:28.03
18 YO 2011	45.49	55.10	1:42.00	?	1:41.39	?	X	

A.I.M. Your Way to Success

Don Mason

NISCA All America Diving Chair

It is not easy to succeed in anything. Many things have to happen in order for you to be successful, the least of which are a decision to dive, a commitment to overcome the obstacles, disappointments and failed attempts, as well as a dedication to make it all happen. In order for you to have success you need to have a plan; that is why you need to set goals. Team goals, personal goals, seasonal goals, new dives and high scores are all a game plan for success; however they are just the basics. In order for you to master the game of diving you need to master the mental aspects as well. By using your mind to assist you in success you increase your odds incredibly. Using this **three step approach** you can achieve success sooner and be more in control of yourself and your success. Imagery, Modeling and a Proper Attitude will prepare you to do your best and thus will lead you to the success you deserve.

The first step – The night before.

Imagery - Take five or ten minutes before you go to sleep and visualize the dives you are doing in the meet. This is also known as mental rehearsal. If you aren't sure of the exact dives, guess; it's better to practice seeing yourself succeed in the dives you rehearse than to worry about the exact dives you do. If possible, try to imagine the pool surroundings, the judges and where they are sitting, and even the crowd cheering for your success. Visualize the whole dive and watch them in the order you are performing them. See yourself doing the dive and doing it well. If you happen to see a bad dive, stop and do it again. You are in charge, make it personal, do whatever is going to help you the most. It also helps to see the dives a little slower than actual speed, this way you can see yourself succeed in the technical aspects of the dive. Make a point of seeing the whole dive from the beginning of the hurdle to the rip on the entry. Add feelings to what you see. Feel your arms stretch higher as you drop to the board in your hurdle, feel your shoulders as they remain tall as you press the board and swing your arms all the way up into the starting position. Be aware of your hips driving up high into the air and feel your toes as you kick first and line up for the water. Remember: you are in charge make this time anything you need it to be. Personalize it to be "your time" to assist you in doing your best in your performance.

Step Two -The day of the meet.

Attitude - Use positive self talk to ready yourself for the day's meet. There is nothing worse than beating your self. If someone dives better than you, that's OK, but if you just give it to them without a fight, it's like quitting in the middle of the contest. Both ways will compromise your success. You deserve to

be the best you can be and you can't do that by kicking yourself with negative ideas and putting yourself down. It is very important to talk positively about yourself *to yourself*. You don't need to say anything out loud but mentally say positive things and say them decisively. Start when you wake up by saying how well you are going to do in the day's meet. Follow it up with positive confirmations all day long. Yes, even to the point of *lying*. The goal is to say so many positive things that if someone throws something negative at you it doesn't affect you. Continue by walking into the pool and remembering the success you had in the meet last night (that you visualized) and reaffirm it by saying something positive to pump up and feel good about performing in the meet. You are unstoppable, you jump higher, spin faster and rip harder than anyone and you are going to succeed. Again, this is self-talk, not something you say to everyone. People will try to put you down if you say these things out loud. Don't let that stop you. Say them, say them often, and say them proud, but say them to yourself so that no one has the opportunity to counter your positive with negative.

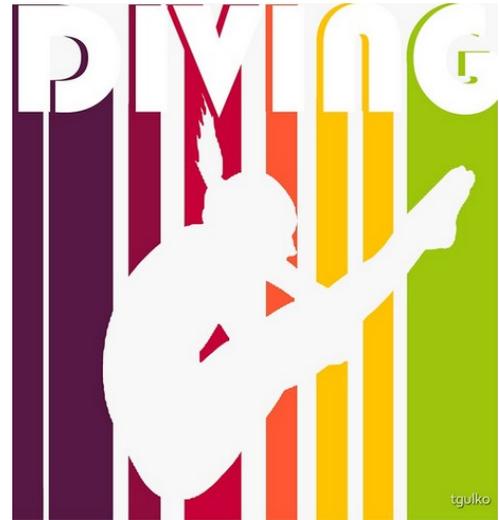
Step Three - During the meet.

Modeling or practicing the individual dive mechanics has been proven to have a great impact on your performance. Use the time before each dive to prepare for the dive that you are about to do. Prepare physically, emotionally, mechanically and mentally. First make sure your muscles are warmed up and ready to respond - stretch, jump up and down or relax, but prepare yourself to do your best. Figure out what you need for each individual dive and do it! Next settle your emotions. If you missed the prior dive, allow it to move into the past, it's over, prepare for the next dive (*you can still do something about that*). If you did a great dive again, settle yourself back into your peak emotional competitive state. Modeling is physically doing the movements that you want your body to remember during the dive. Muscle memory states that your muscles will remember that which you practice last and most often. Therefore, you should always practice quality diving mechanics. The last thing you practice will be remembered by your muscles and make it easier to repeat as you perform your dives. Adding the mental aspect of imaging to your modeling will increase the chances of success. As you physically practice your dives visualize yourself doing a great dive, feel the correct movements and reinforce the right body positions. As you do these use positive comments to assist you in feeling good about yourself and your upcoming dive. By learning to combine all of these aspects you will increase your chances for success. Before and during the meet nothing should stop you from saying positive things about you and your diving.

Then and only then should you go up to the diving board fully prepared and ready to succeed.

By practicing this **3 step approach** to competitive success in your dual meets you will be able to personalize and fine-tune the plan to find out what works for you. It may not be easy or come naturally but with time and practice you will find yourself improving.

Once it starts feeling comfortable you will be ready to do your best when it counts the most. All three aspects add a different component necessary for you to be successful. Use your mind, attitude, and your body to help you to become successful. Believe in yourself and know that you deserve victory, your hard work, commitment to overcome adversity and persistence in difficult times will lead you towards your goals and that victory over your self will lead to ultimate success.



1

The night before: **IMAGERY**

A rectangular box with a blue header bar at the top. The number "1" is displayed in a large, blue, sans-serif font. Below the number, the text "The night before: **IMAGERY**" is written in a smaller, black, sans-serif font.

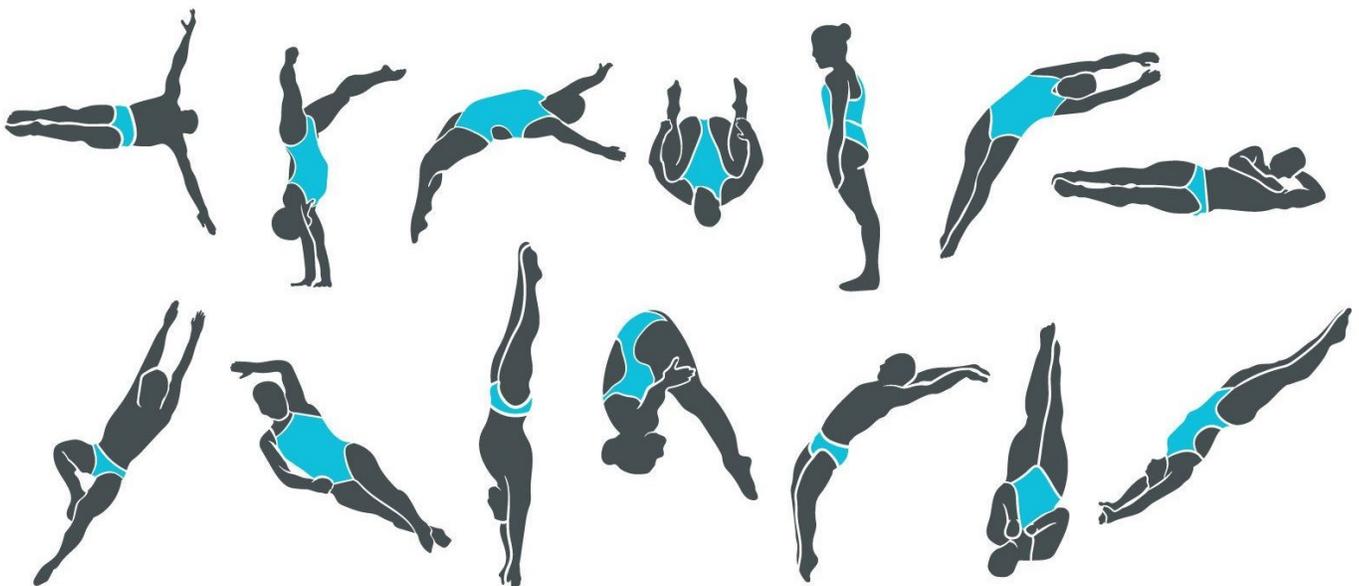
2

The day of the meet: **ATTITUDE**

A rectangular box with a light blue header bar at the top. The number "2" is displayed in a large, light blue, sans-serif font. Below the number, the text "The day of the meet: **ATTITUDE**" is written in a smaller, black, sans-serif font.

3

During the meet: **MODELING**

A rectangular box with a green header bar at the top. The number "3" is displayed in a large, green, sans-serif font. Below the number, the text "During the meet: **MODELING**" is written in a smaller, black, sans-serif font.

THE DAILY COACH

To be a better leader and to lead a better life, you need to stop worrying about who you are not and start benefiting from who you are.

Nothing in life is of any value unless it is shared with others.

The deepest craving in human nature is the craving to be appreciated.

"Spectacular failure is the secret ingredient to your ultimate success." — Leslie Odom Jr.



Many of us know more about our favorite vacation spots, sports teams, or running shoes than we do about ourselves.

Your attitude defines your whole life, quite literally.

To be a better leader and to lead a better life, you need to stop worrying about who you are not and start benefiting from who you are.

Become the best version of yourself for yourself.



If you want to get somewhere — first figure out where you want to go and then figure out how to get there.

Everybody talks about change, but many want others to change and not change themselves.

Common sense, street smarts, and experience can help the wise person avoid problems rather than solving them.

We are only in control of our thoughts, actions, and feelings.

"Life is like creating art, but most of us don't realize that we have control over the paintbrush. Instead, we listen to the instructions from others and paint a reality that doesn't match our vision."



"One of our fundamental needs as human beings is to be deeply heard, acknowledged, and understood. But so many of us look outside of ourselves to fulfill this need. We chase and climb until we realize that no amount of outside quick fixes can heal what must be nurtured on the inside. Once we understand this, wanting to know more about ourselves and our inner world is what paves the way for the inner work to happen. Truth reveals itself when you give the intent to know more."

— Shannon Kaiser

Result translates from attitude and behaviors, not the other way around.

Making money for someone else is a dying dream.

Success leaves clues if you know where to look.

"A clever person solves a problem; a wise person avoids it." — Albert Einstein



Master the Art of Showing Up

Every action you take is a vote for the type of person you wish to become.

Mastery requires both impatience and patience.

The impatience:

To have a bias toward action

To not waste time

To work with a sense of urgency each day

The patience:

To delay gratification

To wait for your actions to accumulate

To trust the process

Master the art of showing up. Time will magnify whatever you feed it. Good small habits can compound into greatness

Source: James Clear, Atomic Habits

The Daily Coach

A daily hands-on approach to becoming a better leader. With the help of some unique wisdom as well as an action plan to tackle your day, **The Daily Coach** aims to be an inspiration in your email inbox each morning. Plus, it's **FREE**. Sign up for **The Daily Coach**: <https://www.thedaily.coach/subscribe>

Good Vibes, Good Life

Each day is a new opportunity. May we hold these words close to our hearts:

When you choose inner peace over drama, you're ultimately choosing growth instead of regressing to previous versions of you.

The biggest challenge is often being there for yourself, while also being there for others and managing your relationships. Ultimately, protecting your time, space, needs, and energy allows you to better serve others, and show up in your relationships with more compassion and grace.

Wisdom isn't held in what you already know. It's developed in your quest to learn more, your ability to dissolve what you previously thought to be true, and your willingness to create new ideas with what you discover.

Faith means trusting what you cannot see. Fear means doubting what you cannot see. Both require the same energy and ask you to invest in the unknown. When it comes to your dreams, faith brings you closer while fear can take you away.

Source: Vex King, Good Vibes, Good Life



"It's never too late to change your mind. To start again. To begin a new career. To focus on your health. To dream bigger dreams. To say sorry. To find love. To educate yourself. To slow down. To notice the beauty around you. To say I love you. To forgive. To love yourself a little more. To walk away. To make a wish. It's never too late. If you're thirty, sixty or beyond, it's still not too late. It's never too late to discover more about yourself. It's never too late to be more you, than ever before."

Lisa Buscomb, *Wildly Deserving*

CONSTITUTION AND BYLAWS: Proposed Amendment to Bylaws

As per the NISCA Bylaws, Article VII "Amendment":

The Bylaws of this Association may be amended only at the Annual General Meeting of the Association by a majority vote of a quorum, provided that notification in writing of said amendment and meeting has been sent to all voting members at least three (3) weeks in advance of the meeting.

Proposed amendments to the Bylaws must be submitted in writing to the Secretary by the originator of said proposed amendments at least 24 hours prior to the last General Meeting of the Regular Membership.

A Proposal:

Proposed Addition to the NISCA Professional Awards (NISCA By-Laws, Article V "Professional Awards", Section 2 "Awards and recognition"); insert after current subsection [f] "HONORARY MEMBERSHIP AWARD" as subsection [g], relabel subsequent subsections [g] through [l] as [h] through [m]:

Award for Excellence in Media Coverage of Interscholastic Aquatic Sports. Work nominated for the award displays creative, in-depth and innovative coverage of high school aquatic sports—especially larger issues and trends related to interscholastic levels of athletic competition.

The award is intended to recognize work by daily and weekly newspapers and periodical magazines, local and national television news broadcasts and national news organizations. Work by multimedia and online news outlets is eligible as well.

Nomination deadline shall be Jan 31 of the current year. Nominations should include work completed or continuing in the calendar year preceding the Jan. 31 deadline. Both individuals and media organizations are eligible for the award. Anyone may submit an entry to the NISCA Professional Awards Committee Chair on behalf of an individual or organization.

There are no application forms. Each entry must be accompanied by a letter describing the nature and result of the work and by the relevant aired or published material and/or other necessary documentation. To facilitate judging, please provide electronic copies of work or links to the work, with the cover letter contextualizing the entry.

Rationale: NISCA recognizes coaches and athletes in interscholastic aquatic sports and adding an award recognizing the contributions by various media in promoting and celebrating the accomplishments, achievements, or newsworthy coverage relating to them would be in accordance with the Association's objectives in the Constitution, Article II, Section 1.e.: *To promote interscholastic aquatic sports locally, statewide, nationally, and internationally*





Bertrand Russell on Growing Old:

"Psychologically there are two dangers to be guarded against in old age. One of these is undue absorption in the past. It does not do to live in memories, in regrets for the good old days, or in sadness about friends who are dead. One's thoughts must be directed to the future, and to things about which there is something to be done. This is not always easy; one's own past is a gradually increasing weight. It is easy to think to oneself that one's emotions used to be more vivid than they are, and one's mind more keen. If this is true it should be forgotten, and if it is forgotten it will probably not be true. The other thing to be avoided is clinging to youth in the hope of sucking vigour from its vitality. When your children are grown up they want to live their own lives, and if you continue to be as interested in them as you were when they were young, you are likely to become a burden to them, unless they are unusually callous. I do not mean that one should be without interest in them, but one's interest should be contemplative and, if possible, philanthropic, but not unduly emotional. Animals become indifferent to their young as soon as their young can look after themselves, but human beings, owing to the length of infancy, find this difficult."



"The great scientists often make this error. They fail to continue to plant the little acorns from which the mighty oak trees grow. They try to get the big thing right off. ***And that isn't the way things go.***"

Richard Hamming

****Note: Think about coaches who are so eager to develop a young talent that they push too hard and too soon, when they should have more patience in the nurturing and growth of the individual.*



Tiny Thought

If you wait until you're motivated, you've already lost.

Surgeons don't always feel like doing surgery. Teachers don't always feel like teaching. Parents don't always feel like cooking. Firemen don't always feel like rushing into a burning building.

If you let motivation dictate your actions, inertia conspires to keep you in place.

Action creates progress. Progress creates momentum. Momentum creates motivation.

Formula 1's Toto Wolff:

"You need to push people out of their comfort zone."

“One sign that determination matters more than talent: there are lots of talented people who never achieve anything, but not that many determined people who don't.” — *Paul Graham*

The difference between open and closed-minded people:

Over time, the person who approaches life with an openness to being wrong and a willingness to learn outperforms the person who doesn't.

Something you may want to share with your less-than-dedicated athletes:

Here is something counterintuitive: it's easier to do something daily rather than a few times a week.

For example, last March, I started going to the gym. I told myself I would go three days a week. And that worked for a few weeks, but then I found myself slacking off. Since I was only going three days a week, it was easy to tell myself I didn't have to go today - I could go tomorrow instead.

As someone who doesn't particularly enjoy going to the gym, going tomorrow always sounded better than going today. Within a month, I stopped going to the gym altogether.

I needed a new approach. One that didn't involve willpower. I made a rule to go to the gym every single day.

And that subtle change made all the difference.

Doing something every day turns desired behavior into default behavior.

When willpower is lacking, routine takes over.



The **Brain Food** section in the *NISCA Journal* is curated material from the *Brain Food Newsletter*, a free weekly offering of “*insights and wisdom that makes things easier, not harder*”. The *Brain Food Newsletter* is produced and distributed by **Farnham Street**, a rich source of lessons and strategies that has been gathered together to help improve and enhance your work and life.

Their weekly newsletter “*offers quick and useful multidisciplinary wisdom.*” Their articles “*explore timeless ideas and people.*” Their podcasts “*offer deep and nuanced conversations.*” Their books “*offer a deeper exploration of ideas that never expire.*”

They write about enduring topics like making better decisions, accelerating learning, and more. You'll also find articles explaining how to use mental models, how to read better, and finding your purpose.

Every Sunday they send out their newsletter to stimulate the minds of over 440k people. They share a selection of thought-provoking material, including links to articles and podcasts, book recommendations, and more. Feed your brain and enrich your life with the best of human thought.

If you haven't yet, give it a try and see what you've been missing. (<https://fs.blog/>)

Number 700!

by Nick Ingram

Courtesy of The Daily Breeze, Torrance CA (www.dailybreeze.com)

Photos by Robert Casillas

January 12, 2023

REDONDO BEACH — Peninsula's Lia Lakis was full of emotions late in Thursday's Bay League girls water polo opener against Redondo.

"I was extremely nervous, but I believed in my team," Lakis said. "We just had to focus on this play and the present moment and not worry about what happens next."

With a chance to tie game, a shot by Redondo's Kiley Peirce banked off the crossbar and visiting Peninsula held on for an 11-10 victory that gave Panthers coach Bryan Weaver the 700th win of his career.

"We really appreciate (Weaver) and getting that 700th win is amazing," Lakis said. "We are grateful to be the team to win that game for him."

Peninsula (6-4, 1-0) had a chance to seal the game with 26 seconds to play, but Lakis' shot was blocked. That gave Redondo (6-9, 0-1) a chance to force overtime.

"Our girls have a lot of spirit and they have the mentality to win," Redondo coach Shelby Haroldson said. "We kept pushing and had some good opportunities, but we just couldn't put the ball away."

Peninsula jumped out to a 2-0 lead on goals by Cedar Rose Leach, who finished with five goals.

Peirce and Audrey Bonelli scored less than a minute apart to tie the game at 2 midway through the first period.

"This game was a big deal for us, being a home game in front of our parents and friends," said Bonelli, who finished with four goals. "We really wanted to put this one away to start league play off, but we'll see (Peninsula again)."

In the second period, Lakis (four goals) and Leach scored 35 seconds apart to put Peninsula up 4-2.

Remy Errett scored at the 1:50 mark and with 5 seconds left, Bonelli beat Peninsula goalie Sierra Palese to tie the game at 4. Palese finished with six saves, while Redondo goalie Peyton Cardenas had five.

Peninsula outscored Redondo 4-2 in the third period behind a pair of goals from Lakis and Leach.

Mia Calvo and Errett scored a minute apart in the fourth period for Redondo, and Bonelli's goal with 4:21 to play tied the score at 9.

Peirce's second goal of the game with 2:28 to play gave Redondo a 10-9 lead.

"Our girls have been working well together, and we're still a young team that's getting used to playing together," Haroldson said. "We have a resilient group and the girls are pushing through."

During a timeout late in the contest, Weaver tried to help the Panthers relax.

"We were controlling the tempo, but we weren't capitalizing," Weaver said. "I kept telling the girls to calm down and look for each other."

Kate Launius' goal at the 2-minute mark tied the game at 10, and a minute later Jane Girard netted the go-ahead goal.

"That last minute was chaos and pandemonium," Weaver said. "The only thing I had control over was when to call a timeout to settle things down."

Lakis, who added six steals and three blocks, forced a turnover following Girard's goal.

"I was focusing on being patient and waiting until they made the first move," Lakis said.

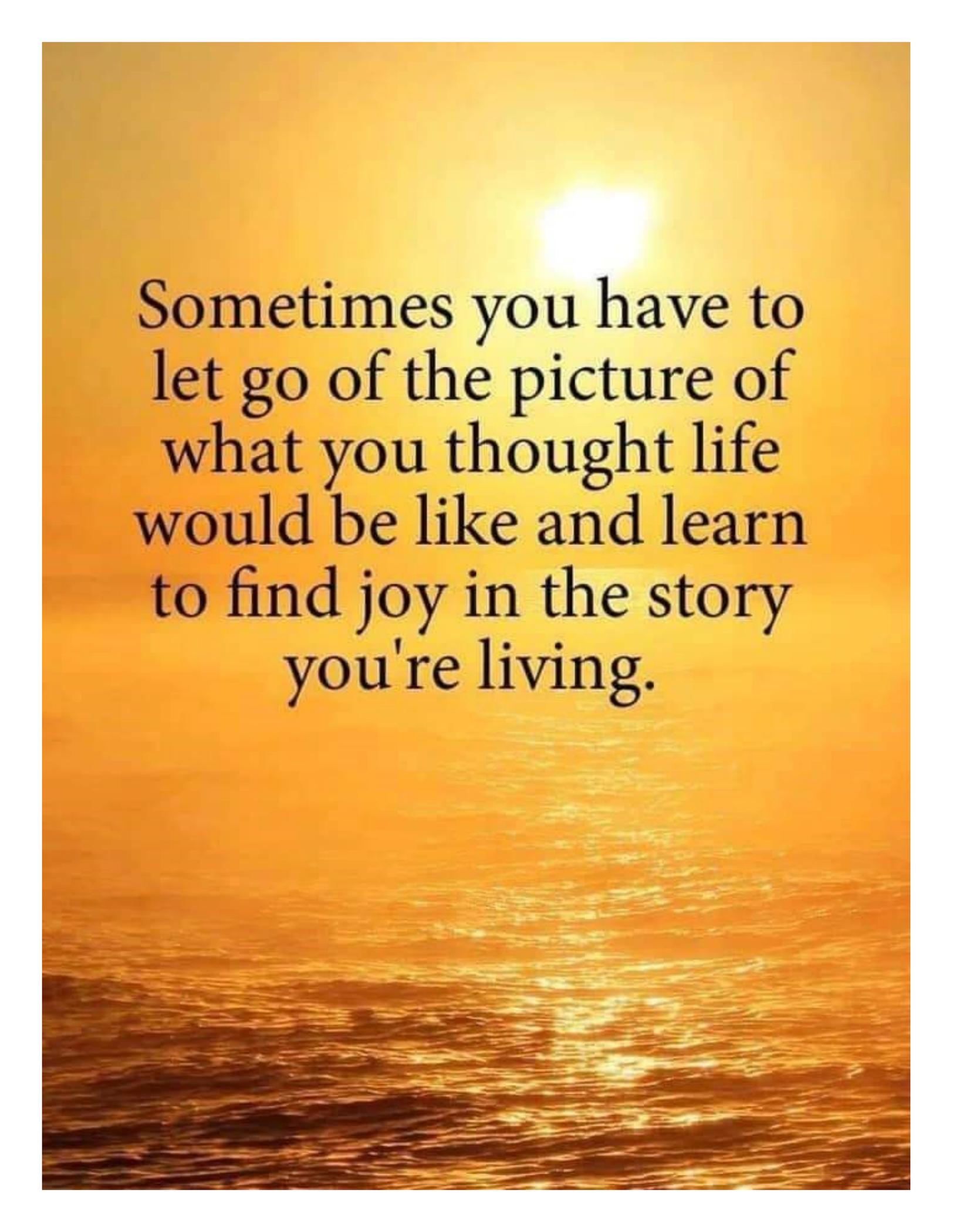
Weaver, who played high school water polo at Aviation High, said reaching 700 wins at Redondo meant a lot.

"Redondo was always a rival when I was in high school," Weaver said. "After coaching 1,100 games, there are definitely ones that stick out.

"This one will always stick out because of how difficult it was to win this game."



Peninsula Panthers Coach Bryan Weaver: #700!

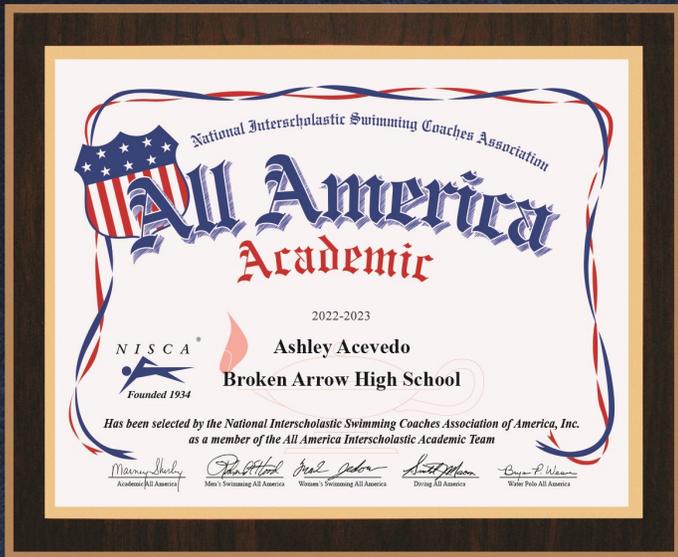


Sometimes you have to
let go of the picture of
what you thought life
would be like and learn
to find joy in the story
you're living.

PLAQUES

\$49.95 / PQ-NISFAC

Wood plaque displays the All-American certificate printed on a clear acrylic overlay so it's waterproof. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



\$79.95 / PQ-NISLAM

Laminated certificate plaque displays actual All-American certificate laminated on a wood plaque. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.

\$54.95 / PQ-NISFDE

Engraved certificate plaque depicts the All-American certificate laser engraved directly into a black brass plate. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.



\$79.95 / PQ-NISACR

Acrylic plaque with stand-off displays the All-American certificate printed directly on the acrylic. It measures 10½" x 13" and comes individually boxed for presentation. Available in Water Polo, Diving, Academic, Team Scholar Award and Swimming.

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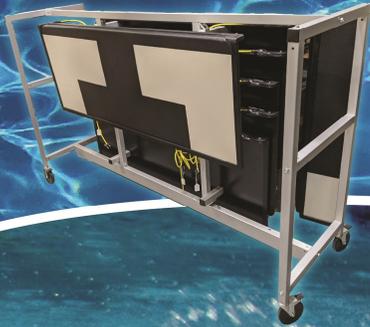
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2	FEET FIRST ENTRY* * *CIRCLE SWIM			2
3	CIRCLE SWIM*****NO DIVING			3
4	TREVANS			4
5	CIRCLE SWIM*****NO DIVING			5
6	FEET FIRST ENTRY* * *CIRCLE SWIM			6
7	CIRCLE SWIM*****NO DIVING			7
8	FEET FIRST ENTRY* * *CIRCLE SWIM			8

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Photo by Tom Musch