

A Brief History of High School Swimming

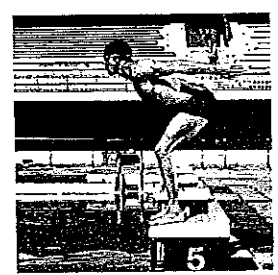
This historical data was provided by Morgan Byers, NISCA Historian
Additional data is from material written by David H. Robertson

According to Robertson's account:

"In the early years, events were the 'two lengths of the pool dash', the 100 and 220 yards swims, the 'plunge,' and diving soon found their way into meets. All areas 'spiced' up their meets with special novelty events, such as underwater swimming and 'night shirt' relay races. On February 26, 1907, at the New York High School Indoor Championships, a young man named Guiteras, from Commerce, New York won the 20 yard Tub Race in the record time of 17 and 2/5's seconds. The record was still on the books 20 years later. As far as I know, it is the oldest standing high school record.



"The 1950's and early 1960's were exciting years for high school swimming, starting off with the raising of the starting blocks to 30 inches above the surface of the water. You should have heard the swimming world scream when the high schools voted to go with a "no had touch" turn during the crawl stroke races. The world soon followed us. In rapid succession the 120/150 yard individual medley was accepted and later became the 160/200 yard individual medley. Later the 100 yard butterfly and 100 yard breaststroke were added as separate events (Up until this time – the two stroke were combined with unlimited underwater swimming.) The 400 yard freestyle became an event in the late 1940's and later it was changed to the 500 yard freestyle. The 160/200 yard free relay was changed to a 400 and then in 1990, the 200 yard free relay came back into the program. Addition dives were added to the meet programs, and of course, we stopped called dives 'gainers,' 'cut-a-ways,' 'headers' and 'swans.'"



"The 40 yard freestyle was the standard sprint distance until after 1965; the distance was changed to 60 yard in the 1966 rule book. The 400 yard freestyle was double the previous longest high school event, the 200 yard free, and was a optional event through 1957. It was swum in meets only when both coaches agreed to enter swimmers. In 1958, it became a regular event, required in every meet. The distance was changed to a 500 in 1974."

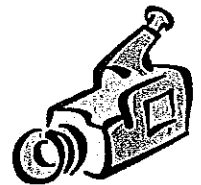
"Early in our swimming history, there was no butterfly, we swam only the breaststroke. Then, with a few college swimmers swimming butterfly, we had swimmers who would combine the two strokes, typically swimming one length butterfly, 3 lengths breaststroke and 1 length butterfly in a 100 yard race in the 10 yard pools that were the most common pools in high school. Of course, when butterfly first appeared, no one could possibly swim a whole 100 yards of butterfly! Through 1957 we had the single event – butterfly/breaststroke, in which two strokes could be swum in any combination. As a matter of fact, it was possible to swim a mixture of the two strokes: for example, a breaststroke kick and butterfly arm pull. In 1958, the rule book set up two separate events; the 100 yard butterfly and 100 yard breaststroke."

"The pre-butterfly era had the 120 yard medley relay and individual medley – with 40 yards of backstroke, breaststroke and freestyle. These remained the regular strokes even when the combination of breaststroke and butterfly – or all fly or all breaststroke – was introduced. The last year for the 120 yard individual medley was 1959."

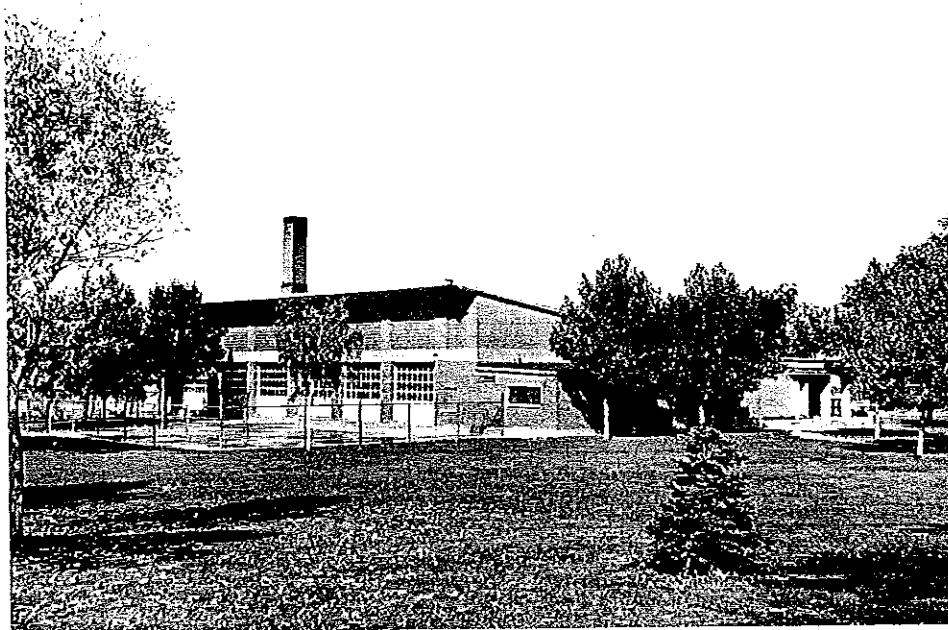
"The medley relay was changed from 180 yards, 60 yard of back, fly/breast and free – to 240 yards (60 yards of each of the four strokes) around 1957. Over the next eighteen years, the 20 yard events, records, etc. were phased out as the 25 yard pools became the standard."

There have been numerous innovations which have aided to rapid time drops in the past 60 years. They include:

- ❖ Backstroke flags – before someone thought of the flags, swimmers used to count strokes and have a teammate hold a towel out over their lane so they would know where the wall was. Tooele had a swimmer in the late 50's and early 60's, David Gordon, who was nearly blind that did very well in the backstroke by counting his strokes.
- ❖ Lane lines – the first lane lines were ropes with wooden floats every 5 feet to separate the lanes of competition. The solid lane lines and eventually 'wave killing' lines were used. Practices were always conducted without lane lines.
- ❖ Marking on the pool bottom and end walls – Coach James Councilman of Indiana came up with this concept to show swimmers the center of the lane as well as the end walls.
- ❖ Goggles – some swimmers tried swimming with skin diving goggles, but most just endured the burn of the chlorine when swimming. Coming back for a second practice of the day was especially brutal.
- ❖ Relay take offs – teammates would kneel to the side of the block and tap the toes of the swimmer on the block when it was time for them to take off.
- ❖ No hand-touch turns – turns for the freestyle and backstroke events used to require the swimmer to touch the wall with the hand before executing the turn.
- ❖ Video tape – 8 mm cameras were used to film the swimmers. It would then be sent off to be developed and returned in a couple of days so the coach and swimmer could view it.
- ❖ Computer timing systems – before the computer and electronic timing, the results of close races would not be known for 15 to 20 minutes which the 18 timers, 12 place judges, starter and referee would get together to determine the order of finish.
- ❖ Dolphin kicks off the start and turn – David Berkoff shocked the world when he swam the first 45 meters of the 100 meter backstroke underwater with a dolphin kick in the 1988 Olympic Games. He established a new world record. It was not long after this that the backstroke rule was changed to limit the underwater dolphin kick to 15 meters. Misty Hyman used dolphin kicking on her side in the butterfly, which eventually led to the 15 meter limit for all strokes.

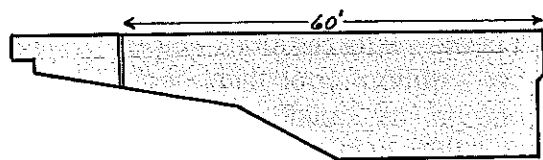


- ❖ High-tech suits – these suits started to appear in the early 2000's. They were made of non-textile material and evolved into suits which cost over \$500.00 each, and they were only good for 8 – 10 swims. The question of whether a swimmer bought or earned a championship was constantly asked. After the 2009 World Swimming Championships in Rome where world records were set in nearly every event by swimmers wearing the high-tech suits; FINA (world swimming rules committee), USA Swimming, the NCAA and the National Federation of State High School Associations banned all such suits.

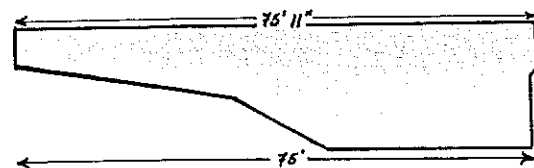


Tooele Swimming

When the Tooele Memorial Swimming Pool was constructed in 1950, there was a ledge built in the shallow end that was used as a teaching platform. It was about 1 foot under the surface of the water and about 3 feet wide. A bulkhead was constructed which made the pool 20 yards long for meet. Every time a meet was held, the team would bring the bulkhead up from the basement and using face masks and snorkels would bolt the sections together, put on the top and attach the starting blocks.



In 1960, the ledge was chipped out so bulkhead would not have to be assembled and a 25 yard pool could be used for meets. The times for the first meet in the 25 yard pool produced real slow times compared to what the swimmers had been doing. When a tape measure was produced, it was discovered the pool was 25 yards and 11 inches long. This necessitated use of the bulkhead again until it became so unstable it could no longer be used.



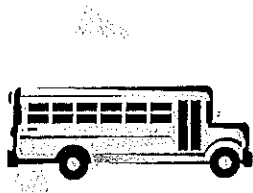
The 25 yard 11 inch pool was used until 1976 when it was shortened to exactly 75 yards. The last state meet in the Tooele pool was in 1963 which was also the last time the Utah State Championships were held in a 20 yard pool.



The Tooele Memorial Swimming Pool was closed forever in March 2001. Being structurally unsound, it was demolished in December of that same year. Construction of a new aquatic center began in May of 2002 and was completed one year later.

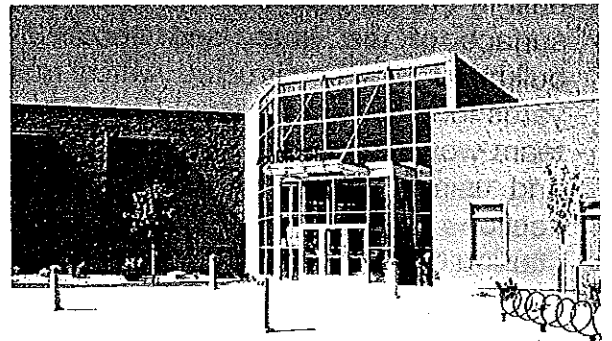
During the two year interim between the closing of the old pool and the opening of the new aquatic center, Tooele High School practiced primarily at the Deseret Peak outdoor pool and Cyprus High School. All of the meets were away and long bus trips became the norm.

Practices at Deseret Peak during the winter were an adventure with the girls dressing in the concession stand and boys in the filter room. A "Porta Potty" was set up and sometimes the swimmers stood in long lines waiting their turn. Ice on the deck was always a problem and luckily no one suffered a serious injury. The wind was also a factor as it always seemed to be blowing which cooled off the water.



In addition to the daily bus trips to Deseret Peak, the trips to Magna and West Valley for practice were long and required quite a sacrifice of time for the swimmers, but a special bond between members was established due to the sacrifices they all made and they were very "tough" come the championship meets. The boy's team won their first state title since 1985 in 2002 and the girls finished third. Both teams battled to second place finishes in 2003.

In May of 2003, the four million dollar Leigh Pratt Aquatic Center became the "home" pool for Tooele High School. An eight land state of the art competition pool with scoreboard and team room helped to build a foundation for continuing the tradition of championship swimming teams in Tooele. In 2004, donations from alumni and friends of swimming amounting to nearly \$21,000 was used for a new record board, sound system, upgrading the scoreboard and a large American flag which made the Pratt Aquatic Center one of the finest facilities in the country.



The Tooele High School Swimming Tradition

NATIONAL POWER POINTS

The National Interscholastic Swimming Coaches Association (NISCA) sponsors a National Power Point Meet each year. There are several divisions based on school size. Coaches permitted to pick the best times from throughout the season for each event. The top 25 teams in each division receives a certificate.

The "dream meet" takes a great deal of time to figure out, but Tooele High School has done very well in the meet. We do not have any divers, so we do not receive any points for this event, which hurts us total points against teams who are counting divers. Entries are made for each event following the same rules as a dual meet for a six lane pool, 3 in each individual event and two relays.

| Girls | | | Boys | |
|------------------|--------|------------------|------------------|--------|
| Place | Points | Year | Place | Points |
| 12 th | 526 | 81-82 | 9 th | 2417 |
| 14 th | 610 | 82-83 | 9 th | 2119 |
| 25 th | 1534 | 83-84 * | 10 th | 3263 |
| 20 th | 2472 | 89-90 | 21 st | 3262 |
| 25 th | 2743 | 90-91 | - | - |
| 16 th | 3972 | 91-92 | 22 nd | 3929 |
| 18 th | 2740 | 92-93 ** | 12 th | 4185 |
| 20 th | 3970 | 94-95 | 15 th | 3826 |
| 10 th | 4425 | 95-96 | 11 th | 4255 |
| 16 th | 3997 | 96-97 | 8 th | 4434 |
| 13 th | 4553 | 97-98 | 11 th | 4180 |
| 11 th | 4773 | 98-99 | 14 th | 3429 |
| 18 th | 3435 | 99-00 *** | 12 th | 4179 |
| 16 th | 3631 | 00-01 | 12 th | 3536 |
| 18 th | 3436 | 01-02 | 11 th | 3719 |
| 18 th | 3445 | 02-03 | 10 th | 3589 |
| 21 st | 3469 | 03-04 | 30 th | 2964 |
| 32 nd | 3562 | 04-05 | 37 th | 3387 |
| 24 th | 3808 | 05-06 | 25 th | 3382 |
| 24 th | 3846 | 06-07 | 20 th | 3669 |
| 28 th | 3003 | 07-08 | 22 nd | 3673 |
| 26 th | 2629 | 08-09 | 25 th | 3482 |
| 24 th | 2564 | 09-10 | 21 st | 3945 |
| 37 TH | 2640 | 10-11 | 28 TH | 4244 |

- * Separate Power Point Table was created for girls and boys
- ** 200 yd. Freestyle Relay was added to the event list
- *** Power Point Table were revised

Tooele High School All Americans

| | | | | | |
|------|----------------------|----------------|------|------------------|----------|
| 1960 | David Rimington | 100 yd. Back | 2008 | Kristin Andersen | Academic |
| | Joe Mayo | Diving | | Alison Bowers | Academic |
| 1962 | Mel Roberts | 100 yd. Breast | | Mary Burden | Academic |
| 1967 | Mike Rockwell | 50 yd. Free | | Gilbert Nichols | Academic |
| 1985 | Terry Griffith | Diving | | Matt Ricci | Academic |
| 1996 | Lincoln Wright | Academic | | Mat Snarr | Academic |
| 1997 | Marcy Skelton | Academic | 2010 | Megan Bresee | Academic |
| 1998 | Kelli Frost | Diving | | Jennifer Gardner | Academic |
| | Lindsey Parrott | Diving | | Lauren Howsden | Academic |
| | Sara Olson | Academic | | Dustin Perkins | Academic |
| | James Pendley | Academic | | Dalton Ryals | Academic |
| | Randi Smith | Academic | | Chelsea Smaellie | Academic |
| | Becky Wright | Academic | 2011 | Gavin Andrus | Academic |
| 1999 | Kelli Frost | Diving | | Brooke Loveless | Academic |
| | Lindsey Parrott | Diving | | Skyler Smith | Academic |
| | Lisa Andrews | Academic | | | |
| | Missy McFarland | Academic | | | |
| | Camilla Parsons | Academic | | | |
| 2000 | Jennifer Dalton | Academic | | | |
| | Kathy Francis | Academic | | | |
| | Amanda Huffman | Academic | | | |
| | Danni Loveless | Academic | | | |
| | Leslie Smith | Academic | | | |
| 2001 | Liz Imlay | Academic | | | |
| | Rachel Smith | Academic | | | |
| 2002 | Brandon Hochstrasser | Academic | | | |
| | Nicole Huffman | Academic | | | |
| 2003 | Janette Gowans | Academic | | | |
| | Kandice Howard | Academic | | | |
| | Haley Tessier | Academic | | | |
| | Shayna Wood | Academic | | | |
| 2004 | Nathan Andrews | Academic | | | |
| 2005 | Greg Andersen | Academic | | | |
| | Robin Costomiris | Academic | | | |
| | Allison Lee | Academic | | | |
| 2006 | Cassandra Bryan | Academic | | | |
| | Jessica Fisher | Academic | | | |
| | Kathryn Locke | Academic | | | |
| | Jordan Marshall | Academic | | | |
| | David Nipper | Academic | | | |
| | Lauren Bridges | Water Polo | | | |
| 2007 | Trent Andrus | Academic | | | |
| | Trish Cox | Academic | | | |
| | Laurie Halladay | Academic | | | |
| | Jon Lee | Academic | | | |

NISCA Scholar Team Award

Gold 3.75 – 4.00

Silver 3.50 – 3.74

Bronze 3.20 – 2.49

2002 – 03

Girls Silver 3.609

Boys Bronze 3.358

2003 – 04

Girls Silver 3.598

Boys Silver 3.551

2004 – 05

Girls Silver 3.693

Boys Silver 3.551

2005 – 06

Girls Silver 3.722

Boys Silver 3.521

2009 – 10

Girls Silver 3.728

Boys Silver 3.693



**If you're not the lead dog –
the scenery never changes**

**Composite Record
Tooele High School
Swimming Team 1955 – 2011**

| Year | Coach | Boys | Girls |
|-----------|---------------|---------|-------|
| 1955 – 64 | Leigh Pratt | 166 - 9 | .959 |
| 1965 – 69 | Not Available | | |
| 1969 – 70 | Mel Roberts | 14 - 3 | .824 |
| 1970 – 71 | " | 11 - 1 | .917 |
| 1971 – 72 | " | 12 - 6 | .667 |
| 1972 – 73 | " | 12 - 4 | .750 |
| 1973 – 74 | " | 12 - 4 | .750 |
| 1974 – 75 | " | 13 - 1 | .929 |
| 1975 – 76 | " | 12 - 3 | .800 |
| 1976 – 77 | " | 12 - 5 | .706 |
| 1977 – 78 | " | 14 - 2 | .875 |
| 1978 – 79 | " | 16 - 1 | .941 |
| 1979 – 80 | " | 11 - 2 | .846 |
| 1980 – 81 | " | 14 - 1 | .933 |
| 1981 – 82 | " | 15 - 1 | .938 |
| 1982 – 83 | " | 14 - 1 | .933 |
| 1983 – 84 | " | 14 - 0 | 1.000 |
| 1984 – 85 | " | 15 - 0 | 1.000 |
| 1985 – 86 | Lee Leslie | 13 - 1 | .929 |
| 1986 – 87 | " | 9 - 3 | .750 |
| 1987 – 88 | Mel Roberts | 11 - 1 | .917 |
| 1988 – 89 | " | 10 - 1 | .909 |
| 1989 – 90 | " | 10 - 2 | .833 |
| 1990 – 91 | " | 7 - 3 | .700 |
| 1991 – 92 | " | 9 - 1 | .900 |
| 1992 – 93 | " | 9 - 1 | .900 |
| 1993 – 94 | " | 9 - 3 | .750 |
| 1994 – 95 | " | 9 - 2 | .818 |
| 1995 – 96 | " | 10 - 3 | .769 |
| 1996 – 97 | " | 11 - 2 | .846 |

| Year | Coach | Boys | Girls |
|--------------|-------------|------------------|-------------|
| 1997 – 98 | Mel Roberts | 11 - 3 | .786 |
| 1998 – 99 | " | 10 - 5 | .667 |
| 1999 – 00 | " | 10 - 4 | .714 |
| 2000 – 01 | " | 12 - 2 | .857 |
| 2001 – 02 | " | 14 - 1 | .933 |
| 2002 – 03 | " | 16 - 2 | .888 |
| 2003 – 04 | " | 6 - 7 | .462 |
| 2004 – 05 | " | 13 - 2 | .867 |
| 2005 – 06 | " | 12 - 2 | .857 |
| 2006 – 07 | " | 15 - 3 | .833 |
| 2007 – 08 | " | 15 - 2 | .882 |
| 2008 – 09 | " | 15/3/1 | .833 |
| 2009 – 10 | " | 16 - 2 | .888 |
| 2010 – 11 | " | 14 - 0 | 1.000 |
| Total | | 359/103/1 | .864 |

Diving

| Year | Coach | Boys | Girls |
|--------------|-------------|---------------|-------------|
| 1996 – 97 | Mel Roberts | 5 - 3 | .625 |
| 1997 – 98 | " | 7 - 0 | 1.000 |
| 1998 – 99 | " | | |
| Total | | 12 - 3 | .800 |

Overall Record 1107-200-2 .846
42 Region Championships
20 State Championships

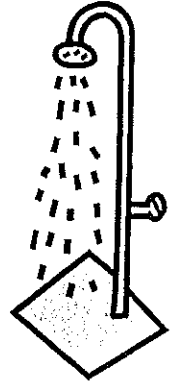
Protecting Your Health

Hair Care

Swimming is very destructive to your hair because of the chemicals in the water, basically chlorine. Ultra violet light from the sun will also cause damage to the hair's protective outer cuticle, make the inner layer vulnerable to any outside elements.

A quick rinse in the shower isn't enough to get the chlorine out and it cannot just be removed with shampoo. Chlorine bonds to the hair and will stay until it is removed. It builds up on the shaft of the hair and hardens it, and after repeated exposure, your hair will turn bristly and look synthetic.

1. To protect your hair from chlorine damage: first of all, get a good watertight cap and use a deep, protective conditioner on your hair before you put it on.
2. After swimming, **wash your hair with a shampoo that removes chlorine.** These shampoos contain chelaters, which will absorb chlorine and anything else that does not belong in your hair. After shampooing, use a good conditioner.
3. ***Feeling thrifty? Make your own. Try rinsing your hair with a mixture of lemon juice or vinegar diluted with water. This will rinse the minerals and chlorine out.***



Swimmers Ear

WHAT IS SWIMMER'S EAR?

Water gets trapped in the ear canal by small amounts of ear wax and is allowed to puddle on the lining. Like any skin of the body, the water causes irritation, chafing and cracking of the skin. This will lead to infection, swelling and severe pain. The consistent use of radio ear phone will contribute to the ear canal softening and irritation.



WHAT ARE THE SYMPTOMS OF SWIMMERS EAR?



One can recognize swimmer's ear by the extreme discomfort it causes; even the movement of the jaw side-to-side can elicit intense pain in a full blown case. It may also be noticed that the ear feels clogged or full or has a "popping" sound, or that the hearing has become somewhat impaired.

Itching and/or pain are usually experience. If pain is present, it usually is made worse by pulling on the ear lobe or putting pressure around the ear opening. At times a malodorous discharge can come from the ear.

HOW CAN YOU PREVENT SWIMMER'S EAR?

Water can be thoroughly removed from the ear canal by putting rubbing in the ear after swimming. This will evaporate the water out of the ear. Cotton swaps should not be used. **Do not use alcohol if you suspect that you already have swimmer's ear.**

If you have a tendency to get swimmer's ear or feel the beginnings of an infection, you can make your own antibiotic eardrops or irrigation solution

- ¼ cup white vinegar
- ¼ cup rubbing alcohol

One of the following:

- 2 – 3 drops grapefruit seed extract
- 3 drops of garlic tincture
- 3 – 5 drops Echinacea tincture

Sterilize a 4-ounce bottle by immersing it in boiling water for 10 minutes.

Mix all ingredients in the bottle. Cap tightly and store out of the light.

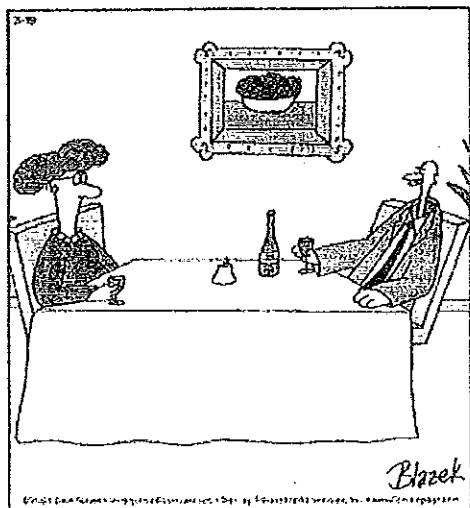
To use, put a few drops into the ear with a sterile eyedropper.

Allow to run out of the ear.

Ear plugs will also be of benefit in keeping water out of the ear

HOW DO YOU TREAT SWIMMERS EAR?

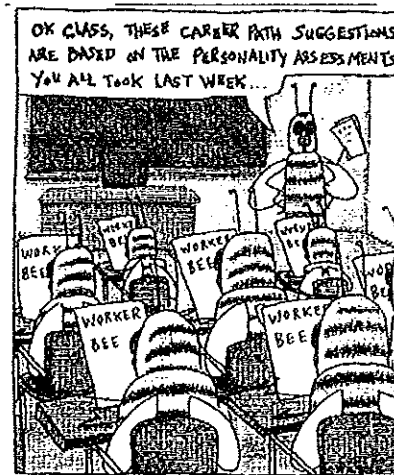
At the first signs of pain a few drops of white vinegar placed in the ear for about five minutes will help. If this is done for a week the symptoms will gradually disappear. If this does not help or the pain gets worse, you will need an antibiotic from your doctor and may have to stay out of the water up to a week.



"... and then the zoo fired them both. How did *your* parents meet?"



"He feeds me, provides health care, and picks up my poop. Yeah, I'd say he's my best friend."



OK CLASS, THESE CAREER PATH SUGGESTIONS ARE BASED ON THE PERSONALITY ASSESSMENTS YOU ALL TOOK LAST WEEK...

Suits and Equipment

Listed below are items you will need for training while a member of the team. A number of the items can be earned through the fundraisers conducted at the start of the season. Brief explanations follow each item, but if you don't understand, talk to one of the coaches.

- **Practice suits** – You can wear any type of suit for practice. Most of the boy's team will wear board shorts or baggy type suits. The girls will generally two or three suits. Your practice suit should create drag or resistance while you are swimming. This will make you work harder in practice and in meets you will feel very fast because you don't have the drag.

- **Team suits** – The team suits are selected by the captain. The company we get the suits from will come out when we order them to make sure you get the right size. *Team suits are to be worn only at meets.* All suits fade and wear thin because of the pool chemicals. To prolong the life of your team suit, rinse it in cold water after each use and allow it to drip dry.



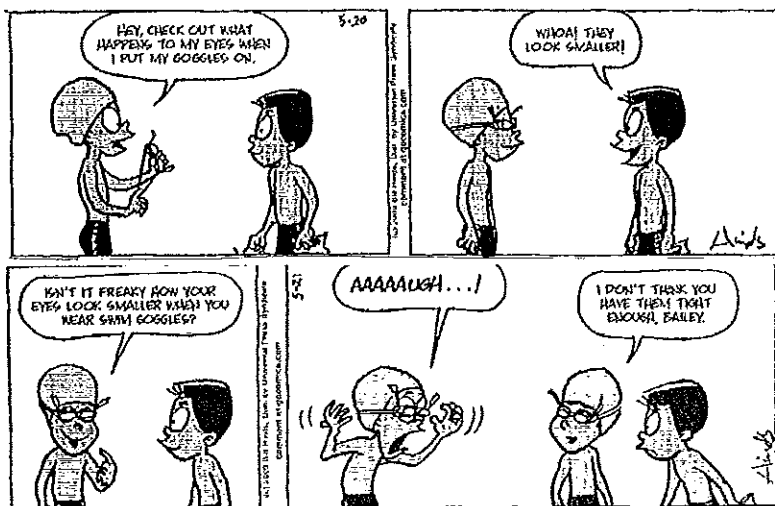
- **Championship Meet suits** – Special suits designed to cut drag and resistance are available for championship meets. They are more expensive than regular suits (\$70 - \$250), but do produce faster swims.

- **Caps** – Every swimmer will be issued a silicone team cap at the start of the season. These are to be worn at all meets. If you lose yours, you will need to buy another; so take care of it.



- **Goggles** – Most team members use one of two types of goggles.

- **View** – These goggles have a small amount of cushion around the eyepiece, tapered lenses and stay on well during starts and turns.
- **Swedish** – The goggles are used by most world class and elite swimmers. They are small and inexpensive; once you get accustomed to them, they work great.



- Several companies offer several types of goggles. The most important feature of any goggles is that you feel comfortable wearing them and can keep them on during the start and turns.
 - Try to have two pairs of your favorite. The straps have a reputation of breaking at the most inopportune time.
- **Warm-ups** – Swimmers will buy their own team warm-up jackets and pants. They should last you until you graduate.
 - **Identify** – put your name on them
 - **Protect** – gather them up after meets
 - **Rubbing Alcohol** – Put a couple of drops of alcohol in your ears after each practice or meet. It will evaporate the water out of the ear canal and help prevent “swimmers ear”
 - **Fins** – Everyone should have their own pair of fins. We will use them throughout the season for kicking drills and learning what it feels like to swim fast. They also develop strong leg muscles.
 - **Regular fins** – These are the least expensive and some of the blade can be cut off to develop your kick even more.
 - **Split fins** – The blade is split to develop a stronger flutter and dolphin kick.
 - **Breaststroke fins** – A special fin is made for breaststroke kick, but cannot be used for flutter or dolphin kick.
 - **Hydra and Zoomers** – These are short blade fins and the most comfortable fins to wear. They can be used for all strokes.
 - **Water Bottles** – Everyone will be given a water bottle at the start of the season. Fill it before practice and carry it with you. You need to drink 12 ounces of water for every hour you practice.
 - **Travel Bag** – (Optional) When we travel on the bus you will need something to carry your suits, towels, goggles, warm-ups etc. in. It is also good to put your valuables in and bring out on the deck with you.



Our Team Supplier is

Aquaholics
583 E. 7200 S.
Midvale
1-866-507-SWIM

Mike Werner

Other suppliers are:

Big 5
152 North Main
Tooele
843-7289

Poco Loco
3142 S. Highland Drive
Salt Lake City
1-801-485-1162

Dennis Tesch

Pool-N-Patio
2172 E. 3300 S.
Salt Lake City
1-800-273-5553

Brad Gale

TOOELE HIGH SWIMMING

WHERE young men and women become responsible outstanding individuals

WHERE individual and team goal setting is taught and accomplished

WHERE a group of individuals are molded into a family with each person being equally important

WHERE individual and team success is inevitable

WHERE individuals dedicate themselves to shared individual and team goals

WHERE success in the classroom is equal to success in the pool

WHERE the journey is more important than the destination

WHERE PAIN BECOMES PLEASURE!

PAIN IS TEMPORARY,
PRIDE IS FOREVER