

The

Sept/Oct 2016

NISCA Journal

www.niscaonline.org

2015-16



2015-16 Boys Scholar Team Champs!
North High Swim

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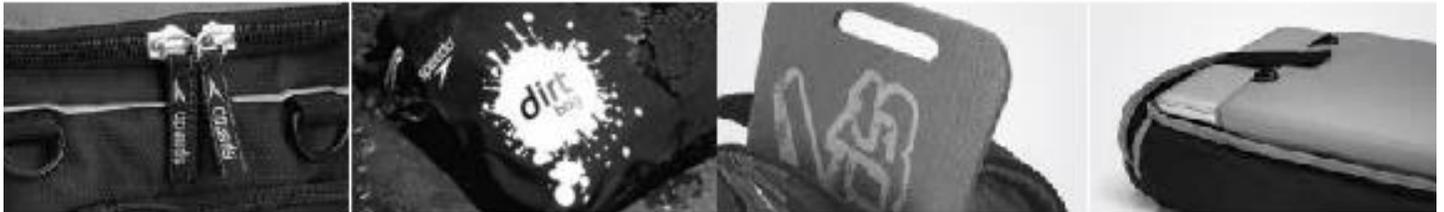
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4-time Olympic medalist

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Cover Photo:

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The swimmers of the Sheboygan North Boys swim team were the 2015-16 NISCA Scholar Team Champions. The gentlemen finished their season with a 3.995 average GPA. They are coached by Jason Martin.



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National Interscholastic Swimming Coaches Association of America, Inc. To Educate.... To Honor.... To Serve

Hello Everyone,

So another one has started – a fresh school year, and new fall season, and another NISCA membership year is here. This is a reminder that your membership for the 2015-2016 year has expired (July 31) and it's time to renew. Be prepared when those academic, swimming, and diving standards are met for All America. Remember, All America applications are free for NISCA members.

Another Olympics has come and gone as well. What an exciting time for swimming! I hope you are seeing an Olympic year bump in membership on your team. What great lessons can be learned by our athletes by seeing such outstanding performances. Hopefully you can use the positives of the competition to strength your team. Where better to see teamwork in action, proper technique, and the idea of never giving up than in Olympic swimming? The diving competition was a lesson in staying calm (or not) under pressure and water polo was a lesson in strength and fitness. Yes, there were other lessons to be learned from choices that some athletes made but we'll speak of that in another issue.

I'm counting on each of you to be an ambassador for NISCA this year. When you observe an All America time standard being reached, encourage the coach to submit an application. Only those with applications can be recognized. It's disappointing and difficult to explain to parents of swimmers who have achieved an All America time standard but can't be recognized because an application wasn't submitted. Help NISCA out but encouraging coaches to "finish the job" by submitting that application. Promote NISCA membership so that we might better serve you. Let coaches in your area know that each NISCA member has \$1 million in liability insurance just by joining NISCA. This insurance covers them wherever they coach, club or high school; summer or school year.

Finally, good luck with your new year and new season(s). Here's to hoping it's one of your very best.

Sincerely,

Arvel

Where better to see teamwork in action, proper technique, and the idea of never giving up than in Olympic swimming?

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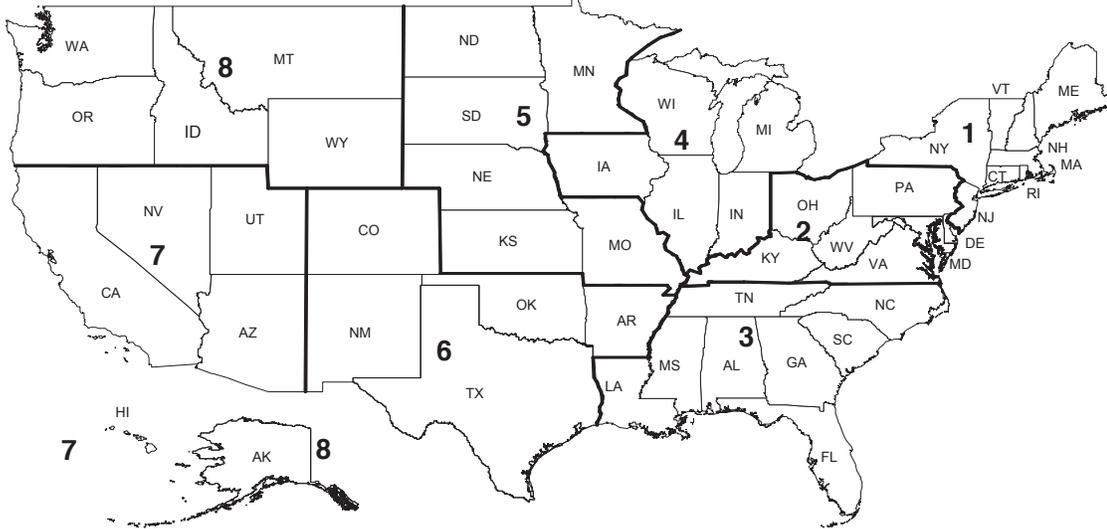
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NISCA National Dual Meet Team Ranking Program



Be sure to enter your team in NISCA's National Dual Meet Team Ranking Program.

Go to niscaonline.org, click on Award Programs, and select National Dual Meet.

You will find all the instructions you need on that page.

Email/mail your completed form to have your team compared to others from across the country.

\$10 fee per application, but FREE for NISCA members.

Entry deadline: May 31, 2017

Questions?

**Contact Claude Valle, NISCA Power Point Chair
P.O. Box 207, Weston MA 02493
powerpoint@niscaonline.org**

From the Editor:

Following on the heels of the Olympics and Para-Olympics most of us headed back to our schools and pools filled with inspiration and ideas for a new year. I know that I will be increasing our focus on underwaters having seen the huge advantage those swimmers with great walls enjoyed. I hope that you all also enjoy the bump in participation that often comes with the extra exposure the Olympic games provides. Of course, some of that exposure wasn't entirely positive, which also provides some talking points with our swimmers and teams.

In this issue we feature an article about how you can use social media to provide exposure for your team and swimmers in addition to improving your information sharing processes. Kyle Bedalov has mastered many of the social media platforms that your athletes are undoubtedly already using and

shares some great ideas for how to make the most of this technology. He also brings up the inevitable potential problems that coaches, swimmers and teams can run into with social media. I think that after reading his article you will agree that the benefits are huge, so we need to take the time to educate ourselves and our swimmers about appropriate use.

We're also continuing our book review series coupled with an article from Arvel McElroy about why reading these books (or any books!) can be beneficial to both you and your team. We'd love to know what you're reading- send your list!

What you won't see is the State-by-state run down. Submissions have been very hard to come by so we are letting that section go. We're still happy to share any news that you would like to submit- send that too!

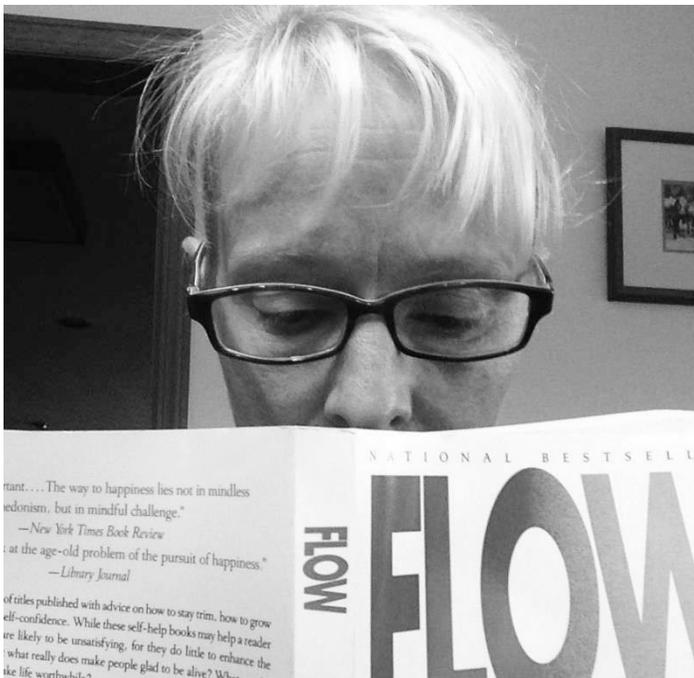
Remember to update your membership and take advantage of our many recognition programs. While you're at it, encourage a new coach in your area to join too. Here's to a great season!

Betsy Hondorf

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The NISCA Journal is edited and published by NISCA (Editor, Betsy Hondorf). If you have submissions, questions or suggestions for the Journal please contact me at niscajournal@gmail.com



NATIONAL INTERSCHOLASTIC SWIMMING COACHES ASSOCIATION OF AMERICA, INC.

RULES, REGULATIONS AND PROCEDURES FOR BOYS AND GIRLS NISCA

Academic All-America

Academic All-America Directions

Please read the directions before you proceed. This application (Option 1 and 2) MUST include a 7 semester/11 trimester copy of the applicants transcript. If this is not available a copy of the schools report card for the first semester of the senior year may be used along with a 6 semester/10 trimester transcript. The GPA MUST include the senior year first semester/11th trimester grades.

1. The GPA is determined by using all grades earned in all courses for 7 semesters/11 trimesters.
2. The minimum GPA is 3.750 on a 4 point scale or 93.7500% of the grade scale used by your school. **Note:** this is a QUALIFYING GPA and is not published.
3. The GPA may be weighted or unweighted.
4. Only courses taken in grades 9-12 may be used. Courses taken in 8th grade may not be used to determine the GPA.
5. Examples of completed applications can be viewed on the NISCA website at www.niscaonline.org.
6. Applicants may use the schools GPA as **highlighted on the transcript** and **verified by the registrar/counselors signature** or they may use the Option 1 NISCA weighting scale which also must be verified with the math done on the transcript and verified by the registrar/counselors signature.
7. The postmark deadline for a completed and accepted application is **March, 31 of the current school year**.
8. **Completed and accepted LATE applications** are accepted with a fee of \$20 postmarked by **June 15 of the current school year**.
9. There is an application fee of \$20 if the applicants coach is not a **current NISCA** member coach.
10. The current NISCA member number and card are available through the NISCA website at www.niscaonline.org.
11. Please follow the directions and deadlines as you risk the additional late fee of \$20 or denial of acceptance for submitting an application that is not complete by the deadlines.

Select the Option that you are using for this application. Follow all directions that apply to this option. Applications **WILL NOT** be processed and will be returned if they are incomplete.

Late fees **will apply** to any request made by NISCA to complete your application that is sent in after the March 31st deadline.

Option 1 - NISCA weighting scale - use if the school does not weight your GPA and you do not reach the qualifying GPA without the weighted scale listed below.

NOTE: Please do not use Option 1 if your **highlighted GPA on your transcript is a qualifying GPA**. To determine your GPA using the NISCA points, please show the math used to arrive at the GPA directly on the transcript by writing the value assigned your grade next to it, adding the points earned in each semester and the credits used in each semester. Total points for the 7 semesters/11 trimesters and divide by all credits.

To convert percent to a 4.0 scale = $\% \times 4 \div 100 = \text{GPA}$
To convert other scales to a 4.000 scale =
 $\text{GPA} \div \text{school scale} \times 4 = \text{GPA}$

For NISCA purposes

1/2 EARNED CREDIT = 1 CREDIT, 1 FULL EARNED CREDIT = 2 CREDITS

Use the following point value guidelines

Regular system A=4, B=3, C=2, D=1, F=0

Advanced, accelerated, enriched, honors, AP A=4.5, B=3.5, C=2.5, D=1.5, F=0

Count each 1/2 year course as 1 credit

Count each full year course as 2 credits

Senior year is recorded as 1/2 year courses; count as 1 credit

+ or - No additional or lesser points

BLOCK-scheduled courses that earn a full credit = 2 credits

Option 2 - My school's GPA

The school's GPA is to be highlighted on the transcript. If your school uses any grade scale other than a standard 4.0 scale the following GPAs need to be met for each scale: **5.0=4.6875; 6.0=5.6250; 7.0=6.5625; 8.0=7.500; 9=8.4375; 10=9.3750; 11=10.3125; 12=11.2500; 100=93.750**

If you have any questions please contact the Academic All America chair at
aaacademics@niscaonline.org

You will receive an email from NISCA once your application is entered into the data base. You will be asked to verify the information that was entered by NISCA and to contact NISCA if there are any errors. If you fail to verify the correctness of the entry you will be responsible for the cost of reprinting the certificate and its mailing. **Certificates are sent to the ATHLETES HOME ADDRESS. If the address listed as the athletes home address is NOT their residence, NISCA is not responsible for replacing those certificates.**

Reading to Motivate

Arvel McElroy



Like many high school coaches, I'm always looking for ways to motivate my swimmers and divers. I've used daily quotes and concepts of the

week, fun workouts with dartboards or cards, specialty workouts revolving around holidays, and food. Each has been successful in its own way. Using books has been very successful.

One approach I take is to give my swimmers "homework" over the mandatory holiday break that we take each season. During my 38-year career I've discovered some highly motivational books to include on my reading list for homework. I strongly encourage the swimmers to read from the list and we hold discussions over the readings once the holiday break is over.

Another approach to the readings is to select a book and read portions of it to the team as they complete their stretching before practice. I've found this to be especially beneficial in the time period leading up to championships. Selecting a book that demonstrates mind or matter or how to overcome obstacles works best for this approach. *Six Days to Swim* works especially well. Talk to them about overcoming physical limitations and pain. When they wince at the thought of diving in the pool after being cut open, it's a great time to discuss overcoming negative thoughts.

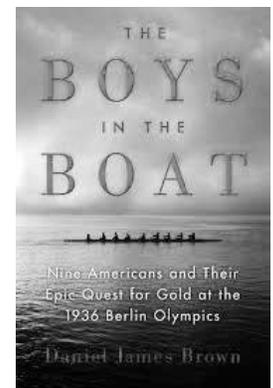
One year I assigned the book *Stotan* by Chris Crutcher. Mr. Crutcher had been a Writer in Residence in our school district prior to my reading his book so he was familiar with our school. I contacted him and told him that my swimmers would be reading his book and following the Stotan Week Contract as outlined in the book. Being a former competitive swimmer himself, he decided to email each of the swimmers personally to encourage them throughout the week. At the end of the week the swimmers who completed their contract were awarded STOTAN t-shirts and pictures were taken. The picture was placed on Mr. Crutcher's professional website for several years. Once you have read the book yourself, you will understand the total concept of the week.

Use your imagination and your own personal book list. I know you can come up with other ideas to motivate your swimmer and divers. Give it a try.

My Personal Booklist

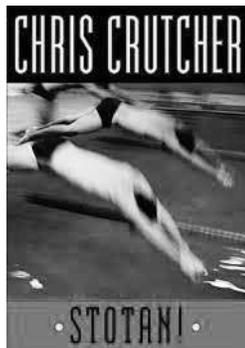
The Boys in the Boat- Daniel James Brown

While not a book about swimmers, this book is highly motivational. It's the story of nine America students and their quest for Olympic gold in the 1936 Berlin Olympics. It's a story of courage and overcoming huge obstacles. A must read for all coaches.



Stotan- Chris Crutcher

A fictional story of a swimming team and the “journey” they take one week over the winter holiday. They learn what a Stotan is and how one acts. This is a quick and easy read for most high school swimmers.



Six Days to Swim: A Biography of Jeff Farrell- Jean M Henning (out of print)

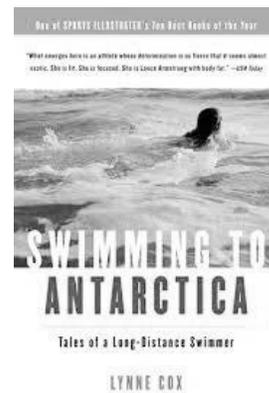


Jeff was one of the world's fastest swimmers heading into the 1960 Rome Olympics. Six days before the trials he had to have emergency surgery. This is the story of his struggle to make the team.

A new version of the story is now in print: My Olympic Story: Rome 1960 by Jeff Farrell.

Swimming to Antarctica- Lynne Cox

A true distance swimmer, Lynne Cox has set records all over in the realm of open water swimming. Recommended to me by one of my 500 yard freestylers, a boy who hated to read, it's a fascinating read what inspires the reader to expand his thoughts and to think outside of the box.



The Three-Year Swim Club- Julie Checkoway

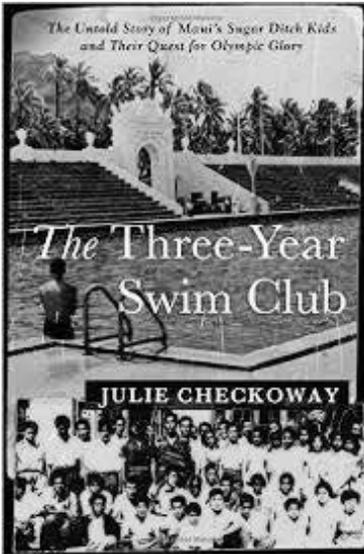
Overcoming all odds, Soichi Sakamoto turned poor irrigation ditch children into a swimming powerhouse in just three years. This is the story of that feat in Maui in the late 1930's. (*Editor's note: See the review of this that follows*)

Editor's Note, part II: If you enjoy reading for and about swimming , please send us your favorite titles and/or a review!



“It is what you read when you don't have to that determines what you will be when you can't help it.”
— **Oscar Wilde**

From the Bookshelf: The Three-Year Swim Club



The Three-Year Swim Club

by Julie Checkoway.
Published October 27th 2015 by Grand Central Publishing (418 pp., \$11 US, softcover)

Think for a moment. What are the components of a strong swimming program? One that is strong enough to develop national and Olympic level swimmers? One that accomplishes this task in three years? Did your list include a coach whose swimming abilities barely allowed him to tread water? Were the swimmers children with only the experiences of playing in or swimming in irrigation ditches at a sugar plantation? Such was the make-up of the Three-Year Swim Club of Maui in 1937.

Julie Checkoway provides the reader with insights into this untold story of Japanese-American children who went from playing in filthy irrigation ditches to becoming national champions and Olympic swimmers. She introduces the reader to Soichi Sakamoto, the coach, and his successful, though

unconventional at the time, methods of training. In the first year several of the swimmers outraced Olympic athletes. In the second year some of the team members were national and international champions, setting American and world records. During the third year these same swimmers were proclaimed the greatest swimmers in the world. Her extensive research has resulted in a very readable, motivating history of a forgotten team in our sport.

Whether you are looking to learn more about the history of our sport or are looking for a highly motivational example of overcoming what seem to be impossible obstacles, read The Three-Year Swim Club. You will not be disappointed.

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Web site: www.niscaonline.org

Bi-Monthly NISCA Journal

High School Coaches Manual

NISCA Constitution and By-Laws

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“To Educate – To Promote – To honor”

Get to Know the Letterhead



Eve Julian, Ottawa Hills High School

Webmaster/Secretary

I am originally from Grand Rapids, MI. I took my first coaching and teaching job at Warren Central High School in Indianapolis, IN in 1998. I coached there until 2002 when my husband and I moved back home so that he could take a job with my parents' company. I went back to my Alma Mater, Ottawa Hills High School, and offered my services as a volunteer coach. 3 years, and 2 children, later I was offered the head coach position. I coached both the men's and women's team from 2005 to 2009. I gave up the women's team in 2010 and have continued coaching the men's team. I also work part time for IST, along with my parents and my husband. I do sales and support, plus a little programming for the software.

I first joined NISCA because the head coach at Warren Central told me I had to. In 2007 I was at the All-America Diving Selection and made the mistake of telling then-president Lanny Landtroop that the website was terrible and someone needed to organize it better. Somehow that someone became me and I was give the job of Webmaster. My first NISCA Conference was in 2009 in College Station. There was a very exciting election for president that year, it came down to a single vote! The next year in Columbus I was chatting with Lanny Landtroop

again and I asked who was running for secretary, since the previous election had been so interesting.

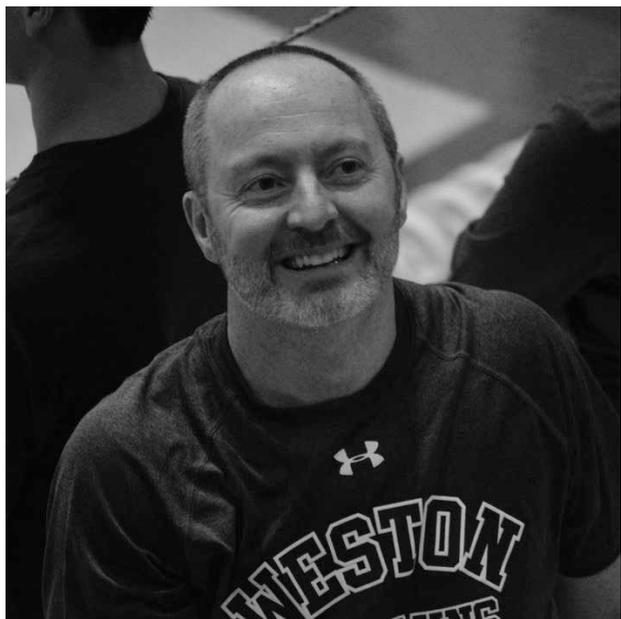
His response? "You are!" I laughed him off, went into the meeting, was nominated by Lanny and elected the next day. I really should stop talking to Lanny! I am the first female elected to the executive board and I believe that I was the youngest to be elected.

As Webmaster and Secretary my main job is communication – mostly electronic. I created and maintain the website and content and keep the AA Lists updated as they come out each year. I send out monthly e-blasts to the membership and reminders to non-NISCA coaches, as well as maintaining our social media accounts. I am also responsible for meeting agendas and minutes at the Executive Board meetings and NISCA Annual Conference. Additionally, I am in charge of maintaining the NISCA Constitution and any amendments that are proposed. If you want to know anything about the organization or it's goings-on I'm the one to ask! I have ALL the information, it just might take me a little while to find it.



Claude Valle, Weston High School

Power Point Coordinator



I have lived in Weston, Massachusetts, essentially my whole life. I swam at Weston High ('80) under the legendary Pete Foley before swimming collegiately at Northeastern University. In the fall of 1983, I was hired at age 20 to coach the nearby Wayland High School fall girls and winter boys swim teams. After four years at Wayland, I coached the Greely High School Rangers (in Cumberland, ME) for a year, before returning to Weston to teach and coach. I have been in Weston since, teaching Math and Coaching Swimming (19 years as an assistant and now entering my tenth as Head Coach.) In all, I have taught Math 29 years and coached swimming 34 years. Our boys won Weston's 24th State

Championship in 34 years in 2016, and our girls won the 2015 State Title. Both squads have been NISCA National Champs at least once in the last few years.

Along my journey, I have been fortunate enough to be named one of Disney Corporation's National Teachers of the Year in 2004, and NFHS's National Boys' Coach of the Year in 2014. I became involved with NISCA – and came to know Paul Torno – through the National Dual Meet Ranking Program (aka the Power Point Program – a name NISCA used long before Power Point was on your computers!) I succeeded Paul in this fun and exciting role in the 2015-2016 school year, and am thrilled to be giving back to my sport. I hope to continue to continue Paul's great work, and want to do everything I can to expand participation in this great program. I am available to answer any questions you might have – simply send me an email.

My wife Jean is also a teacher in Weston, working in the preschool program. We are proud parents of three children, CJ, David, and Katie. CJ is a Mechanical Engineer in the greater Boston area, David works for Grand Teton National Park, and Katie is a college student. On the side, I am also an avid home-brewer, motorcyclist, and life-long Boston Sports fan.

Find the results of Claude's work for the 2015-2016 season later in this issue. Your team not listed? Plan to submit an application by May 31, 2017!

SWIMWARE Alphanumeric Scoreboards



Alphanumeric Scoreboards are available in one line to 10 lane displays with 16 or 32 bright red LED characters per line. Use MEETWARE®3 or TIMEWARE®3 (with meet management software) for swimming or diving. Top line scrolls event name, number and heat number, then running clock. Lane lines show team code and name, then all 50 splits plus cumulative time. Diving shows team, name current score and place, DD's, judges' awards, score for the dive, new total score and current leading score. Also displays match date from POLOWARE®3. WORKWARE®3 puts a different workout on each lane line. Use the scoreboard as a message center when not used for timing. Message function included with all IST Software saves virtually unlimited messages.

SWIMWARE Numeric Scoreboards

Numeric Scoreboards with one line to 10 lanes are a more affordable option that can be upgraded to alphanumeric. Driven by MEETWARE®3 or TIMEWARE®3 for swimming and diving events, numeric boards display a running clock on Lane 1 or on the optional scrolling message line. The remaining lanes show subtractive or cumulative splits—your choice! At the finish Lane, Place and Time are displayed. During diving events, you see the diver's rotation number and current score, the dive score and the new total. Numeric boards also display information from POLOWARE®3 and WORKWARE®3. (The numeric scoreboard at right has an optional scrolling message line and team logo panel.) All SWIMWARE Scoreboards have a protective lens and need just one 110volt GFI outlet. Indoor and outdoor scoreboards have a 5 year limited warranty



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International Sports Timing is the Official Timing System of
**National Interscholastic Swimming
Coaches Association**

FEATURE:

SOCIAL MEDIA FOR HIGH SCHOOL SWIM PROGRAMS:

Kyle Bedalov, Waukesha North/Kettle Moraine High School

I met Eve Julian (NISCA Webmaster) at the Central States Swim Clinic in Illinois last February. I told her I love the technical side of all the clinics, but coaching is more than technique and practicing ideas. We are no longer able to show up at the pool and coach. We are marketing managers, fundraising champions, guidance counselors, social workers, academic tutors, public relations staff... The list goes on and on.

As a result of our conversations I developed a talk titled "Social Media: Making your Team Better". The focus is topics that tune you into your team's needs. Specifically using Social Media and other digital formats and how they work to make your team better. This article is a version of that talk edited for the NISCA Journal.

I graduated from Carroll College in Waukesha, WI with a degree in Computer Science back in 1991. Having no job prospects, I responded to a newspaper ad to be a Girls High School Swimming Coach. I had been a lifeguard in high school, swam in high school, and swam in college. Deep down I thought, "How hard could this really be?" I was 22 years old and working with high school girls. We lost our first dual meet 61-108 and then it hit me... this was not as easy as I thought it was going to be. Now, I have just completed my 25th season as a girls head coach and my 3rd season as a boy's head coach. We have had some great



success in the pool and we do a phenomenal job communicating with our teams about everything we do both in and out of the pool.

So how are we going to define Social Media and more importantly how is it going to impact your team to make you better?

Social Media Definition

I am going to define Social Media as anything digital that helps get the necessary information into the hands of the people that need it. Those people would include your athletes and their parents, athletic director and booster club, among others.

Sounds pretty simple. Let's end the conversation with "Send them an email". But we have evolved past email. Personally, I receive over 65 emails every day. So, we need to find other avenues to get your point across without it getting lost in the avalanche.

Back in 1991, email was not really as prevalent as it is now. We would have a Parents Meeting and I would have about 15 printed hand-outs. When something important was happening I had to use the phone tree to call the Captains and then they would start calling the team. After some time, we evolved to AOL Instant Messenger. Then we started getting into email, later texting and now 100's of different choices to get your information out there.

Which of these do you use: A personal Facebook account? A Twitter account? An Instagram account? Do you belong to the Swim Coaches Idea Exchange group on Facebook?

Some Social Media Statistics

- *Over 50% of the world's population is under 30*
 - *1.4 Billion Facebook users*
 - *47% of all Internet users are on Facebook*
 - *69% of parents are "friends" with their kids on Facebook*
 - *500 Million Tweets per day*
 - *88% of Twitter users are mobile*
 - *The 2nd largest search engine in the world is YouTube*
 - *70 Million Photo are sent daily on Instagram*
 - *Snapchat has 100 million monthly users*
-

I need to tell a brief story on how Social Media should work.

I had to travel for my full time job in June of 2015 to attend a technical training in Novi, Michigan which is about 40 minutes from the Detroit airport. During our last day of class we had a test to end the session. Right before the test, I receive a text from United Airlines that my flight leaving Detroit was delayed until 7:15PM. Problem was that my connecting flight in Chicago was to leave at 6:55. This meant I would miss my flight on the way home.

I finished my test and the shuttle arrived to take me and another gentleman to the airport. I told them both what was going on and that I was going to see if I could resolve this via Twitter. I sent a tweet out to United requesting help. Within 3 minutes I got a response asking that I direct message them. I did. We exchanged information back and forth as we headed to the airport. When we arrived at the airport in Detroit the driver dropped me off at United. Via Twitter the agent said there were no options for flying United. However, if I wanted to fly Delta, they would take care of all the arrangements and I needed to check in at Delta. Mind you I was already standing in line and was about 15th from the counter. There were ton of stressed out people in front of me who were all going to miss their connections. I hopped out of the line and headed to the Delta counter, flashed my ID and arrived home on a direct flight earlier than if I had taken my original flight.

That is how social media should work.

Why use Social Media?

So why should we be using Social Media for our teams? I have come up with 4 concepts for why we should be using Social Media:

Communicate, Connection, Cause, Coach

We are now going to break each one of these down further.

Communicate

Communicate – The most essential part of every team.

When is practice? Where is practice? Where is the meet? What time does the bus leave? How did we do? The banquet is when again?

All of these things involve communication. And having them in multiple sources in different formats ensures that everyone is where they are supposed to be. This may sound over simplified but you cannot over look this aspect.

I post the weekly schedule every Sunday night for the week and that schedule corresponds with our team Google calendar that everyone has access to view.

This gets me in the coach mind set to make sure I have looked over the weeks' practice schedule and made sure that the practices for the week are properly written. I double check our team Google calendar and verify that the dry land schedule, swimming and diving schedule, meet schedule and anything else for the week is posted. This is most critical during the holidays and school breaks.

The weekly schedule is posted on Word Press and then a link is automatically posted to Twitter and Facebook on the Team Accounts. This may sound

over technical but it is rather simple. I encourage the Parents and the student athletes to click on the Follow link on the team web site so that they are notified via email every time there is new information posted. This would include meet wrap up notes, fundraising, and spirit wear just to name a few.

The example I use for communication is the old style phone tree. Parents still use email so you need to keep sending email, but the student athletes like to text and use other forms of communication even though all of their phones have access to email.

In Wisconsin the weather can change every 15 minutes. Back in December the weather forecast changed to sleet and snow and we had to adjust our after school training sessions. Sent an email to everyone, but then also copied



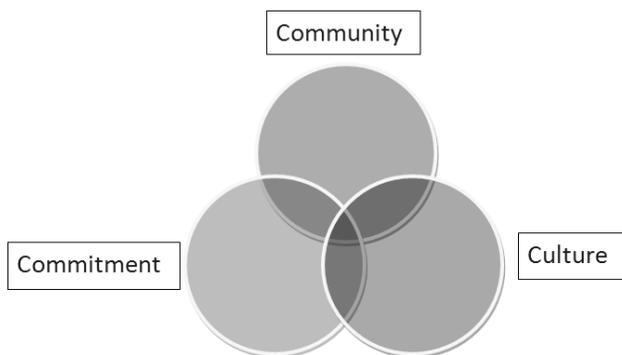
the main pieces to our Facebook page, Twitter account, and to our Instagram accounts so that there was no possible way that anyone could miss the time changes. The extra work for me was about 3 minutes. And the result was that everyone made the appropriate change and made it to practice at the correct time.

It also works in reverse. Parents still send emails when they are going to miss practice or to ask questions about upcoming meets. But the athletes will send text messages instead.

I would rather over communicate and hit different channels that they are listening to so we can worry more about more important things like breakouts and streamlines instead of banging them over the head to check their email more.

Connect

I broke down connection to include these three areas: Community, Commitment, and Culture. Don't confuse connect with communication though. Social Media allows you to make an impact in all three of these areas and allows for your team to be part of something larger than just swimming laps.



I used it to build the culture of the team. Taking pictures at our team events and posting them with funny or serious captions on them lets the kids know that you are there now and will be there in the future for them.

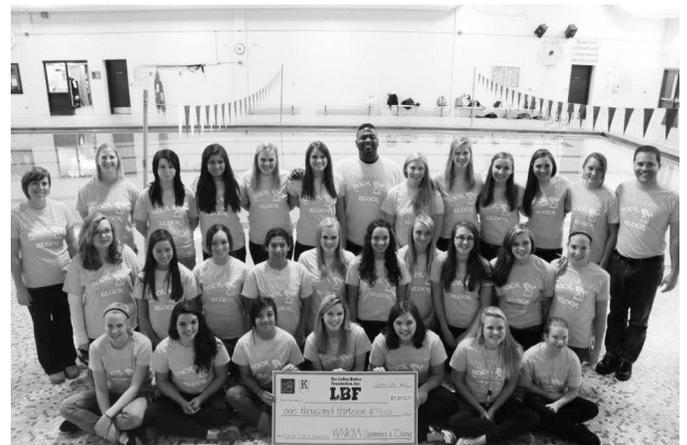
A great example of connection is something that I reference often to the Wisconsin High School Coaches at our association meetings. It is that of a young swimmer that some of you may know. In 2013 my team was at the State meet and had only one individual swimmer. I made sure my swimmer completed what she needed to, and then I started tweeting the winners of each race. As a side note, every winner had a twitter account on both at the girls and boys state championships. A young

sophomore that year started responding to the tweets after winning her 100 fly in state and pool record times. So I started looking for her on deck so I could introduce myself. Could not find her. Looked a little further, and she was up in the bleachers (a no-no at the Natatorium for our State Championship) with her phone taking pictures with her fans and answer texts and tweets. Instant connection. Kids love to see themselves being recognized for doing something positive.

Communication is dates and time and information. Connection is building that relationship with a foundation of Trust and Understanding. So there is a difference.

Cause

Cause can best be described as getting everyone moving in the same direction. If it is a Breast Cancer T-shirt sale, a Team Fundraiser at a local restaurant, dodgeball after practice on a Saturday, going to a team building exercise off site OR better yet, just a reminder that the intensity at practice is going to pick up this upcoming week. Everything is purpose driven when you think of the cause. What you post in Technology and Social Media should reinforce the same theme you are using every day, week in and week out at the pool.



NISCA Swimming All America

Rules:

1. Applications must be submitted on-line at <http://www.niscaonline.org>.
2. All parts of the application must be completed. Failure to complete any section will delay the processing of your application.
3. For an individual event, the full home address and home telephone number of the swimmer must be included.
4. Relay teams are limited to FOUR swimmers. ALL RELAY SWIMMERS MUST BE LISTED ALONG WITH THEIR NUMERIC GRADE LEVEL. ALL SWIMMERS MUST BE IN GRADE 9-12 TO APPLY. Only **ONE TEAM PER SCHOOL per event**.
5. All times submitted must be achieved in a regularly scheduled interscholastic meet (no time trials) and will include times achieved up to and including *STATE MEET PERFORMANCES*. **NO TIME AFTER THE OFFICIAL STATE ASSOCIATION CHAMPIONSHIP MEET WILL BE ACCEPTED.**
 - USA Swimming OR YMCA meet times will NOT be considered.
 - National Federation Rules must govern the meet.
6. All times must be submitted to the one-hundredth of a second. NO MANUAL TIMES ACCEPTED. Automatic timing ONLY!
7. For times swum at a pool located at an altitude above 3000 feet, enter the time as swum and the correct altitude for the location of the meet. DO NOT ADJUST THE TIME.
8. All meet times must include documentation (copy of, or link to, the official meet results).
 - Non-Championship meet times MUST include the signatures of the Meet Manager and Meet Referee.
9. Only 25 yard or 25 meter times will be accepted.
10. A swimmer may be listed in as many events as his/her times qualify. Each event will require an application. All applications will be paid for as a group at the end of the application process.

Procedures:

1. In order for a swimmer to be considered as a NISCA High School All-American he/she must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All swimmers must be in at least the 9th grade level of school to be eligible. Swimmers are limited to 8 consecutive semesters of eligibility. **Fifth year seniors, 7th and 8th grade students are not eligible for consideration. See NFHS National Records Committee Policy Handbook Definition #1.**
2. Applications can be submitted online beginning on November 1st. Application deadlines are:
 - Fall season - December 31st
 - Winter season – March 31st
 - Spring season – June 15th
3. Fall and winter season coaches will be charged a \$30.00 late fee for each application entered after your season's deadline.
4. The application portal will close on midnight (Eastern) June 15th and no applications will be accepted once the portal has closed.
5. Non NISCA members will be charged a \$30.00 non-member fee per application. NISCA Membership is \$50 at <http://niscaonline.org/Memberships>. On-line membership applications can take up to 24 hours to process.
6. The fastest one hundred (100) submitted and accepted times in each event will be named All-America.
 - Check applications submitted and accepted at <http://www.niscaonline.org/aaswimming/AppsProcessed.aspx>
 - Check applications submitted but NOT accepted at <http://www.niscaonline.org/aaswimming/AppsReceived.aspx>
7. Swimmers who are selected to the All-America teams will be mailed **one** commemorative certificate.
 - Additional certificates may be purchased after the All American Team has been announced. Certificates can be reordered here: http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form_14.pdf?ver=2015-08-28-182020-000
 - **Certificates are sent to the ATHLETES HOME ADDRESS. If the address listed as the athletes home address is NOT their residence, NISCA is not responsible for replacing those certificates.**
8. Print a copy of each application and any payment receipt for your records as proof of submission.

Each year since 2010 my girls team has sold breast cancer awareness t-shirts. We use the profits from the sales to donate to a local charity associated with awareness or prevention. In 2012 we selected The Leroy Butler foundation as our beneficiary. Mr. Butler is a former Green Bay Packer who lives in the Milwaukee area and is heavily involved with the community. His foundation works with low income families who are struggling with the choice between treatment and their grocery bills or housing costs. One thing lead to another and he attended a practice to accept the donation in person. It was a great lesson for the girls that our team isn't always about swimming. It is about what you can do as a team for those around you.

This is what makes coaching so rewarding. The ability to help your athletes grow outside of the pool as well as inside the pool.

Coach

Speaking of inside the pool, here's how social media can help you as a coach.

We have a video camera with a Tivo set up for our divers every day. They have been using that for close to 10 years now. They use it as a source of immediate feedback. One day I moved the camera and had the swimmers do starts and we could slow it down and rewind to show them their starts immediately. Many other great tools like Hudl and Coach's Eye have come out. They allow us to use iPads to record and provide that same type of feedback.

Another benefit of social media is connecting with other coaches! If you are not part of the Swim Coaches Exchange Group on Facebook, I recommend you change that. The group consists

of mostly coaches trading ideas with each other. Coaches like you—in the trenches each day—trying to make their team better and they are willing to share ideas with each other. I would highly recommend it—here's an example how I've used the group page.

It has to do with wedges on the starting blocks. At our home practice pool we have older blocks without wedges, but our State Qualifying meet and State Meet do use them. We had very few options to get wedge experience during the season so I turned to the coaches' group, YouTube and Instagram. I did a couple searches and sure enough I found a video from The Race Club run by Gary Hall Sr. It was a great step by step process on how to properly use wedges for starts. We showed it during the fall girl's season at practice and then posted it on our team Facebook page along with posting the link in our weekly Sunday newsletter.

And lastly, it helps me coordinate with my staff. We use a sharing product called Evernote for our workouts. Due to my full time job I am not always on time for practice because of travel. I write the workouts for 5 days in advance and put them on Evernote. I share them with my assistants and then they have the workouts right at their fingertips. The best part is that they can edit the document and add things like photos and video to the note and we are all sharing it daily. We keep the season best times there as well for easy access.

WNKM Women's Swimming and Diving

Home of All Things WYOM



Season Wrap Up

Posted on November 24, 2015

Hard to believe but the season and the banquet have come and gone. It was a great season the conclusion during the ending three meets was nothing short of spectacular.

8 months and 13 days until we officially start on August 9th of 2016. But as you all know the season really starts now



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Important Team Info

Who is on Social Media? The better question is who is not on Social Media. I have listed the most common.

Example 1 - We do a fundraiser during the swim season and during that time we

ask for donations from local businesses. There is nothing better than being able to take a picture (that you normally take anyway) and then post it on one of your team social media channels thanking them for their donation

Example 2 – Sometimes the media does not send a reporter to our meets. I know, hard to believe that there could be less swim coverage, but, after all of our home meets I write up an article, attach the results, and send it to the local papers and to the school for their internal announcements.

Example 3 – Each year we have a couple of kids that could be swimming or diving at the next level. I ask them which schools they are interested in, and I follow that college program on Twitter from the team account, mostly hoping for a follow back. When the athlete has a big swim, we post the time and the results on Twitter to help the athlete get a little more recognition.

Risks

There are risks. Risks at the athlete level, parent level, and coach level. And there are also some road blocks that can stop you from being successful.

Who is on Social Media?

- *Student Athletes and Parents*
 - *Coaches*
 - *Booster Clubs*
 - *Support Staff*
 - *Local Businesses*
 - *College Teams and College Coaches*
 - *Athletic Associations*
 - *Media*
-

You should always check with your Athletic Director and School District to make sure that having a presence on Social Media is acceptable and that you are not in violation of any Communication

Policies. The school where I coach promotes the use of Twitter as a learning tool, and the majority of teachers are using it to communicate with the students on a daily basis.

The other risk you need to plan for is when there is social bullying or if a team member starts posting inappropriately or perhaps uses language you do not consider good for the team. We proactively talk with the entire team and remind them often that they represent the school in and out of the pool and all day long and that includes their social media footprint that they are creating.

Not only do their peers, teachers, and administrators see this, but so do potential employers or potential college coaches. Article after article reports that college coaches are looking at kid's social footprint when recruiting.

We all have been to meets where we just see kid after kid after kid using their phones. In January of 2013, the Australian Swim team banned using mobile phones and social media during competitions.

Benefits

I am a firm believer that the positives outweigh the negatives when it comes to social media. The impact, when asserted correctly, can have a positive effect on your team.

Where to Start

It is my recommendation that you have a conversation first with your Athletic Director and

then with your team. Cover topics such as what you want to accomplish with the tools as well as how district policies should be applied to the teams. Talk with your Captains and your team and set clear guidelines for when a phone can and cannot be used. I know that we have reached a turning point on our team and starting next season we are going to limit the use of phones during our meets.



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HIGH SCHOOL SPECIFIC:

HOW MANY STROKES DOES IT TAKE?

Mac Guy

Adapting the Multiple Freestyle Approach

When I first saw Mike Bottom and Gary Hall's Sr.'s videos on "The Threestyle Freestyle" several years ago, I was struck by the brilliance of the idea that multiple "styles" of freestyle could be employed to generate higher levels of efficiency or power depending what a race called for. I was skeptical, however, that we could find success with their strategies when implementing them with our high school athletes, who are not as strong, coordinated, or experienced as the elite international (and often male) athletes who demo on videos for The Race Club or Athlete Approved. Nevertheless, at New Trier we've found that teaching the "hip-driven" and "shoulder-driven" styles to our athletes has dramatically improved swimmers' understanding of how to swim freestyle faster.

In particular, exposure to different types of freestyles helps swimmers to understand how to balance the need to generate power with the need to minimize resistance. While hip-driven free emphasizes a reduction in frontal drag on the upper arm by maintaining a high elbow, balanced rotation, and extended distance per stroke, hip-driven free emphasizes power with a quicker and deeper catch, flat hips, and a higher stroke rate. When juxtaposed, these styles make clear, even to athletes with limited background in the sport, how to develop their power along with their capacity for efficiency. With these tools in hand, high school swimmers can work within

their strengths to develop a freestyle that can adapt to multiple distances and racing situations.

Plan for Success

The first key to implementing a multiple freestyle approach with athletes is to design a teaching progression that ends with the skills athletes should be able to perform by the end of a season. All athletes, regardless of level, benefit from explicit demonstration, practice, and the implementation of feedback from coaches. Outlining a progression of skills over several weeks ensures that athletes will have multiple opportunities to learn, practice, and implement new skills. A plan for a 15-week high school season, for instance might introduce the hip-driven free during the first four weeks when building a team's aerobic base and reinforcing fundamentals of balance and body roll.

Because most high school athletes lack the upper body strength to sustain a shoulder driven free beyond a handful of cycles, the hip-driven stroke tends predominates and comes more naturally to younger swimmers, making it a good place to start. As when learning any new skill, professional video models can help a swimmer's understanding of what they are being asked to do. A search on youtube for "London Olympics Swimming" will elicit a wealth of resources, some of which are highlighted below. A similarly powerful example, can be set If an athlete

on the team already has a strong grasp of hip-driven free. Have that swimmer throw on some fins and demonstrate for the team while others view over and under water. From there, breaking down the stroke's component skills into separate drills and integrating them within a practice can help beginners understand how movements work together to minimize drag and maximize efficiency in the water.

An example progression might highlight 2-4 core drills that will be repeated throughout a season. Example progressions are provided here, and links to videos breaking down the drills and demonstrating world-class technique are provided in the works consulted below.

Weeks 1-4: Hip-driven free

Keys to the Stroke:

- Hip rotation leads body rotation
- Relaxed recovery; hand enters, then extends to swimmer's full length
- Stay long: maintain extended lead arm until recovery hand nears face
- Use steady kick to "skate" from hip to hip

Drills:

- Elbow bend on lane line
- High-elbow sculls: "High-Elbow Y," Long-Dog
- One arm with opposite arm extended

Progression Example:

- 3x(
 - 2x75 @ :15 rest - Odds: 25 high elbow scull, 50 One arm; Evens: Hip-Driven free (count strokes)
 - 3x100 @ :10 rest - Descend: Hold stroke count and increase kick speed

- Round 1 no gear, 2 with fins, 3 with fins and paddles)

Pro Examples:

- Rebecca Adlington (Beijing 800 Fr - 2008)
- Camille Muffat (London 400 Free - 2012)
- Sarah Sjöström (Rio 200 Free - 2016)

Weeks 5-9 would then feature an introduction to shoulder-driven free as more speed work is integrated into practice. At the same time, now that a baseline for maximum length and efficiency has been established, athletes continuing to develop mastery over the hip-driven free. Additionally, at this point in the season swimmers have established shoulder fitness from our water and dryland work, minimizing the opportunity for shoulder injury. Professional examples are essential to helping swimmers understand the extended catch in hip-driven free vs. the immediate catch for shoulder-driven, often set up by a more open or "straight-arm" recovery. Bottom emphasizes the different arm position through a "boxing" drill modeled in "Shoulder Driven from the Three Styles of Freestyle" (2008). On land, it is easier to give swimmers immediate feedback to ensure that their hips are flat, shoulders are connected through their upper back, and their arms are set up for a quick, high-elbow catch.

Weeks 5-9: Introduce Shoulder-Driven Free

Keys to the Stroke:

- Powerful overkick
- Flat hips with balanced rotation
- High stroke rate, immediate catch without extension

Drills:

- “Boxing” progression on land
- Heads up free (w/ fins) to watch immediate “meat hook” catch
- Frequent use of assist bands and fins to help sustain tempo

Progression Example:

- Start with windmill boxing on deck with partner: 10-15 second bursts
- Fins 2x(
 - 2x25 @ :20 rest - Heads-up, medium speed
 - 2x25 @ :20 rest ½ Heads-up transition to ½ heads-down, build speed
 - 2x12.5 @ :20 rest - full speed shoulder-driven free
 - 1x200 hip-driven recovery
 - 1x25 off blocks)

Pro Examples:

- Nathan Adrian (London 100 Free - 2012)
- Ranomi Kromowidjojo (London 100 Free - 2012)
- Jessica Hardy (London 100 Free - 2012)

Common Challenges: Hip Driven

The most common challenge that our high school athletes encounter when learning hip-driven freestyle is coordinating the arms and legs. There are two ways to help athletes learn how to isolate movements between their upper and lower body while practicing the hip-driven free. The first is fins. With a bit of extra juice, beginning swimmers in particular can really feel what it is like to ride their lead arm for a maximum distance per stroke, allowing them to focus on their hip rotation, recovery,

and high elbow grab. The second means of overcoming coordination challenges is a kick integration progression adapted from one similar to a progression used by Bruce Gemmell at Nation’s Capital Swim Club (Gemmell, lecture, May 17, 2015). Taking the time to build independence between arms and legs can be a game changer, and it is also a great brain challenge for athletes during recovery work.

The Kick Integration Progression

1. Start with one kick per cycle, same foot kicks down every time the right hand enters. Repeat with opposite foot. A snorkel can help so athletes don’t have to think about breathing yet.
2. Progress to two kicks per cycle. One kick at each entry. Repeat with opposite foot synchronized with the opposite hand.
3. Repeat with infinite variation to build to a 2, 6, or 8 beat kick and take off the snorkel to build in breathing patterns

Common Challenges: Shoulder-Driven

The most common hurdles that high school athletes encounter with the shoulder-driven freestyle are 1) finding their grip on their water when accelerating their tempo and 2) maintaining their stroke length. Again, any means of assisting speed is a great way of overcoming both challenges. Fins or cords can help swimmers maintain feel for the water at stroke rates above what they are capable of without assistance. Athletes should also have patience and trust that they can learn a shoulder-driven stroke that works for them over time. In practice, swimmers

should find that tempo where they are spinning just beyond where they are generating a powerful catch, and work at that tempo until they feel a better grip. Along with alternating drills to emphasize “tempo” drills to increase their arm speed, and “grip” drills that focus on generating a more powerful arm catch, swimmers can teach themselves to elevate their stroke rate while simultaneously generating a stronger catch.

Frequent feedback is critical to helping high school athletes develop their multiple freestyle approach and can go a long way to help swimmers make connections between what they are feeling and what they are actually doing. A video feedback loop, on a delay of :20-:30 seconds, can transform an athlete’s understanding of what is happening above or below the water. It is also a good opportunity for them to see differences between their stroke and that of their teammates, particularly if one is more proficient than the other.

Moving Forward

The approach to teaching freestyle has changed a great deal since the days of the “S” pull and the high elbow recovery. Elite athletes are finding new ways to sustain power and minimize resistance over longer and longer distances. By utilizing the

expertise of some of the best coaches in the nation, we can adapt progressive methods to educate a new generation of high school athletes and help them to perform at the highest possible level.

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TECHNIQUE AND TRAINING: GETTING AHEAD BY GOING IN CIRCLES, PART II

Roy Snyder



In the 1978 summer issue of Swimmers magazine I wrote an article entitled “Getting Ahead by Going in Circles”.

I thought it was time for a follow-up. Using the same time frame, Part III will be out in 2044.

This is a sampling of some of the things we have used successfully in our practice sessions at Wilson High over the past few seasons. They are in no particular order and in many cases I left out the intervals or rest periods in order that you may adapt them to the skill levels of your team. I also included some of my favorite quotes.

2150 Ultimate relay: 4 swimmers per team, we swim the entire HS dual meet program, in order, relay fashion. Each swimmer must swim all three relays and any two of the 8 individual events. (No diving....unless you want comic relief). This has been adapted to an event at the annual Wilson Relays. The 100 back relay leg starts from a dive.

Guess the Interval: this works well if you have a pace clock feature on your timer and scoreboard. If we are doing 20 X 50, we program random times such as 48-56-42-59-50-etc. into the pace clock (on count down) and if the kids in the lane guess the interval in advance, they get to sit the next one out. If they guess 3 in a row.....they complete the set. (never happened).

Only those you make count: if we are doing 20 x 50 on :45, each swimmer is given a goal time (e.g: best plus 4 seconds) and they must keep going until they make 20 at their goal. We give them 25-30 tries or make them up at the end of practice. Note: we assign many of our workout times based on best time for that distance plus or minus so many seconds. Example: if their best 50 is 24 seconds and we say hold best plus 3, they know their pace is 27 seconds.

How far can you go on 5 repeats on 2:00? Start at a 75, add a 25 to each successive one up to a 200. We’ve have also done 300s: start at 175 and go to 300.

Make up your own interval: recently we did a set of 10 x 100 and the only rules were: you have 16 minutes to do it and you must hold your best 100 time plus 8 seconds or under. Sometimes kids will challenge themselves to more demanding intervals than you would have given them.



We love broken swims or as we call them race rehearsals. Here's some ways we break up 500s:

50/100/50/100/50/100/50 6 rest periods with 10 or 20 seconds rest

4x125 with 20 seconds rest

200/150/100/50 with 10, 20 or 30 seconds rest, depending on where in the practice and where in the season.

1/1/2/1/2/3/1/2/3/4 = 20 lengths or reverse it.

We also do broken miles (1650):

11/10/9/8/7/6/5/4/3/2/1 =66 lengths (short course mile distance), we usually take 15 seconds rest between each. Sometimes all free, sometimes the odd ones are free and the even ones are stroke (butter, back or breast). With 15 seconds rest, subtract 2:30 for your actual swim time. We have started at 1 and worked our way up to 11, but there was less motivation and times reflected that.

We also do broken miles as alternating ten 100s and ten 50s.

We've also done 33 x 50 on various intervals and try to hold 30; that's a 16:30 mile. Holding 29s is a 15:57, holding 28s is a 15:29 and so on.

Swimmers don't care how much you know, until they know how much you care.

Beat the clock: helps to have pace option on your timing system and scoreboard. Here's one example:

Start the clock at 1:00 and then count down by one second (1:00-59-58-57-56- etc.) down to 12. Everyone starts with 75 free's and as long as you beat the clock, you remain "in". When you can no longer beat the clock for 75s, sit one out and then

drop to 50s and continue. When you can't make 50s anymore, sit another one out and start doing to 25s to failure. This is a great self-challenging set as it encompasses all levels of ability. We have done many versions of this over the years, we have done it kicking, pulling, using all four strokes and varying the interval. Sometimes we will start at @2:00 with 150s or 175s and drop the clock down by 2 or 3 seconds. The possibilities are endless.

Some broken IM sets:

25 fly/50 fly-back/50 back-breast/50 breast-free/25 free. Great to work on stroke transitions.

10x 175 IM (25 fly, 50 back, 50 breast, 50 free) trying to break 2:00. Our interval was 3:00.

Add a 25: start with a 25 fly, then a 50 fly, then 50 fly/25 back, then a 50 fly/50 back, then a 50 fly, 50 back, 25 breast and so on up to a full 200 IM. Have also done these starting with the 200 and eliminating a 25 at the end of each swim. Both work well.

250 yard IMs: 25 fly, 50 back, 75 breast, 100 free. We did 4 rounds on the 5:00 as a warm-up recently.

Earn a rest: on a set of 20 X 50 on whatever, if they make four in a row at a given goal time (such as their best 50 time plus 4 seconds) they get to sit out on number 5. Far slower swimmers, we will do 3/ rest one or even do two/ rest one. One day we did swim 5/ rest1/swim 4/ rest 1/swim 3/rest 1/ swim 2/ rest 1/ swim and rest one....this equals 20. (swim 15, rest 5)

Swimming fast within a set. Another fav. Example: swim 5x500 free on whatever. (We did them on 6:00). On number one, sprint the first 100, pace the last 400. On number 2, sprint the second 100, pace the rest, one number 3, sprint the 3rd 100, on number 4, sprint the 4th 100 and on number 5, sprint the last

100. Add your fast five 100 times for a 500 free time, trying to exceed your championship goal. Again, there are limitless variations of this. We also do 4 x 200, where we add the first 50, second 50, 3rd 50 and last 50 for an IM or fly, back or breast 200 time.

1500-yard challenge set: swim a 500 free at moderate pace, check your time at the 400. Now swim a 400 bettering the 400 time from the previous 500 and checking your time at 300 on the way. Now swim a 300, bettering your time from the previous swim and checking your 200 time. Beat the 200 time checking the 100 time on the way. And finally swim an all-out 100 beating your previous 100 split by as much as possible. Seems easy at first, done correctly, is very demanding at the end, especially if you do it on tight intervals.

EOOF: For a challenge to swim your 500 goal time, swim 20 x 50 on whatever interval suits your swimmer.....45...40...35? For those who fall behind, do 25s on the easy ones. Add the ten fast 50s for your 500 time. Can also do ETOF (Every Third One Fast).

One arm swimming: love one-arm swimming. All four strokes in a variety of ways. In free style we vary; sometimes breathing to stroking arm side with opposite arm extended, and we also do a lot of free one-arm where swimmers breathe to their off-side with the opposite arm at their side. In back, we almost always do it with the non-pulling arm at the side (promotes body roll). In fly and breast, we do it both ways, with the non-pulling arm extended or at the side. We frequently combine one-arm with things like head up, kicking or fist swimming. Last week we did a warmup of 800-yard swim alternating 25 right arm, 25 left arm, 25 kick, 25 head up (Tarzan or water polo style).

Challenging IM set: 1 x 500 (125 each) on 6:00, 1 x 400 (100 each) on 5:00, 1x 300 (75 each) on 4:00, 1 x 200 (50 each) on 3:00, 100 (25 each) on 2:00. This 1500 of IM in 20:00 minutes.

Warm-up where swimmers get to choose their “poison”: “Do any 5 of the following, no repeats, on 5:00”: 1. 350 free, 2. 300 back, 3. 250 breast, 4. 200

Everyone counts...or no one counts.

fly, 5. 300 IM, 6. 250 kick, 7.300 pull alternating any 2 strokes, 8. 250 one arm alternating by 25s, etc.....

Practice your pre-meet warmup on a regular basis throughout the season. May want to work on your team cheer as well!

250 yard free challenge: Can you swim 6 x 50 free on 2:00 and by adding your six sprint 50s, break 2:20. (that’s a 25.0 per 50 average).

Broken progressive set of 5 x 100s: #1 75 (rest 15) 25 @ Goal + 6 seconds, #2. 50(20) 50 @G + 4, #3. 50 (15) 25 (15) 25 @ G + 2, #4. 25 (15) 25 (15) 25 (15) 25 equal your 100 goal, and #5 25 (20)25 (20) 25 (20) 25 with 20 seconds rest @ Goal minus 2 seconds.

Fifteen-minute rule: complete most of your sets in 15 minutes or less. That’s about the HS attention span (at best) and to drag out a set longer can often be counter-productive. What can you get out of 20 x 100 on 1:30 that you cannot get out of 10 x 100 at a more challenging speed.

Who Can? One day we played “Who Can”. Who can do these six challenges? #1. Who can swim a 50 free with 0 or 1 breath and be within 3 seconds of your best ever 50 time (free or fly)? #2. Who can

swim a 200 free using only your right or your left arm under 2:30? #3. Who can do an underwater dolphin kick for 37 ½ yards? #4. Who can swim a 100 IM under half of your 200 IM best time (e.g. 200 IM is 2:04, 100 must be under 1:02). #5. Who can swim a 75 back, breast or fly by going 10 seconds under

It's not how far you can swim. It's not how fast you can swim. It's how far you can swim fast!

your best 100 time of that stroke? (e.g. best 100 is 56, you must do a 46 or under) #6. Who can swim a 450 or 475 free bettering their best (or goal) 500 time?

2500 Freestyle: Despite the emphasis today on all the USRPT sprint training, we feel it's still important to do some long continuous swims, not only for aerobic capacity but probably more so to develop self-discipline. At least one or two times a season we do a timed 2500 with the goal of average HS boys to break 30:00 (that's a 1:12 per 100 average). Our "B" group did a straight 2000. Some of our better distance swimmers are in the 27-28 minute category. Our team record is 25:48 (average 1:01.5) set by Dan Crigler 7 years ago. If you can afford the time and space, go in heats, so you have counters.

Warm-down doing lots of backstroke: For the same reason that a softball pitcher can throw endless innings day after day and a baseball pitcher must rest his arm for 3-4 days after throwing only about 100 pitches, I recommend that swimmers stretch out their shoulders using the softball or backstroke motion, just makes a lot of sense to me. Kids with shoulder problems, get on your back!!

2014 Christmas Practice: Most CDs or records (I still use vinyl) list the length of each song. I took my

wife's favorite Christmas album by Johnny Mathis and we started out by doing the following:

200 Back on "Away in a Manger" (3:27)

300 Free on "Jolly Old St. Nick" (4:07)

250 kick on "The First Noel" (4:45)

300 IM on "Silent Night" (4:42) and so on for 8 songs. You can do this with any music you and/or the kids prefer. Play it loud so they can hear the end of each song and the start of the next one.

OTHER Holiday specials over the years have included Trivial Pursuit, Pictionary, Dart Board, Point practice (get so many points and you go home), water volleyball, water baseball, loads of relays, dodgeball (in the gym next door) and others. Recently we played Pictionary. We divided the team into 8 coed groups and they had to rotate drawers. The drawer rolled the dice for color and subject on the Pictionary card and it also determined the stroke: 1=fly, 2=back, 3=breast, 4=free, 5=IM and 6=kick. They then have 1 minute to draw the item on the dry-erase board and their teammates guess until they get it correct. For every 10 seconds it takes to identify the picture, it's 100 yards for everyone on their team of the stroke determined by the dice roll.

It's what you learn after you know it all that counts.

You get some hilarious results.

Breaststroke across the lane lines: we're fortunate to have a ten lane pool (10 x 7.5 foot lanes). We start on the wall by lane 1 and go across the pool against the lane lines, initiating our underwater pullout under lane 3, breaking through the surface at lane 5 and performing one stroke and

breath in each of the remaining 5 lanes. This requires sliding your head and body under each lane line, a quick pull and breath and gives great DPS (distance per stroke). We've done up to 200 breaststroke swims using this method.

"Records are made at practice, they happen in meets"

-Doc Counsilman

Underwater dolphin kicking across the pool:

With all the lane lines in place, we dolphin kick in a tight streamline position going as far as possible under the lane lines on each try. We also challenge them to see how quickly they can accumulate 100 points. They get one point for each lane line they go under before surfacing. If they make it for across our ten-lane pool, they get 100 points, 8 lanes= 8 points, etc.

In our former pool, we had six seven foot lanes. Many times we would put only the middle lane line in and swim loads of widths. This requires each swimmer to go a minimum of 21' off each turn. This can be used for all strokes and especially good for IMs. A few years back, we did an entire 2 ½ hour practice swimming widths in this manner.

Combine pull and kick with a partner: yesterday we did a 500 where swimmers paired up and swimmer A was the puller, and swimmer B was the kicker. Swimmer B had to hold both ankles of swimmer A for a 25 and then they switched positions at each end of the pool. Some of the pairs figured out that the kicker was more effective kicking on their back.

Finish on your feet: Most of our 25 sprints, regardless of stroke, must be finished with a foot touch rather than a hand touch. This can be done for

any distance. We ask that they finish to their feet within one second of a hand touch. No push-off from the turn, just get your feet on the wall (with a legal turn) as fast as possible.

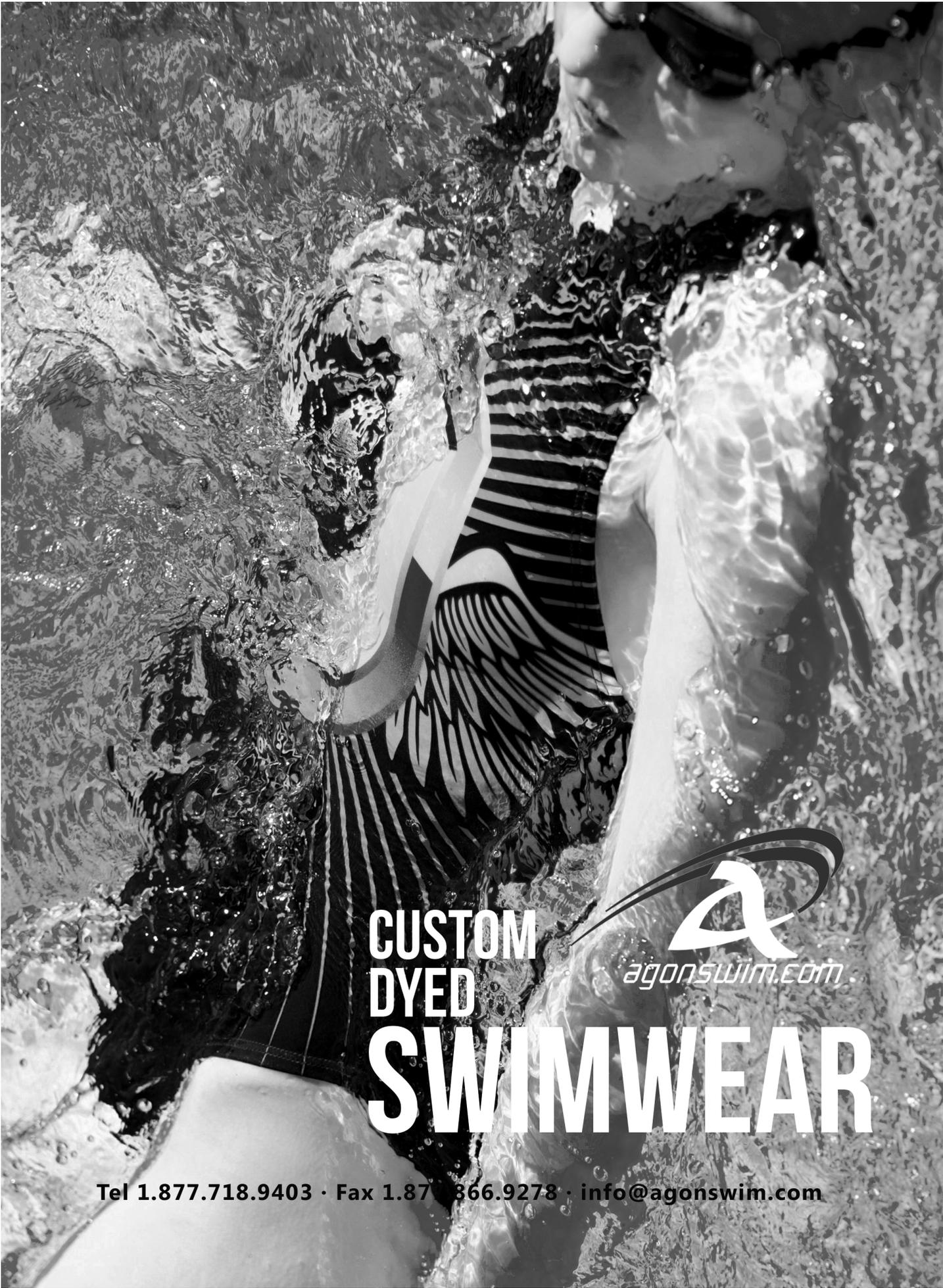
Build up your fly: a good drill for beginner or intermediate level flyers is to go 200s, where on lap one they do one strong, no breath, fly stroke and swim the remaining length of the pool freestyle. On lap 2 they do two fly strokes, on lap 3, three fly strokes up to the final 25, where they do 8 fly strokes and we emphasize that they make the 25 in those eight fly strokes. Breathing pattern are determined by ability level.

Freestyle Bilateral Breathing: we have always been big proponents of breathing to both sides for freestyle. A common set would be something like 5x 200 free, breathing every 3 strokes on the first 50, every 5 on the second 50, every 7 on the third 50 and every 9 on the last 50. I like bilateral breathing, not only because it promotes an equal body roll to both sides, but just as important is the fact that you should never get blindsided in a race. A set we do is: 6x200 where you breathe right on the even laps, and breathe left on the odd laps for the first 100 and then breathe every three (or 5) strokes for the next 100.

Speaking of breathing on free or fly: it is very important to NOT breathe on the first stroke off a start or turn and to NOT breathe on the final stroke(s) coming into a wall for a turn or finish. We give penalties for breathing in and out of turns. (20 push-ups, 20 burpees, etc.)

"Discipline is doing the right thing when no one is watching"

-Victor Hugo



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Get out swims: At the end of practice, like most everyone has done, we used to race 25s or 50s and first place got to get out and go home. More recently we do our “get-out” races where last place “goes home and we eliminate until we have the fastest swimmer “still standing”. This method is much more effective and challenging. Sometimes we determine our winners by those who can swim the required distance and climb out of the pool and get both feet on deck as fast as possible.

Race 25s from the center of the pool: we pair-up swimmers by ability and have them stand shoulder-to-shoulder at the exact center of the pool in a lane. They then race to opposite ends of the pool and attempt to get back to the center before their opponent. To avoid collisions, we have a third swimmer in the lane holding a kickboard on end and the finish who touches the board first. We do best 2 out of 3 or best 4 out of 7, or whatever.

Breaststroke pulling: common mistakes for many breaststrokers are to pull back too far, pull too narrow and drop their elbows. We do a lot of breaststroke pulling with a dolphin kick, emphasizing one kick to one pull, a wide, short, sculling action with the elbows up and being very fast on the insweep in front of the chin. Our breaststroke drill sets also include alternating breaststroke and dolphin kicks in various combinations (1-1/2-1/3-1). One of our Wilson coaches and former swimmer Kristy Kowal, who was silver medalist in the 200 breast at the 2000 Olympic Games, introduced us to combining one stroke of breaststroke to one stroke of butterfly. This is a great coordination drill.

Hypoxic training: is used in moderation throughout our workouts. One way we do controlled breathing is we give them so many breaths and see how far they can go until they have used up their allotment. For

example: How far can you swim freestyle and your limit is 20 breaths. Some might make 100 yards or so, some make close to a 500. (one breath per 25). Another way is to do a given number of 100s and on the first 25 they may take 4 breaths, on lap 2, three breaths, on lap 3, two breaths and on the last 25, 0 or 1 breath. This has to be closely monitored and do not make the challenge beyond their skill or experience level.

The swimmer who says it can't be done is passed by the swimmer who is doing it.

Butterfly training: if you can afford the space, give your butterflyers two lanes and swim “big circles”. Have them go down in lane 1, turn deep on the diagonal going under the lane line and come back in lane 2. This eliminates the negativity of breaking tempo and doing one arm fly to pass.

Progressive swims: we have always had various forms of progressive or descending sets in our practices. For example: doing 8 x 125 free on 2:00 (or 1:45 or 1:30) and each successive 125 must be faster than the previous one. I'm sure everyone does variations of these. We also do progressive swims where each swimmer must know their time and their stroke count for the given distance. For example: on a set of 50's, if their time is 30 seconds and their total stroke count for the 50 is 30 single freestyle arm strokes, their combined time/stroke count is 60. That's then the starting point from which they must descend by taking less strokes and/or doing a faster time on each one. This can be done for all strokes and for butter, back and free, the number can be reduced significantly by fish kicking under water.

Dolphin kicking: done on their backs, sides, front, vertically (love that, especially with arms streamlined overhead), and a unique way we do our under water dolphins is holding the streamline and doing 360-degree body rolls while kicking. We've also done 720s and 1080s (3 revolutions). We also do dolphin kicking vertically by dropping down to the bottom of our deep end (13 feet), thrusting off the bottom as if you are coming off a turn, and dolphin kick through the surface in a super streamline and see how high we can get. Have them try to get out of the water to their knees or thighs. You can add on to this by seeing how long, after they surface, that they can keep their head or shoulders out of the water holding a tight streamline.

Follow through: I can't think of a sporting event in which a proper and powerful follow-through are not important to an athlete's success. Think of a golfer and the role of the follow-through and how fast the hips rotate to generate 300 yard+ drives. Watch any power hitter in baseball and the same is true. Soccer players and football kickers have tremendous follow-through in their kicks. Even in billiards, you need a follow-through of the cue to do a good job of breaking a rack of balls. In swimming, there must be a strong follow through at the end of each pull leading into the arm recovery. Slowing your hands at this crucial part of the stroke can be likened to "putting on the brakes". In free, fly and back, your hands must be traveling fastest as the arms exit the water. In breaststroke they must be moving fastest when sweeping in front of the chin into the quick forward recovery.

Stations: we still incorporate the station method into many of our workouts. Here's an example of a 50-minute workout, using 5 stations and rotating every 10 minutes.

Lanes 1-2: Buckets: We have a four bucket system purchased from Randy Reese that we use mainly doing 50s. Everyone should get to go 5-6 times in 9 minutes.

Lanes 3-4: Distance swim, like 500-700 yards depending on ability.

Lanes 5-6: Butterfly 10 x 50 on 50 sec. going down in lane 5 and coming back in lane 6 (big circles).

Lanes 7-8: Kick: 5 x 100 IM on 1:45.

Lanes 9-10: sprint 20 x 25 on :25, alternate one of free and one of either back, breast or fly. If you do not stay under :15 on fly, back or free and under :20 seconds on breast, sit one out!

We often incorporate land exercises into the stations. Sometimes each lane is a station plus 5 land stations for a total of 15, five minute stations. Our kids have always looked forward to station workouts and they are generally very productive.

To be a champion you must believe in yourself when no one else will.

- Sugar Ray Robinson

Taper:

Here are some things that work for us during **taper time** or getting ready for a big dual or invitational meet:

Stretch Cords: (our kids call them bungees) we use the long cords and swim 50s, the first 25 for resistance and the second 25 for assisted speed. We give extra help by pulling on the cords for added speed. Most of our HS guys can go 8-9 seconds for the assisted 25. We also do super bungees; that is bungees with fins. Now we're talking sub 8 second 25s. I compare this to track sprinters who run

downhill to increase their speed. Use caution as this can get out of hand if not properly supervised.

Broken Swims/Race Rehearsals. Examples:

200 freestyler with a goal of 1:39, must do 4 x 50 with 20 seconds rest going 24-25-25-25 seconds per 50.

100 butterflyer with a goal of :50, must go 4 x 25 with 10 seconds rest going 11-13-13-13 seconds per 25

We had an IMer with a 1:55 goal, his 50s for a broken 200 IM had to be 25-29-34-27 going on the minute and we did three rounds with an extra 3 minutes between rounds.

For 200 yard relays we time 100s. In the medley relay, for example, if our goal is a 1:34 for 200 we know through experience that we must go 11.0-12.5-10.5-10.0 per 25 which equals :44. Double that and add 6 seconds and that will put your relay in the 1:34 neighborhood.

If our goal for the 200 free relay is 1:25 (which it was this year, we went 1:26.08) we know that we must



We have 2 boards and we race and even do relays were the on-deck swimmer stands on the back of the board and starts when the swimmer in front of him touches at the other end.

During taper time we also do extra head-up swimming, fast one-arm sprints, lots of turns and starts. We time turns from flag to flag and also time freestyle and backstroke turns from the time their head submerses until their feet hit the wall. We sprint

You are the sum of all your training

go 39.0 or under for a 100 relay. This formula has stood the test of time for many years for us.

Another way we swim faster than normal is to sprint by running off the diving board and sprinting a 25. Some kids get half way down the pool on their start.

25s where they must do three fast flip turns, one at the center, one at the flags and the last one at the wall. We are looking forward to next year when we will have some automatic take-off pads on our blocks in order to time reaction on starts and relay change-overs.





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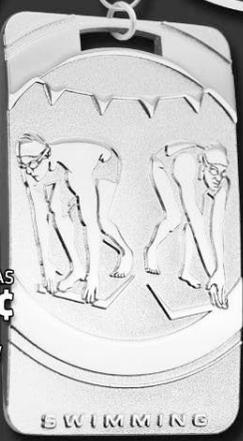


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FROM COLLEGE COACHES:

Jarod Schroeder, Head Men's Swimming Coach Northwestern University

What Role Can I Play In the Recruiting Process



I've been asked by many local High School Swimming Coaches about how they can best prepare their student-athletes for the recruiting process. It can be a little overwhelming,

and parents and athletes will have a lot of questions when they begin their college search. As the athlete's coach and mentor, you want to see them find the best possible fit from an academic, athletic and social standpoint. Whether you will play a big or small role in their decision, you can help them navigate through the process. Here are four things you can do to prepare your student-athletes for the recruiting journey.

First, have general knowledge of the rules. As a high school coach, you don't need to know all of the NCAA rules regarding the recruitment of prospects, but you should be able to give a little guidance about when the process begins and what is and isn't permissible. If you are unfamiliar with the rules, don't be afraid to ask a college coach, I'm sure they would be more than happy to help out. Here are a few easy ones:

- 1) A prospect is anyone who is in the 9th grade or above.
- 2) September 1st of the athlete's Junior Year-College coaches can engage in e-mail contact with prospects and their parents
- 3) July 1st before the athlete's Senior Year-College coaches may begin having off campus contact (limit 3) with prospects and begin calling prospects or their parents
- 4) A prospect may take an unlimited number of unofficial visits (at their expense) at any point, but are limited to 5 official visits (at the college's expense) after their first day of classes of their senior year.
- 5) A prospect may initiate a call to a college coach at any time, however the only time it is permissible for the college coach to return their call is after July 1 of the prospect's senior year. It is not uncommon for college coaches to ask Junior prospects to call them, so it is important to coordinate a time that would work best for both parties before making the call.

Second, encourage your student-athletes to be proactive in their search. They should do a little research early in the process to help them find the best academic and athletic situation for them. Most schools have athletic web-sites that list season best

times or school records. That will give them an idea of what role they can expect to play on a team and whether or not it would be a suitable fit. Then, they should e-mail or call the coach to express their interest. There are literally thousands of prospects looking to swim in college; a prospect should never assume that a coach is going to know who they are and whether or not they are interested in their program.

Third, be an advocate for your athlete. As a college coach, I always appreciate it when a club or high school coach takes the time to speak to me about an athlete once they find out that we are recruiting them. By doing so, the coach is telling me that they think the athlete is worth their time to have a 10 to 15-minute conversation with me. Be honest in your assessment of character, work ethic, and potential. That short conversation can go a long way in my estimation.

Finally, you can help your student-athletes manage their expectations both athletically and financially. The reality is, not every program is going to be a good athletic fit. The prospect will have the most satisfaction when they find a program in which they can play a contributing role. That means finding a program that is in line with their ability level. A common misconception is that there is a lot of scholarship money available for swimmers. A fully funded men's program has 9.9 scholarships and a fully funded women's program has 14. Most major college rosters have 25-30 men and 30-35 women, so if you do some simple math, you can see that scholarship opportunities are limited. Helping athletes and parents know what to expect going into

the process may prevent some confusion and disappointment when the athletic offer does come in the final stages. If the financial side of the equation is going to weigh heavily on their decision, they should have a conversation with the coach early on. Usually a coach can give the family an estimate of what they can expect. If it isn't going to work out, then both parties aren't wasting each other's time.

Ultimately, this decision is going to be theirs. However, you have played a critical role in getting them to this point in their journey. As someone who has invested a lot of time and energy into their development as young people, you can be there to help guide them through the process and help them make the best possible decision.



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2015-16 NISCA National Dual Meet Team Ranking

Sponsored by IST – International Sports Timing

It was another great year for the National Dual Meet Team Ranking Program; many thanks you to all those who participated. If you didn't, please consider doing so next year. (If you have any questions regarding the program, please don't hesitate to contact me using the information, below.)

On the three pages that follow, you will see the 2015-2016 final ranking by class, and a summary of data page. Some notes about this year's results:

- Total entries were just over 300 – the same as a year ago, but we do wish to grow the program; any assistance you can give to that end is greatly appreciated.
- There were 165 boy and 138 girl entries (consistent with 161/142 from a year ago.)
- 36 states and DC are represented – the same as the last two years.
- Five states entered 20 or more teams – California, Massachusetts, Michigan, Ohio, and Pennsylvania.
- In all, seven schools were repeat champions. Southlake Carroll, TX (Class 4), Upper Arlington, OH (Class 7), Carmel, IN (Class 8), The Bolles School, FL (both boys and girls in Classes 9 & 11), St. Xavier, OH (Class 10), and Sacred Heart Academy, KY (Class 12), pulled off the back-to-back feat.
- The Bolles School was again the only double-winner, in classes 9 and 11.
- St. Xavier was the top overall boys' entry with 6397 points, while Carmel was top amongst girls, and overall, with 6,579 points. (Carmel's total narrowly topped their 6,570 from a year ago and, when converted to the old tables, makes them the top all-time scoring team, in any category.)
- 7 teams were over 6,000 pts – same as last year – and 112 squads had 5,000 or more (108 in 2015.)
- In the combined girl/boy battle, Carmel (12,011 pts) was tops, overall, with 37 schools totaling 10,000+.
- By enrollment, the top boy/girl combos included Weston, MA (Classes 1/5, 9,072 combined pts), New Canaan, CT (Classes 2/6, 10,760 pts), Upper Arlington, OH (Classes 3/7, 11,469 pts), Carmel, IN (Classes 4/8, 12,011 pts), The Peddie School, NJ (Classes 9/11, 10,115 pts), and Santa Margarita Catholic, CA (Classes 10/12, 11,453 pts).

A few words of thanks:

- First and foremost, thanks to Paul Torno for his incredible support in my first year running this program. It's quite an undertaking and it's incredible to think that Paul did this for 20+ years, along with so many other roles for NISCA. Put simply, he's an amazing guy and true gentleman.
- Thanks again to **IST – International Sports Timing** (www.istime.com) for their continuing sponsorship of the program. Dick Farnsworth would be happy to talk with you about your timing, meet, and team management software, and water polo needs.
- As always, thanks to Matt Stewart, the head boys and girls coach at Haverford HS (PA), and regular PP player, for his continuing support of this effort, even beyond the spreadsheet that most of you use.

Finally, one more thank you to all those who participated in this great exhibition, this year. We truly appreciate your taking the time to enter, and hope you will do so again in the future. And to everyone: please help to spread the word about this ranking system in your state, as we make every effort to expand it.

It's been an honor and pleasure to serve NISCA in this role, this year. Please contact me if you see errors or have comments, suggestions, or questions.

Respectfully,

Claude Valle
NISCA National Dual Meet Ranking Coordinator
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2015-16 NISCA National Dual Meet Team Rankings

Sponsored by IST - International Sports Timing

Class 1 - Boys Public (1-900)

PL	Pts	School	City	ST	Coach
1	4956	Grove City High School	Grove City	PA	Karen Wendelschaefer
2	4615	Wayland	Wayland	MA	Mike Foley
3	4536	Weston	Weston	MA	Claude Valle
4	4432	Glens Falls	Glens Falls	NY	Kevin Crossman
5	4185	Otsego	Otsego	MI	Darryl Belton
6	4075	Hamilton	Hamilton	MI	Eric Talsma
7	3736	Ellsworth High School	Ellsworth	ME	James B. Goodman
8	3722	Marionmont	Cincinnati	OH	Kevin Maness
9	3435	Academic Magnet HS	North Charleston	SC	Jonas Sosa/Krista Cornehl
10	3414	Altus	Altus	OK	Linda Wiginton
11	3396	York Suburban	York	PA	Craig Brennan
12	3323	Norwell HS	Norwell	MA	Jennifer Schad
13	3084	Brunswick High School	Brunswick	ME	David Bright
14	2980	Nantucket High School	Nantucket	MA	Jim Pignato
15	2875	Bellbrook	Bellbrook	OH	Rob Johnson
16	2495	Ashland	Ashland	MA	Anne Meisner
17	2223	Sandusky	Sandusky	OH	Thomas Patterson
18	988	Batesville	Batesville	IN	TJ Greene
19	924	Martins Ferry	Martins Ferry	OH	Nicholas Levi

Class 5 - Girls Public (1-900)

PL	Pts	School	City	ST	Coach
1	5018	Marionmont	Cincinnati	OH	Kevin Maness
2	4536	Weston	Weston	MA	Claude Valle
3	3994	Wayland	Wayland	MA	Mike Foley
4	3931	York Suburban	York	PA	Craig Brennan
5	3760	Academic Magnet HS	North Charleston	SC	Jonas Sosa/Krista Cornehl
6	3614	Manitou Springs	Manitou Springs	CO	Roy Chaney
7	3601	Ladysmith/Flambeau/Bruce	Ladysmith	WI	Jerry Lusk
8	3597	Hamilton	Hamilton	MI	Eric Talsma
9	3427	Mt. Vernon	Mt. Vernon	IN	Stephen Loehr
10	3411	Nantucket High School	Nantucket	MA	Jim Pignato
11	3295	Lansing	Lansing	NY	Diane Hicks-Hughes
12	3256	Brunswick High School	Brunswick	ME	David Bright
13	2713	Sandusky	Sandusky	OH	Thomas Patterson
14	2367	Batesville	Batesville	IN	TJ Greene
15	2021	Bellbrook	Bellbrook	OH	Rob Johnson
16	1959	Martins Ferry	Martins Ferry	OH	Nicholas Levi
17	1899	Altus	Altus	OK	Linda Wiginton

Class 2 - Boys Public (901-1400)

PL	Pts	School	City	ST	Coach
1	5300	Pomperaug	Southbury	CT	Fran Pentino
2	5223	Dexter	Dexter	MI	Michael McHugh
3	5179	New Canaan	New Canaan	CT	David Fine
4	5140	Horace Greeley	Chappaqua	NY	Margaret Kaplan
5	5020	Hershey	Hershey	PA	Greg Fastrich
6	4868	Ames	Ames	IA	Dan Flannery
7	4866	Mainland Regional HS	Linwood	NJ	Brian Booth
8	4769	Radnor	Wayne	PA	Tom Robinson
9	4715	Chamblee High School	Atlanta	GA	Greg Valley
10	4682	Ithaca	Ithaca	NY	Mike Blakely-Armitage
11	4653	Portage Central	Portage	MI	Jim Schafer
12	4414	Laramie	Laramie	WY	Tom Hudson
13	4065	Northfield	Northfield	MN	Doug Davis
14	3985	Wichita Heights	Wichita	KS	Dale Heckman
15	3844	Wyoming Valley West	Plymouth	PA	Frank Tribendis
16	3723	Judge Ronald Davies	Fargo	ND	Jennifer Johnson
17	3716	Kingsburg HS	Kingsburg	CA	Mike Manley
18	3633	Canandaigua Academy	Canandaigua	NY	Roy Weymouth
19	3562	Corning - Painted Post	Corning	NY	Lori Friend
20	3561	Royal Oak High School	Royal Oak	MI	Darrin Millar
21	3526	Wethersfield	Wethersfield	CT	Lee Schwartzman
22	3356	Reading Memorial	Reading	MA	Kendall Holbrook
23	3334	Teaneck	Teaneck	NJ	Matt Green
24	3310	Blue Valley Southwest	Overland Park	KS	Arvel McElroy
25	3248	Mason City	Mason City	IA	Steve Hugo
26	3175	East Lansing	East Lansing	MI	Brian Post
27	3097	Worthington Kilbourne	Columbus	OH	Jim Callahan
28	2379	Muskegon	Muskegon	MI	Michael Homan
29	1597	Northeastern	Manchester	PA	Dan Schaeberle

Class 6 - Girls Public (901-1400)

PL	Pts	School	City	ST	Coach
1	5586	Ames	Ames	IA	Dan Flannery
2	5581	New Canaan	New Canaan	CT	David Fine
3	5481	Hershey	Hershey	PA	Greg Fastrich
4	5241	Dexter	Dexter	MI	Cory Bergen
5	4845	Portage Central	Portage	MI	Jim Schafer
6	4824	Riley	South Bend	IN	Susan Walker
7	4319	Northern York	Dillsburg	PA	Bill Resser
8	4309	Wethersfield	Wethersfield	CT	Lee Schwartzman
9	4222	Laramie	Laramie	WY	Tom Hudson
10	4088	Ithaca	Ithaca	NY	Mike Blakely-Armitage
11	4020	Blue Valley Southwest	Overland Park	KS	Arvel McElroy
12	3876	Hopkinton	Hopkinton	MA	Bryan King
13	3875	Muskegon	Muskegon	MI	Michael Homan
14	3567	Duxbury High School	Duxbury	MA	Elizabeth Walsh
15	3350	Beverly HS	Beverly	MA	David Swensen
16	3257	Kingsburg HS	Kingsburg	CA	Mike Manley
17	3217	Chamblee High School	Atlanta	GA	Greg Valley
18	3128	Wyoming Valley West	Plymouth	PA	Frank Tribendis
19	3014	Mason City	Mason City	IA	Steve Hugo
20	2881	Northeastern	Manchester	PA	Dan Schaeberle
21	2823	Worthington Kilbourne	Columbus	OH	Jim Callahan

Class 3 - Boys Public (1401-1900)

PL	Pts	School	City	ST	Coach
1	5516	Henry M. Gunn HS	Palo Alto	CA	Kyle Accornero
2	5484	Madison Memorial	Madison	WI	Paul Eckerle
3	5433	Skyline	Ann Arbor	MI	Sean Hickman
4	5413	Upper Arlington	Upper Arlington	OH	Michael deBear
5	5116	Bellevue	Bellevue	WA	Andy Hay
6	5006	Westford Academy	Westford	MA	Harriett Kinnett
7	5002	Westfield	Westfield	NJ	Jeffrey Knight
8	4852	Hempfield Area HS	Greensburg	PA	Kevin Clougherty
9	4838	Lake Forest	Lake Forest	IL	Cynthia Dell
10	4763	Haverford	Haverford	PA	Matthew Stewart
11	4700	Huron	Ann Arbor	MI	Eric Stanczyk
12	4646	Dubuque Senior	Dubuque	IA	Dan Duclos
13	4518	Dublin Jerome	Columbus	OH	Matt Williams
14	4483	Bartlesville	Bartlesville	OK	Chad Englehart
15	4410	Millard South	Omaha	NE	Tyler Hammonds
16	4329	Papillion LaVista	Papillion	NE	Nick Baker
17	4242	Shaker Heights	Shaker Heights	OH	Eric Peterson
18	4135	Marvin Ridge HS	Waxhaw	NC	Melissa King-Pierce
19	4028	Dubuque Hempstead	Dubuque	IA	Rick Loeffelholz
20	4010	Coronado	Colorado Springs	CO	Robert Bell
21	3931	Needham High School	Needham	MA	Adam Cole
22	3928	Kennedy	Cedar Rapids	IA	Shawn Thomsen
23	3867	Boardman	Boardman	OH	Terry O'Halloran
24	3856	Beloit Memorial	Beloit	WI	Richard Vogel
25	3832	Andover (MN)	Andover	MN	Pete Crawford
26	3478	Muscatine	Muscatine	IA	Judd Anderson
27	3454	Bloomington North	Bloomington	IN	Dave Tanner
28	3341	Thomas Worthington	Worthington	OH	Jim Callahan
29	3098	Tooele	Tooele	UT	Mel Roberts

Class 7 - Girls Public (1401-1900)

PL	Pts	School	City	ST	Coach
1	6056	Upper Arlington	Columbus	OH	Dan Peterkoski
2	5456	Skyline	Ann Arbor	MI	Maureen Isaac
3	5123	Bartlesville	Bartlesville	OK	Chad Englehart
4	5030	Westford Academy	Westford	MA	Caitlin Klick-McHugh
5	5006	Downingtown West	Downingtown	PA	Eric Snook/Brian Brucker
6	4954	Henry M. Gunn HS	Palo Alto	CA	Kyle Accornero
7	4940	Marvin Ridge HS	Waxhaw	NC	Melissa King-Pierce
8	4848	Andover (MA)	Andover	MA	Marilyn Fitzgerald
9	4814	Montgomery	Skillman	NJ	Claire Scarpa
9	4740	Huron	Ann Arbor	MI	Andrea Stanczyk
11	4425	Haverford	Haverford	PA	Matthew Stewart
12	4367	Heritage	Saginaw	MI	Kent Howenstine
13	4209	Beloit Memorial	Beloit	WI	Richard Vogel
14	4122	Brookline High School	Brookline	MA	Jim Stallings
15	4044	Alamo Heights	San Antonio	TX	Don Walker
16	4016	Papillion LaVista	Papillion	NE	Nick Baker
17	3835	Dubuque Senior	Dubuque	IA	Jesse Huff
18	3750	Thomas Worthington	Worthington	OH	Jim Callahan
19	3643	Muscatine	Muscatine	IA	Judd Anderson
20	3581	Dublin Jerome	Columbus	OH	Matt Williams
21	3418	Bloomington North	Bloomington	IN	Dave Tanner
22	3203	Millard South	Omaha	NE	Tyler Hammonds
23	3070	William Hall	West Hartford	CT	John McClure
24	2472	Shaker Heights	Shaker Heights	OH	Eric Peterson

Class 4 - Boys Public (over 1900)

PL	Pts	School	City	ST	Coach
1	6262	Southlake Carroll	Southlake	TX	Kevin Murphy
2	5855	Eden Prairie	Eden Prairie	MN	Kelly Boston
3	5849	The Woodlands	The Woodlands	TX	Kent Kirchner
4	5845	New Trier	Winnetka	IL	Josh Runkle
5	5826	Fossil Ridge	Fort Collins	CO	Mark Morehouse
6	5780	Naperville Central HS	Naperville	IL	Mike Adams
7	5717	Minnetonka	Minnetonka	MN	Dan Berve
8	5691	Cherry Creek	Englewood	CO	Chris Loftis
9	5687	Clovis West	Fresno	CA	Adam Reid
10	5619	Carroll	Ft. Wayne	IN	John Gibson
11	5618	San Ramon Valley	Danville	CA	Heather Johnston
12	5576	Dana Hills	Dana Point	CA	Matt Rosa
13	5565	Palo Alto	Palo Alto	CA	Danny Dye
14	5548	Neuqua Valley	Naperville	IL	Chad Allen
15	5540	Greenwich	Greenwich	CT	Terry Lowe
16	5517	Fishers	Fishers	IN	Jay Chambers
17	5462	Granite Bay HS	Granite Bay	CA	John Sherman
18	5432	Carmel	Carmel	IN	Chris Plumb
19	5426	Hinsdale Central	Hinsdale	IL	Robert Barber
20	5371	Pittsford Central	Pittsford	NY	Rick Schmitt
21	5345	Wilson	West Lawn	PA	Roy Snyder
22	5338	Glenbrook South	Glenview	IL	Keith MacDonald
23	5308	Collins Hill	Suwanee	GA	Jennifer Weaver
24	5305	Carl Sandburg	Orland Park	IL	Jim Caliendo
25	5256	Shenendehowa	Clifton Park	NY	Chuck Dunham
26	5210	Evanston Township	Evanston	IL	Kevin Auger
27	5203	Buchanan	Clovis	CA	Dave Pickford
28	5196	Amador Valley	Pleasanton	CA	Jon Pallesen
29	5179	Arapahoe	Centennial	CO	Mike Richmond
30	5145	Westlake	Austin	TX	Steve Navarro
31	5101	Forest Hills Central Coop	Grand Rapids	MI	Dennis Neat
32	4950	Jackson (Massillon)	Massillon	OH	Matt Ziders
33	4938	Emmaus	Emmaus	PA	Tim O'Connor
34	4905	James Madison	Vienna	VA	Andrew Foons
35	4824	Tesoros	Las Flores	CA	Mike Gibson
36	4759	Pennsbury	Fairless Hills	PA	Gregory Stoloski
37	4732	Arroyo Grande	Arroyo Grande	CA	Russell Peterson
38	4725	Highland Park	Highland Park	IL	Tim Sirois
39	4695	Acton-Boxboro Regional	Acton	MA	Jeff Johnson
40	4330	Marina	Huntington Beach	CA	Stephen Wight
41	4297	Edina	Edina	MN	Art Downey
42	4259	Waukee High School	Waukee	IA	Daniel Briggs
43	4234	Liverpool	Liverpool	NY	Mike Ferrell
44	4173	Verona Area/Mt. Horeb	Verona	WI	Bill Wuergler
45	4099	Kamiak	Mukilteo	WA	Chris Erickson
46	4054	Ridley	Folsom	PA	Kevin Pierce
47	3722	Liberty HS - Frisco TX	Frisco	TX	Shannon Mistr
48	3689	Jackson High School	Jackson	MI	Michael Holtz
49	3672	Jupiter	Jupiter	FL	Dennis Connolly
50	3572	Boise	Boise	ID	Jeff Erwin
51	1568	Del Rio High School	Del Rio	TX	Colleen Durham

Class 8 - Girls Public (over 1900)

PL	Pts	School	City	ST	Coach
1	6579	Carmel	Carmel	IN	Chris Plumb
2	6037	San Ramon Valley	Danville	CA	Heather Johnston
3	5948	North Penn	Lansdale	PA	Matt Weiser
4	5851	Granite Bay HS	Granite Bay	CA	John Sherman
5	5851	Minnetonka	Minnetonka	MN	Dan Berve
6	5820	The Woodlands	The Woodlands	TX	Kent Kirchner
7	5788	Pittsford Central	Pittsford	NY	Marty Keating
8	5760	Westlake	Austin	TX	Alison Soelter
9	5647	New Trier	Winnetka	IL	Mac Guy
10	5633	Fishers	Fishers	IN	Jay Chambers
11	5610	Fairview	Boulder	CO	Bob Smartt
12	5540	Southlake Carroll	Southlake	TX	Kevin Murphy
13	5531	Rockford	Rockford	MI	Tom Parks
14	5490	Evanston Township	Evanston	IL	Kevin Auger
15	5473	Neuqua Valley	Naperville	IL	Jason Niforatos
16	5394	Palo Alto	Palo Alto	CA	Danny Dye
17	5378	Barrington	Barrington	IL	Jim Bart
18	5376	Carroll	Ft. Wayne	IN	John Gibson
19	5309	Lyons Township	La Grange	IL	Kurt Johns
20	5291	Wilson	West Lawn	PA	Tom Houck
21	5289	Clovis West	Fresno	CA	Adam Reid
22	5272	Tesoros	Las Flores	CA	Todd Conrad
23	5216	Fossil Ridge	Fort Collins	CO	Carolyn Fries
24	5216	Verona Area/Mt. Horeb	Verona	WI	Bill Wuergler
25	5204	Naperville Central HS	Naperville	IL	Mike Adams
26	5147	Hinsdale Central	Hinsdale	IL	Robert Barber
27	5102	Shenendehowa	Clifton Park	NY	Chuck Dunham
28	5038	Arapahoe	Centennial	CO	Mike Richmond
29	5028	Jupiter	Jupiter	FL	Dennis Connolly
30	5012	Northville	Northville	MI	Brian McNeff
31	4951	Bridgewater-Raritan	Bridgewater	NJ	Christopher Levin
32	4846	Amador Valley	Pleasanton	CA	Jon Pallesen
33	4834	Emmaus	Emmaus	PA	Tim O'Connor
34	4579	James Madison	Vienna	VA	Andrew Foons
35	4563	Green Valley HS	Henderson	NV	Bob Swift
36	4461	Jackson (Massillon)	Massillon	OH	Matt Ziders
37	4446	Acton-Boxboro Regional	Acton	MA	Jeff Johnson
38	4416	Buchanan	Clovis	CA	Jennifer O'Meara
39	4408	Boise	Boise	ID	Jeff Erwin
40	4311	Marina	Huntington Beach	CA	Stephen Wight
41	4170	Framingham	Framingham	MA	Mike Foley
42	3985	Pennsbury	Fairless Hills	PA	Gregory Stoloski
43	3904	Ridley	Folsom	PA	Kevin Pierce
44	3793	Kamiak	Mukilteo	WA	Chris Erickson
45	3443	Jackson High School	Jackson	MI	Michael Holtz
46	3202	Coronado	El Paso	TX	Mark Levitt
47	283	Del Rio High School	Del Rio	TX	Colleen Durham

Class 9 - Boys Independent (1-900)

PL	Pts	School	City	ST	Coach
1	5918	The Bolles School	Jacksonville	FL	Jon Sakovich
2	5693	The Peddie School	Hightstown	NJ	Greg Wriede
3	5577	The Baylor School	Chattanooga	TN	Dan Flack
4	5260	University School	Hunting Valley	OH	Brian Perry
5	5121	Albuquerque Academy	Albuquerque	NM	Dave Barney
6	4962	Suffield Academy	Suffield	CT	Andrew Lowe
7	4570	Holland Christian	Holland	MI	Todd Smeenge
8	4459	Berkeley Prep	Tampa	FL	Kevin Rosepapa
9	4437	Brunswick School	Greenwich	CT	Aaron Montgomery
10	4426	St. Albans	Washington	DC	Rob Green
11	4189	The Lawrenceville School	Lawrenceville	NJ	Jim Jordan
12	4106	Pine Crest	Ft. Lauderdale	FL	Jay Fitzgerald
13	4079	The Columbus Academy	Gahanna	OH	Craig Yakscoe
14	3252	The Collegiate School	Richmond	VA	Michael Stott
15	2602	Concordia Lutheran	Tomball	TX	Travis Subda
16	2536	Saint John XXIII	Katy	TX	Dana Abbott

Class 11 - Girls Independent (1-900)

PL	Pts	School	City	ST	Coach
1	5859	The Bolles School	Jacksonville	FL	Jon Sakovich
2	5127	Crean Lutheran	Irvine	CA	Craig Brown
3	5049	Harpeth Hall	Nashville	TN	Polly Linden
4	4956	Pine Crest	Ft. Lauderdale	FL	Jay Fitzgerald
5	4839	Hathaway Brown	Shaker Heights	OH	Roderick Speed/Stacey Aror
6	4617	Suffield Academy	Suffield	CT	Andrew Lowe
7	4577	The Collegiate School	Richmond	VA	Michael Stott
8	4551	Albuquerque Academy	Albuquerque	NM	Dave Barney
9	4456	The Baylor School	Chattanooga	TN	Dan Flack
10	4422	The Peddie School	Hightstown	NJ	Greg Wriede
11	4378	The Pingry School	Martinsville	NJ	Judy Lee
12	4255	Girls Preparatory School	Chattanooga	TN	John W. Woods
13	4088	The Holton-Arms School	Bethesda	MD	Graham Westenberg
14	3828	Stone Ridge	Bethesda	MD	Robert Walker
15	3824	The Lawrenceville School	Lawrenceville	NJ	Rebecca Nyquist
16	3775	The Columbus Academy	Gahanna	OH	Craig Yakscoe
17	2779	National Cathedral	Washington	DC	Rob Green
18	2397	Saint John XXIII	Katy	TX	Dana Abbott
19	2144	Regina High School	Warren	MI	Jim Singelyn
20	1907	Concordia Lutheran	Tomball	TX	Travis Subda

Class 10 - Boys Independent (over 900)

PL	Pts	School	City	ST	Coach
1	6397	St. Xavier	Cincinnati	OH	Tim Beerman
2	6136	Loyola	Los Angeles	CA	Kevin Mann
3	5995	Brother Rice	Bloomfield Hills	MI	Mike Venos
4	5819	LaSalle College HS	Wyndmoor	PA	Stephen Duncheskie
5	5745	Regis Jesuit	Aurora	CO	Nick Frasersmith
6	5615	Bellarmino College Prep	San Jose	CA	Larry Rogers
7	5506	Santa Margarita Catholic	Rancho Santa Margarit	CA	Rich/Ron Blanc
8	5447	Fordham Prep	Bronx	NY	Dominick Galimi
9	5443	Creighton Prep	Omaha	NE	Tom Beck
10	5373	De La Salle Collegiate	Warren	MI	Jim Singelyn
11	5359	Phillips Andover Academy	Andover	MA	David Fox
12	5334	Mater Dei	Santa Ana	CA	Ken Dory

Class 12 - Girls Independent (over 900)

PL	Pts	School	City	ST	Coach
1	6205	Sacred Heart Academy	Louisville	KY	James Luebbe
2	5947	Santa Margarita Catholic	Rancho Santa Margarit	CA	Rich/Ron Blanc
3	5642	Carondelet	Concord	CA	Jasmine Millan
4	5625	Regis Jesuit	Aurora	CO	Nick Frasersmith

SUMMARY CHARTS FOR 2015-2016

TOP 25 BOYS					TOP 25 GIRLS					TOP 25 OVERALL				
PL	Pts	School	ST	Class	PL	Pts	School	ST	Class	PL	Pts	School	ST	Class
1	6397	St. Xavier	OH	10	1	6579	Carmel	IN	8	1	6579	Carmel	IN	8
2	6262	Southlake Carroll	TX	4	2	6205	Sacred Heart Academy	KY	12	2	6397	St. Xavier	OH	10
3	6136	Loyola	CA	10	3	6056	Upper Arlington	OH	7	3	6262	Southlake Carroll	TX	4
4	5995	Brother Rice	MI	10	4	6037	San Ramon Valley	CA	8	4	6205	Sacred Heart Academy	KY	12
5	5918	The Bolles School	FL	9	5	5948	North Penn	PA	8	5	6136	Loyola	CA	10
6	5855	Eden Prairie	MN	4	6	5947	Santa Margarita Catholic	CA	12	6	6056	Upper Arlington	OH	7
7	5849	The Woodlands	TX	4	7	5859	The Bolles School	FL	11	7	6037	San Ramon Valley	CA	8
8	5845	New Trier	IL	4	8	5851	Granite Bay	CA	8	8	5995	Brother Rice	MI	10
9	5826	Fossil Ridge	CO	4	9	5851	Minnetonka	MN	8	9	5948	North Penn	PA	8
10	5819	LaSalle College HS	PA	10	10	5820	The Woodlands	TX	8	10	5947	Santa Margarita Catholic	CA	12
11	5780	Naperville Central	IL	4	11	5788	Pittsford Central	NY	8	11	5918	The Bolles School	FL	9
12	5745	Regis Jesuit	CO	10	12	5760	Westlake	TX	8	12	5859	The Bolles School	FL	11
13	5717	Minnetonka	MN	4	13	5647	New Trier	IL	8	13	5855	Eden Prairie	MN	4
14	5693	The Peddie School	NJ	9	14	5642	Carondelet	CA	12	14	5851	Granite Bay	CA	8
15	5691	Cherry Creek	CO	4	15	5633	Fishers	IN	8	15	5851	Minnetonka	MN	8
16	5687	Clovis West	CA	4	16	5625	Regis Jesuit	CO	12	16	5849	The Woodlands	TX	4
17	5619	Carroll	IN	4	17	5610	Fairview	CO	8	17	5845	New Trier	IL	4
18	5618	San Ramon Valley	CA	4	18	5586	Ames	IA	6	18	5826	Fossil Ridge	CO	4
19	5615	Bellarmino College Prep	CA	10	19	5581	New Canaan	CT	6	19	5820	The Woodlands	TX	8
20	5577	The Baylor School	TN	9	20	5540	Southlake Carroll	TX	8	20	5819	LaSalle College HS	PA	10
21	5576	Dana Hills	CA	4	21	5531	Rockford	MI	8	21	5788	Pittsford Central	NY	8
22	5565	Palo Alto	CA	4	22	5519	Loyola Academy	IL	12	22	5780	Naperville Central	IL	4
23	5548	Neuqua Valley	IL	4	23	5490	Evanston Township	IL	8	23	5760	Westlake	TX	8
24	5540	Greenwich	CT	4	24	5481	Hershey	PA	6	24	5745	Regis Jesuit	CO	10
25	5517	Fishers	IN	4	25	5473	Neuqua Valley	IL	8	25	5717	Minnetonka	MN	4

MORE THAN 10,000 COMBINED TOTAL (G+B)					CLASS DEFINITIONS			NUMBER OF ENTRIES BY STATE		
PL	Pts	School	ST	Class				# entries	STATE	
1	12011	Carmel	IN	4/8	1	Boys	Public	1-900	32	California
2	11802	Southlake Carroll	TX	4/8	2	Boys	Public	901-1400	26	Ohio
3	11777	The Bolles School	FL	9/11	3	Boys	Public	1401-1900	26	Pennsylvania
4	11669	The Woodlands	TX	4/8	4	Boys	Public	>1900	25	Michigan
5	11655	San Ramon Valley	CA	4/8	5	Boys	Public	1-900	22	Massachusetts
6	11568	Minnetonka	MN	4/8	6	Girls	Public	901-1400	18	Illinois
7	11492	New Trier	IL	4/8	7	Girls	Public	1401-1900	16	Texas
8	11469	Upper Arlington	OH	3/7	8	Girls	Public	>1900	13	New York
9	11453	Santa Margarita Catholic	CA	10/12	9	Girls	Public	1-900	12	Indiana
10	11370	Regis Jesuit	CO	10/12	10	Boys	Independent	>900	11	Iowa
11	11313	Granite Bay HS	CA	4/8	11	Boys	Independent	1-900	11	New Jersey
12	11159	Pittsford Central	NY	4/8	12	Girls	Independent	>900	10	Colorado
13	11150	Fishers	IN	4/8					10	Connecticut
14	11042	Fossil Ridge	CO	4/8					7	Florida
15	11021	Neuqua Valley	IL	4/8					6	Minnesota
16	10995	Carroll	IN	4/8					6	Wisconsin
17	10984	Naperville Central HS	IL	4/8					5	Maryland
18	10976	Clovis West	CA	4/8					5	Nebraska
19	10959	Palo Alto	CA	4/8					4	Oklahoma
20	10905	Westlake	TX	4/8					4	Tennessee
21	10889	Skyline	MI	3/7					4	Virginia
22	10760	New Canaan	CT	2/6					3	Georgia
23	10700	Evanston Township	IL	4/8					3	Kansas
24	10636	Wilson	PA	4/8					3	Maine
25	10573	Hinsdale Central	IL	4/8					3	Washington
26	10501	Hershey	PA	2/6					2	District of Columbia
27	10470	Henry M. Gunn HS	CA	3/7					2	Idaho
28	10464	Dexter	MI	2/6					2	New Mexico
29	10454	Ames	IA	2/6					2	North Carolina
30	10358	Shenendehowa	NY	4/8					2	South Carolina
31	10309	Loyola Academy	IL	10/12					2	Wyoming
32	10217	Arapahoe	CO	4/8					1	Kentucky
33	10115	The Peddie School	NJ	9/11					1	Nevada
34	10096	Tesoro	CA	4/8					1	New Hampshire
35	10042	Amador Valley	CA	4/8					1	North Dakota
36	10036	Westford Academy	MA	3/7					1	Rhode Island
37	10033	The Baylor School	TN	9/11					1	Utah

TOP COMBINED TOTAL BY CLASS (G+B)		
Pts	School	ST
Classes 1/5: Public, 1-900		
9072	Weston	MA
Classes 2/6: Public, 901-1400		
10760	New Canaan	CT
Classes 3/7: Public, 1401-1900		
11469	Upper Arlington	OH
Classes 4/8: Public, >1900		
12011	Carmel	IN
Classes 9/11: Independent, 1-900		
11777	The Bolles School	FL
Classes 10/12: Independent, >900		
11453	Santa Margarita Catholic	CA

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Option 2...NISCA Members and Family for each person. Cost \$170.00

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Additional Banquet Tickets. Cost \$60.00

Spouse's name, if attending the clinic: _____

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1. Conference materials will NOT be mailed in advance. All conference materials will be held for each registrant until they check in at the Conference.
2. NISCA has contracted for sixty tickets to the *NCAA Division 1 Men's Swimming & Diving Championships*. They will be sold on a first come, first serve basis.
3. If you are registering additional coaches, please make additional copies of this form.

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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e-mail address: _____

Please indicate your entrée choice for the NISCA Awards Banquet:

If you do not indicate your choice, you will be given beef.

Beef _____ Fish _____ Chicken _____

Card # _____ Exp. Date _____

Signature: _____

If paying by check make it payable to NISCA. Send to:
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Option 1 – Please reserve _____ @ \$250.00 \$ _____

Option 2 – Please reserve _____ @ \$170.00 \$ _____

_____ additional Banquet Tickets @ \$60.00 \$ _____

TOTAL \$ _____

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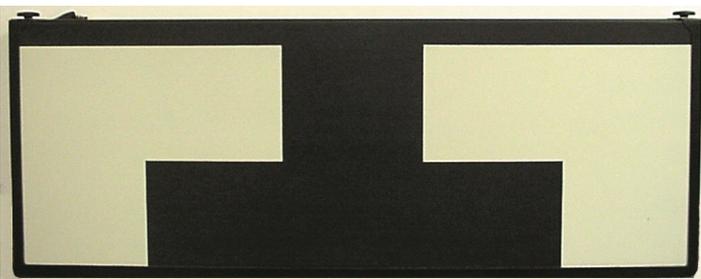


EVENT-7 HEAT-2 OF 2					1:12	IST
1	E. BROCKWAY	5	37.90	1:08.90	1	
2	R. COOK	3	38.10	1:07.10	2	
3	N. DELOREY	1	37.90	1:05.10	3	
4	E. HARTMAN	2	38.10	1:06.20	4	
5	A. BAHR	4	38.10	1:08.00	5	
6	J. VANHORN	6	38.00	1:09.80	6	

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