

The NISCA Journal

Sept/Oct 2017

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The Official Publication Of The National Interscholastic Swimming Coaches Association of America, Inc.
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A photograph of an alphanumeric scoreboard for Newburgh Swimming. The top line displays 'NEWBURGH SWIMMING' and 'IST'. Below, the top line scrolls 'E 31 H 1 QUIET'. The main display shows six lanes with team codes and names: 1 NCC L. LIM, 2 IWU N. BURDA, 3 IWU L. DIERSEN, 4 WHT L. SMITH, 5 NCC S. FAMEREE, and 6 CC L. WESTPHAL.

LANE	E 31	H 1	QUIET	LANE
1	NCC	L.	LIM	1
2	IWU	N.	BURDA	2
3	IWU	L.	DIERSEN	3
4	WHT	L.	SMITH	4
5	NCC	S.	FAMEREE	5
6	CC	L.	WESTPHAL	6

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A photograph of a numeric scoreboard for Spartans. The top line displays 'SPARTANS' and 'IST'. Below, the top line scrolls 'E6-H1' and '1:25'. The main display shows six lanes with split times: L1 33.70, L2 3:15.0, L3 29.50, L4 30.50, L5 35.60, and L6 32.90.

SPARTANS	IST
E6-H1	1:25
L1	33.70
L2	3:15.0
L3	29.50
L4	30.50
L5	35.60
L6	32.90



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Cover Photos:

Photographer

Betsy Hondorf and Eve Julian

On our cover this issue are photos from the 2017 ASCA World Clinic in Washington, DC. NISCA letterhead members hosted an information table in the exhibit hall while speakers from around the country, including Journal contributor Mac Guy, presented talks as part of the High School Strand.

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Greetings!

Well, it's that time of year again. It's the start of a new school year for all and a new competition season for many. In fact, by the time this Journal finds its way to your mailbox your season may be well past half way over! Remember your **NISCA membership runs from August 1- July 31.**

So renew your membership

now, as this will be the last Journal for those not up to date on their membership.

Here is some information to get you started right.

Insurance. One of the major benefits of NISCA membership is a \$1,000,000 liability insurance policy that comes with your membership. This covers you while coaching your high school team or other coaching you may do. If you have any questions on the insurance policy particulars contact our Treasurer Tom Wojslawowicz.

Programs. I encourage every one of you to take advantage of the many NISCA programs available to you. This would include Power Point National Dual Meet Ranking, All America (Academic, Diving, Swimming, and Water Polo) and Scholar Team. These programs are free with your membership and provide deserved recognition for your athletes, your school, and you as coach. Remember, all NISCA programs require an application to be honored. No application, no award, no exceptions.

Professional Resume. I want to encourage each of you to go to our website and submit a professional award resume. This will put you in the pipeline for the Professional Awards committee to consider you for a NISCA professional award.

Service. Service is a component of high school athletics that many of you have woven into your programs. NISCA has a new landing page for service opportunities. We are hoping it will give you ideas and steps to take to get your team involved with serving in your communities. To this end we have also partnered with The **Ted Mullin Fund** (supporting research in pediatric sarcoma cancer) to support the "Leave it in the Pool" Hour of Power. This is a great team building opportunity for your program. It is educational with a optional fundraising component as well. And, hey, it's a workout! You can check it out on the Service page on the website or contact **The Hour of Power** Chairperson, Cindy Dell, Lake Forest High School.

Finally, I encourage each of you to attend AND bring a friend to the NISCA Conference in March at the NCAA Division I Men's Championships at the University of Minnesota in Minneapolis March 21-24. More information is on the website. There are many benefits to membership but the most important one may be the personal growth and enrichment that comes with being part of your professions national organization. We want you as a member and a contributor. Encourage your assistant coaches or that coach across town to get on board. The benefits will be well worth it!

I wish you all a great year.

Mark

President

Mark Onstott
41 Nickelby Down
Brentwood TN, 37027
(847) 644-7029
president@niscaonline.org

President Elect

Diane Hicks-Hughes
2161 Lake Road
Aurora, NY 13026
607-227-1179
pres.elect@niscaonline.org

Secretary

Eve Julian
341 Alger St. SE
Grand Rapids, MI 49507
(616) 475-0807
secretary@niscaonline.org

Treasurer

Tom Wojslawowicz
3015 Shiloh Lane
Charleston, SC 29414
(843) 637-4663
treasurer@niscaonline.org

Past President

Arvel McElroy
24372 West 108th Terrace
Olathe, KS 66061
(785) 218-1912
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CEO & Co-Founder FINIS, Inc.

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From the Editor:

This issue comes hot on the heels of our 2017 All America issue and just as we are returning from a week at the ASCA World Clinic. While at the clinic I had an opportunity to visit with coaches, high school and otherwise, from around the world and explain to them what NISCA is. Sometimes it takes an experience like that to really be able to understand all the many things this organization does. We do provide recognition for the very best high school swimmers in this country and while that's important, it's by no means the be all and end all of what we are about. However, we continue that theme in this issue with the first of a series on the kids who were juniors in the top of the 2017 list.

NISCA is also a tremendous resource for coaches' education. There were some terrific talks given as part of the High School track at ASCA and you can find work from many of those same people as contributors to this publication and to our online resources. The NISCA Coaches group on Facebook

is one of our more recent additions to that category. If you haven't had a chance to check it out you are missing a great platform for interactive discussions about all things high school swimming related. It's a great place to ask a question, share experiences or simply discuss what's happening in our sport.

It was also eye opening to find out how high school swimming works in other parts of the world. For all the issues we deal with here, we are very well organized and supported compared to most of the foreign coaches I spoke with. It's a big swimming world out there and we all have a lot to learn from each other. I encourage you to think about what you need to know and what you have to share. Then take advantage of the many ways that NISCA offers for you to engage in the high school swimming community. This Journal editor is always happy to incorporate your contributions!

Betsy Hondorf

niscajournal@gmail.com

865-243-0375

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

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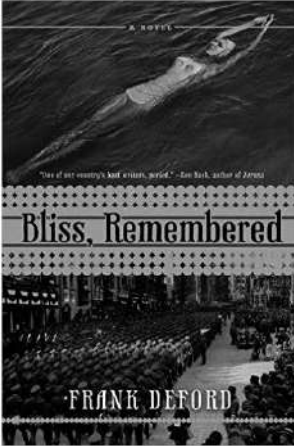
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From the Bookshelf: Bliss Remembered



Bliss Remembered,
Frank Deford. Overlook
Press, NY, NY, 2010. 351
pp. \$26 US. Hardcover.
ISBN 978-1-59020-359-0
Reviewed by Dave
Barney, Albuquerque
Academy, NM

I read Frank Deford's novel, *Bliss Remembered*, when it first came out in 2010. My reaction then is the same as now after a second reading seven years later, a reaction that is two-fold . . . namely, so what else is new so far as the history of that moment of the 1936 Olympics is concerned and perhaps even the notion that Deford should leave the writing of romantic novels to the experts, pot-boilers like Nora Roberts and Danielle Steel, to name just two. That reaction may sound a little harsh, especially since I have been a devotee of Deford's reporting over the years from his early days at *Sports Illustrated* to his more recent verbal deliberations on *NPR* and *HBO*. In each of those many pieces, I have found cause to celebrate his contribution to American sports journalism, both written and verbal. That view by itself makes it all the more painful for me to pan at least one important aspect of *Bliss Remembered*. I refer here to the octogenarian voice of the novel's narrator, Sydney Stringfellow Branch. Now that's a criticism that's bound to rankle a few feathers, given the positive reviews of the novel itself, not to mention the respect accorded Deford's reputation in general over his more than half a century's presence at *SI* and elsewhere. All that aside, permit me to explain my discomfit, a measure of which at least, has to do

with Deford's recent demise and the many tributes accorded his gigantic contribution to American letters.

The frame of Deford's plot involves an on-again off again, tape-recorded conversation between a cancer-stricken mother in the sundown of her life and her middle aged son during the moment of the 2004 summer Olympics in Athens. The mother, who does most of the talking, recalls a time in her teenage life when she was a world-class backstroker and quasi member of the US women's Olympic swim team competing at the so-called Nazi Olympics in Berlin in 1936, a moment seemingly suspended in a two-week frame that featured her torrid love affair with the young and handsome son of a German diplomat. The diplomat's son, Horst, is a camera aide to Leni Riefenstahl, Adolf Hitler's official cinematographer for the 1936 Games. Some of the more interesting departures from the romantic entanglement concern Riefenstahl herself and her domineering role in orchestrating and capturing all the glamor and the glitz that the Nazi propaganda machine could drum up for preserving on film not only the choreography of the Games per se but for the Nazi idea of Aryan superiority as well. And so the mostly monologue from mother to son rambles on in a rather juvenile, confessional conversation that could just as well have been lifted from the pages of an adolescent comic book. This is my primary difficulty with the book. Perhaps it's a petty one, but having tended my own mother through her declining years (she lived to be almost 104), a period of time laced with innumerable conversations about her life, she seldom sounded anything like Deford's heroine.

But in all fairness, I'm willing to put all that artlessness aside and speak more positively of Deford's plot line. It focuses on the story teller, of course, and her feelings for her German lover, but while the dialogue may fall flat, Deford has done a remarkable job of including a host of what the movies would credit as cameo appearances by a cast of recognizable "supporting characters." The imitable, seductive Leni Riefenstahl is one of them and so is the beautiful, "naughty girl" Eleanor Holm, America's celebrated, world and Olympic champion backstroker of that era, who becomes Sydney's confidante in matters both swimming and romantic. I'll leave it to you to discover the nature of the naughtiness that ultimately led to her expulsion from the actual competition in Berlin.



Eleanor Holm at the 1932 Olympics

The inclusion of recently departed, long-time swimming legend and *NISCA* friend, then eighteen year-old Olympic gold medalist, Adolph Kiefer, and his famous meeting with Adolph Hitler provides additional grist for the plot. Hitler, by the way, along with fellow Nazi confederates, Goering and Goebbels, have minor roles in Deford's story but, ironically, come off looking somehow more acceptable to society than Avery Brundage, the irascible, autocratic, stuffed-shirt head of the AOC (American Olympic Committee).



Adolph Kiefer at the 1936 Olympics

Once the Games end and the affair between Sydney and Horst has been put to rest, at least temporarily, the story gathers both momentum and intrigue while focusing on the twists and turns of Sydney Stringfellow's post Olympics' life, most of which are set on the eastern shore of the upper reaches of Maryland's Chesapeake Bay, a landscape thoroughly familiar to Deford who grew up near there. It is here that Sydney's subsequent marriage, pregnancy, widowhood, involvement in a WWII spy scheme, and complicity in a cover-up act of murder occur, not to mention a reuniting with Horst.

All this is good stuff, as the saying goes, but still the difficulty of much of Sydney's recall remains. All in all, I guess it would be fair to say that despite that disparagement, I enjoyed Deford's story line. And besides, it's rather presumptuous for a no-name like me to spar with the likes of Billie Jean King and David Halberstam et al, whose testimonies on the book jacket unanimously laud both Frank Deford and *Bliss Remembered* as "a classic."

IDAHO SWIMMING COMES OF AGE

Richard Carr, Zone 8



Over 25 years ago I moved my family to Idaho, back to school for a possible late in life additional degree and change of lifestyle from New York. While on a visit through we stopped by the pool as it sounded like there was some activity inside. A swim meet. I had promised my wife I would be home to help with the kids more now since this move meant quitting my club coaching job, becoming a full time student again. The announcer made a call for timers. Announcers are always calling for timers. I thought, well, I can do that so volunteered. The man I was timing with said they needed a coach for the local club team, and of course, I thought, well, I can do that. 55-60 kids, several high school aged swimmers who had come up with the team, each of whom was a wonderful young adult and role model to the younger kids in the program. I was truly surprised when I found there was no high school swimming program. I thought, we have a pool, we have a high school...what could be simpler? I had always had a great relationship with high school coaches before so had just assumed this would continue. I found out that high school swimming was not a recognized sport in Idaho, but that local schools often had some accommodations. Ours would award a kind of letter

based on criteria developed by the club, showing participation and achievement. It was not a "real" letter but like a "letter in lieu of a letter," that acknowledged their achievements at the high school level. My understanding was that the state association felt that participation was not robust enough to grant this status. I know I had written a letter or two asking for recognition and several parents and club officials did likewise. It will only be a matter of time, I thought. Well, I got to be right about that, just a lot more time than I had considered then. As I moved away, taking another club position, I thought, well maybe next year...and then next year as the state grew in participation and performance I thought, well, maybe next year. And then, over the years as I got more immersed with my new club, we would go to a meet in Boise, Idaho almost every year, and I would ask the coach there (picture the TV production of Alex Haley's "Roots", the mothers asking of each child, "Are you the one?"), "Is this the year?" and he would say, "Maybe next year," and another group of kids would graduate and they would write letters and meet and importune and justify. Maybe next year.

And now I am much older, almost all of the people who worked to get this to happen have long been out of the sport, the kids adults now, the parents hopefully enjoying retirement, all replaced over the years with new parents and officials continuing the process, many of them probably replaced over the years also. And last August it happened. In a recent communication with Julie Prince, then Executive Director of Idaho High School swimming, she mentioned that the Idaho High School Activities Association had sanctioned swimming as a

recognized high school sport and they were now in the transition phase to full participation. I was absolutely thrilled for her and all of the people who have campaigned so tirelessly for this over the years. While the swimming community may not have seemed robust enough almost three decades ago, they have certainly shown themselves to be dogged, dedicated to a goal, and persistent in

working for what they thought was right, all the traits we want to see inculcated in our athletes.

My congratulations to Julie and all of those who have worked and waited for this, also to Julie Hammons, Assistant Director of the IHSAA, and in charge of high school swimming in Idaho, welcome. So many people have longed for this opportunity to work with you for our kids.

WISCA SCHOLARSHIPS

Richard Carr, Zone 8
WISCA Scholarship Winners

Each year the Washington Interscholastic Swim Coaches Association awards two scholarships, one to a male, one to a female. The awardees have applied for consideration for this and all come with outstanding and impressive resumes and recommendations from their coaches. Discussions at the WISCA meeting where winners are chosen can be difficult, most expressing some frustration at having so many wonderful kids to consider, all highly deserving and having earned recognition at this level, but only the two awards to present.

The girls scholarship this year was awarded to Sydney Wong from Squalicum High School in Bellingham. Sydney is planning on attending the University of San Diego and studying Biology or Biochemistry. She carried a 4.0 GPA with her while placing first and third in the 3A state meet this year.

The boys scholarship went to Nolan Platz from Kingston High School who placed 8th and 10th at the state 2A meet, held a 3.9 GPA and plans on attending Santa Clara University in the fall, majoring

in bioengineering or a related STEM field. Nolan was a Washington Aerospace Scholar and volunteered at an environmental center.

The WISCA coaches wish to congratulate our scholar recipients. We are proud of the young adults you have become, the paths you are following and how you represent our state and sport.



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SENIOR SPOTLIGHT:

Cody Bybee- Bellbrook High School, Bellbrook, OH

All America 100 Butterfly



The highest ranking junior on the 2017 All America list for the 100 butterfly was Cody Bybee. Next year Cody will be going to Arizona State University. Two time Ohio state champion in 200 free

(1:34.55) and 100 butterfly (46.97)- he owns the state and pool records in those events. Cody set the State record in 100 free (43.78) and 200 free this year breaking Joe Hudepohl's 26 year old record. He was named the 2017 swimmer of the meet.

Cody also swims for the Dayton Raiders Swim Club. He just swam in the FINA Junior Worlds where he swam butterfly leg in the 400 medley relay that set

the meet/junior world record. He was recently named to USA Swimming's Junior National Team for 200 free. Cody swam in the Pan-Pacific meet in 2016.

In his personal life, Cody loves flashier cars (e.g.; Porsche, Lamborghini, etc.), He wants to be an entrepreneur in the future. Cody designed a watch and had a prototype built. He has had an Instagram account promoting the rock star lifestyle that he was able to sell- he sold it off due to his time commitment to swimming. Cody is also an excellent student, carrying a 3.6 GPA last year. Cody is very outgoing and gregarious. For his coaches, he is a lot of fun to be around- he always makes the overnight trip to the State meet entertaining.

Jack LeVant and Alex Zettle, Southlake Carroll High School, Southlake, TX

All America 50/100 Freestyle and 500 Freestyle, respectively

According to their coaches both Jack and Alex are great kids, hard workers with some old-fashioned humility.

They led their Boy's Team to a 2nd place overall finished in the NISCA Power-Point this past season. They have been the NISCA Power-Point Public School National Champions each of the last three years, while winning the last seven Texas 6A State Swim/Dive Championships. They have helped foster depth throughout the program. They are still chasing St Xavier though for the overall NISCA

Power-Point Championship and have set that as a goal for this season. Zettle's most interesting outside activity is sand volleyball. LeVant, when asked, could not come up with an alternate hobby. Swimming and high-level academics seem to occupy almost all of his time.





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FEATURE:

HOW TO TALK WITH COLLEGE COACHES

What should recruits say when college coaches call them? Making a favorable impression matters

Courtney Bartholomew- Streamline Swimming



Beginning July 1st, college coaches are permitted to call rising seniors in an effort to evaluate and recruit swimmers to their school. As a former college swimmer and someone who has spent countless

hours on the pool deck talking with college coaches, I can tell you these can be meaningful conversations in helping coaches decide who they want on their team.

In speaking with college coaches, the best conversations include talking with recruits who are talkative, seem confident in what they are doing, and demonstrate a sense of maturity and independence. Unfortunately, coaches also, talk negatively about conversations with recruits as well. This generally results from recruits coming across as too quiet, unsure of what they want in college, or disinterested in what the coach has to say. Once July 1st arrives, make sure you are prepared to speak with a coach if the phone rings. If you are an underclassman, give this article some thought so you will be ready when your time comes around in a future year.

Once July 1st arrives, make sure you are prepared to speak with a coach if the phone rings.

Here are 5 keys to making a favorable impression on a coach during a phone conversation.

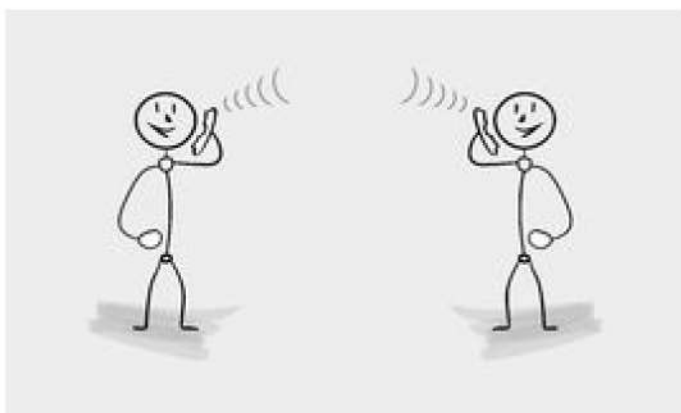
1. **TALK** — One-word answers to questions quickly halt conversation and convey disinterest in a program. Elaborate on your answers and let coaches know what is on your mind.



2. **SOUND INTERESTED** — Regardless of who is calling, give each coach undivided attention and listen carefully to his or her comments. Asking follow-up questions is a good way to show genuine interest in a program.

3. **DO YOUR HOMEWORK** — If you know a particular coach is going to call you, research their program on the internet in advance and take notes. If you can surprise the coach with accurate information about their team, they will be impressed. Roster member names, school records, championships results, and facility details are good examples.

4. ANTICIPATE QUESTIONS — Think about what a coach might ask you and be prepared to give a quality response. Most coaches want to know about your upcoming competition schedule, recent meet results, who your coach is, what type of strength and conditioning program you participate in and what you are looking for in a college. Be honest in your responses and never make excuses. Ask coaches for their advice and matters that are important to you.



Courtney Bartholomew is a former Division I, four-year, full scholarship student-athlete for the University of Virginia. Realizing the college recruiting process is becoming increasingly difficult for families to manage and understanding that families need support during this time, she founded Streamline Swimming. Now as a college recruiting consultant, Courtney mentors clients and their families toward

5. PROMOTE YOURSELF — Without coming across as too confident, let coaches know that you see yourself as someone who will be successful in college as both a student and as an athlete. Remember, there are no guarantees that any swimmer will “make it” in college and most coaches have had a few bad apples in the past. Throughout the call, remain positive in your demeanor and give the coach a reason to feel good about your chances of succeeding in college.

Admittedly, the task of talking to a college coach can be nerve wrecking. By being proactive in researching programs and understanding how to anticipate questions, a phone call with a college coach could advance your college recruitment process immensely. You never know but the next time the phone rings it could be your future college coach calling. I feel confident the insights I share can be instrumental in preparing you to talk with college coaches.

well-informed and sound decisions that will enhance their athletic development, assist them throughout the recruiting process, and lead to long-term success in life beyond athletics.

If you need assistance in the process please visit my website, www.streamline-swimming.com, for more information.

NISCA High school swim coaches exchange group

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NISCA Swimming All America

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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](http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form%2014.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.

HIGH SCHOOL SPECIFIC:

TEACHING TECH: SHAWN RIBORDY TALKS TRAINING THE 500 FREE

by Mac Guy



Sean Ribordy has coached 20 seasons with the Peoria Notre Dame Boys Swimming Team in Peoria, Illinois. Over the last five years in particular, Ribordy's 200 and 500 freestylers have become perennial fixtures at the Illinois State Finals, and a

state championship in the 500 free helped his team to a runner-up finish in 2015. Ribordy spoke with me over the summer about his approach to distance training and how his athletes have achieved such a consistent level of excellence.

MG: *Talk a little bit about your program.*

SR: I graduated from college in 97 and that fall, I started coaching high school swimming. Those first couple years I was really only a few years older than some of the kids that I was coaching, and it's been a fun journey. We were kind of new program. My first season coaching we were in the mid states six conference, and I think we were in 5th place out of 6 teams. The journey over the past twenty years has just been incredible, building up to the peak in 2015 where we got our first state trophy. It's been kind of

a whirlwind career at PND. I feel like me and the swim program are tough to separate, just because it's been such a big part of my life.

I came out of college not as a freestyler. I couldn't swim freestyle to save my life, I was just a horrible freestyler. It never came naturally to me. I was more of a breaststroker, and for whatever reason, just from a coaching standpoint, I've been fascinated with the distance freestyle events. I had a lot of success there, and of course, when you have some success you get more interested in it. When I work with my athletes, I tell them, "great sprinters are typically born, and distance swimmers, you're only limited by how hard you are willing to work and long you're willing to work that hard." My basic philosophy is that everyone can become a great distance freestyler, because it just really requires commitment and hard work.

Great sprinters are typically born, and distance swimmers, you're only limited by how hard you are willing to work and long you're willing to work that hard.

The Key Ingredient: 500 Pace Sets

SR: One key ingredient is our 500 pace sets...we do one twice a week. And really the focus is to swim at the pace that you want to swim at for 500 yards. So,

call it another thing: you're training at lactate threshold pace. And we play with the distance, we play with the repetitions, and we play with the rest, and basically I'll throw a different combination at them every time we do it, so they don't get used to it, and I think it's really paid off in the fitness that the kids get.

The other basic philosophy that I've had is that most athletes train too hard on the easy days and train to easy on the hard days. So, my training philosophy is to hit every energy system in the appropriate amounts during the week...We try to make sure we do a ton of recovery swimming but then also we try to do a lot of very high intensity repetitions as well. You know, I look back at some of the stuff we did earlier in my career, and I feel like everything we did was at moderate intensity. There really was no variation or separation for the full range of efforts and the full range of speeds, and we just have had a lot of success with that philosophy.

I think they do all appreciate [the 500 Pace Set's] place in the overall training program, but at the same time, I think they know it's going to require a lot of concentration, and they are going to have to bring their whole self and their emotional wherewithal to that set. Because there is no faking it, so to speak, and kind of the way I do it is that it's geared toward my elite athletes, but we do it on a 1:1 work to rest ratio. So the send off is pretty easy: even the beginning swimmer can get in and make the sendoff. There's no problem. They just end up getting less rest than the faster athletes. But, I do time the repetitions, and typically, for the more elite swimmers they will get their time for every single repetition. And so you can't hide from the set because the clock is running, they are getting times read off, and if someone is going easy, it's really

A black and white advertisement for 'Power Bags'. It features a white mannequin in a swimming pose, with its arms and legs extended. The mannequin is wearing black mesh bags on its arms, legs, and torso. The background is a solid dark gray. In the top left corner, the text 'Power Bags' is written in a large, bold, sans-serif font, with 'ENDLESS USES...' in a smaller font below it. On the right side, the website 'swimmersbest.com' is written vertically in a large, bold, sans-serif font. At the bottom right, there is a logo consisting of a stylized 'SB' inside an oval shape.

Power Bags
ENDLESS USES...

swimmersbest.com

SB

obvious that they are going easy. So, when we do that set, the boys know, hey, I'm going to be held accountable here, and I can't fake it on this set. I have to give what I have.

MG: *You talked earlier about the idea that everyone can do distance swimming, so how do you get those who identify as "sprinters" to adopt that mentality?*

SR: So, we have a tendency to have fun with this. One of my basic philosophies, when kids come to me and say, "hey coach, why am I doing this, I'm a sprinter?" My response is, "who told you you were a sprinter?" Who told you that? Why did you believe them?" They know they have to do it. There are no excuses. Even if you are more of a sprinter, you have to do this...it's a vital part of our training.

You know, a few years ago we won the 400 free relay, and our times in that relay were commensurate with everybody else, but one of the things I was most proud of was our anchor leg: his back half was faster than anyone else's back half. The overall time was about the same as everybody's and I really chalked that up to the fitness we get out of these lactate threshold pace sets. But, going back to us having fun with it, there are differences in skill sets, but what we do with the sprinters, is that we might send them off, sometimes five seconds ahead of the distance swimmers and then the distance swimmers will try to catch the sprinters. The distance swimmers are not as quick out of the gates, but they can hold speed for a long period of time. And that's one of the ways we have a little bit of fun with it. Or maybe the sprinters will just hang on for the first 50, and then the last 25 maybe they drop the hammer and put a big effort in. So even within the context of

the set we would have some fun with it and play to the kids' unique talents.

MG: *You talked a little about the 1:1 work to rest ratio. Can you give an example or two of what that might look like?*

SR: ...I know to choose a repetition speed that they can maintain that speed for. They can't maintain that speed for 200 yards. It's just too long; they can't do it in a training session. And 50 yards is too short. So we started with 75s. The basic set when we first started doing this was 20x75s, and I wanted my faster swimmers to hold around 41 seconds. So 20x75s @ 1:30, it's roughly 1:1 work to rest ratio, and we had a lot of success with that set. Kids were able to do it, they were able to hold the speeds that I wanted, and we branched off from there. In a given season, I'll never do the same set twice. Sometimes we'll do 100s, we'll do as much as 125s, and we'll do as short as 50s, always keeping to that 1:1 work to rest ratio. In the last few years with Colton Paulson, I've shortened the interval to 1:20 because he is typically breaking :40 every time.

The big thing that I am looking for is not only are they going to speed that I want them to go start to finish, but then they maintain that speed start to finish on the set. I want consistency. I don't want big efforts followed by laziness. I want them to have that same speed, every single repetition, for the entire set. The other thing that we try to integrate into it is, I've had kids in the past who would "sprint" the set, and what I encourage the kids to do is use their distance freestyle stroke. We are not just trying to churn water and turn it over, I want them to use a long, efficient stroke, a consistent stroke count. Every single length exactly the same. Some kids have varying success with that. Obviously the distance swimmers take to it a little bit easier.

MG: What sorts of things do you do to set their 500 goal pace at the beginning of the year, and how do you keep them focused and motivated if they are not hitting that pace?

SR: With the more experienced athletes, it's pretty obvious what their goal pace is. It's basically their [personal best] plus whatever I think they should be shooting for at the end of the season. Generally, I work with each kid, and based on what they've done, using my coaching experience, I tell them "this is the pace I want you training at." With younger kids, it's more like, "complete the set." The other thing I use is the RPE Scale (Rating of Perceived Exertion), and basically I say that you need to be at an 8 of 10 on the exertion scale. This should be very hard. And as long as you feel like you are working very hard, you are at the appropriate speed and intensity level. And we shape it in from there. When they get an actual time in the 500 free, we use all those data points and make adjustments as we go throughout the season.

...Another thing I tell my athletes is that "there are not miracles at swim meets." You need to be able to demonstrate in practice what you are going to do in a meet. So if you can demonstrate a high level of intensity and performance in a training session, you are going to be able to do it on a meet day. So usually, when we get to the big meets, I have a good idea of what the athletes can do because of the training that we did and the preparation that we did are tightly joined. There are no miracles at swim meets--there just aren't. It's a culmination of the training that they did.

MG: Is there anything from a technical standpoint that you emphasize for kids that are focusing on the 500 free?

SR: I definitely try to teach the kids to do different stroke timing, running the gamut from 100% catchup to 0% catchup stroke. If you are extremely fit, you can take more of a sprint stroke and carry it for 500 yards. There are so many different techniques there, and I don't know that there is one global answer that I would hang my hat on and say this is what I want in all cases. I definitely think what used to be ten years ago, teaching kids how to do the catchup drill,

that's not a good stroke these days. You know, it's about the early vertical [forearm] and early catch, and really grabbing the power portion of the stroke as quickly as you

can...I feel like no matter where you're at, learning how to swim and learning how to swim fast, it's an ongoing progression. You're always making adjustments to the stroke. But, I'm a huge subscriber to distance per stroke and getting your stroke count down. One of the things I tell my athletes is that if you can take 200 hard strokes, you don't want to use those up in the first 250 yards of a race. Because after that, you're gutting it out: your stroke count goes up, and your distance per stroke goes down. So definitely the most efficient way to swim 500 yards is to swim every length the same: to take the same amount of strokes, same amount of kicks off of each wall, and just having that consistency, it's really what we go for.

"There are not miracles at swim meets." You need to be able to demonstrate in practice what you are going to do in a meet.

MG: *Along those lines, is there anything that you are teaching your kids in terms of race strategy?*

SR: One thing I try to teach them is that the most efficient race is where you kind of hover right around your lactate threshold and then at the end of the race you pass over it and finish hard. That's probably the most efficient race strategy. But then there is also this concept of racing. If you're in a very tight race—if you are neck and neck—and the opponent next to you wants to drop a fast 50 in the middle of the race, well, you have to too. You have no choice if you want to win the race. Being a good racer is also an important part of it too. If your last 50 is really fast, you can save it. If you're not able to finish fast, then you better get a lead. Those are things that I like to play around with during the season. And, I try to play to the strengths of each individual athlete. Because I've had kids with great closing speed, and I've had kids that just don't have that speed at the end of the race. So for them, it's more important to push the pace early and as long as you can.

MG: *You talked about how you tweak your approach every year. What sorts of things are*

you looking forward to tweaking or implementing going into this season?

SR: ...The training that we've done in freestyle has been very nice at the 200 yard distance. But there is an extra high level of intensity in that 200 free that I am going to try to pull out of Colton Paulson. And, I'm going to be experimenting with going out very hard in the 200 free. Typically, that's not my prevailing race strategy that I like to coach, but Colton is going to be a senior, there are two state records that are hanging out there for that extra challenge and that extra motivation. Going for that 1:35.60, that's definitely going to be on the table, it's something that we are going to take a look at. And to do that, you need to go out hard. You can't go out easy and go 1:35. You've got to get after it. And a lot of that has to do with confidence, and confidence comes from training. I see us doing a lot of race level efforts in practice at the 200 yard distance and at the 100 yard distance, just trying to get that early speed out of him. He's going to have the fitness at the back half, I know that, it's really just about having the confidence to get out as quick as he needs to get out.



2016-17 NISCA National Dual Meet Team Ranking

Sponsored by IST – International Sports Timing

It was a tremendous year for the National Dual Meet Team Ranking Program, as we hit an all-time high in terms of participation with 376 total entries; that's up a whopping 25% from last year's total of 301 teams. Many thanks you to all those who participated. If you didn't, please consider doing so next year.

On the five pages that follow, you will see the 2016-2017 final rankings by class, and a summary of data page. Some notes about this year's results:

- There were 201 boys' and 175 girls' entries (up from 165/138 a year ago.)
- 35 states and DC are represented – consistent with the last several years.
- Six states entered 20 or more teams – California, Massachusetts, Michigan, Missouri, Ohio, and Pennsylvania.
- In all, seven schools were repeat champions: Southlake Carroll, TX (Class 4 – three straight), Mariemont, OH (Class 5), Ames, IA (Class 6), Upper Arlington, OH (Class 7 – ten straight), Carmel, IN (Class 8 – nine straight), St. Xavier, OH (Class 10 – three straight), and The Bolles School, FL (Class 11 – six straight).
- We had no double-winners, this year.
- St. Xavier was the top overall boys' entry, with 6,525 points, Carmel was top amongst all girls' entries, with 6,438 points.
- Ten teams were over 6,000 pts (up from 7 in '16) and 121 squads had 5,000 or more (112 in 2016.)
- In the combined girl/boy battle, Carmel (12,454 pts) was tops, overall, with 39 schools totaling 10,000+.
- By enrollment, the top boy/girl combos included Weston, MA (Classes 1/5, 9,162 combined pts), Upper St. Clair, PA (Classes 2/6, 10,518 pts), Upper Arlington, OH (Classes 3/7, 11,272 pts), Carmel, IN (Classes 4/8, 12,454 pts), The Bolles School, FL (Classes 9/11, 11,633 pts), and Santa Margarita Catholic, CA (Classes 10/12, 12,098 pts).

A few words of thanks:

- First and foremost, thanks to Paul Torno, a true gentleman and my predecessor in this role, for his continued support.
- 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, of Haverford HS (PA), for his continuing support of this effort, even beyond the spreadsheet that most of you use.
- Special thanks to "Hap" Gentry, of Ladue, Missouri: in 2016, we had no entries from Missouri, but thanks to his efforts, this year Missouri had 24 teams entered, good for 6th best total, overall.
- Many thanks to my fellow Massachusetts coaches as we more than doubled our entries from a year ago, going from 22 to 47 – most in the country.

Again, 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.

It is an honor and pleasure to serve NISCA in this role. Please contact me with any questions.

Respectfully,

CLAUDE VALLE
NISCA NATIONAL DUAL MEET RANKING COORDINATOR
PO Box 207
Weston, MA 02493
781-622-0460
powerpoint@nisca.net

2016-17 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	4859	Wayland	Wayland	MA	Mike Foley
2	4810	Grove City High School	Grove City	PA	K Wendelschaefer
3	4648	Lower Moreland HS	Huntingdon Val	PA	Karney McNear
4	4521	Weston	Weston	MA	Claude Valle
5	4120	Otsego	Otsego	MI	Darryl Belton
6	4001	Clayton High School	Clayton	MO	D Kohmetscher
7	3969	York Suburban	York	PA	Craig Brennan
8	3967	Mariemont	Cincinnati	OH	Kevin Maness
9	3493	Bellbrook	Bellbrook	OH	Rob Johnson
10	3486	Nantucket High School	Nantucket	MA	Jim Pignato
11	3345	Glens Falls	Glens Falls	NY	Kevin Crossman
12	3217	Ellsworth High School	Ellsworth	ME	J. B. Goodman
13	2969	Eaton Rapids High School	Eaton Rapids	MI	Christian Quada
14	2944	Jamestown	Jamestown	ND	Ben Smith
15	2777	Ashland	Ashland	MA	Anne Meisner
16	2483	Mystic Valley Reg. Charter	Malden	MA	Alexander Dan
17	1983	Altus	Altus	OK	Linda Wiginton
18	1480	Logan-Rogersville	Rogersville	MO	Wendy Shepard
19	1064	Martins Ferry	Martins Ferry	OH	Nicholas Levi
20	857	Batesville	Batesville	IN	TJ Greene

Class 5 - Girls Public (1-900)

PL	Pts	School	City	ST	Coach
1	4933	Mariemont	Cincinnati	OH	Kevin Maness
2	4641	Weston	Weston	MA	Claude Valle
3	4007	Wayland	Wayland	MA	Mike Foley
4	3871	Tyngsboro High School	Tyngsborough	MA	Dan Shanahan
5	3721	Mt. Vernon	Mt. Vernon	IN	Stephen Loehr
6	3656	York Suburban	York	PA	Craig Brennan
7	3619	Nantucket High School	Nantucket	MA	Jim Pignato
8	3585	Glens Falls	Glens Falls	NY	Kevin Crossman
9	3353	Ladysmith/Flambeau/Bruce	Ladysmith	WI	Jerry Lusk
10	3243	Jamestown	Jamestown	ND	Ben Smith
11	2738	Martins Ferry	Martins Ferry	OH	Nicholas Levi
12	2626	Lansing	Lansing	NY	D Hicks-Hughes
13	2526	Ashland	Ashland	MA	Anne Meisner
14	2356	Batesville	Batesville	IN	TJ Greene
15	2333	East Longmeadow	E Longmeadow	MA	Bradford Mills
16	2329	Mystic Valley Reg. Charter	Malden	MA	Alexander Dan
17	2255	Altus	Altus	OK	Linda Wiginton
18	1722	Ellsworth High School	Ellsworth	ME	J. B. Goodman
19	1531	Logan-Rogersville	Rogersville	MO	Wendy Shepard
20	1291	Bellbrook	Bellbrook	OH	Rob Johnson
21	1192	St. Charles High School	St. Charles	MO	M. A. Flentge

Class 2 - Boys Public (901-1400)

PL	Pts	School	City	ST	Coach
1	5463	New Canaan	New Canaan	CT	David Fine
2	5267	Cheyenne High School	CO Springs	CO	Kate Doane
3	5256	Dexter	Dexter	MI	Michael McHugh
4	5130	Upper St. Clair	Upper St. Clair	PA	Dave Schraven
5	5096	Bainbridge	Bainbridge Isl	WA	Karen Segerson
6	5055	Mainland Regional HS	Linwood	NJ	Brian Booth
7	4925	Horace Greeley	Chappaqua	NY	Margaret Kaplan
8	4811	Bethlehem Central	Delmar	NY	William Dergosits
9	4762	Radnor	Wayne	PA	Tom Robinson
10	4758	Hershey	Hershey	PA	Greg Fastrich
11	4606	Ames	Ames	IA	Dan Flannery
12	4432	Northfield	Northfield	MN	Doug Davis
13	4400	Central High School	Cape Girardeau	MO	Dayna Powell
14	4333	Boardman	Boardman	OH	Terry O'Halloran
15	4312	Unionville HS	Kennett Square	PA	Cindy Millison
16	4222	Ladue Horton Watkins HS	Ladue	MO	Hap Gentry
17	4155	Portage Central	Portage	MI	Jim Schafer
18	4154	Laramie	Laramie	WY	Tom Hudson
19	4119	Kearney High School	Kearney	MO	Nathan Long
20	4007	Norfolk HS	Norfolk	NE	David Nelson
21	3926	Fremont Ross	Fremont	OH	Phil Moran
22	3894	Moorestown	Moorestown	NJ	Jeff DeNick
23	3851	Kingsburg HS	Kingsburg	CA	Mike Manley
24	3800	Wichita Heights	Wichita	KS	Dale Heckman
25	3785	Mason City	Mason City	IA	Steve Hugo
26	3739	Wyoming Valley West	Plymouth	PA	Frank Tribendis
27	3736	Wethersfield	Wethersfield	CT	Lee Schwartzman
28	3690	Concord-Carlisle Regional	Concord	MA	Matthew Goldberg
29	3617	Canandaigua Academy	Canandaigua	NY	Roy Weymouth
30	3560	Weddington HS	Matthews	NC	Pamela Holley
31	3554	Davies High School	Fargo	ND	Jennifer Johnson
32	3533	Minnechaug Regional HS	Wilbraham	MA	Erik Mandell
33	3503	East Lansing	East Lansing	MI	Brian Post
34	3501	Royal Oak High School	Royal Oak	MI	Darin Millar
35	3499	Steilacoom	Steilacoom	WA	Kathy Casey
36	3026	Hopkinton	Hopkinton	MA	Bryan King
37	3017	Talawanda High School	Oxford	OH	Stephen Pasquale
38	2922	Duxbury High School	Duxbury	MA	Doug Backlund
39	2921	Ottawa Hills High School	Grand Rapids	MI	Eve Julian
40	2566	Worthington Kilbourne	Columbus	OH	Jim Callahan
41	2394	Reading Memorial	Reading	MA	Kendall Holbrook
42	2379	Muskegon	Muskegon	MI	Michael Homan
43	1926	Northeastern	Manchester	PA	Dan Schaeberle
44	1584	Duncan High School	Duncan	OK	Andrew Bowers
45	1471	Belton HS	Belton	MO	Martijn Keltner

Class 6 - Girls Public (901-1400)

PL	Pts	School	City	ST	Coach
1	5843	Ames	Ames	IA	Dan Flannery
2	5681	East	Grand Rapids	MI	Milton Briggs, Jr
3	5590	Governor Mifflin HS	Shillington	PA	Brady Stauffer
4	5429	Hershey	Hershey	PA	Greg Fastrich
5	5388	Upper St. Clair	Upper St. Clair	PA	Dave Schraven
6	5387	Upper Dublin	Ft. Washington	PA	Patrick Redican
7	5181	Cheyenne High School	CO Springs	CO	Kate Doane
8	5066	Portage Central	Portage	MI	Jim Schafer
9	5035	New Canaan	New Canaan	CT	David Fine
10	4910	Dexter	Dexter	MI	Cory Bergen
11	4645	Unionville HS	Kennett Square	PA	Cindy Millison
12	4489	Riley	South Bend	IN	Susan Walker
13	4484	Downingtown West	Downingtown	PA	Snook/Brucker
14	4483	Laramie	Laramie	WY	Tom Hudson
15	4297	Duxbury High School	Duxbury	MA	Elizabeth Walsh
16	4282	Bainbridge	Bainbridge Isl	WA	Sarah Bullock
17	4254	Concord-Carlisle Regional	Concord	MA	M Goldberg
18	4178	Muskegon	Muskegon	MI	Michael Homan
19	4106	Weddington HS	Matthews	NC	Pamela Holley
20	4070	Parkway Central HS	Chesterfield	MO	Jennifer Meyer
21	4069	Marblehead High School	Marblehead	MA	Susan Guertin
22	4033	Wethersfield	Wethersfield	CT	L Schwartzman
23	3924	Minnechaug Regional HS	Wilbraham	MA	Erik Mandell
24	3882	Hopkinton	Hopkinton	MA	Bryan King
25	3778	Northern York	Dillsburg	PA	Bill Resser
26	3766	Boardman	Boardman	OH	Terry O'Halloran
27	3664	Ladue Horton Watkins HS	Ladue	MO	Hap Gentry
28	3575	Masconomet Regional HS	Boxford	MA	Ben Hanchett
29	3249	Kingsburg HS	Kingsburg	CA	Mike Manley
30	3063	Worthington Kilbourne	Columbus	OH	Jim Callahan
31	3009	Mason City	Mason City	IA	Steve Hugo
32	2691	Beverly HS	Beverly	MA	David Swensen
33	2462	Talawanda High School	Oxford	OH	S Pasquale
34	2328	East Lansing	East Lansing	MI	Brian Post
35	2275	Belton HS	Belton	MO	Martijn Keltner
36	2259	Northeastern	Manchester	PA	Dan Schaeberle
37	2061	Steilacoom	Steilacoom	WA	Kathy Casey
38	1896	Wyoming Valley West	Plymouth	PA	Frank Tribendis

Class 3 - Boys Public (1401-1900)

PL	Pts	School	City	ST	Coach
1	5572	Skyline	Ann Arbor	MI	Maureen Isaac
2	5392	Bellevue	Bellevue	WA	Andy Hay
3	5292	Upper Arlington	Upper Arlington	OH	Michael deBear
4	5282	Huron	Ann Arbor	MI	Eric Stanczyk
5	5084	Hatboro Horsham	Horsham	PA	Kip Enig
6	4921	Haverford	Haverford	PA	Matthew Stewart
7	4836	Hempfield Area HS	Greensburg	PA	Kevin Clougherty
8	4801	Zeeland HS	Zeeland	MI	Matt Ray
9	4700	Marvin Ridge HS	Waxhaw	NC	M King-Pierce
10	4643	Chamblee High School	Atlanta	GA	Greg Valley
11	4546	Ithaca	Ithaca	NY	M Blakely-Amitage
12	4506	Concord	Elkhart	IN	Thomas Johnson
13	4482	Princess Anne	Virginia Beach	VA	Joseph E. Smith
14	4441	Linn-Mar High School	Marion	IA	Tom Belin
15	4362	Westford Academy	Westford	MA	Harriett Kinnett
16	4356	Chelmsford	Chelmsford	MA	Craig Vitale
17	4348	Needham High School	Needham	MA	Adam Cole
18	4292	Liverpool	Liverpool	NY	Chick Ferrell
19	4289	Andover (MA)	Andover	MA	Mark Taffe
20	4198	Newton South HS	Newton	MA	Philip Martin
21	4173	Shaker Heights	Shaker Heights	OH	Eric Peterson
22	4157	Millard South	Omaha	NE	Tyler L. Hammond
23	4114	Papillion LaVista	Papillion	NE	Nick Baker
24	4111	Coronado	CO Springs	CO	Robert Bell
25	4051	Ridley	Folsom	PA	Kevin Pierce
26	4023	Beloit Memorial	Beloit	WI	Richard Vogel
27	4010	Lincoln-Sudbury Reg. HS	Sudbury	MA	Julie Nocka
28	3925	Bloomington North	Bloomington	IN	Dave Tanner
29	3878	Alamo Heights	San Antonio	TX	Don Walker
30	3866	Dubuque Hempstead	Dubuque	IA	Rick Loeffelholz
31	3819	Wellesley High School	Wellesley	MA	Jennifer Dutton
32	3810	Kennedy	Cedar Rapids	IA	Shawn Thomsen
33	3758	Andover (MN)	Andover	MN	Pete Crawford
34	3736	Rock Bridge High School	Columbia	MO	Zach Mertens
35	3723	Dubuque Senior	Dubuque	IA	Jesse Huff
36	3697	Liberty HS - Liberty MO	Liberty	MO	Chris Murphy
37	3440	Tooele	Tooele	UT	Mel Roberts
38	3431	Bartlesville	Bartlesville	OK	Chad Englehart
39	3415	William Hall	West Hartford	CT	John McClure
40	3266	Delaware Valley	Milford	PA	Joe Kusner
41	2251	Thomas Worthington	Worthington	OH	Jim Callahan
42	2029	Hickman High School	Columbia	MO	Zach Mertens

Class 7 - Girls Public (1401-1900)

PL	Pts	School	City	ST	Coach
1	5980	Upper Arlington	Columbus	OH	Dan Peterkoski
2	5594	Avon Grove HS	West Grove	PA	Kelly Burk
3	5450	Bellevue	Bellevue	WA	Andy Hay
4	5423	Skyline	Ann Arbor	MI	Maureen Isaac
5	5080	Marvin Ridge HS	Waxhaw	NC	M King-Pierce
6	5053	Bartlesville	Bartlesville	OK	Chad Englehart
7	4907	Westford Academy	Westford	MA	C Klick-McHugh
8	4898	Concord	Elkhart	IN	Thomas Johnson
9	4883	Andover (MA)	Andover	MA	Marilyn Fitzgerald
10	4780	Montgomery	Skillman	NJ	Claire Scarpa
11	4723	Minneapolis Southwest HS	Minneapolis	MN	Chris Aarseth
12	4467	Hatboro Horsham	Horsham	PA	Kip Enig
13	4467	Haverford	Haverford	PA	Matthew Stewart
14	4324	Ithaca	Ithaca	NY	M Blakely-Amitage
15	4257	Huron	Ann Arbor	MI	Andrea Stanczyk
16	4207	Brookline	Brookline	MA	Jim Stallings
17	4178	Alamo Heights	San Antonio	TX	Don Walker
18	4158	William Hall	West Hartford	CT	John McClure
19	4150	Lincoln-Sudbury Reg. HS	Sudbury	MA	Julie Nocka
20	4144	Muscatine	Muscatine	IA	Judd Anderson
21	4029	Bloomington North	Bloomington	IN	Dave Tanner
22	4029	Ridley	Folsom	PA	Kevin Pierce
23	4005	Natick HS	Natick	MA	Anne Meisner
24	3954	Beloit Memorial	Beloit	WI	Richard Vogel
25	3953	Wellesley High School	Wellesley	MA	Jennifer Dutton
26	3919	Heritage	Saginaw	MI	Kent Howenstine
27	3751	Princess Anne	Virginia Beach	VA	Joseph E. Smith
28	3742	Chelmsford	Chelmsford	MA	Harriet Kinnett
29	3702	Rock Bridge High School	Columbia	MO	Zach Mertens
30	3664	Dubuque Senior	Dubuque	IA	Jesse Huff
31	3653	Hickman High School	Columbia	MO	Zach Mertens
32	3443	Chamblee High School	Atlanta	GA	Greg Valley
33	3323	Liberty HS - Liberty MO	Liberty	MO	Chris Murphy
34	3311	Millard South	Omaha	NE	Tyler L. Hammond
35	3160	Papillion LaVista	Papillion	NE	Nick Baker
36	2975	Delaware Valley	Milford	PA	Joe Kusner
37	2784	Shaker Heights	Shaker Heights	OH	Eric Peterson
38	2388	Tooele	Tooele	UT	Mel Roberts

Class 4 - Boys Public (over 1900)

PL	Pts	School	City	ST	Coach
1	6327	Southlake Carroll	Southlake	TX	Kevin Murphy
2	6081	North Allegheny	Wexford	PA	Patrick Wenzel
3	6016	Carmel	Carmel	IN	Chris Plumb
4	5990	Fossil Ridge	Fort Collins	CO	Mark Morehouse
5	5962	Minnetonka	Minnetonka	MN	Dan Berve
6	5898	The Woodlands	The Woodlands	TX	Kent Kirchner
7	5824	Dana Hills	Dana Point	CA	Matt Rosa
8	5799	Cherry Creek	Englewood	CO	Chris Loftis
9	5786	New Trier	Winnetka	IL	Josh Runkle
10	5761	Naperville Central	Naperville	IL	Mike Adams
11	5662	AE Stevenson HS	Lincolnshire	IL	Doug Lillydahl
12	5640	Hinsdale Central	Hinsdale	IL	Robert Barber
13	5514	Novi High School	Novi	MI	Brent Pohlonski
14	5486	Greenwich	Greenwich	CT	Terry Lowe
15	5484	Wilson	West Lawn	PA	Roy Snyder
16	5455	Westlake	Austin	TX	Steve Navarro
17	5452	Neuqua Valley	Naperville	IL	Chad Allen
18	5438	Shenendehowa	Clifton Park	NY	Chuck Dunham
19	5407	University	Irvine	CA	Lara Navarro
20	5383	San Ramon Valley	Danville	CA	Heather Johnston
21	5378	Granite Bay	Granite Bay	CA	John Sherman
22	5288	Glenbrook South	Glenview	IL	Keith MacDonald
23	5243	Pittsford Central	Pittsford	NY	Rick Schmitt
24	5239	Hamilton Southeastern	Fishers	IN	Andy Pedersen
25	5229	Emmaus	Emmaus	PA	Tim O'Connor
26	5221	Forest Hills Central Coop	Grand Rapids	MI	Dennis Neat
27	5212	Tesoro	Las Flores	CA	Mike Gibson
28	5183	Henry M. Gunn HS	Palo Alto	CA	Kyle Accornero
29	5117	James Madison	Vienna	VA	Andrew Foos

Class 8 - Girls Public (over 1900)

PL	Pts	School	City	ST	Coach
1	6438	Carmel	Carmel	IN	Chris Plumb
2	6230	The Woodlands	The Woodlands	TX	Kent Kirchner
3	6109	Edina	Edina	MN	Jeff Mace
4	5890	New Trier	Winnetka	IL	Mac Guy
5	5885	Fossil Ridge	Fort Collins	CO	Carolyn Fries
6	5802	Rockford	Rockford	MI	Tom Parks
7	5765	Southlake Carroll	Southlake	TX	Kevin Murphy
8	5735	Westlake	Austin	TX	Alison Soelter
9-T	5732	Fairview	Boulder	CO	Bob Smartt
9-T	5732	Minnetonka	Minnetonka	MN	Dan Berve
11	5706	North Allegheny	Wexford	PA	Patrick Wenzel
12	5696	Hamilton Southeastern	Fishers	IN	Andy Pedersen
13	5685	Neuqua Valley	Naperville	IL	Jason Niforatos
14	5653	Lyons Township	La Grange	IL	Kurt Johns
15	5617	Pittsford Central	Pittsford	NY	Marty Keating
16	5614	Granite Bay	Granite Bay	CA	John Sherman
17	5540	Wilson	West Lawn	PA	Tom Houck
18	5516	Barrington	Barrington	IL	Jim Bart
19	5495	Hinsdale Central	Hinsdale	IL	Robert Barber
20	5449	Northville	Northville	MI	Brian McNeff
21	5439	Tesoro	Las Flores	CA	Todd Conrad
22	5339	Clovis West	Fresno	CA	Adam Reid
23	5306	Verona Area/Mt. Horeb	Verona	WI	Bill Wuerger
24	5274	Arapahoe	Centennial	CO	Mike Richmond
25	5216	Marquette High School	St. Louis	MO	Joe Schoedel
26	5116	James Madison	Vienna	VA	Andrew Foos
27	5113	Bridgewater-Raritan	Bridgewater	NJ	Christopher Levin
28	5090	Jupiter	Jupiter	FL	Dennis Connolly
29	5054	Naperville Central	Naperville	IL	Mike Adams

30	5108	Clovis West	Fresno	CA	Adam Reid	30	5028	Evanston Township	Evanston	IL	Kevin Auger
31	5102	Arapahoe	Centennial	CO	Mike Richmond	31	4971	Lafayette High School	Wildwood	MO	Todd Gabel
32	5084	Evanston Township	Evanston	IL	Kevin Auger	32	4921	Centennial	Circle Pines	MN	Chip Fetcher
33	5032	Pennsbury	Fairless Hills	PA	Gregory Stoloski	33	4891	Rock Canyon	Highlands Ranch	CO	Nicole Vanderpoel
34	5001	Westfield	Westfield	NJ	Jeffrey Knight	34	4880	San Ramon Valley	Danville	CA	Heather Johnston
35	4974	Churchill	San Antonio	TX	Mark Jedow	35	4876	Henry M. Gunn HS	Palo Alto	CA	Kyle Accomero
36	4971	Edina	Edina	MN	Art Downey	36	4694	Buchanan	Clovis	CA	Jennifer O'Meara
37	4966	Stillwater Area	Stillwater	MN	Brian Luke	37	4693	Emmaus	Emmaus	PA	Tim O'Connor
38	4962	Buchanan	Clovis	CA	Dave Pickford	38	4622	Smoky Hill	Aurora	CO	Scott Cohen
39	4937	Fairview	Boulder	CO	Lauren Sampl	39	4604	Wichita HS East	Wichita	KS	Joe Hutchinson
40	4781	Highland Park	Highland Park	IL	Tim Sirois	40	4448	John Hersey	Arlington Hts	IL	Dick Mortensen
41	4558	Jackson (Massillon)	Massillon	OH	Matt Ziders	41	4390	Framingham	Framingham	MA	Mike Foley
42	4512	Acton-Boxboro Regional	Acton	MA	Jeff Johnson	42	4271	Acton-Boxboro Regional	Acton	MA	Jeff Johnson
43	4512	Marina	Huntington Beach	CA	Stephen Wight	43	4185	Jackson (Massillon)	Massillon	OH	Matt Ziders
44	4158	Kamalak	Mukilteo	WA	Chris Erickson	44	4119	Marina	Huntington Beach	CA	Stephen Wight
45	4040	Verona Area/Mt. Horeb	Verona	WI	Bill Wuergler	45	4053	Kamalak	Mukilteo	WA	Chris Erickson
46	3663	John Hersey	Arlington Heights	IL	Dick Mortensen	46	3977	Pennsbury	Fairless Hills	PA	Gregory Stoloski
47	3656	Lafayette High School	Wildwood	MO	Todd Gabel	47	3899	Wakeland	Frisco	TX	Melissa Howard
48	3645	Jackson High School	Jackson	MI	Michael Holtz	48	3786	Churchill	San Antonio	TX	Mark Jedow
49	3584	Brookline	Brookline	MA	Jared Killgoar	49	3304	Coronado	El Paso	TX	Mark Levitt
50	2819	Jupiter	Jupiter	FL	Dennis Connolly	50	2856	Jackson High School	Jackson	MI	Michael Holtz
51	1796	Del Rio High School	Del Rio	TX	Colleen Durham	51	630	Del Rio High School	Del Rio	TX	Colleen Durham

Class 9 - Boys Independent (1-900)

PL	Pts	School	City	ST	Coach
1	6069	The Baylor School	Chattanooga	TN	Dan Flack
2	5814	The Bolles School	Jacksonville	FL	Jon Sakovich
3	5641	The Peddie School	Hightstown	NJ	Greg Wriede
4	5226	University School	Hunting Valley	OH	Brian Perry
5	5211	Albuquerque Academy	Albuquerque	NM	Dave Barney
6	5080	Suffield Academy	Suffield	CT	Andrew Lowe
7	5029	Brunswick School	Greenwich	CT	A Montgomery
8	4968	The Pingry School	Martinsville	NJ	Steve Droste
9	4921	Holland Christian	Holland	MI	Todd Smeenge
10	4725	Berkeley Prep	Tampa	FL	Kevin Rosepapa
11	4446	St. Albans	Washington	DC	Rob Green
12	4396	Columbus Academy	Gahanna	OH	Craig Yakscoe
13	4198	Pine Crest	Ft. Lauderdale	FL	Jay Fitzgerald
14	3503	The Collegiate School	Richmond	VA	Michael Stott
15	3343	Chaminade College Prep	St. Louis	MO	Kevin Brennan
16	2929	St. John XXIII	Katy	TX	Dana Abbott
17	2144	Concordia Lutheran	Tomball	TX	Travis Subda
18	621	Marian HS	Framingham	MA	Susan Morse

Class 11 - Girls Independent (1-900)

PL	Pts	School	City	ST	Coach
1	5819	The Bolles School	Jacksonville	FL	Jon Sakovich
2	5516	Harpeth Hall	Nashville	TN	Polly Linden
3	5370	Pine Crest	Ft. Lauderdale	FL	Jay Fitzgerald
4	5061	Greenwich Academy	Greenwich	CT	M Brousseau
5	5051	Suffield Academy	Suffield	CT	Andrew Lowe
6	4908	The Holton-Arms School	Bethesda	MD	G Westerberg
7	4805	The Baylor School	Chattanooga	TN	Dan Flack
8	4735	Albuquerque Academy	Albuquerque	NM	Dave Barney
9	4688	The Madeira School	McLean	VA	Rod Montrie
10	4687	Hathaway Brown	Shaker Heights	OH	Speed/Aroney
11	4636	Stone Ridge	Bethesda	MD	Robert Walker
12	4610	The Collegiate School	Richmond	VA	Michael Stott
13	4293	Columbus Academy	Gahanna	OH	Craig Yakscoe
14	4196	Berkeley Prep	Tampa	FL	Kevin Rosepapa
15	4061	Visitation Academy	St. Louis	MO	Sean Dooley
16	4059	Crean Lutheran	Irvine	CA	Todd Brinker
17	2964	Cor Jesu Academy	St. Louis	MO	Rachael Graczak
18	2264	National Cathedral	Washington	DC	Rob Green
19	2255	Concordia Lutheran	Tomball	TX	Travis Subda
20	1483	St. John XXIII	Katy	TX	Dana Abbott
21	13	Marian HS	Framingham	MA	Susan Morse

Class 10 - Boys Independent (over 900)

PL	Pts	School	City	ST	Coach
1	6525	St. Xavier	Cincinnati	OH	Tim Beerman
2	6050	Loyola	Los Angeles	CA	Kevin Mann
3	5876	Regis Jesuit	Aurora	CO	N Frasersmith
4	5803	Brother Rice	Bloomfield Hills	MI	Mike Venos
5	5680	Bellarmino College Prep	San Jose	CA	Larry Rogers
6	5671	Santa Margarita Catholic	Ran Sta Margarita	CA	Rich/Ron Blanc
7	5649	LaSalle College HS	Wyndmoor	PA	S Duncheskie
8	5553	Phillips Academy	Andover	MA	David Fox
9	5537	Creighton Prep	Omaha	NE	Tom Beck
10	5417	Fordham Prep	Bronx	NY	D Galimi
11	5402	Mater Dei	Santa Ana	CA	Ken Dory
12	5386	Malvern Prep	Malvern	PA	Jay Schiller
13	5238	Loyola Blakefield	Towson	MD	M McDonough
14	5092	De La Salle Collegiate	Warren	MI	Jim Singelyn
15	4903	De La Salle	Concord	CA	Steve Guthrie
16	4884	Loyola Academy	Wilmette	IL	M Hengelmann
17	4853	Christian Brothers Acad	Lincroft	NJ	V Chiaravalloti
18	4595	Salesianum School	Wilmington	DE	Chip Hannig
19	4304	Bishop Hendricken	Warwick	RI	David Hanson
20	3911	Christian Bros Coll HS	St. Louis	MO	Sean Dooley
21	3797	Mount Saint Joseph	Baltimore	MD	Greg McDivitt
22	3484	St. Francis	La Canada	CA	B Lowdermilk
23	3327	DeMatha Catholic	Hyattsville	MD	T Krawczewicz
24	2965	Bishop Feehan	Attleboro	MA	Kathy White

Class 12 - Girls Independent (over 900)

PL	Pts	School	City	ST	Coach
1	6427	Santa Margarita Catholic	Ran Sta Margarita	CA	Rich/Ron Blanc
2	5983	Sacred Heart Academy	Louisville	KY	James Luebbe
3	5807	Mercy	Farmington Hills	MI	Michael Venos
4	5543	Regis Jesuit	Aurora	CO	N Frasersmith
5	5400	Archbishop Mitty	San Jose	CA	Thomas Miller
6	5311	Loyola Academy	Wilmette	IL	M Hengelmann
7	4754	Mater Dei	Santa Ana	CA	Ken Dory
8	4709	Phillips Exeter Academy	Exeter	NH	J C Farnum
9	3977	Central Catholic HS	Lawrence	MA	Carlton Cronin
10	3932	Bishop Feehan	Attleboro	MA	Kathy White

SUMMARY CHARTS FOR 2016-2017

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	6525	St. Xavier	OH	10	1	6438	Carmel	IN	8	1	6525	St. Xavier	OH	10
2	6327	Southlake Carroll	TX	4	2	6427	Santa Margarita Catholic	CA	12	2	6438	Carmel	IN	8
3	6081	North Allegheny	PA	4	3	6230	The Woodlands	TX	8	3	6427	Santa Margarita Catholic	CA	12
4	6069	The Baylor School	TN	9	4	6109	Edina	MN	8	4	6327	Southlake Carroll	TX	4
5	6050	Loyola	CA	10	5	5983	Sacred Heart Academy	KY	12	5	6230	The Woodlands	TX	8
6	6016	Carmel	IN	4	6	5980	Upper Arlington	OH	7	6	6109	Edina	MN	8
7	5990	Fossil Ridge	CO	4	7	5890	New Trier	IL	8	7	6081	North Allegheny	PA	4
8	5962	Minnetonka	MN	4	8	5885	Fossil Ridge	CO	8	8	6069	The Baylor School	TN	9
9	5898	The Woodlands	TX	4	9	5843	Ames	IA	6	9	6050	Loyola	CA	10
10	5876	Regis Jesuit	CO	10	10	5819	The Bolles School	FL	11	10	6016	Carmel	IN	4
11	5824	Dana Hills	CA	4	11	5807	Mercy	MI	12	11	5990	Fossil Ridge	CO	4
12	5814	The Bolles School	FL	9	12	5802	Rockford	MI	8	12	5983	Sacred Heart Academy	KY	12
13	5803	Brother Rice	MI	10	13	5765	Southlake Carroll	TX	8	13	5980	Upper Arlington	OH	7
14	5799	Cherry Creek	CO	4	14	5735	Westlake	TX	8	14	5962	Minnetonka	MN	4
15	5786	New Trier	IL	4	15	5732	Fairview	CO	8	15	5898	The Woodlands	TX	4
16	5761	Naperville Central	IL	4	16	5732	Minnetonka	MN	8	16	5890	New Trier	IL	8
17	5680	Bellarmino College Prep	CA	10	17	5706	North Allegheny	PA	8	17	5885	Fossil Ridge	CO	8
18	5671	Santa Margarita Catholic	CA	10	18	5696	Hamilton Southeastern	IN	8	18	5876	Regis Jesuit	CO	10
19	5662	AE Stevenson HS	IL	4	19	5685	Neuqua Valley	IL	8	19	5843	Ames	IA	6
20	5649	LaSalle College HS	PA	10	20	5681	East	MI	6	20	5824	Dana Hills	CA	4
21	5641	The Peddie School	NJ	9	21	5653	Lyons Township	IL	8	21	5819	The Bolles School	FL	11
22	5640	Hinsdale Central	IL	4	22	5617	Pittsford Central	NY	8	22	5814	The Bolles School	FL	9
23	5572	Skyline	MI	3	23	5614	Granite Bay	CA	8	23	5807	Mercy	MI	12
24	5553	Phillips Academy	MA	10	24	5590	Governor Mifflin HS	PA	6	24	5803	Brother Rice	MI	10
25	5537	Creighton Prep	NE	10	25	5543	Regis Jesuit	CO	12	25	5802	Rockford	MI	8

MORE THAN 10,000 COMBINED TOTAL (G+B)					CLASS DEFINITIONS			NUMBER OF ENTRIES BY STATE	
Pl	Pts	School	ST	Class				# entries	STATE
1	12454	Carmel	IN	4/8	1	Boys	Public	47	Massachusetts
2	12128	The Woodlands	TX	4/8	2	Boys	Public	38	Pennsylvania
3	12098	Santa Margarita Catholic	CA	10/12	3	Boys	Public	29	Michigan
4	12092	Southlake Carroll	TX	4/8	4	Boys	Public	27	California
5	11875	Fossil Ridge	CO	4/8	5	Boys	Public	25	Ohio
6	11787	North Allegheny	PA	4/8	6	Girls	Public	24	Missouri
7	11694	Minnetonka	MN	4/8	7	Girls	Public	19	Illinois
8	11676	New Trier	IL	4/8	8	Girls	Public	18	Texas
9	11633	The Bolles School	FL	9/11	9	Girls	Public	14	Colorado
10	11419	Regis Jesuit	CO	10/12	10	Boys	Independent	13	New York
11	11272	Upper Arlington	OH	3/7	11	Boys	Independent	12	Indiana
12	11190	Westlake	TX	4/8	12	Girls	Independent	11	Connecticut
13	11137	Neuqua Valley	IL	4/8				10	Iowa
14	11135	Hinsdale Central	IL	4/8				9	Minnesota
15	11080	Edina	MN	4/8				8	Florida
16	11024	Wilson	PA	4/8				8	New Jersey
17	10995	Skyline	MI	3/7				8	Washington
18	10992	Granite Bay	CA	4/8				7	Virginia
19	10935	Hamilton Southeastern	IN	4/8				6	Nebraska
20	10874	The Baylor School	TN	9/11				5	Maryland
21	10860	Pittsford Central	NY	4/8				5	Oklahoma
22	10842	Bellevue	W	3/7				5	Wisconsin
23	10815	Naperville Central	IL	4/8				4	North Carolina
24	10669	Fairview	CO	4/8				3	North Dakota
25	10651	Tesoro	CA	4/8				3	Tennessee
26	10518	Upper St. Clair	PA	2/6				2	DC
27	10498	New Canaan	CT	2/6				2	Georgia
28	10449	Ames	IA	2/6				2	Kansas
29	10448	Cheyenne High School	CO	2/6				2	Maine
30	10447	Clovis West	CA	4/8				2	New Mexico
31	10376	Arapahoe	CO	4/8				2	Utah
32	10263	San Ramon Valley	CA	4/8				2	Wyoming
33	10233	James Madison	VA	4/8				1	Delaware
34	10195	Loyola Academy	IL	10/12				1	Kentucky
35	10187	Hershey	PA	2/6				1	New Hampshire
36	10166	Dexter	MI	2/6				1	Rhode Island
37	10131	Suffield Academy	CT	9/11					
38	10112	Evanston Township	IL	4/8					
39	10059	Henry M. Gunn HS	CA	4/8					

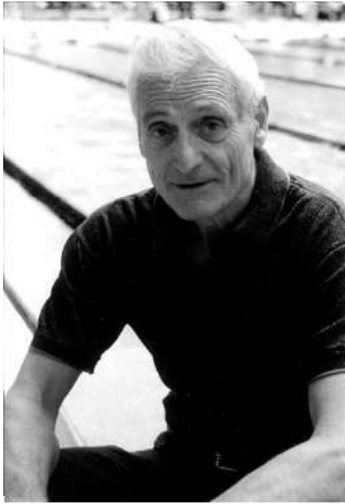
TOP COMBINED TOTAL BY CLASS (G+B)		
Pts	School	ST
Classes 1/5: Public, 1-900		
9162	Weston	MA
Classes 2/6: Public, 901-1400		
10518	Upper St. Clair	PA
Classes 3/7: Public, 1401-1900		
11272	Upper Arlington	OH
Classes 4/8: Public, >1900		
12454	Carmel	IN
Classes 9/11: Independent, 1-900		
11633	The Bolles School	FL
Classes 10/12: Independent, >900		
12098	Santa Margarita Catholic	CA

376 Total - New All-time Best

Technique and Training:

COACHING CHAMPIONSHIPS

Dick Hannula



What separates the average swimmer from the achiever, the successful swimmer? Throughout my coaching career, I continued an attempt to determine what really separated the successful swimmer from the pack of

participants. I tried to apply whatever principles and techniques learned to the athletes of my teams with but one goal, to be the best that athlete could be.

Technical information for today's coaches is almost unlimited compared to when I began high school coaching more than 65 years ago. Beginning coaches today can get up to speed in short order by taking advantage of the many available resources. USA Swimming and ASCA did not exist, nor did coaching clinics and coaching publications as well as the advanced modern technical equipment available today. Our education was on job experience and observation.

In my later years of coaching, the question I asked myself what separates the average coach from the achieving coach, the successful coach? Some things have become apparent over my coaching years and seem to be relevant in answering that question. The successful coach and swimmer share many of the same traits, the cornerstone being Attitude and Self Discipline. Reviewing some of the points may lead more coaches (and swimmers) out

of the average into an increasing number of achievers.

Some coaches consistently produced champions in their programs. Whatever the reasons, the converse is more often true that some coaches rarely, if ever, produce a champion or a championship team.

My experience as a head coach for 32 years of high school and 42 years of club and quite a few more as a volunteer club and college coach has led me to some assumptions. This is what I believe to be important to coach and the swimmer. It sometimes isn't on their radar and too often overlooked. Some of the activities that coaches put into play have the opposite effect of the intended result, resulting in mediocrity instead of a high level of success.

Excuses by swimmers and coaches won't assist anyone on the road to success. Our swimmers were well warned to recognize an excuse and to take personal responsibility for their choices. This also holds true for coaches. We have all heard some or all of what I consider coaching excuses. Inadequate pool time, inadequate facilities, and a lack of talent are frequently used. I have experienced all of these at some time in my coaching career. All of these situations can become a motivating factor if allowed to become such a factor. My first seven years of high school coaching was in a 4 lane box with no windows, walls only on one side and end of the pool, no ventilation, severely limited deck space on one

There are no shortcuts in attaining maximum success in sport and in life.

end and side, and almost totally inexperienced competitive swimmers. That team won two state championships and took over the city championship within two years.

At one Olympic Trials, Richard Quick, a very successful coach at all levels, told me at the start of the Trials that some swimmers had tried to cut corners in their preparation. He accurately stated that those athletes won't be successful in making the Olympic team. Bill Sweetenham, the Australian swimming legend, has stated that there can be no compromise when preparing athletes for a place on the podium at the Olympics and the World Championships.

Both Richard and Bill were presenting the same message. There are no shortcuts in attaining maximum success in sport and in life. The ultimate goal must constantly be in front of the athlete and coach and nothing can get in the way of achieving that goal. Compromising and short cuts won't do it! Focus on the important! One of our club coaches who became the head coach many years after my retirement qualified one swimmer for the Olympic Trials. Much celebrating and local media attention was given this athlete. I believe it set the wrong tone for the culture of the club. That coach asked me how many qualifiers I had for the Olympic Trials when I was the head coach. I didn't know! It was never important to me as to how many qualified from our team although it is a necessary step. The importance was making the Olympic Team. The Trials were just another step on our illustrated ladder to success with the Olympic Team as the top rung of that ladder. I believe that culture of success raised the level of expectation of all team members, attaining a higher degree of success by all. Being a participant among a great number of participants should not be the celebrated goal.

I have a similar view as to my high school coaching. Many times, I have heard coaches expound on how many state qualifiers they had at the state championship meet. I never considered that number to be significant only if it led to a state championship win. A state qualifier is only a participant. I have great memories of all our state champions. Our culture was built around winning state, not going to state.

Raising the recognition level for achievement is necessary, and raising the level of the achievements recognized will raise the culture and the expectations of that team. All American swimmers were recognized in our school trophy case but we had a more significant recognition for the swimmers who had finished number one nationally in their high school event and who broke national high school records.

The Tacoma Swim Club is the club team that I founded and was head coach for forty-two years. Mt. Rainier rises over the landscape of Tacoma, at least on clear days. It is a majestic mountain over 14,000 feet above sea level. I picked Mt. Rainier as our team logo. That mountain was never easy to climb. All of the building blocks essential for swimming success were included in our illustration of the mountain from the base to the very peak (success) when reached.

There are 3 aspects of goal setting:

What (the goal),

How (the method of attaining that goal)

Why (the reason for setting the goal)

The most important element in my experiences is the reason or reasons the goal is desired.

The difference between average and achievers is often their perception of and response to failure. (Failing Forward by John Maxwell) In Failing Forward, John Maxwell advised that failure be given another name. Long before I read this book, we called failure, temporary non-success. Failure is absolutely necessary for success. It is the best teacher and potentially the best motivator that one can experience on the road to success. True if recognized as temporary and necessary. Simply stated, when knocked down, get up and continue the fight.

Develop a sense of purpose and persistence in pursuing that purpose. Just do it, continue doing what needs to be done. After doing it, some success will be experienced at some point. That's where it becomes easier to "just do it".

Purpose is most often experienced in setting goals. There are 3 aspects of goal setting. What (the goal), how (the method of attaining that goal), and why (the reason for setting the goal). The most important element in my experiences is the reason or reasons the goal is desired. The reasons provide the persistence necessary to attain the goal.

Bill Sweetenham describes it best: "Coaching as being from the neck up (mental) and training as

being from the neck down (physical)". He also states that many can train but few can coach. His advice is to coach the person, train the event/distance, and teach the necessary skills. UNDERSTANDING and APPLYING all three principles is vital for championship success.

Coaching, by this definition, results in swimmers BELIEVING they can achieve levels that they previously thought not possible. Coaching, by this definition, results in teams BELIEVING that they can achieve levels that they previously thought not possible.

Summary: (1) Excuses not acceptable and responsibility is required. (2) Focus on the important. Raise the achievement level of what is recognized. (3) Change your perception of failure, "Temporary Non Success". (4) Purpose and Goals. The WHY, or reasons, is the most important aspect of goal setting. (5) Teach the skills, train the event and distance, and coach the mental to raise the level of BELIEF.

The words of Percy Cerutti, the legendary Australian track coach, should be taken seriously by every coach and swimmer, "To be satisfied is to be finished".

-
- 1-Excuses are not acceptable and responsibility is required.*
 - 2-Focus on the important. Raise the achievement level of what is recognized.*
 - 3-Change your perception of failure, "Temporary Non Success.*
 - 4-Purpose and Goals. The WHY, or reasons, is the most important aspect of goal setting.*
 - 5-Teach the skills, train the event and distance, and coach the mental to raise the level of BELIEF.*
-



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Happy Birthday



Dave Robertson will be celebrating his 92nd birthday on December 5th. He is presently in an assisted living facility.

He would love to hear from NISCA members. Certainly, a card or letter would be appreciated.

Dave Robertson
4101 West Iles Avenue #4133
Springfield, IL 62711

FOR THE RECORD: Coached New Trier High School 1946-1976, Waubonsie Valley High School 1977-1987 to 475 wins, 14 State Championships, and 204 All-Americans; President of NISCA, Secretary-Treasurer of NISCA, Chairman of the National Federation Rules Committee, and on the USS Board of Directors. He was the founder of the Illinois Swimming Coaches Association, the Illinois Official's Organization, and the Illinois Diving Clinic. President of ISHOF 1975-1977.

His swimmers won 1218 meets. He coached 158 individual high school All-Americans, 47 All-American relay teams, won 14 Illinois State Meets and set 405 national high school records. His 1961 team ranks among the top high school teams ever, producing two Olympians and placing third in the AAU Nationals.

Dave is the only man who has served on all the diverse rules committees, each of which caters to its own objectives. He served on 18 local, national and international committees and organizations. He is Mr. NISCA. Again, he didn't found the National Interscholastic Swimming Coaches Association, but got it organized and kept it growing and working as President and Treasurer. He acted as the swimmers' well-informed national high school liaison man to and between the Olympics Swimming Committee, the Boy Scouts, the High School Federation, the College Coaches Swimming Forum, the NCAA, etc. He was President of the International Swimming Hall of Fame and at least a dozen other organizations making up the Council of National Cooperation for Aquatics where he also served on the Board. Through all his missionary work there were the 2000 children he taught to swim each year. David H. Robertson stands high among all contributors to swimming.

From the International Swimming Hall of Fame

Water Polo:

WATER POLO COMES TO TENNESSEE

Rebekah Ross- STEM High School



Though making its debut in the 1900 Olympic games, the sport of Water Polo has been slow to infiltrate its way into the state of Tennessee. With its popularity in California and the West coast, it

naturally found its way to other warm weather states such as Arizona and Florida. These states boast a large quantity, and hence availability, of outdoor pool facilities. It then migrated into the Eastern and Midwestern regions of the country. In the 2000 Sydney Olympic Games we saw the next major step in the sport completed as women's water polo finally join the ranks of recognized sports.

The introduction of water polo to the state of Tennessee, began at the University of Tennessee in Knoxville. The UT club team was founded in 1992. Now an established program, they are known for hosting two popular tournaments a year at their outdoor pool facility. It is a big draw for other teams in the region because outdoor facilities are scarce. The location makes easy travel for teams in states such as Ohio and Michigan that normally don't get to participate in outdoor tournaments. The University of Tennessee club team continues to grow and draw new recruits. In 2016 the University of Memphis

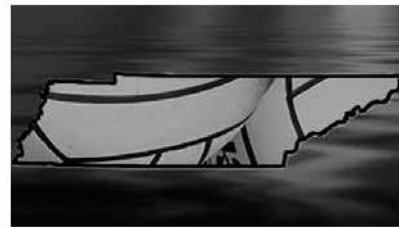
began its inaugural season, becoming the second club university team in the state.

A solid high school swim program in the state of Tennessee is a positive to drawing new water sports and developing new programs. The struggles the state faces as a whole, are the lack of pool facilities. Scheduling pool time between multiple teams and trying to foster more growth, when there are not facilities available, is a continuous challenge.



High school water polo finally found its way to Tennessee in 2013. The Memphis schools of Arlington High School, Christian Brothers High School, and St. George's Independent School, have all participated in the league since its origin. Bearden High School in Knoxville was also an original team and won the first state tournament that was held in 2013. The league today consists of six teams in the West division and three teams in the East division. The league is supported by American Water Polo and the officiating has been handled by the

Tennessee High School Water Polo Association. On the West side of the state, Memphis has developed a year round program, for both high school and master's players, through Bluff City Water Polo. They have been developing this program for five years and have had rapid growth and success with their program. On the East side of the state, Tennessee Water Polo was founded and started their first summer league program in 2016. This is the first year they have implemented a year round program for both high school and master's players and hope to keep developing this program. *Rebekah Ross is the Tennessee High School East Division Representative and the STEM High School Head Coach.*



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All America Notes:

DIVING SELECTION COMMITTEE

Lisa Werwinski, West Clermont & Loveland High Schools, Cincinnati, Ohio



The National Interscholastic Swim Coaches Association (NISCA) has released the list of the top 100 male and female high school divers in the

country. These are the 2016 - 2017 All-America divers. Ever wonder where they are selected? The 2017 High School Diving All-America Selection weekend took place Wednesday, May 31st through Saturday, June 3rd in Bloomfield Hills, Michigan. In order to be considered for All-America selection, divers must submit videotapes from their interscholastic high school eleven-dive meets (in championship format) where they achieved a minimum score of 375 points. Girls must have a minimum degree of difficulty (D.D.) of at least 13.0 on their 6 optional dives, while boys must have a minimum of 13.3 D.D. on their 6 optional dives. For divers meet the submission requirements, NISCA All-American Diving Chair Don Mason's house served as host to an elite virtual diving meet without a pool. The boys and girls competitions ran simultaneously in two different rooms. The dives were announced and all of the dives were performed on video and judged by the committee. The divers were then ranked by score. The last events of the weekend involved re-judging the top male and female divers to determine the 2017 National Champions. The female champion was Taylor Ohlhauser from Keller High School (Keller, Texas) and the male champion was Conor Casey from

Woodson High School (Fairfax, Virginia). The rest of the All-Americans are posted in alphabetical order on the NISCA website and are not ranked. Being named All-America is one of the highest honors that a high school diver can receive. For those divers aspiring to become high school All-Americans, submitting a high quality video can help significantly improve their chances. The video should be filmed on the pool deck whenever possible (not from an elevated position) and from a judge's point of view (i.e. a side view). When filming a dive, the starting position, approach, takeoff, flight, and complete entry (until the diver is underwater for a full second) needs to be included. Scores and/or the scoreboard should not be included. Often times, the best videos are some of the shortest videos. Taking the time to edit the clips while compiling the video is extremely helpful. The entire meet should last around 2 ½ minutes. Unfortunately, some divers put themselves at a disadvantage by submitting tapes that include dives where the entries and/or parts of the dive are out of the frame, have poor video quality, and/or slow-motion video. At that point, judges are forced to extrapolate and score the dive to the best of their ability, which can unintentionally hurt the diver. Additionally, all dives must be shown on the tape in the order in which they were competed. Unfortunately, some strong divers received fail dives or are disqualified from the competition because dives are missing and/or shown out of order. It is highly recommended that divers, their parents, and their coaches preview the entire tape before submitting. Diving judges are brought in from across

the country to take part in the judging festivities and gain insights into the process to take back to their divers and other local coaches. The following people served as judges for this year's event: Jennifer Amman (MI), Trey Collins (TX), Joe Greenwell (FL), Russ Ingold (KS), Doe Krug (PA), Tom Madura (MN), Jenny Mangum (TX), Kirk Price (CO), Jessica Roby (IL), Ron Syria (GA), Dave Salmon (NY), Mike Wagner (MI), and Lisa Werwinski (OH). In addition to judging all of the tapes, the weekend served as an

opportunity for everyone involved to collaborate and exchange ideas. We had some great conversations during breaks and after completing our work each day and many of us took advantage of the trampoline in Don's back yard to improve our spotting skills. We even had visits from the Michigan State Diving Coach, Eric Best and former University of Michigan Diving Coach, Dick Kimball who both stopped by over the course of the weekend.



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2017-2018 All America Swimming Standards

Mark Onstott, NISCA President

NISCA 2017-2018 Swimming Time Standard Determinations for Top 100 Athletes Named All America

The top 100 athletes will be recognized at All America in individual and relay events.

Automatic Standards were determined by the average 50th place times from the 2014-2015, 2015-2016 and 2016-2017 seasons

Consideration Times were determined by the average 125th place times from the 2014-2015, 2015-2016 and 2016-2017 seasons

Bottom Row in each category shows where the 2016-2017 athletes would have placed with the 2017-2018 standards

Girls AA	50th Average place time over last 3 seasons.				100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
	200 M Rel	200 Free	200 I M	50 Free							
Standard											
2015-16	45.02	48.84	2.08	23.24	54.52	50.42	52.59	35.72	55.04	2.74	27.98
2016-17	44.28	48.79	1.60	23.19	54.46	50.23	51.62	35.49	54.82	2.52	27.80
2014-15	45.42	48.84	1.98	23.29	54.71	50.57	52.14	35.79	55.28	3.19	28.07
Total	134.72	146.47	5.66	69.72	163.69	151.22	156.35	107.00	165.14	8.45	83.85
2017 Auto	44.91	48.82	1.89	23.24	54.56	50.41	52.12	35.67	55.05	2.82	27.95
2016											
Place	70th	51st	64th	54th	58th	58th	58th	55th	63rd	64th	53rd

Girls Con	125th Average place time over last 3 seasons.				100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
	200 M Rel	200 Free	200 I M	50 Free							
Standard											
2015-16	46.94	50.76	4.60	23.64	55.85	51.19	57.17	37.40	56.35	4.53	31.55
2016-17	46.27	50.56	3.72	23.57	55.49	51.10	56.45	37.35	56.14	3.81	31.17
2014-15	46.86	50.64	3.93	23.69	55.90	51.23	57.64	37.20	56.41	4.43	31.55
Total	140.07	151.96	12.25	70.90	167.24	153.52	171.26	111.95	168.90	12.77	94.27
2018 Con	46.69	50.65	4.08	23.63	55.75	51.17	57.09	37.32	56.30	4.26	31.42
2017											
Place	141st	132nd	138th	148th	149th	137th	133rd	124th	139th	160th	131st

Boys AA	50th Average place time over last 3 seasons.				100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
	200 M Rel	200 Free	200 I M	50 Free							
Standard											
2015-16	33.52	38.61	50.10	20.69	49.02	45.06	29.96	24.93	49.52	56.02	6.62
2016-17	33.42	38.35	49.77	20.60	48.90	44.96	27.99	25.05	49.64	56.03	6.04
2014-15	33.65	38.94	49.61	20.65	49.27	45.15	29.17	24.83	49.83	55.94	6.19
Total	100.59	115.90	149.48	61.94	147.19	135.17	87.12	74.81	148.99	167.99	18.85
2018 Auto	33.53	38.63	49.83	20.65	49.06	45.06	29.04	24.94	49.66	56.00	6.28
2017											
Place	53rd	56th	51st	61st	59th	54th	65th	44th	51st	51st	57th

Boys Con	125th Average place time over last 3 seasons.				100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
	200 M Rel	200 Free	200 I M	50 Free							
Standard											
2015-16	35.14	40.52	52.08	20.97	50.10	45.82	34.26	26.25	50.85	57.29	9.16
2016-17	35.08	40.13	51.54	20.97	50.05	45.74	32.86	26.04	50.67	57.09	9.07
2014-15	35.32	40.37	52.26	20.98	50.05	45.84	33.72	26.25	51.06	57.44	9.54
Total	105.54	121.02	155.88	62.92	150.20	137.40	100.84	78.54	152.58	171.82	27.77
2018 Con	35.18	40.34	51.96	20.97	50.07	45.80	33.61	26.18	50.86	57.27	9.26
2017											
Place	133rd	133rd	143rd	124th	128th	131st	135th	136th	147th	145th	134th



National Interscholastic Swimming Coaches Association 2017 - 18 NISCA/Speedo Swimming All-America

Yard Time Standards

Top 100 Athletes determined by verified applications will be recognized as All-America in individual and relay events.

<i>Boys All-America</i>		<i>High School</i>	<i>Girls All-America</i>	
<u>All America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All America</u>
1:33.53	1:35.18	200 Medley Relay	1:46.69	1:44.91
1:38.63	1:40.34	200 Freestyle	1:50.65	1:48.82
1:49.83	1:51.96	200 Individual Medley	2:04.08	2:01.89
:20.65	:20.97	50 Freestyle	:23.63	:23.24
:49.06	:50.07	100 Butterfly	:55.75	:54.56
:45.06	:45.80	100 Freestyle	:51.17	:50.41
4:29.04	4:33.61	500 Freestyle	4:57.09	4:52.12
1:24.94	1:26.18	200 Freestyle Relay	1:37.32	1:35.67
:49.66	:50.86	100 Backstroke	:56.30	:55.05
:56.00	:57.27	100 Breaststroke	1:04.26	1:02.82
3:06.28	3:09.26	400 Freestyle Relay	3:31.42	3:27.95

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**National Interscholastic Swimming Coaches Association
2017 - 18 NISCA/Speedo Swimming All-America**

Meter Time Standards

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

***Top 100 Athletes determined by verified applications will be recognized
as All-America in individual and relay events.***

<i>Boys All-America</i>		<i>High School</i>	<i>Girls All-America</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All-America</u>
1:44.29	1:46.13	200 Medley Relay	1:59.07	1:57.08
1:49.28	1:51.18	200 Freestyle	2:02.60	2:00.57
2:02.02	2:04.39	200 Individual Medley	2:17.73	2:15.30
:23.11	:23.47	50 Freestyle	:26.35	:25.91
:54.65	:55.78	100 Butterfly	1:01.94	1:00.62
:50.06	:50.88	100 Freestyle	:56.90	:56.06
3:56.22	4:00.23	400 Freestyle	4:20.61	4:16.25
1:34.79	1:36.18	200 Freestyle Relay	1:48.71	1:46.86
:55.17	:56.51	100 Backstroke	1:02.55	1:01.16
1:02.16	1:03.57	100 Breaststroke	1:11.46	1:09.86
3:27.52	3:30.84	400 Freestyle Relay	3:55.52	3:51.66

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March 21-24, 2018

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NCAA Tickets are an additional fee of \$80.00

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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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City: _____ State: _____ Zip: _____

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e-mail address: _____

Reservation Options:

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Option 3 – Please reserve _____ Free \$ _____

Additional Banquet Tickets @ \$60.00 \$ _____

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