

DISCONTENT ON DECK

HOWARD FIRBY ON BREASTSTROKE

# SWIMNEWS

NUMBER 265

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MAY-JUNE 2001

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TWICE IN EUROPE***



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DOING EVERYTHING  
TO GET IT RIGHT**



# SWIMNEWS

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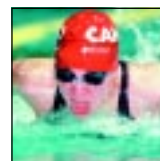
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## HEAD COACH

Truro Centurion Swim Club requires a Head Coach, effective September 1st, 2001. Located in Truro, Nova Scotia, with a trade area of 25-30,000, our Club is financially sound and has 65 swimmers from Future League to National level, including several TAG swimmers.

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Canada

## CALENDAR

### CANADIAN

#### June

- 22-24 BC Championships, Surrey
- 22-24 McCormick Invitational, Hamilton
- 28-1 Man/Sask Championships, Regina
- 29-1 Coupe du Quebec, Montreal

#### July

- 5-8 Quebec Age Groups, Montreal
- 7 The Gorge Open Water 10K Nationals, Victoria
- 12-15 BC Age Groups Ontario Championships, Etobicoke
- 19-22 Youth & Junior and SWAD Nationals, Winnipeg
- 27-29 Eastern Cup, Montreal
- 28 Traversee internationale de Lac St-Jean
- 28 Thetis Lake 5K Nationals, Victoria

#### August

- 5-9 Summer Nationals, Etobicoke
- 14-17 Canada Summer Games, London

#### 2002

#### February

- 21-24 Youth, Junior, SWAD Nationals East-Etobicoke, West-New Westminster

#### March

- 12-16 Spring National, Winnipeg

#### May

- 24-26 Zajac International, Vancouver

#### July

- 18-21 Youth, Junior, SWAD Nationals, Winnipeg

#### August

- 6-10 Summer Nationals, Victoria

### UNITED STATES

#### June

- 23-23 Disability Championships, Phoenix, AZ
- 24 10K Open Water selection, Daytona Beach, FL
- 30-1 Cadillac Series 3, Santa Clara, CA

#### July

- 15-16 Cadillac Series 4, Long Island, NY
- 19-22 Cadillac Series 5, Los Angeles, CA

#### August

- 4 FINA Open Water World Cup, Atlantic City, NJ
- 14-18 Summer Nationals, Fresno, CA
- 22 5K Open Water Nationals, Fresno, CA

#### November

- 28-28 FINA World Cup, East Meadow, NY
- 29-1 U.S. Open, (25m) East Meadow, NY

#### 2002

#### March

- 19-23 Spring Nationals
- 24 5K Open Water Nationals

### INTERNATIONAL

#### June

- 24-24 International Gala, Stuttgart, GER
- 29-1 COMEN Cup, Tunis
- 30-1 Hamburg International, GER

#### July

- 7-8 European Juniors, Malta
- 7-8 Darmstadt International, GER
- 7-8 International del Castello, Bellinzona, SUI
- 13-20 European Olympic Youth Days, Murcia, ESP
- 19-22 English Championships
- 17-29 FINA World Championships, Fukuoka, JPN

#### August

- 29-3 British Age Groups, Sheffield
- 4-7 Australian SC Championships, Perth
- 9-12 British SC Championships
- 22-1 FISU Universiade, Beijing, CHN

#### September

- 2-15 Mediterranean Games, Tunis, TUN
- 26-29 New Zealand Winter Champs., Roturua
- 29-5 Goodwill Games, Brisbane, AUS

#### November

- 3-11 Afro-Asian Games, New Delhi, IND

## RECORD SETTER

### Canadian National Age Group

#### Girls 15-17 100 butterfly:

1:00.86 Audrey Lacroix, CAMO, Rome, Jun 10. Better old record of 1:01.22 by Aurey Lacroix, CAMO, 2000.

#### QUICK FACTS: Audrey Lacroix

- BIRTHDATE, PLACE 17 NOV 1983  
 HEIGHT / WEIGHT 163 cm / 45 kg  
 HOME Pont-Rouge, QC  
 REPRESENTS Centre National CAMO  
 COACH Pierre Lamy
- 2001 World Trials 1st 100 fly 1:01.41, 1st 200 fly 2:12.48
  - 2000 Summer Nationals 4th 100 fly 1:01.50
  - 2000 Olympic Trials 4th 100 fly 1:01.50
  - 2000 Spring Nationals 2nd 100 fly 1:01.40, 4th 200 fly 2:18.29
  - 99 Summer Nationals 4th 100 fly 1:02.82, 4th 200 fly 2:18.29

#### All Time 15 Canadian Performers

##### Women's 100 butterfly

1	1:00.24	PAC95AUG	Jessica Amey,18,UCSC	LCM95
2	1:00.48	PAC99AUG	Jessica Deglau,19,PDSA	LCM99
3	1:00.51	CANLCAUG	Jennifer Button,22,ROW	LCM00
4	1:00.71	CDNLCMAY	Karine Chevrier,22,CAMO	LCM00
5	1:00.86	ROMEJUN	Audrey Lacroix,17,CAMO	LCM01
6	1:01.18	CANAUG	Kristin Topham,18,PEPSI	LCM91
	1:01.18	CANAPR	Sarah Evanez,20,PDSA	LCM96
	1:01.18	CANLCAUG	Shona Kitson,22,OSC-SE	LCM00
9	1:01.27	SEASN80	Wendy Quirk,20,EKSC	LCM80
10	1:01.28	CWLTHSEP	Sara Alroubaie,17,MANTA	LCM98
11	1:01.36	SYDNJAN	Jennifer Fratesi,16,ROW	LCM01
12	1:01.38	SEASN83	Michelle MacPherson,15,ESC	LCM83
13	1:01.75	CANMAY	Jane Kerr,20,EPS	LCM88
14	1:01.78	CANAUG	Nancy Sweetnam,16,LLSC	LCM90
15	1:01.79	CANLCAUG	Elizabeth Collins,17,ROD	LCM00

#### QUICK FACTS: Brian Johns

- BIRTHDATE, PLACE 5 AUG 1982, Regina, SK  
 HEIGHT / WEIGHT 183 cm / 86 kg  
 HOME Richmond  
 REPRESENTS Richmond Rapids (RAPID)  
 COACH Craig McCord
- 2001 World Trials 2nd 200 free 1:51.17, 3rd 400 free 3:54.59, 2nd 200 IM 2:02.50, 1st 400 IM 4:20.47
  - 2000 Summer Nationals 2nd 200 free 1:51.04, 3rd 400 free 3:55.41, 3rd 200 IM 2:04.29
  - 2000 Olympic Trials 2nd 200 free 1:50.34, 2nd 200 IM 2:02.80
  - 2000 Spring Nationals 2nd 200 free 1:51.04, 3rd 400 free 3:55.41, 3rd 200 IM 2:04.29
  - 99 Pan Pacs 8th 200 free 1:51.09, 3rd 4x200 free
  - 99 Pan Ams 3rd 4x200 free

#### All Time 15 Canadian Performers

##### Men's 200 Individual Medley

1	2:00.38	GOODWJUL	Curtis Myden,24,UCSC	LCM98
2	2:01.42	ESSOCUP	Alex Baumann,21,LUSC	LCM86
3	2:01.88	CANAUG	Gary Anderson,21,NYAC	LCM90
4	2:02.50	CANLCMAR	Brian Johns,18,RAPID	LCM01
5	2:02.83	CANMAY	Darren Ward,23,UCSC	LCM92
6	2:02.91	CANLCMAR	Owen Von Richter,23,ESWIM	LCM99
7	2:03.34	AUSTNAUG	Jonathan McLeod,18,UNATT	LCM94
8	2:03.56	PAC95AUG	Mark Versfeld,19,EKSC	LCM95
9	2:03.65	SEASN78	Graham Smith,19,TBT	LCM78
10	2:03.90	CANAUG	Steve Lutz,20,NYAC	LCM90
11	2:04.04	SYDNJAN	Tobias Oriwol,15,ESWIM	LCM01
12	2:04.08	PAC93AUG	Ron Watson,24,NYAC	LCM93
13	2:04.18	PAC97AUG	Phillip Weiss,18,PSW	LCM97
14	2:04.59	CANLCMAR	Keith Beavers,18,STARS	LCM90
15	2:04.83	SEASN80	Bill Sawchuk,20,TBT	LCM80

## ABOUT THIS ISSUE

### From the Editor

The news in the last issue regarding SNC's decision to end financial support for TAG generated a great deal of written commentary. It took three pages of Backwash to publish all the feedback.

Thanks also to all who wrote regarding my induction in the International Swimming Hall of Fame. That was a very emotional experience and it was wonderful to be part of such a memorable group. Thanks to all who made it possible.

Rest assured TAG will continue to be published regardless of SNC. We will expand coverage to additional events and categories mostly on the world wide web; space will likely not allow for additional events in the print publication.

Topics in this issue include a transcript of the CBC *Sports Journal* interview with Jen Tihanyi, of which only about five minutes was aired on the show. Wayne Goldsmith writes on the concept of the Power Circle, regarding the work and rest phases in each stroke cycle. Russ Ewald writes on American breaststroker Ed Moses who bettered two world records in March. To illustrate the genius of Howard Firby his observations on "natural breaststroke" from his trip to Minsk in 1969 should be a revelation, especially to those who didn't know him.

# DISCONTENT ON DECK

The interview was conducted by producer Marc St-Aubin (former swim coach for 13 years) for a program aired on CBC Newsworld on March 4 on the *The Sports Journal*. Jenó Tihanyi had about five minutes on air; here is the edited text of the whole conversation.

**The Sports Journal (SJ)**—*How did you feel watching the performances of the Canadian Olympic Team on CBC Television?*

**Jenó Tihanyi (JT)**—Not very happy with the outcome or the excuses heard from some of our leaders. I was troubled by the Head Coach's comments on how wonderful it was for swimmers to be recording personal best times. In fact, he was widely quoted in Australia saying that he felt that the Canadian team did well. But remember: these are not provincial championships nor third-grade international meets, but the Olympic Games.

To comment on how well the Canadian team did would require an in-depth critical analysis. We don't have such an analysis because neither the Canadian team leadership nor the administration are willing to look in depth at a problem that has been ailing Canadian swimming for some time.

**SJ**—*Many people in the sport say it is caused by lack of money. Do you think that is true?*

**JT**—I don't believe we had more money in the 1980s when the Canadian program thrived. Today the club system is nowhere near where it was in mid-1980s. And there is more to it than just money. In the 1980s the money was invested into programs that produced results. We spent more time and money on provincial and national youth programs. Today the Canadian youth program is virtually non-existent, and for the last two or three Olympics, we've relied on three veterans: Marianne Limpert, Joanna Malar, and Curtis Myden. There is no back-up system or feeding system to support the veterans and bring in new blood, and such progress will not happen unless there exists a viable youth program.

**SJ**—*What do you mean by "youth programs"?*

**JT**—I mean a talent identification system, such as Laurentian University and my colleagues submitted to Swimming Canada, and were always told they didn't have the money for it. Talent identification is the basis of youth programs throughout the world, and Australia is a good example of this. I know that

talent selection in Australia is alive and well. Alex Baumann, now working in Australia, told me that their youth program examines 400-500 young athletes. From this group they select 20 youngsters to join a financially supported training squad, who still maintain their club identity.

For some reason, the money today has been channelled elsewhere. In the 1980s we were able to develop our own provincial, national, international programs. I would submit my program to Swimming Canada and I would be supported financially to international events with my club swimmers.

Leading up to the 1984 Olympics, I took advantage of something like a dozen of these international training camps and meets. The World Cup has its place but it's way over-emphasized here in Canada. It's a good developmental event for younger swimmers who need international competition. Our World Cup performances are very good and our Games performances are very poor.

Today, there is far too much emphasis on money to be won. You spend a month in Europe—a month here and a month there. I am not totally against it but it certainly detracts from a program that should develop emerging athletes.

I believe the Canadian team went to Sydney without a specific goal in mind. Many of the swimmers interviewed said how nice it was to make the national Olympic team—but winning a medal and getting on the podium is the real ultimate purpose of going to these big international Games. It's not a developmental opportunity. With the exception of Marianne Limpert, I didn't hear of anybody, except perhaps Joanne Malar, who was really angry for not winning a gold medal.

**SJ**—*You said the Canadian Olympic team went to Sydney without a plan. Why do you say that?*

**JT**—Well, I am reading between the lines. But some of the comments we heard about the preparation of the athletes and how they were looking forward to pursuing personal-best times is fine—but this is an indication of a program that has sort of come to an end at a swim meet. But I am talking about long-range plans, plans that are quadrennial, that stretch over four years, where athletes develop strategy, develop tactical prowess in going into big Games, to learn how to race—how to race the race that is at hand and how to race other individuals, and win.

Over the years I've coached many international-calibre swimmers and of course the top of the heap was Alex Baumann. To us, winning was always the mandate—not how fast you swam.

**SJ**—*Compare when you first started coaching in the 1960s and when you finished your national coaching career.*

**JT**—Coaching has changed as society changed, as the social structure has changed in the country—at least that's the way I see it. I believe that in the past you could be a very demanding coach, without being a mean coach. Nowadays, I think, if you become a very demanding coach and you present a plan that looks 4-5 years down the road, you perhaps become more of a mean coach in the eyes of many associated with the sport. I think coaching is now more valued by the size of the contract and how much money you can wring out of the system. I believe that there are coaches out there who are really proud to do well, but perhaps the focus has changed a bit, and that focus perhaps is not in the best interest of Canadian swimming. The focus has changed to bringing in athletes from clubs to the regional training centres while the poor home coach struggles to develop an athlete, only to lose that athlete to the national and regional centres.

**SJ**—*How do these national training centres impact the club system?*

**JT**—The stated principle behind the centres is that you bring in the swimmer to train in the centre for a while and the swimmer will still participate in and be part of the club. No such thing exists anymore—at least not 100%. I see swimmers being named to our training centre and being identified not with their home club but with the training club. Now, as a coach, I would have a tough time with that; the person who struggled to bring a swimmer up to age 13-14 and suddenly doesn't have any authority in the training of this individual, and preparing this individual's future. So I think coaches may have taken exception to this in their approach to training. It's very hard to say, but certainly the focus and the philosophy of swimming personal bests may be overshadowing that ultimate desire of everybody reaching the very top.

The enticement of going to the national training centre is not justified at all. Perhaps they get more financial support, perhaps they receive a little extra than if you were staying at home. But I think it's more than that. What goes on behind closed doors—I have no idea and I am not going to second guess anybody, but I've heard some shoddy dealings going on. If you come to the National Training Centre you will be able to do these sort of things, but if you stay with your home club, with your coach, who is probably just as technically sound as anybody else, you may not be

able to do the following. And obviously, the perk dangled before the young ambitious swimmer is very attractive—and the home coach probably loses some enthusiasm. Certainly I would.

In the first place I wouldn't allow my swimmer to go if I was able to do what everyone else is doing and if I was given the support. In the 1980s, if my swimmer wanted to go swim against all the potential medley swimmers who were a threat, or at least potential finalists in 1984, I said I wanted him to go swim against those people. So he went to Europe to swim against everybody. And he went down to the U.S. to swim against everyone down there. I was given that opportunity—no training centre can replace that. I was able to develop a strategy that was built on not getting beaten.

**SJ**—*And are these National Centres really assisting other coaches?*

**JT**—I hear from other coaches that the training centres do not support the club system. And I think the fundamental principle when the discussions were on the table was to create these training centres to give an additional opportunity to bring individuals together periodically and maybe even make the centres more specialized. Bring in the individual medley swimmers for two weeks, bring in the backstrokers for a month, and so on, and retain the club system. I believe this is not happening. And that may be one of the most important critical analytical points that one could make post-mortem after the Sydney Olympics. How can we make this work so we can support the clubs? Support the swimmers? It's created a few jobs, channelled a few thousand dollars into the system, without any seemingly positive results. Certainly we have not advanced much.

**SJ**—*Why did you leave international coaching?*

**JT**—As you get a little bit older, you can't carry on three or four jobs. I have a full-time job at the university and that was just a hobby of mine to coach the club. And if Swimming Canada would have come and said, "look, we are going to pay 50% of your salary if they allow you to continue coaching," then the university would have probably allowed me to continue doing that. But this didn't happen.

Obviously SNC wasn't interested in doing anything like that. But beyond the fact that you get tired and you need to get back into your real life sooner or later, for some time I was really contemplating not getting involved with SNC anymore simply because I could not handle the politics anymore that took my focus off of coaching.

You always had to cut through a lot of nonsense at meetings, whether it was coaches' meetings or administrative meetings. And you always had to cut through a lot of nonsense when you tried to raise

some money to run your program. It was a real struggle in my last couple of years when I was involved with Nancy Sweetnam, because we had no financial assistance. We had no financial aid to do the things that we wanted to do. Eventually, it took its toll. It's not because I suddenly lost it as a coach, it's because I didn't want to be involved in a political ballgame anymore. It was Canadian swimming's loss that I am not involved anymore, it wasn't my loss. It hurts me that the system is not progressing as it should. So, I just slowly faded away into the sunset and that was that. I simply didn't want to be involved with people who were more concerned with their personal gains than the gains of Canadian swimming at large.

**SJ**—*Are the politics really that detrimental to other coaches?*

**JT**—You see the same people in the same position for three, four Olympic quadrennials, and there is absolutely no innovative changes taking place in Canadian swimming. And what some people perceive to be changes are really nothing more than re-allocation of some of the financial resources and personnel resources. And that's no step forward.

A long time ago, it was "let's support Calgary financially." And then we found that a lot of the money that was channelled into the Calgary program was missing elsewhere. And that's why some of the other programs were cut out. Now let's channel money into some other phantom program. And look, some of those programs that got a large percentage of the money from the Canadian system produced absolutely nothing other than national champions. National champions are great, and that's progress. But in the international arena, you have to take that extra step. And I believe that the system, the lame system that we entered into, with lame leadership, prevented it. You can't focus on the top and totally neglect the bottom.

And I have to go back to youth programs. I think over seven years, our youth program would have had paid phenomenal dividends. But Canada wasn't interested in the talent identification program. They weren't interested in any sort of youth program. I think a good 50%, if not more, of the money of what is available should be put into the development of youth programs and not support a system that totally neglects the club system.

Certainly there needs to be some changes to the structure. It has always been a disturbing situation for me. SNC has over 20 members of the board of directors. In Australia, there are nine. You can imagine how much money goes into the mere production of information for just the board members, and then flying the board members into meetings, and so on. And the inability of the group to really come to consensus because everybody wants to push their

provincial rights forward and see how much they can gain. So the present system of provincial representation is not the best way of going into the future.

**SJ**—*Canadian swim coaches are the experts in technical matters in the sport, but do coaches have real input in these areas at Swimming Canada?*

**JT**—I believe that an old boys network has established itself in Canadian swimming at the upper level, which is making it very difficult for new ideas to emerge. And without new ideas, there's no progress. There are a lot of great wonderful coaches out there, but the struggle they have to go through to try and get to the top because they are not part of that old boys network, because they are not part of that little tight group at the top who make coaching politics very unpleasant. And that's what I didn't like. I didn't feel I had to be inside the door to be able to do many of the things that I was doing as coach.

I think coaching should be an open-door process where you can come and go as you like with your ideas. And by critically analyzing those ideas, if they work, then let's pursue it. The system is also forcing the coaches to succeed in probably a manner that is contrary to the best process for developing young athletes. The system is rushed because there is nothing at the top. So let's push a few athletes though and let's see if we can fill a few gaps here and there. And one of the major aspects of dealing with young children is by respecting the developmental process and developing athletes over many years, not a few skills over a few days or a few months or a few years. I think it's documented in a few publications that developing an international athlete takes approximately eight years. And to develop somebody to the level where they can become an international athlete takes another four or five years. And it's not all training; it's growth and development.

I think the system is forcing coaches to ignore the developmental process of the child. We should develop all the skills that are necessary first, then training will become more beneficial during the high-performance years.

I think most programs are rushing into the process of developing fast swimmers quickly rather than developing athletes over a longer period who will be more resilient and more competitive and will be able to race at a higher level at maturity.

I believe there were more listening ears in the past than we have today. Whether it's a social phenomenon or it's just change in focus or attitude, I don't know. There's a different mentality of the parent support group at the club level. And it carries through to the provincial and the national level. It would go a long way if the country would put more emphasis on physical activity, physical education in schools, and that focus would continue on to higher

levels and the need for expert opinion would be more respected.

**SJ**—*For a Canadian coach to produce top talent, what is really needed from sport governing bodies like Swimming Canada?*

**JT**—I don't think SNC has done enough marketing of swimming the way other countries have done. Many people don't know what swimming is about. I know it's a hockey country, and I know football has its season and so on, but based on the amount of money that we have spent, swimming could enjoy more popularity. I believe that there needs to be some changes made.

Perhaps some of the focus of Canadian swimming for a period of time should move to the lower levels, but not necessarily at the expense of losing sight of the upper levels. I think you have to keep maintaining what we have now, but I think the emphasis should be put on the kindergarten of swimming—the youth program.

And forget about spending hundreds of thousands of dollars on coaching education. Coaching education can be resolved in a less expensive manner. I left the coaching education program too because I didn't feel the focus was right. And I looked at it from the point of view of a person who spent 35 years in the education system and 40 years as a coach. And I had a good marriage of the two, and I could see where our coaching education really lagged, the emphasis, and where we need to make some changes. So, we need to do an in-depth critical analysis of what ails us. Secondly, how we can move our sport to the next step forward?

We achieved that once when Sport Canada was headed by Abby Hoffman. Many of the contributors were brought to Ottawa and we had two days of critical analysis. And I thought that helped sport in Canada a great deal. And a lot of positive changes were made at that time.

We need to bring in people who have contributed in the past and may still have something to contribute for the future. I remember when Howard Firby no longer coached, but was still able to do some of the things he was famous for—then was totally forgotten by Canadian swimming. Today we have similar people. Paul Meronen has moved to Iceland! And I am sure that there are many other people in this country who have contributed a great deal who have been ignored.

**SJ**—*Why are coaches like you ignored?*

**JT**—Contrary ideas are often looked upon as threatening ideas because people tend to take them personally. And often such coaches get ostracized merely for being open-minded as well as outspoken. This attitude on the part of those in power is indicative of immaturity, and maybe swimming is a little

immature in some respects. In politics, politicians don't take issues personally—they can still sit down and have a social occasion with their opposition. However, it seems that in swimming, contrary ideas create animosity. And this is one big reason why we are unable to get out of those lead shoes that we've been anchored in since the early 1990s.

**SJ**—*What about the National Coaching Certification Program? Does it really help coaches?*

**JT**—I think there are perhaps some redundancies at different levels. It seems to me that coaches have to fulfill some obligations that may not be as necessary as some of the people who designed those obligations see it. Unfortunately, many of people who designed the coaching education obligations never had much to do with coaching. And I always felt pretty lucky in that I as a coach was also an educator. And I saw things from a different perspective. Perhaps, coaching education needs to be more practical, made less invasive into people's time and lives and more acceptable to coaches. There are too many demands put on coaches. They have to produce tasks which have little application to everyday practical coaching

**SJ**—*How is coaching appreciated in this country?*

**JT**—Certainly coaching has never been looked upon in this country as a profession. Coaching is a profession elsewhere. A coach is an educator. A coach is a teacher. And what makes it different I suppose, perhaps in Europe, is that coaches are hired as a legitimate occupation.

In Canada, and I am not talking about the elite level, coaching is largely a volunteer concept, and who needs coaching education for the guys who are out there playing, having fun, or baseball children or children engaged in soccer? But it starts there.

Coaching could be looked at as a real job in which people earn a living and make important decisions, and contribute very importantly to the lives and well-being of many individuals out there, especially young people.

**SJ**—*You've mentioned several areas that threaten the swim coaches' ability to produce. The Shauna Nolden controversy of last summer—did it hurt coaching?*

**JT**—Well, I think it left many people distrustful of the system and not confident in those who are making decisions concerning that. Now I am not questioning the need, or no need, of appointing a female coach. It's not the question of being female or male in coaching. It's matter of being able to and prepared to do what is at hand: to do the job.

Here we are talking about the Olympics and how poorly Canadian swimmers have done and we nominate a coach with little international experience,

no coaching background to speak of. At the highest possible level, when the athletes need the highest possible care and attention with the greatest amount of collective experience that one could bring to the table, yes, this sort of decision will certainly make coaches very skeptical and distrust the system. It certainly didn't contribute to our performance at the Olympics.

**SJ**—*Your swimmers who have moved to coaching and you still keep in contact with, how do they feel about the coaching environment?*

**JT**—Certainly those involved in some sort of a swimming activity as a coach, administrator, or a parent are disappointed. But the system, unfortunately, creates this feeling of distrust and everybody is worried about succeeding.

There is a certain amount of expectations by new coaches when they get out into the system. And unfortunately, some of those expectations are soon turned into disappointments because they see that in fact it's not as rosy as one would hope that it may be.

**SJ**—*What changes does Swimming Canada need to do to really help coaches do a better job?*

**JT**—There's not really all that many things that need to be changed. Some change in attitude in what needs to be important in the process of the development. Changes in the control system, how the money is spent for example, is a very important point. And who should make those decisions? Coaches have been shut out of decision making in the past. And it was always a struggle, I remember, as much as I always felt respectable in the system, because I always unselfishly contributed. People don't allow you to come into their court and try to make changes very easily.

From the many interviews that I've heard after the Sydney Olympics, it was very clearly vocalized that change is essential and needs to be made—and the sooner the better. And the people who are responsible need to sit down and critically look at what has happened during the last eight years and learn from that and make changes immediately. There's no other way.

**SJ**—*Why did you feel it was important for you to do this interview?*

**JT**—It's pains me to see what is happening in Canadian swimming. I feel that I have a lot to contribute. Someone out there just has to ask me to get involved. I am not too sure if I want to be involved in front-line coaching at this stage in my life, but I would certainly like to share my experiences, my knowledge about training and athlete development.

The Canadian swimming system must look at its roots more seriously, and in the very near future enter into the development of a viable youth program to develop the future of Canadian swimming—otherwise we will be revisiting the same old issue every four years.



## Academic accomplishments:

Jeno Tihanyi is a professor in the School of Human Movement and Centre for Research In Human Development, Laurentian University, Sudbury, ON.

His research areas of interest are Physical Growth of Children and Effects of Physical Stress on Growth.

1961-68 earned Bachelor and Master degrees in Physical Education specializing in Child Development.

1968 moved to Edmonton and earned a PhD specializing in child physiology and development.

## Coaching record:

Late 1950s coached a summer club in Kelowna, B.C.

Early 1960s coached a summer club in Port Alberni, B.C.

Early 1960s started a club in the Vancouver area called Killarny Swim Club.

1964-1968 Coached the Vancouver Amateur Swim Club and coached individuals such as Shirley Cazalet, Karen James, Bill Mahoney, Bob Kasting.

1968-69 Coached the Edmonton Southside Swim Club and coached future greats Graham, Sue, Sandra, and Becky Smith while Dr. Don Smith was experiencing health problems.

1969-70 Reorganized and coached the West Edmonton Y Swim Club.

1970 moved to Sudbury and accepted a job at Laurentian University. Assisted the local Y with their competitive Swimming program.

1973 (when the university pool was completed) started the Laurentian University Swim Club and the Laurentian Varsity Voyageurs. Developed international athletes: Roman Baumann, Alex Baumann, Rob Wallenius, Jennifer Campbell, Denise Gereghy, Darcy Wallingford, Jody McPhee. Also coached for varying lengths of time Deke Botsford, Nancy Sweetnam.

## Coaching and administrative positions:

Provincial Head Coach, Alberta.

Northeastern Ontario Technical and Program Director in Swimming.

1974-81 Director and Chair of Ontario Swim Coaches Association and member of the Board of Directors of Ontario.

Provincial Head Coach for Ontario.

Master Coach for Ontario Swimming.

Vice President (research), Canadian Swimming Association

1982-87 Director and Chair of Canadian Swim Coaches Association.

1978-1994 National Team coach in various capacities.

Invited speaker at over 40 conferences (seven different countries), and has spoken on training and children, etc.

## FIXING WHAT ISN'T BROKEN

### Nick J. Thierry

Swimming/Natation Canada (SNC) is advertising for the position of Head Coach at the National Swimming Centre in Victoria, B.C. Ironically there is an already established successful program in Victoria in the same pool.

Island Swimming coaches Ron Jacks and Peter Vizsolyi, M.D. have been successful in producing consistent international swimmers from within their program.

I have known Ron Jacks since 1965, when I was the coach of a Canadian Touring Team that competed in Europe that summer. Ron was still in his teens and was swimming in Vancouver with coach Ted Simpson. He was a member of the 1964 Olympic Team and would compete until 1972, in his third Olympics as a swimmer. He graduated from Indiana University with a degree in Zoology, where he was coached by James Councilman, one of the all-time greats of the sport.

In the fall of 1972, Ron started coaching and the results soon followed. He has had National winners over

all distances and strokes, both men and women. He developed one of Canada's all-time greats, Shannon Smith, who won the bronze in the women's 400 free at the 1976 Montreal Olympics. Another milestone was Greg Streppel's win in the 25K Open Water World Championships in 1994.

Ron has never failed to place one or more swimmers that he developed from within his club on Canada's major international teams (Olympics, Worlds, Commonwealths, Pan Ams, and Pan Pacifics), a rare feat over such a long period (28 years).

He has been somewhat of an outsider, not always holding the fashionable views of the day, but has always been a voice for openness, change, individuality, and integrity, and has never wavered from those ideals.

Peter Vizsolyi, M.D. has been head coach of the University of Victoria since 1983 and was CIAU Coach of The Year in 1987/1997. In addition to his coaching he is Adjunct Assistant Professor, School of PE, University of Victoria, and specializes in Sports Medicine.

The partnership between Ron Jacks and Peter Vizsolyi has been successful in producing national champions and international swimmers.

### INTERNATIONAL SWIMMERS

#### 1975 Worlds

Shannon Smith  
Jim Green  
Steve Hardy

#### 1975 Pan Ams

Steve Hardy

#### 1976 Olympics

Lisa Geary  
Shannon Smith  
Steve Hardy

#### 1978 Commonwealths

Chris Erickson

#### 1979 Pan Ams

Chris Erickson

#### 1980 Olympics

Bruce Berger

#### 1982 Worlds

Pam Rai

Bruce Berger

#### 1982 Commonwealths

Peter Dobson

#### 1983 Pan Ams

Pam Rai

Bruce Berger

Peter Dobson

#### 1984 Olympics

Pam Rai

#### 1986 Commonwealths

Pam Rai

Jon Kelly

#### 1987 Pan Pacifics

Jon Kelly

#### 1988 Olympics

Jon Kelly

#### 1989 Pan Pacifics

Anne Barnes

Jon Kelly

#### 1990 Commonwealths

Anne Barnes

Jon Kelly

#### 1991 Worlds

Nikki Dryden

Corinne Liedtke

Jon Kelly

Greg Streppel

#### 1991 Pan Pacifics

Suzanne Weckend

#### 1991 Pan Ams

Nikki Dryden

#### 1992 Olympics

Nikki Dryden

#### 1993 Pan Pacifics

Nikki Dryden

Suzanne Weckend

Greg Streppel

#### 1994 Commonwealths

Nikki Dryden

Suzanne Weckend

#### 1994 Worlds

Nikki Dryden

Suzanne Weckend

Kim Dyke

Greg Streppel

#### 1995 Pan Ams

Kate Brambley

#### 1995 Pan Pacifics

Kate Brambley

#### 1996 Olympics

Christin Petelski

#### 1998 Commonwealths

Rick Say

Philip Weiss

Christin Petelski

#### 1999 Pan Ams

Danielle Bell

Rick Say

Philip Weiss

#### 1999 Pan Pacifics

Danielle Bell

Rick Say

Philip Weiss

#### 2000 Olympics

Christin Petelski

Rick Say

#### 2001 Worlds

Christin Petelski

### MEN - NATIONAL CHAMPIONS

#### 200 free

2000 1:48.86 Rick Say,IS

2000 1:49.19 Rick Say,IS

#### 400 free

1975 4:08.02 Jim Green,HYACK

2000 3:51.63 Rick Say,IS

2000 3:49.99 Rick Say,IS

#### 800 free

1993 8:16.60 Greg Streppel,IS

#### 100 back

1977 0:58.92 Darcy Hamilton,HYACK

1978 0:59.73 Darcy Hamilton,HYACK

#### 200 back

1973 2:11.28 Steve Hardy, Van Byng

1978 2:08.74 Darcy Hamilton,HYACK

#### 200 breast

2000 2:17.53 John Stambuis,IS

2000 2:16.45 John Stambuis,IS

#### 200 fly

1987 2:01.34 Jon Kelly,VICO

1989 2:00.56 Jon Kelly,IS

1990 1:58.06 Jon Kelly,IS

1990 2:01.23 Jon Kelly,IS

1998 2:03.63 Philip Weiss,IS

#### 400 im

1988 4:25.37 Jon Kelly,VICO

1989 4:16.30 Jon Kelly,VICO

### WOMEN-NATIONAL CHAMPIONS

#### 50 free

1984 0:26.31 Pamela Rai,HYAC

1984 0:26.90 Pamela Rai,HYACK

#### 100 free

1984 0:57.34 Pamela Rai,HYACK

#### 200 free

1976 2:01.56 Shannon Smith,HYACK

1992 2:00.69 Nikki Dryden,IS

#### 400 free

1976 4:14.79 Shannon Smith,HYACK

1977 4:15.81 Shannon Smith,HYACK

1992 4:10.40 Nikki Dryden,IS

1992 4:16.22 Nikki Dryden,IS

1993 4:07.79 Nikki Dryden,IS

1995 4:10.77 Kate Brambley,IS

1996 4:18.79 Kate Brambley,IS

#### 800 free

1975 9:01.66 Shannon Smith,HYACK

1975 9:03.77 Shannon Smith,HYACK

1976 8:44.71 Shannon Smith,HYACK

1976 8:49.11 Shannon Smith,HYACK

1976 8:50.13 Shannon Smith,HYACK

1977 8:41.17 Shannon Smith,HYACK

1977 8:47.87 Shannon Smith,HYACK

1991 8:49.52 Nikki Dryden,IS

1992 8:34.72 Nikki Dryden,IS

1993 8:31.65 Nikki Dryden,IS

1994 8:48.83 Nikki Dryden,IS

1998 8:54.74 Kate Brambley,IS

2000 8:43.60 Danielle Bell,IS

### 1500 free

1976 16:49.92 Shannon Smith,HYACK

1977 16:53.91 Shannon Smith,HYACK

### 50 back

1989 0:30.26 Anne Barnes,IS

### 100 back

1989 1:04.01 Anne Barnes,IS

1990 1:04.70 Nikki Dryden,IS

1991 1:02.45 Nikki Dryden,IS

1991 1:04.70 Nikki Dryden,IS

1992 1:01.65 Nikki Dryden,IS

1992 1:04.89 Suzanne Weckend,IS

1993 1:03.92 Suzanne Weckend,IS

### 200 back

1989 2:17.90 Anne Barnes,IS

1989 2:17.52 Anne Barnes,IS

1990 2:17.23 Nikki Dryden,IS

1991 2:12.18 Nikki Dryden,IS

1991 2:16.79 Nikki Dryden,IS

1992 2:15.15 Nikki Dryden,IS

1993 2:10.15 Nikki Dryden,IS

1994 2:15.47 Nikki Dryden,IS

### 100 breast

2000 1:11.48 Christin Petelski,IS

2001 1:10.41 Christin Petelski,IS

### 200 breast

1996 2:29.51 Christin Petelski,IS

1996 2:30.43 Christin Petelski,IS

2000 2:29.91 Christin Petelski,IS

2001 2:29.89 Christin Petelski,IS

### 200 fly

1988 2:15.45 Marie Moore,VICO

## BACKWASH

*Backwash features short clips, gossip, letters, and opinions. Contributions are welcome at our e-mail: [swimnews@inforamp.net](mailto:swimnews@inforamp.net). Now for the rumours behind the news.*

**More of the same:** After Canada's dreary performance in the 2000 Summer Olympics in Sydney, the federal government will implement a "playground-to-podium" sports policy aimed at bolstering the national medal haul.

Federal Sports Minister Denis Coderre will increase funding for sports programming, while unveiling a new management regime to oversee such things as anti-doping programs and athletes' complaints about coaches or sports associations.

Mr. Coderre would not divulge how much money the federal government intends to put behind the initiative, but said the new measures are the "first step of a 10-year plan."

At a news conference following the official opening of the National Summit on Sports (last April), Mr. Coderre said funding for elite-level athletes will become more "results-oriented," while efforts will be made to link public and private-sector financial support into collaborative programs.

Delegates to the summit cast the current system as being largely in disarray. Participation levels are declining while facilities are aging, University of Toronto professor and ex-Olympic runner Bruce Kidd said. School sports programming is disappearing while elite-level athletes are starved for cash and then forced to bear the "brunt of Canadian discontent" after poor performances in the Olympics.

Until a national policy is developed, Canada will have no idea "what sports to support, what athletes, what coaches, or to what level," added ex-Olympian swimmer Marion Lay.

**Editor:** Re the recent Canadian Summit Meeting on Sport—it's merely about saving jobs, privileges, comfy living, status. What a transparent joke for the Minister of Sport, to look like he's doing something positive, just toss a few million at the "problem."

Elite athletes strapped for cash? What a bunch of whiners. I saw one of our ESPN2 "athletes" (an extreme snowboarder), a scruffy 26-year-old, is also a coin-laundromat owner. Now there's a great solution for the national sport bureaucrats to jump on—just buy each of the national team members their own laundromat. Then we wouldn't have to fret about all the "swim bums."

Yesterday we were in a meeting of coaches of area teams, and the one guy with an elite level swimmer (not me!) had on his USA Swimming Training Center t-shirt. Emblazoned on the front in large letters was

the word "ALTITUDE." It gave me a good laugh in a dreary meeting while waiting for the sandwiches and cookies to be served.

*Charles Yourd,  
Bloomington, Illinois*

**Editor:** Congratulations on your induction into the International Swimming Hall of Fame (ISHOF). Your constant dedication, support for great swimming and long time friendship makes me proud to have worked with you for all these years and now the World knows how great you are, also.

*Pierre Lafontaine,  
Phoenix, AZ*

**Editor:** Greetings and congratulations to Nick upon his induction into the ISHOF.

*Stefano Arcobelli  
Gazzetta dello Sport  
Milan, IT*

**Editor:** Congratulations on your induction in the ISHOF. Keep up the good work.

*Vlastimil Cerny, University of Manitoba  
Swimming/National Swim Centre  
vcerny@ms.umanitoba.ca*

**Editor:** Congratulations on your Induction into the ISHOF! Your efforts have made you the best statistician in our sport.

*Mark Lancaster  
Victoria, BC*

**Editor:** Please give my regards to Nick and tell him that there is no one more deserving of this honour than him. I wish I could be there to share this occasion with him.

*George Gate ISHOF Honoree 1989  
St-Telesphore, Quebec*

**Editor:** Cannot think of a better scenario. Al Schoenfield presenting Nick Thierry at the ISHOF 2001 induction ceremonies—the two greatest contributors to the sport in the world. Congratulations again!

*Jack Simon, Director of Swimming  
State of Jalisco, Mexico*

**Editor:** I just want to congratulate you on your induction into the ISHOF. Your contributions to the swimming world have truly been a labour of love. Thanks again for all your help to USA Swimming.

*Everett Uchiyama, USA Swimming  
National Team Coordinator,  
Colorado Spings, CO*

**Editor:** Congratulation for your entry in the ISHOF. You are doing a great job for our sport.

*Patrick Kramer,  
Switzerland*

**Editor:** I just want to say that I'm sorry for the crap from SNC. You have been such a great friend to swimming for so long that it doesn't seem possible that they would screw you around like this.

Anyway, I just wanted to say it. If there is anything I can do, just let me know.

*Bob Boadway  
Port Perry, ON*

**Editor:** It is very nice to see that you finally get honoured by the International swimming community for all your hard work and dedication. Congratulations.

You certainly deserve it. I hope that SNC and the board wake up to the fact that your hard work deserves our praise also. The cutting of funding for the TAG program is a disappointment to myself as a coach and parent. I don't know what they have in mind, but I'm sure you've spent countless hours and years ironing out the bugs in the system. It seems very irresponsible of SNC to think that they can whip together a program that will work the same. Where will these new so-called better TAG results be printed? Is SNC going to send these results out to all the clubs to post? This is what you did at virtually no cost to anyone. I would hope that someone with political clout sees the idiocy in all this and gives the funding back to the magazine that helped bring Canadian swimming to the forefront. Again, congratulations Nick.

*Chris Givens  
Edmonton Keyano Swim Club  
Development Coordinator*

**Editor:** It is becoming more and more apparent that SNC is losing touch with the swimmers and coaches that actually are Canadian swimming. The coaching selection fiasco at last year's Olympics, the fact that Dave Johnson somehow still has his job, and now SNC's decision to drop its support for the Canadian TAG ranking in your magazine all support this view. While the coaching selection is a done deal, and SNC apparently has no performance expectations from its high performance program, I find this last decision almost as unsettling. I challenge Ken Radford to find a world class, or national level Canadian swimmer that does not wait in anticipation for each month's magazine. I challenge him to find a Top Age Group swimmer that can't tell you their rankings as well as who they are trying to catch thanks to SWIMNEWS. While I am sure there are swimmers who turn to the Website for additional information, I can't ever remember any swimmer I've ever known saying they

couldn't care if they got the magazine or not.

I took the opportunity to look up SNC's mission statement on their Website and found in the second paragraph of the association profile the following quote:

In remaining loyal to its mission statement, SNC makes great effort "to promote excellence in swimming across Canada, continuing to serve as a world leader in every aspect of the sport."

My question to Ken Radford, or anybody on the SNC executive, is this: After nearly causing a revolt in Canadian coaching with last year's coaching selection; after continually leaving a high performance coach in place, who, for whatever reason, has been unable to stop the freefall in Canadian performance at the world level; and now, after removing financial support from one of the few areas that we, as a Canadian swimming community, go to measure ourselves, how can you even pretend to be "promoting excellence in swimming?"

As a former swimmer (14 years), a former full-time coach (8 years), and a presently, part-time volunteer coach, I find the present lack of leadership and lack of commitment to excellence at the national level appalling. To Ken Radford and everyone else sitting at the top of the SNC heap, please understand that the only reason there are any coaches and swimmers still associated with your organization is that there is no alternative.

*Jeff Budau  
Disillusioned spectator*

**Editor:** Great issue! Over the past couple of years, we have hosted some pretty high-profile meets, and in my media role for Keyano, I have met a large number of coaches. I am not really qualified to speak on the direction of the sport, but I am in the planning stages of a letter to the editor on the oppressive atmosphere in the Canadian swimming community.

*Rob Matthews  
Edmonton, AB*

**Editor:** The letter from Ken Radford in your last publication (#264) prompted me to write. It appears that Swim Canada is severing the last tether of public connection to the most enduring and historical reporting on swimming in Canada.

For some 25 years, SWIMNEWS has served the Canadian public reliably and accurately with its reporting of TAG. This publication connected this vast country by providing an ongoing and historical account of the progress in swimming.

I remember the buzz each publication has created among my swimmers when they saw their names appear in a national publication. We were able to seek out opponents at different meets and prepare for competitions based on available statistics. It had

faces, emotions, respect, determination, challenge in each of the issues.

A Web-based data system is inevitable in different commercial endeavors and serves the curious well. However, it is not available to everyone, it is emotionless, and it does not memorialize achievements and bring the swimming community together. I reject the notion that www will better serve the statistical needs of swimming. Also, there are many privacy dangers that may be lurking around the corner.

From the financial perspective, the meagre \$15-18,000.00 support SNC provided for the TAG publication was well spent. This expenditure was perhaps the only visible support SNC offered to the many thousands of swimmers and family. Swimmers pay every year a registration fee to SNC (of which Ontario sends \$48.00 to Ottawa). Quick calculation reveals that approximately \$1.50 is spent per registered swimmer per year toward the TAG publication, a rather paltry sum. What will SNC return to the rank and file swimmers in the future? I suggest that every club should, for every registered swimmer, withhold from the registration fee \$1.50 in support of TAG. If partial fee withholding is considered unconstitutional, then each club should find a way to support SWIMNEWS for the TAG publication.

I challenge the swimming community not to be deterred by the ill-conceived decision of SNC. My support is in the mail. (A cheque for \$100 arrived days later.—Editor)

*Dr. Jenő Tihanyi  
School of Human Kinetics  
Laurentian University  
jeno@nickel.laurentian.ca*

**Editor:** I only had a chance to read your latest issue on Sunday and I was deeply disturbed to find out what is going on in regards to TAG. I will first voice to you my appreciation over the years for what this program has done for our country. As a swimmer, as simple as it may be and as trivial as I know it is, my two biggest thrills and things I am most proud of came from this system. First I was in Making Waves as an age grouper and second was being part of a team from Regina to be #1 in TAG. These were the thrills of my swimming career and I thank you. The TAG system motivated me and many of my teammates to do things we never thought were possible, and this system has helped many young athletes create goals and motivate them to better and better performances.

As a coach I appreciate this system immensely. I have coached in the Toronto area (Dorado) and the Lower Mainland (PSW) and have used the TAG and TOP programs to motivate the swimmers I have coached. It has been a big reason athletes from these two clubs have been successful. They have taken pride

in their swimming and their teams because of this system, seeing that they can beat bigger clubs. We never used it as an end. TAG is a means to an end—the end of hopefully having athletes compete internationally for Canada. Not only compete but win internationally for Canada. TAG is a means that is motivating and creates pride in many athletes around this country (and beyond—Lynn Fowlie has said in the past she has used it to motivate her Australian age groupers and I am sure she is not the only one). Now that I am in Grande Prairie and away from the bigger centres of competition, TAG is even more appreciated. I use it to bring an awareness of what the best swimmers in our country are doing and how they are performing. This exposure is so critical for swimmers to develop confidence and create success when they do not get to see high-level competition on a regular basis. I will also use it to create team pride and goals, so once again a group of athletes from a small team will develop the confidence and bring about a realization that they can compete with and beat big teams. I will use TOP to sell distance swimming to the younger athletes and their parents so that they will have pride in it, as well as to create excitement around these events.

Nick, I am saddened to hear of this struggle and think it is a mistake for the funding for TAG to be cut.

*Jeff Grace, Head Coach  
Grande Prairie Piranhas Swim Club*

**Great letter, Jeff:** I think the people who need to receive this are the board of directors as well as the executive of SNC. You can find out who they are by visiting the SNC web site.

I know I already made my views known, but so far I have only received correspondence from Rob Colburn. He is basically following the party line and gave me a pretty pat answer that was motivated by politics rather than substance.

The only way we can change the system is to make our voices heard to the power elite and that's the board and executive. These are the individuals who made the decision. Bad one at that.

If they feel there is a program that's better, at least run the two side by side for a period of six months or so to see if the "new" program is what it's cracked up to be. All I know is that when I try and access files from my home computer, it takes about 15 to 20 minutes to load one meet because I am on dial-up with a 33.+modem. Not all of us can afford a high speed internet connection.

The kids enjoy seeing a hard copy in magazine format that they can have for a keepsake. I don't think the "new" program will do this unless we print it out on our own. What about privacy rights? What will happen in the future when this company decides to sell the data to recruiting clubs? Do the kids give up

their right to data collection and let another company profit by private information? I do hope that the coaches and parents rally around Nick and the cause to uphold the Canadian traditions already set by SWIMNEWS and Nick's original ideas. I view this new company as someone trying to profit by other peoples' ideas.

*Chris Givens*

**Editor:** Your work on TAG has made a significant contribution to swimming across Canada. I am sorry to hear that you will no longer be funded by SNC.

I am not interested in financing the 10-and-under TAG times but I would consider paying more for TAG should that be an option for you.

*Ginny Smith,  
Yarmouth Y Whitecaps, NS*

**Editor:** While reading SNC's letter regarding the cancellation of TAG funding in the April issue, I was overcome by the undeniable aroma of sour grapes (as well as another odour best left unstated). My original disbelief incited me to read the letter several times, however at no point during these multiple revisions did the explanation even border upon an acceptable level of adequacy.

For years TAG has been essential to the development of young Canadian swimmers; it is the yardstick by which their performances are measured. TAG provides a valuable tool for goal setting, as well as a gratifying reward for those who reach their goals and excel. Nothing could ever replace the thrill of seeing your name in print alongside the best in the country, not to mention in the premiere swimming magazine in the world. I am curious as to how a second-rate website will rival the pride and inspiration that SWIMNEWS and TAG rankings provide for our young swimmers.

This is indeed another blow to an already weak grassroots system. If SNC had any idea of the impact of TAG on Age Group swimmers, such an ill-advised decision would never be made. Motivating young club swimmers should be priority number one: they are the lifeblood of the sport. After all, who will the National Centres "import" in the future if we don't motivate today's young swimmers?

TAG rankings are a tool that swimmers use to evaluate how they "measure-up" with their competition. By the same token, SWIMNEWS is a publication that at times provides a similar evaluation for SNC. I find it an interesting coincidence that SNC is now distancing itself from the magazine, especially at a time when nearly everyone is demanding that they too "measure-up."

SNC should be proud to be affiliated with such a reputable magazine, even more so because SWIMNEWS is and remains a Canadian publication. In fact, one might suggest that SWIMNEWS is in reality Canada's most important contribution to the international

swimming community in recent years (as opposed to our decisively less-than-significant aquatic contributions).

Perhaps this is an unfair evaluation. Maybe SNC could use the money elsewhere; maybe there are plans for our 108th National Training Centre in Clyde, Baffin Island. Maybe. But probably not.

I would like to urge everyone, past and present, who values TAG rankings to express their displeasure to SNC and to continue to support SWIMNEWS—a clear and intelligent voice amidst a National program that continues to prove it is neither.

*Matt Bell,  
Ajax, ON*

**Editor:** How tragic to lose support from SNC for your irreplaceable statistical work that you have provided to the swimming community over so many years. Your TAG rankings have been such a motivator—witness my own grandchildren who among their myriad of goals in swimming, aim to see their names in print in SWIMNEWS. The same goes for coaches too.

Colwin's article on Howard Firby was excellent. Howard's book should be required reading for all coaches in training—I can't help it—I deplore lack of stroke work vs mileage—it just never made sense to me, and I see it in every meet I attend. Guess I'm just "old school" like Howard, but if he were still here he would have more swimmers at the top.

Good luck in your efforts. The work you have done and your publication are invaluable.

*Kay Ferguson Neale  
Penticton, BC*

Note: As Kay McNamee, she represented Canada at the 1948 Olympics and 1950 British Empire Games.

**Editor:** I just had to comment on the great article on Howard Firby.

I had the distinct pleasure of swimming under Howard's direction at the 1958 British Empire and Commonwealth Games in Cardiff. He was swimming's greatest communicator and did not only impart his knowledge and guidance to his own swimmers but would help anyone who asked. Although his team and mine (MAAA) went head-to-head at a number of National Championships, he would always make constructive suggestions and then illustrate them to both myself and my swim coach.

Howard was someone who you looked up to as a coach but you also considered a friend.

Keep up the good work.

*Cameron Grout  
Oakville, ON*



*Remember ... It's not true until it has been  
officially denied.*

## AWARDS

The 2001 International Swimming Hall of Fame held its annual honorees recognition ceremonies on May 10-12 in Ft. Lauderdale, FL.

*Swimmers honoured:*

**Krisztina Egerszegi (HUN)**

**Janet Evans (USA)**

**Tom Jager (USA)**

**Jeff Rouse (USA)**

*Divers honoured:*

**Carlos Giron (MEX)**

**Wendy Wyland (USA)**

*Synchronized swimmers honoured:*

**Michelle Calkins (CAN)**

*Water Polo honouree:*

**Alexander Kabanov (RUS)**

*Coaches honoured:*

**Koji Katoh (JPN) swimming**

**Gail Emery (USA) synchronized**

*Contributor honoured:*

**Nick J. Thierry (CAN)**

*Pioneer contributor:*

**Robert M. Hoffmann (USA)**

*Master Diver honoured:*

**Patty Robinson Fulton (USA)**

## Aquatic Athletes of the 20th Century

*Swimmer*

**Mark Spitz (USA)**

*Team Relay*

**1976 Olympic USA Women's 4x100 Free**

*Diver*

**Greg Louganis (USA)**

*Synchronized Swimming*

**Tracie Ruiz (USA)**

*Water Polo*

**Tamas Farago / Dezso Gyarmati (HUN)**

*Coach Swimming*

**George Haines (USA)**

*Coach Diving*

**Ron O'Brien (USA)**

*Marathon Swimming*

**Abdellatif Abouheif (EGY)**

*Contributors*

**Harold Henning (USA)**

**Mustapha Larfaoui (ALG)**

## POWER ON—POWER OFF: THE POWER CIRCLE

### Wayne Goldsmith

There are two key phases in all swimming strokes: the work phase and the rest, or recovery, phase.

In the work phase, when the arms are applying force to the water, muscles are working hard to propel the body through the water. Generally the arms and hands are moving backwards, i.e. towards the end of the pool you are swimming away from. This feels like you are “pushing” the water backwards, but you are actually pulling your body forward.

In the recovery phase, arms are moving forward in the direction of the end of the pool you are swimming towards. In butterfly, backstroke, and freestyle, the arms are recovered out of the water and in breaststroke (for most swimmers), arms are recovered just under the surface.

Think about that word “recovery.” It means “rest.” It means “restoration.” It means “take a break.” It means “turn the power off and prepare for the next stroke.” Recovery is in many ways just as important as the work part of your stroke.

### The Power Circle Concept

The power circle explains how work and recovery interact to help you to swim fast.

When your arms are working hard, turn the power on. When your arms are recovering, turn the power off.

When your arms are working, concentrate on great technique, high elbows, correct sculling, and smooth hand actions. Then when you have finished working, turn the power off again during recovery.

This is particularly important when swimming butterfly.

Young swimmers often struggle to swim fly repeats longer than 25 metres. They mistakenly believe that the reason they struggle is due to a lack of strength or fitness. One of the main reasons long fly repeats seem tough is that swimmers don't turn off the power in recovery—they keep working their arms and tiring their muscles even when they are in recovery (i.e. when their arms are moving forward out of the water). In other words, their power circle is power on, power on, power on, power on—they are not recovering!

To ensure that the work phase in your stroke is effective, it is essential that you learn to stroke correctly and apply force to the water at key points in your stroke. Current thinking in swimming and under-water-stroke-power tells us that the best swimmers reach out long, catch the water, “hold the water” right to the end of the stroke, release, and then recover.

You can practise this by remembering the three

power tips:

(When applying force in freestyle, breaststroke and butterfly)

- Fingers pointing to the bottom of the pool.
- Elbow pointing to the side of the pool
- Back of your hand facing the direction you are going

In backstroke this is changed around:

- Fingers pointing to the side of the pool.
- Elbow pointing to the bottom of the pool
- Back of your hand facing the direction you are going

Underwater film of the best swimmers in the world taken at the Olympics and World Championships gives us the answers we need. Looking from front on (i.e., with the swimmers moving towards the camera) you can observe the back of the swimmers' hands when they are stroking and see the back of their hand all the way through their underwater pull. By keeping their hand in that position (with the back of their hand facing the direction they are swimming), they are able to keep constant pressure on the water (i.e. feel the pressure of the water on their palms) and keep pushing the water backwards (pulling their bodies forward).

However, this constant pulling force is far more effective over the duration of the race if you also practise to rest and relax during your stroke-recovery phase.

Power on when pulling, power off when not. Turn the power on when you need to. Turn it off when you don't. It's a simple way of improving stroke through saving energy and relaxing your muscles when you don't need to use them.

### Why does it work?

Resting and recovering your stroke uses less energy overall, and using less energy means you have more left when it really counts—the last ten metres of your 100, the last 25 of your 200.

There are basically three different types of muscles in your body: the ones that work, the ones that rest, and the ones that support the others. The aim in being efficient is to learn how to work the “workers,” rest the “resters,” and allow the “supporters” to support without oversteering them. Recovery is all about being able to rest muscles when they are not working and not getting the “supporters” involved in the swimming action so they can keep doing their support job.

It is logical. Muscles help move your body through the water; they don't need to help you move through air! Why waste effort and energy working those muscles hard when they are out of the water recovering?

It is a great mental technique because it gets you to focus on the feeling of resting and recovering, and helps you to stay relaxed right through your races.

And now the best part! Learning to recover and to turn the power off means you will learn to swim faster, swim faster for longer, and have more power left for the last part of the race, when it really matters. It doesn't require doing more training or more laps, or eating special foods, or buying special equipment. The power-circle concept means you swim fast by doing less—i.e., learning to rest your arms when you are recovering! Who says you can't get something for nothing!

### Tips for developing the power circle

In fly, try the power-circle chant. When you pull, say to yourself power on. As your fingers leave the water to recover, say power off. You will soon develop a rhythm of power on, power off, power on, power off, which not only reminds you to use the power circle correctly but helps you develop a nice stroke rhythm as well. This rhythm, in turn, helps you to develop a long, relaxed stroke.

Try some slow (very slow) swimming with a deliberate, purposeful power on, power off approach. Initially, you may have to use fins to maintain momentum. In freestyle, try reaching out long and tall, catch the water, and feel the pressure of the water on your palm. Think power on and pull your body forward with power and strength. Then, as your fingers leave the water to recover, think power off and relax your arms, fingers, and hands as you reach forward for the next stroke. Imagine there is a big ON button just out in front of you as you swim. With each stroke, reach forward, feel the water, then get your elbow high ready for the catch. As you catch the water, imagine your hand is pushing the ON button.

Use an exaggerated one-arm drill in free, back, and fly, where you feel a long, easy, relaxed recovery with each stroke. This works particularly well with an exaggerated straight-arm recovery when doing one-arm free and fly drills in training.

Think of cues - words like “easy,” “smooth,” “relax,” “long,” etc., in recovery to teach your brain to turn off the power.

Work when you have to—rest when you can.

This is the way to be the best in the land.

Turn the power on when your arms are in the water.

Turn the power off when your arms are out of the water (or moving forward).

Learn to use the power circle—it really works.

# DOING EVERYTHING TO GET IT RIGHT

Russ Ewald

New world-record-holder Ed Moses took an unusual route to the top. The U.S. swimmer, who this March bettered the 100 metre breaststroke mark, quit swimming at age 10 and didn't seriously take up the sport again until his senior year in high school. "I played so many sports as a kid I had to pick and choose," says Moses. "I played golf, soccer, baseball, and basketball, too. I decided swim practice wasn't the activity I wanted to do after school."

Moses swam again in high school but didn't join a club team until his senior year. His main athletic focus was golf. When he didn't play well enough as a senior in the fall to earn a college scholarship in that sport, he turned his sights on swimming. He began training at the Curl-Burke club, working under coach Pete Morgan in his hometown of Burke, Virginia, near Washington D.C. Just 10 months later, the young Virginian swam 1:02.29 in the 100 metre breaststroke to be ranked 15th in the world for 1998.

How did he go so fast so soon?

"He's a great athlete," says Morgan. "And he's a student of the sport. He listened well. He wanted me to continually challenge him in workouts. We gave him the aerobic fitness and worked with his biomechanics to change him from just powering through the water to using that power more effectively."

The next year Moses stunned the swimming world by winning the 100 in 1:00.99 at the Pan American Games to rank No. 1 in the world. He followed that by cracking the short course world records in both breaststrokes (57.66, 2:06.40) at last year's NAAs as a sophomore at Virginia.

Moses isn't physically imposing. He stands just 5-foot-11 (1.78 m). He makes up for his lack of size with an incredible attention to detail. He doesn't miss an angle in seeking to improve his performance.

"I can't put my finger on one reason for my success," says Moses. "What I do right is I do everything. From my diet, my sleeping regime, to the way I train, I don't think I'm missing any aspect of preparation. That's what allowed me to have the confidence in my swimming."

When Moses took up the sport again, he made sacrifices in his pursuit of excellence. He eliminated sweets and soda from his diet and added more protein by taking a couple of doctor-recommended supplements and eating lots of meat. He cut down on hanging out with friends to get to bed by 9 p.m.



With Olympic medley relay gold Marco Chiesa

## QUICK FACTS: Ed Moses

Born: 7 JUN 1980  
 Height: 5'11" / 180cm  
 Weight: 175lbs / 78kg  
 Hometown: Burke, VA  
 Club: Curl-Burke  
 Coach: Pete Morgan

## Long Course Progression (World Ranking)

Year	100 Breast	200 Breast
1998	1:02.29 (15)	2:18.05 (63)
1999	1:00.99 (01)	2:13.41 (06)
2000	1:00.44 (02)	2:13.13 (08)
2001	1:00.29 (01)	2:10.40 (01)

## ALL TIME 10 PERFORMANCES

### 100 METRES BREASTSTROKE

1	1:00.29	USALCMAR	Ed Moses, USA	LCM01
2	1:00.36	RUSLCJUN	Roman Sloudnov, RUS	LCM00
3	1:00.44	USTRIALS	Ed Moses, USA	LCM00
4	1:00.46	OLYMPICS	Domenico Fioravanti, ITA	LCM00
5	1:00.52	RUSLCJUN	Roman Sloudnov, RUS	LCM00
6	1:00.54	USALCMAR	Ed Moses, USA	LCM01
7	1:00.60	OLYMPICS	Fred deBurghgraeve, BEL	LCM96
8	1:00.65	OLYMPICS	Fred deBurghgraeve, BEL	LCM96
9	1:00.73	OLYMPICS	Ed Moses, USA	LCM00
10	1:00.77	OLYMPICS	Jeremy Linn, USA	LCM96

### 200 METRES BREASTSTROKE

1	2:10.16	OLYMPICS	Mike Barrowman, USA	LCM92
2	2:10.40	USALCMAR	Ed Moses, USA	LCM01
3	2:10.60	USAAUG	Mike Barrowman, USA	LCM91
4	2:10.87	OLYMPICS	Domenico Fioravanti, ITA	LCM00
5	2:11.23	WORLD91	Mike Barrowman, USA	LCM91
6	2:11.23	OLYMPICS	Norbert Rozsa, HUN	LCM92
7	2:11.29	OLYMPICS	Nick Gillingham, GBR	LCM92
8	2:11.53	GOODWJUL	Mike Barrowman, USA	LCM90
9	2:11.55	USAAUG	Mike Barrowman, USA	LCM90
10	2:11.56	SHEFFJUN	Nick Gillingham, GBR	LCM93

In his workouts, Moses basically follows the training methods of former Curl-Burke swimmer Mike Barrowman, the world record holder and 1992 Olympic champion in the 200 breast.

"I looked at how the best trained," says Moses. "Mike Barrowman is the best in the 200 breast. I've used his dryland book since I got back into swimming, and it has increased my strength and flexibility tremendously."

The dryland training centres on flexibility, range of motion, calisthenics (pushups, sit-ups, and v-ups), and Barrowman's medicine ball routine. He uses the medicine ball for an hour on Mondays, Wednesdays, and Fridays, doing chest passes and overhead throws holding one arm behind his back, and "tons" of squat jumps. He works on getting his heart rate high. He can reach about 190. The conditioning has brought his resting heart rate down to 50.

"When you get your heart rate to go real high and can also bring it down, it shows you are well-tuned and in shape," he says.

Moses doesn't think weight training is necessary for swimming.

"I think a couple of repetitions of power will not benefit me," he says. "I believe in strength endurance. I want to be as strong as I can and stay as small as I can and be able to go forever. My exercises increase my flexibility and my fast-twitch, not just brute power."

The breaststroker typically swims about 7,000 yards a workout, and about 60,000 a week. He spends a lot of time swimming breaststroke near the bottom of the pool. He repeats 25s with pullouts underwater and swimming underwater. He says he swims faster underwater than on the surface.

"The hypoxic work helps a great deal," he says. "It allows your body to adjust to not having air. And that's what it feels like the last 20 or 25 metres of a race. You can also feel your stroke so well underwater. I notice when my stroke is slow and not efficient."

Moses uses the "wave stroke" with an over-the-water recovery. He prides himself on distance per stroke.

"I swam against breaststrokers that will take eight more strokes than me on the first lap and 9 or 10 on the way home," he recalls.

Moses does breaststroke with a certain amount of strokes every lap. Pullout and five strokes whether it's a 50 or 300 for time. "Then when I race in competition, I can just lock into my stroke and zone everything out."

Moses took 16 strokes the opening 50 and 17 the final lap in setting the world record. He trains in a short course pool and didn't work out in a long course pool once before setting the record.

Moses' rise to the top didn't come without a glitch. The favourite at the Olympics after setting an



Dejection after losing Olympic 100 breast final to Domenico Fioravanti (ITA)

Marco Chiesa

American record at the U.S. trials, he wound up second to Italy's Domenico Fioravanti in Sydney.

"I think I let things get to me before the Olympics," says Moses, who didn't mention he battled shoulder soreness for six weeks of his training. "I didn't treat it like another shaved meet. Once I got to Sydney, I got rattled. You have to put things in perspective that you are laying everything on the line rather than you should treat it as any other meet.

"The part that hurt me the most was my time at the trials would have won me the gold. That was part of the motivation to get back in the water (after the Games)."

In the 4x100 medley relay, Moses swam the fastest breaststroke leg ever of 59.74 to lead the American team to the gold medal. He increased the U.S. lead to a full body length—from 0.42 seconds to 2.06 seconds over Australia.

Following the Olympics, Moses didn't take a break. Instead, he worked harder than ever. He took the year off from school, trained at Curl-Burke, and lived at home.

"Coming away with the silver when I thought I was the best man there gave me the motivation," he says. "I gave every practice everything I had."

The dedication led to sensational performances at the nationals. Besides shattering Russian Roman Sloudnov's world mark in the 100 breaststroke, Moses also set a global standard in the 50 breast of 27.39 in a time trial and swam the second-fastest 200 breast (2:10.40) in history.

Moses felt most proud about his 200 performance, missing Barrowman's

mark by just 24/100ths. He had failed to qualify for the Olympics last year in that event, finishing a close fourth at the U.S. trials behind winner Kyle Salyards in 2:13.21.

"I knew I was better than a 2:13," says Moses. "I was in for a big drop this time. I always swim my best when I'm in for a big drop.

"It hurt to see I came so close and didn't get the record. But I have been so scared of that record for three years. Now I know I can hang with it. Two-tenths is just two quicker turns. That's not even changing the swim around at all."

The huge improvement in the 200 came from more emphasis on aerobic training instead of speed work.

"With my aerobic capacity up, I wasn't scared of swimming it (the 200) and going after the record," Moses explains. "I finally got through the mental block and convinced myself I am capable of threatening that record."

Moses thinks living at home this season also had a lot to do with his spectacular performances.

"My parents take care of me," he says. "They've been a big part of my success. I think that's why I should do well this summer. I don't have academic responsibilities. My only concern is going to

practice and swimming hard."

He's able to support himself through prize money, making public appearances, and an endorsement contract with Adidas. The world record got him his biggest paycheck, a \$12,500 chunk awarded by USA Swimming.

Moses is confident he can break the one-minute barrier in the 100 and better the world mark in the 200. If he does get the 200 mark, he would become the first swimmer in 25 years to hold both world records (American John Hencken last held them in 1976).

And no one ever has held all the breaststroke marks in short course and long course.

"My goal is to make my mark as one of the best swimmers ever," Ed Moses concludes.



Two world record swims in March 2001

Marco Chiesa

# SWIM NEWS

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







**Audrey Lacroix**  
**Canada**

# VOYAGE TO MINSK

## HOW CANADIANS LEARNED TO COACH BREASTSTROKE

Editor: In 1969, Howard Firby was the coach-manager of a small Canadian team that competed in a long-course international meet in Minsk. He had his eyes opened to what he went on to call the "natural style" of breaststroke. During the 1960s Canada had little success internationally in breaststroke, and our women lagged well behind the world level, but produced a number of Olympic medallists in other strokes.

What follows are excerpts from his book *Howard Firby on Swimming* (1975), Chapter 4 on Breaststroke, and personal correspondence that I had with him for 30 years.

In the world of breaststroke aficionados there are countless differences of opinion on such things as how best to use the arms, the ideal width of the kick, and the timing of the breathing. So much is this the case, it remains little known that obscured by all this attention to detail there are two distinctly different schools of thought on the fundamentals of "body position."

There is the "body-flat, keep-the-hips-up" school currently the most popular throughout the world—especially in the U.S.A.; and there is the lesser-known "don't-worry-about-the-hips" school which has pockets of supporters here and there around the world—but mainly in Eastern Europe and the Soviet Union.

For purposes of discussion, and with full knowledge of the slanted implications involved, I will arbitrarily label the body flat style "the formal style," and the don't-worry style "the natural style."

(From the Editor: *The body-flat style is no longer in vogue. Rule changes now allow water to pass over the head in each stroke cycle.*)

During most of my years in coaching it never occurred to me to doubt the absolute rightness of the body-flat pronouncements of the nearby U.S. coaching "authorities." Their preaching made sense. Their pontifications seemed so logical. That the torso should be held flat at the surface was a fixed cornerstone in my mind all the while I was becoming more and more fascinated by the challenge of coaching the stroke.

In 1964, at the Tokyo Olympics, and again at the Mexico City Olympics in 1968, I studied, filmed, and sketched nearly all of the outstanding breaststrokers. I haunted the training pools because, more than anything, I wanted to uncover clues on breaststroke technique that might help Canadian swimmers catch



up to the world in the stroke. I was especially anxious to learn what it is that the Soviets were doing that allowed them to be so singularly strong in breaststroke. I had reasoned that their consistent depth and strength in this one stroke must be linked to technique because in the other strokes, their record, although by no means weak, was not remarkable: surely, I thought, their knowledge of conditioning and fitness must have been applied equally to swimmers in general, yet in one category—breaststroke—they excelled.

In Minsk I saw dozens of very fast and obviously experienced breaststrokers swimming as if they had never heard of lying flat or keeping the hips up, yet it took world-class times to make the finals.

(From the Editor: *So strong was Soviet breaststroke domination at the Olympics that their men won 10 medals between 1956 and 1988, while their women won 15 between 1964 and 1980, with a sweep of the top three positions in the 200 breaststroke in 1976 and 1980.*)



A = formal style, B = natural style

*From a letter from Howard Firby, March 30, 1969*  
... The day after Nikolai Pankin broke the 200 breaststroke world record (2:26.5, breaking the old mark of 2:27.4), I asked for and got a private interview (through an interpreter) with Pankin's coach who is a jolly, five-foot-by-five-foot woman of about 50.

Pankin trains only five times a week. He trains in a short-course pool for an hour or so a day after his studies at "the institute." She has her choice of pools, long and short course, but prefers the short pool except for the last two weeks before a major competition. He swam short course this time right up until coming to Minsk in order to work on his turns.

The philosophy of breaststroke is this: Teach technique and only technique until the swimmer can do a very fast 50 of the stroke (fast is 29 second for Pankin) then, and only then, does she introduce training. "Any reasonably well-built fellow can do a good 50 without conditioning if his technique is sound and totally learned." Interesting.

She said that before the 1968 Olympics she did not see Pankin for months while he was with the Soviet team training. She was horrified with his technique when she did see it just before he left for Mexico. So the stuff we have on film from Mexico of the Russians is not the true "new stroke" that is the rage in Europe.

I think I know how to teach the Russian stroke now. It is quite the reverse of anything I ever thought of. Totally different in its concept. I shot about 200 more feet of the stroke while in Minsk. I also did a few drawings. Brace yourself for a shattering, mind-boggling experience. The stroke is that different.

It is easy to teach. In the three sessions I have had with my club swimmers since getting back I have converted about 40 of the kids, some with fantastic results. It is so bloody easy and so unthinkable that it is a little wonder we have been skirting all around it. And even my sore-knee squad can do it painlessly.

*From a letter from Howard Firby, April 8, 1969*  
Although the film I shot in Minsk is not that good from a lighting point of view, the breaststroke sequences are good. And it is more and more obvious that we in North America are on the wrong track. Counsilman is wrong, so are most of the other "authorities" on this continent. I would like to be able to look at the Mexico film, in order to be able to compare things, so could I have it back please. I think I will edit all the breaststroke into one special reel. I need as much ammunition on the

stroke as I can get in order to sell the “new stroke” to the coaches in this country. I can’t help feeling that, at last, Canada has a chance of becoming a breaststroke power. And we can steal a march because it is not likely that the USA will repudiate the greats in their country for several years. The great “authorities,” that is.

This new stroke is so simple it can be taught in just a few lessons and then it is learned, with very little stroke correction required ever afterwards. But it takes somebody who is convinced of its merit. And I am. Already I have converted my whole club and most of them have got it. Some have fallen into it naturally, and are

doing best times. Others who have not been singularly successful in the stroke are now challenging the specialists. Even those who have had histories of sore knees say that it is so comfortable they can’t feel any twinges. I guess you can tell that I am sold on the stroke.

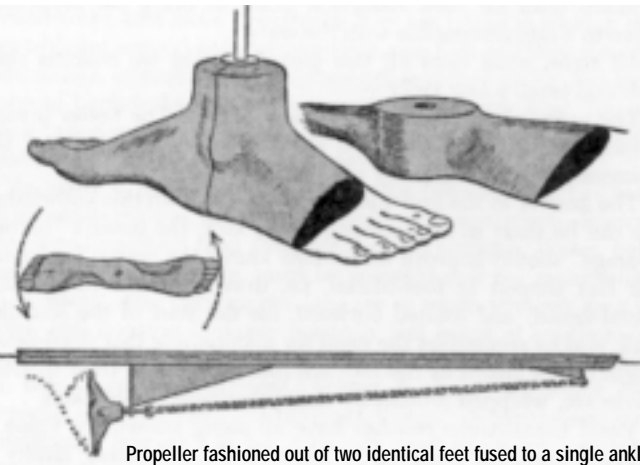
### A description of the natural-style breaststroke

In “natural-style” breaststroke, there is no conscious effort on the part of the swimmer to either keep his hips high or to sink them low. (But those who want to shed themselves of the influence of a previous exposure to the formal style may have to work at arching their backs and sinking their hips at the right moments in the stroke.)

No special thought is given to the “position” of the torso. The emphasis is on the most efficient (and legal) use of the arms and legs, the taking of the breath at the natural moment, and the shaping of the whole body, spearlike, for a streamlined lunge forward through the water as each full stroke cycle is completed. The hips are free to rise and fall in time with the teeter-totter-like action of the torso. There is a poise-and-lunge rhythm to the total motion (some have likened this to a “snake striking”). The head moves hardly at all as an independent unit. It remains poised on the neck, tilted slightly back, and rises and falls along with the shoulders—as if the swimmer has suffered a whiplash injury and wears a light-weight supportive brace to steady the position of the head relative to the body.

In Minsk, while interviewing Pankin’s coach, I had my ten-inch plasticine manikin with me and got things started I explained, through our interpreter, how I had always taught the keeping of the hips high. I shaped my little man to illustrate this point. She smiled benignly (you poor fool) and took my little man and with her thick fingers pressed his hips down creating a straighter, but sloping alignment of his figure from the shoulders through to the knees.

And that is an important clue. Things are not always what they seem, especially in swimming.



Propeller fashioned out of two identical feet fused to a single ankle

(From the Editor: *To illustrate the exceptional genius of Firby, here are his observation on the breaststroke kick.*)

Contrary to popular belief, the feet in good breaststroke do not drive the swimmer forward as a direct result of any paddle-like pressing of the soles of the feet backward against the water.

Benjamin Franklin, by all accounts a good breaststroke swimmer and certainly one with a lot of curiosity, surmised as much some 200 years ago. He fashioned foot paddles, similar to the hand paddles in common use today as training aids, from the flat, round tops of small kegs and found them worse than useless for breaststroke; he got more thrust without them.

And today, if we would but think about it, the swim fins used by skin divers, offering as they do all those extra square inches of sole area, are useless to a swimmer who attempts the breaststroke kick while wearing them (our breaststroke kick is not at all like a “frog kick”).

The feet in good breaststroke are mainly effective as propelling surfaces because they function in the manner of rotating propeller blades. Any straight-back oar-like pushing they do is insignificant in comparison.

Without realizing it, the better breaststrokers have all along been taking advantage of the fact that a good part of the human foot forward of the ankle is shaped and contoured remarkably like an efficient propeller blade.

The thrust obtained by a propeller blade results from a phenomenon of fluid mechanics known as “Bernoulli’s Principle,” which states that when a fluid passes over a surface the pressure of the fluid upon the surface is reduced proportionally to the speed of the fluid’s travel relative to the surface. The faster the fluid travels, the greater the reduction in pressure.

The propeller blade and the airplane wing are designed to make use of this principle. Their cross-sectional shape (foil) and their angle to their direction (pitch) are such that the fluid forced over the front or top moves farther (and therefore faster) than the fluid

passing behind or below. If the foil shape and pitch are right, considerable differences in pressure are created and the blade or wing is thrust or lifted forcefully toward the zone of low resistance. Giant airplanes are lifted into the air by the application of Bernoulli’s Principle, and ships use propellers rather than paddle-wheels to get the maximum from their available engine power, it having been long since determined that propellers are more efficient than paddle-wheels in delivering thrust.

So here we are with feet poorly shaped for paddling—try using one bare foot to paddle a canoe sometime to appreciate this—but which are well suited to obtaining great

amounts of thrust when moved so as to cause the water to flow rapidly over the instep crossways toward the little-toe side of the foot.

Now, a propeller blade rotates on a shaft with one or more identical counterbalancing blades. Our feet, strictly speaking, are not attached to rotating shafts—they can be rotated through an arc of only about one quarter of a circle; and that is what the successful breaststroke kick is all about. To prove this to my own satisfaction, I fashioned a propeller out of two identical feet fused to a single ankle. The feet were modelled accurately in regard to proportion and contours. The unique foot-bladed propeller was rigged to a simple boat shape and was driven by a wound model-airplane flight rubber.

It worked on its first trial. The thrust generated by the rotating foot-blades was more than even I had supposed it would be; and subsequent tests using varying speeds or rotation, revealed some significant aspects about foot-blading. The propeller was at its most efficient when it turned at a moderate rate, i.e. at a rate which could be followed easily by the eye; apparently at high r.p.m.s the relatively thick foil is so good at reducing pressure over the instep the water there literally turns to steam (a phenomenon known as cavitation) effectively spoiling the thrust-producing capabilities of the foil shape (one of the first experimenters with propeller-driven ships, circa 1800, had this problem until he used reduction gears to bring his propellers down to a rate compatible with the water).

*From the Editor: The rest is history. By the late 1970s, Canadian breaststrokers had caught-up. In 1982, Victor Davis won the World Championships in world-record time. In 1984, Anne Ottenbrite won the Olympic 200 breaststroke, and in 1988 Allison Higson broke the 200 breaststroke world record (the last long course world mark by a Canadian). And today, Howard Firby is either forgotten or unknown by most people involved in swimming. But, to their credit, a small group of people who do remember him are trying to have his classic book re-published.*

# PERFECTION THE GOAL, THORPE IN FULL FLIGHT

## Nick J. Thierry

The Mare Nostrum series has become a must-include for the elite of world swimming each year as performance levels improve each year.

Six number one world times were done during the four meet series. 28 different countries medalled with the Ukraine winning 17 times.

Particularly dominant was Alexander Popov (RUS) winning seven of eight races in the 50 and 100 free, with the fastest time of the year in the 50 free in 21.91. He has five of the 10 fastest 50 free times this season.

Even stronger was Yana Klochkova (UKR) competing in all four cities with eight wins, sweeping the 200-400 IM at three, losing the 200 IM in Monte Carlo, but adding a win in the 200 fly. She has four of the 10 fastest 400 IM for the season.

Other world leading performances were done by Claudia Poll (CRC) who won the 200 free at all four competitions: 1:59.35, 1:59.35, 1:59.02, and 2:00.05, adding wins in the 400 free of 4:11.88 and 4:08.91.

Inge de Bruijn (NED) in only her second competition after the Olympics won the 50-100 free (24.85 and 54.62) and 100 fly (58.78) in Canet.

Ian Thorpe (AUS) was in near world record form. Competing in three meets, he easily won the 200-400 missing his world mark of 1:44.69 in the 200 in Canet with his 1:44.97 (ahead of the record pace at the 100 with 51.85 to 51.90, but a slower third 50 cost him the record), but still the best single performance of the series worth 1019 points).

"Such a fast swim indicates even faster times ahead," coach Doug Frost said. "I wanted to swim fast here," Thorpe added. "I'm in heavy training phase and wanted to see how fast I could swim under these conditions. I don't set any limits. My goal is perfection which results in better performances."

He now has eighth of the 10 fastest ever 200 freestyle times with Olympic champion Pieter van den Hoogenband the other two.

For those competing in all four meets an award based on the world performance points in the same event was won by Denis Sylantev



Ian Thorpe (AUS)

Marco Chiesa

(UKR) for his four wins in the 200 fly 1:57.17, 1:56.49, 1:56.00, and 1:57.01, worth respectively 983, 991, 997, 984, for a total of 3955. Claudia Poll (CRC) in second with 3931 for her four wins in the 200 free, edging Popov who had 3930 for his four wins in the 50 free.

The four competitions still don't have a common format: In Barcelona 32 events were contested, in Canet and Rome only 26, and in Monte Carlo 30 with the stroke 50s having four rounds (prelims, quarter-

finals, semi-finals, and a final amongst the remaining two), but no distance free events.

Canadians won 19 medals (2-5-12) over the four competitions.

Brian Johns (RAPID) won the 200 IM twice with 2:03.21 in Canet, and 2:03.11 in Monte Carlo, adding a second in Rome in 2:03.68.

"I'm pretty surprised to go this fast at this point in the year," said Johns. "Over the last couple of months I've been working hard on the breaststroke to bring it up to a pretty respectable international level. I came here hoping to get a sense of the field in my events for the world championships (next month in Japan) and I feel now that I can reach the final (top-eight) there."

Curtis Myden (UCSA) was second in the 400 IM in Canet with 4:22.60, fourth in the 200 IM in 2:04.68. In Rome he missed the finals in the 200 IM and in his final appearance in Monte Carlo he was third in the 400 IM in 4:24.12.

"It's great to finish on the podium," said Myden, an IM Olympic bronze medallist in 1996-2000. "I'd been feeling tired at these meets because of all the travelling. I'm excited about my progress for the worlds. I've had a different training program this year so it'll be interesting to see how it turns out."

Myden qualified in the 200 IM for the World Championships last March.

In Canet Audrey Lacroix (CAMO) was third in the 200 fly 2:13.25, and second in Rome with 2:13.11, adding the 15-17 NAG record for the 100 fly with 1:00.86.

Marianne Limpert (PDSA) raced Olympic champion Yana Klochkova three times in her main event the 200 IM. Limpert was second in Canet with 2:17.86, third in Rome with 2:18.53 and third in Monte Carlo with 2:16.93.

Morgan Knabe (UCSA) placed third in the 100 breast in Canet with 1:02.92, and Monte Carlo with 1:02.53. In Rome he was fourth with 1:02.26 in a field that included Olympic champion Domenico Fioravanti (ITA) winning in 1:02.11.



Martina Moravcova (SVK) and Alexander Popov (RUS) in Barcelona

Neville Smith

# 2001 MARE NOSTRUM RESULTS

## BARCELONA, Jun 1-3 (50 M) MEN

- 50 METRES FREESTYLE  
 1) 22.34 Alexander Popov, 71, RUS  
 2) 22.62 Bartosz Kizierowski, 77, POL  
 3) 23.20 Nicholas Folker, 76, RSA
- 100 METRES FREESTYLE  
 1) 49.74 Alexander Popov, 71, RUS  
 2) 50.74 Bartosz Kizierowski, 77, POL  
 3) 50.74 Attila Zubor, 75, HUN
- 200 METRES FREESTYLE  
 1) 1:49.82 Attila Zubor, 75, HUN  
 2) 1:51.46 Olaf Wildeboer, 83, ESP  
 3) 1:51.84 Jorge Ulbrizzi, 75, ESP
- 400 METRES FREESTYLE  
 1) 3:57.30 Olaf Wildeboer, 83, ESP  
 2) 3:57.91 Jonathan Duncan, 82, NZL  
 3) 3:58.11 Takashi Matsuda, 84, JPN
- 1500 METRES FREESTYLE  
 1) 15:36.71 Takashi Matsuda, 84, JPN  
 2) 15:45.69 Koji Azuma, 84, JPN  
 3) 15:49.55 Jonathan Duncan, 82, NZL
- 50 METRES BACKSTROKE  
 1) 26.32 Peter Horvath, 74, HUN  
 2) 26.35 Rodolfo Falcon, 72, CUB  
 3) 26.62 Markus Rogan, 82, AUT
- 100 METRES BACKSTROKE  
 1) 56.02 Markus Rogan, 82, AUT  
 2) 56.84 Marko Strahija, 75, CRO  
 3) 57.04 Toshifumi Takeuchi, 83, JPN
- 200 METRES BACKSTROKE  
 1) 1:59.85 Markus Rogan, 82, AUT  
 2) 2:01.61 Peter Horvath, 74, HUN  
 3) 2:01.95 Takahashi Nakano, 83, JPN
- 50 METRES BREASTSTROKE  
 1) 28.58 Oleg Lisogor, 79, UKR  
 2) 28.82 Patrik Isaksson, 73, SWE  
 3) 29.16 Jarno Pihlaja, 78, FIN
- 100 METRES BREASTSTROKE  
 1) 1:02.17 Oleg Lisogor, 79, UKR  
 2) 1:04.14 Jarno Pihlaja, 78, FIN  
 3) 1:04.39 Chad Thomsen, 83, CAN
- 200 METRES BREASTSTROKE  
 1) 2:17.21 Taiki Kawagoe, 84, JPN  
 2) 2:18.10 Yuki Sato, 86, JPN  
 3) 2:18.84 Michel Boulianne, 78, CAN
- 50 METRES BUTTERFLY  
 1) 24.21 Jere Hard, 78, FIN  
 2) 24.30 Lars Frolander, 74, SWE  
 3) 24.88 Jorge Ulbrizzi, 75, ESP
- 100 METRES BUTTERFLY  
 1) 53.28 Denis Sylyantsev, 76, UKR  
 2) 53.53 Lars Frolander, 74, SWE  
 3) 54.72 Daniel Morales, 77, ESP
- 200 METRES BUTTERFLY  
 1) 1:57.17 Denis Sylyantsev, 76, UKR  
 2) 2:01.07 Jordi Pau, 80, ESP  
 3) 2:03.04 Hidemasa Sano, 82, JPN
- 200 METRES IND.MEDLEY  
 1) 2:04.59 Dean Kent, 79, NZL  
 2) 2:05.36 Peter Horvath, 74, HUN  
 3) 2:06.43 Brenton Cabello, 81, ESP
- 400 METRES IND.MEDLEY  
 1) 4:24.20 Dean Kent, 79, NZL  
 2) 4:24.80 Michael Halika, 78, ISR  
 3) 4:28.64 Baptiste Levaillant, 80, FRA
- WOMEN**  
 50 METRES FREESTYLE  
 1) 25.91 Martina Moravcova, 76, SVK  
 2) 26.09 Vivienne Rignall, 73, NZL  
 3) 26.20 Judith Draxler, 70, AUT
- 100 METRES FREESTYLE  
 1) 56.42 Martina Moravcova, 76, SVK  
 2) 57.38 Cristina Chiuso, 73, ITA  
 3) 57.38 Mia Muusfeldt, 79, DEN
- 200 METRES FREESTYLE  
 1) 1:59.38 Claudia Poll, 72, CRC  
 2) 2:00.03 Elka Graham, 81, AUS  
 3) 2:01.02 Mette Jacobsen, 73, DEN
- 400 METRES FREESTYLE  
 1) 4:11.88 Claudia Poll, 72, CRC  
 2) 4:13.86 Elka Graham, 81, AUS  
 3) 4:16.86 Laura Rocca, 80, ESP
- 800 METRES FREESTYLE  
 1) 8:45.98 Jana Pechanova, 81, CZE  
 2) 8:51.00 Shiho Yoshimura, 82, JPN  
 3) 8:51.67 Fabiana Susini, 81, ITA
- 50 METRES BACKSTROKE  
 1) 29.29 Nina Zhivanevskaya, 77, ESP  
 2) 29.59 Yuanqing Li, 81, CHN

- 3) 29.94 Michelle Lischinsky, 74, CAN
- 100 METRES BACKSTROKE  
 1) 1:01.92 Nina Zhivanevskaya, 77, ESP  
 2) 1:03.14 Roxana Maracineanu, 75, FRA  
 3) 1:03.58 Michelle Lischinsky, 74, CAN
- 200 METRES BACKSTROKE  
 1) 2:13.58 Nina Zhivanevskaya, 77, ESP  
 2) 2:14.09 Clementine Stoney, 82, AUS  
 3) 2:15.00 Toshie Abe, 83, JPN
- 50 METRES BREASTSTROKE  
 1) 32.10 Sarah Poewe, 83, RSA  
 2) 32.82 Rhiannon Leier, 76, CAN  
 3) 32.98 Majken Thorup, 79, DEN
- 100 METRES BREASTSTROKE  
 1) 1:09.14 Sarah Poewe, 83, RSA  
 2) 1:09.26 Amanda Beard, 81, USA  
 3) 1:10.31 Nan Luo, 80, CHN
- 200 METRES BREASTSTROKE  
 1) 2:26.86 Nan Luo, 80, CHN  
 2) 2:28.29 Amanda Beard, 81, USA  
 3) 2:29.25 Sarah Poewe, 83, RSA
- 50 METRES BUTTERFLY  
 1) 27.15 Martina Moravcova, 76, SVK  
 2) 27.50 Judith Draxler, 70, AUT  
 3) 27.51 Julia Ham, 79, AUS
- 100 METRES BUTTERFLY  
 1) 59.20 Martina Moravcova, 76, SVK  
 2) 1:00.70 Mireia Garcia, 81, ESP  
 3) 1:01.12 Lara Davenport, 83, AUS
- 200 METRES BUTTERFLY  
 1) 2:10.71 Mireia Garcia, 81, ESP  
 2) 2:10.89 Mette Jacobsen, 73, DEN  
 3) 2:12.97 Sophia Skou, 73, DEN
- 200 METRES IND.MEDLEY  
 1) 2:15.65 Yana Klochkova, 82, UKR  
 2) 2:16.99 Julie Hjorth-Hansen, 84, DEN  
 3) 2:17.64 Shuang Liang, 83, CHN
- 400 METRES IND.MEDLEY  
 1) 4:41.82 Yana Klochkova, 82, UKR  
 2) 4:47.20 Hana Cerna-Netrefova, 74, CZE  
 3) 4:47.32 Shuang Liang, 83, CHN

## CANET, June 5-6 MEN

- 50 METRES FREESTYLE  
 1) 22.18 Alexander Popov, 71, RUS  
 2) 22.96 Salim Iles, 75, ALG  
 3) 23.12 Ryk Neethling, 77, RSA
- 100 METRES FREESTYLE  
 1) 49.75 Alexander Popov, 71, RUS  
 2) 50.26 Salim Iles, 75, ALG  
 3) 50.49 Todd Pearson, 77, AUS
- 200 METRES FREESTYLE  
 1) 1:44.97 Ian Thorpe, 82, AUS  
 2) 1:49.64 William Kirby, 75, AUS  
 3) 1:49.70 Antony Markovich, 77, AUS
- 400 METRES FREESTYLE  
 1) 3:51.47 Ian Thorpe, 82, AUS  
 2) 3:55.54 Nicolas Rostoucher, 81, FRA  
 3) 3:56.70 Alexei Filipets, 78, RUS
- 1500 METRES FREESTYLE  
 1) 15:19.40 Nicolas Rostoucher, 81, FRA  
 2) 15:19.71 Alexei Filipets, 78, RUS  
 3) 15:38.85 Takashi Matsuda, 84, JPN
- 100 METRES BACKSTROKE  
 1) 55.67 Gordan Kozulj, 76, CRO  
 2) 57.13 Raymond Hass, 77, AUS  
 3) 57.43 Vladislav Aminov, 77, RUS
- 200 METRES BACKSTROKE  
 1) 1:59.26 Gordan Kozulj, 76, CRO  
 2) 2:01.71 Raymond Hass, 77, AUS  
 3) 2:03.81 Marko Strahija, 75, CRO
- 100 METRES BREASTSTROKE  
 1) 1:02.52 Oleg Lisogor, 79, UKR  
 2) 1:02.70 Dimitri Komornikov, 81, RUS  
 3) 1:02.92 Morgan Knabe, 81, CAN
- 200 METRES BREASTSTROKE  
 1) 2:12.40 Jim Piper, 81, AUS  
 2) 2:12.63 Dimitri Komornikov, 81, RUS  
 3) 2:14.37 Yohan Bernard, 74, FRA
- 100 METRES BUTTERFLY  
 1) 52.61 Lars Frolander, 74, SWE  
 2) 53.25 Denis Sylyantsev, 76, UKR  
 3) 53.45 Vladislav Kulikov, 71, RUS
- 200 METRES BUTTERFLY  
 1) 1:56.49 Denis Sylyantsev, 76, UKR  
 2) 1:59.59 Anatoli Poliakov, 80, RUS  
 3) 1:59.62 William Kirby, 75, AUS

- 200 METRES IND.MEDLEY  
 1) 2:03.21 Brian Johns, 82, CAN  
 2) 2:03.57 Grant McGregor, 78, AUS  
 3) 2:03.69 Robert Van Der Zant, 75, AUS
- 400 METRES IND.MEDLEY  
 1) 4:22.44 Grant McGregor, 78, AUS  
 2) 4:22.60 Curtis Myden, 73, CAN  
 3) 4:23.61 Michael Halika, 78, ISR

- WOMEN**  
 50 METRES FREESTYLE  
 1) 24.85 Inge de Bruijn, 73, NED  
 2) 25.96 Martina Moravcova, 76, SVK  
 3) 26.13 Vivienne Rignall, 73, NZL
- 100 METRES FREESTYLE  
 1) 54.62 Inge de Bruijn, 73, NED  
 2) 55.77 Martina Moravcova, 76, SVK  
 3) 57.03 Marianne Limpert, 72, CAN
- 200 METRES FREESTYLE  
 1) 1:59.35 Claudia Poll, 72, CRC  
 2) 2:00.46 Mette Jacobsen, 73, DEN  
 3) 2:02.75 Elka Graham, 81, AUS
- 400 METRES FREESTYLE  
 1) 4:08.91 Claudia Poll, 72, CRC  
 2) 4:09.22 Irina Oufimtseva, 85, RUS  
 3) 4:16.18 Nadezhda Chemezova, 80, RUS
- 800 METRES FREESTYLE  
 1) 8:35.95 Irina Oufimtseva, 85, RUS  
 2) 8:54.30 Shiho Yoshimura, 82, JPN  
 3) 8:58.36 Marion Perront, 83, FRA
- 100 METRES BACKSTROKE  
 1) 1:02.05 Nina Zhivanevskaya, 77, ESP  
 2) 1:02.48 Yuanqing Li, 81, CHN  
 3) 1:02.92 Roxana Maracineanu, 75, FRA
- 200 METRES BACKSTROKE  
 1) 2:13.48 Clementine Stoney, 82, AUS  
 2) 2:13.95 Nina Zhivanevskaya, 77, ESP  
 3) 2:15.85 Toshie Abe, 83, JPN
- 100 METRES BREASTSTROKE  
 1) 1:08.80 Sarah Poewe, 83, RSA  
 2) 1:08.95 Amanda Beard, 81, USA  
 3) 1:10.85 Nan Luo, 80, CHN
- 200 METRES BREASTSTROKE  
 1) 2:27.73 Amanda Beard, 81, USA  
 2) 2:28.88 Sarah Poewe, 83, RSA  
 3) 2:29.53 Nan Luo, 80, CHN
- 100 METRES BUTTERFLY  
 1) 58.78 Inge de Bruijn, 73, NED  
 2) 58.80 Martina Moravcova, 76, SVK  
 3) 1:00.82 Irina Bespalova, 81, RUS
- 200 METRES BUTTERFLY  
 1) 2:11.06 Mette Jacobsen, 73, DEN  
 2) 2:12.03 Sophia Skou, 73, DEN  
 3) 2:13.25 Audrey Lacroix, 83, CAN
- 200 METRES IND.MEDLEY  
 1) 2:14.75 Yana Klochkova, 82, UKR  
 2) 2:17.86 Marianne Limpert, 72, CAN  
 3) 2:18.28 Shuang Liang, 83, CHN
- 400 METRES IND.MEDLEY  
 1) 4:41.04 Yana Klochkova, 82, UKR  
 2) 4:53.73 Shuang Liang, 83, CHN  
 3) 4:57.72 Carrie Burgoyne, 81, CAN

## ROME, June 9-10 MEN

- 50 METRES FREESTYLE  
 1) 22.11 Alexander Popov, 71, RUS  
 2) 23.03 Ryk Neethling, 77, RSA  
 3) 23.32 Leonid Khokhlov, 80, RUS
- 100 METRES FREESTYLE  
 1) 49.49 Alexander Popov, 71, RUS  
 2) 49.78 Lars Frolander, 74, SWE  
 3) 49.85 Ian Thorpe, 82, AUS
- 200 METRES FREESTYLE  
 1) 1:47.86 Ian Thorpe, 82, AUS  
 2) 1:49.88 William Kirby, 75, AUS  
 3) 1:50.81 Jacob Carlsens, 78, DEN
- 400 METRES FREESTYLE  
 1) 3:44.71 Ian Thorpe, 82, AUS  
 2) 3:47.32 Massi Rosolino, 78, ITA  
 3) 3:50.08 Emiliano Brembilla, 78, ITA
- 1500 METRES FREESTYLE  
 1) 15:15.13 Alexei Filipets, 78, RUS  
 2) 15:29.24 Takashi Matsuda, 84, JPN  
 3) 15:35.85 Fabio Venturini, 77, ITA
- 100 METRES BACKSTROKE  
 1) 55.52 Lenny Krayzelburg, 75, USA  
 2) 55.90 Markus Rogan, 82, AUT  
 3) 57.08 Raymond Hass, 77, AUS
- 200 METRES BACKSTROKE  
 1) 2:01.21 Markus Rogan, 82, AUT  
 2) 2:01.49 Emanuele Merisi, 72, ITA  
 3) 2:01.92 Takahashi Nakano, 83, JPN
- 100 METRES BREASTSTROKE  
 1) 1:02.11 Domenico Fioravanti, 77, ITA  
 2) 1:02.17 Oleg Lisogor, 79, UKR

- 3) 1:02.21 Patrick Schmollinger, 73, AUT
- 200 METRES BREASTSTROKE  
 1) 2:12.42 Jim Piper, 81, AUS  
 2) 2:15.64 Domenico Fioravanti, 77, ITA  
 3) 2:16.12 Michele Vancini, 81, ITA
- 100 METRES BUTTERFLY  
 1) 52.82 Lars Frolander, 74, SWE  
 2) 52.92 Denis Sylyantsev, 76, UKR  
 3) 53.66 Jere Hard, 78, FIN
- 200 METRES BUTTERFLY  
 1) 1:56.00 Denis Sylyantsev, 76, UKR  
 2) 1:59.82 Anatoli Poliakov, 80, RUS  
 3) 2:00.01 Alessio Boggiatto, 81, ITA
- 100 METRES IND.MEDLEY  
 1) 2:03.42 Massi Rosolino, 78, ITA  
 2) 2:03.68 Brian Johns, 82, CAN  
 3) 2:04.52 Davide Cassol, 80, ITA
- 400 METRES IND.MEDLEY  
 1) 4:18.62 Alessio Boggiatto, 81, ITA  
 2) 4:23.20 Grant McGregor, 78, AUS  
 3) 4:24.89 Dean Kent, 79, NZL

- WOMEN**  
 50 METRES FREESTYLE  
 1) 25.86 Vivienne Rignall, 73, NZL  
 2) 26.08 Cristina Chiuso, 73, ITA
- 100 METRES FREESTYLE  
 1) 56.30 Elka Graham, 81, AUS  
 2) 56.47 Luisa Striani, 78, ITA  
 3) 57.14 Cristina Chiuso, 73, ITA
- 200 METRES FREESTYLE  
 1) 1:59.02 Claudia Poll, 72, CRC  
 2) 2:00.72 Nadezhda Chemezova, 80, RUS  
 3) 2:00.82 Elka Graham, 81, AUS
- 400 METRES FREESTYLE  
 1) 4:09.92 Irina Oufimtseva, 85, RUS  
 2) 4:10.40 Claudia Poll, 72, CRC  
 3) 4:12.88 Elka Graham, 81, AUS
- 800 METRES FREESTYLE  
 1) 8:37.76 Irina Oufimtseva, 85, RUS  
 2) 8:48.46 Marianna Lyberta, 79, GRE  
 3) 8:52.01 Shiho Yoshimura, 82, JPN
- 100 METRES BACKSTROKE  
 1) 1:02.03 Nina Zhivanevskaya, 77, ESP  
 2) 1:02.92 Yuanqing Li, 81, CHN  
 3) 1:03.60 Stanislava Komarova, 86, RUS
- 200 METRES BACKSTROKE  
 1) 2:13.31 Clementine Stoney, 82, AUS  
 2) 2:14.84 Toshie Abe, 83, JPN  
 3) 2:15.07 Stanislava Komarova, 86, RUS
- 100 METRES BREASTSTROKE  
 1) 1:08.81 Sarah Poewe, 83, RSA  
 2) 1:09.61 Amanda Beard, 81, USA  
 3) 1:10.69 Nan Luo, 80, CHN
- 200 METRES BREASTSTROKE  
 1) 2:27.22 Amanda Beard, 81, USA  
 2) 2:28.01 Nan Luo, 80, CHN  
 3) 2:29.40 Sarah Poewe, 83, RSA
- 100 METRES BUTTERFLY  
 1) 1:00.33 Ekaterina Vinogradova, 80, RUS  
 2) 1:00.55 Irina Bespalova, 81, RUS  
 3) 1:00.84 Sophia Skou, 73, DEN
- 200 METRES BUTTERFLY  
 1) 2:11.81 Ekaterina Vinogradova, 80, RUS  
 2) 2:13.11 Audrey Lacroix, 83, CAN  
 3) 2:13.57 Sophia Skou, 73, DEN
- 200 METRES IND.MEDLEY  
 1) 2:14.38 Yana Klochkova, 82, UKR  
 2) 2:15.32 Shuang Liang, 83, CHN  
 3) 2:18.53 Marianne Limpert, 72, CAN
- 400 METRES IND.MEDLEY  
 1) 4:41.10 Yana Klochkova, 82, UKR  
 2) 4:49.77 Federica Biscia, 80, ITA  
 3) 4:53.86 Paola Cavallino, 77, ITA

## MONTE CARLO, Jun 12-13 MEN

- 50 METRES FREESTYLE  
 1) 21.91 Alexander Popov, 71, RUS  
 2) 22.68 Salim Iles, 75, ALG
- 100 METRES FREESTYLE  
 1) 49.51 Lars Frolander, 74, SWE  
 2) 49.53 Alexander Popov, 71, RUS  
 3) 50.05 Salim Iles, 75, ALG
- 200 METRES FREESTYLE  
 1) 1:45.75 Ian Thorpe, 82, AUS  
 2) 1:49.10 William Kirby, 75, AUS  
 3) 1:50.19 Kvetoslav Svoboda, 82, CZE
- 400 METRES FREESTYLE  
 1) 3:41.71 Ian Thorpe, 82, AUS  
 2) 3:57.28 Kvetoslav Svoboda, 82, CZE  
 3) 3:58.61 Jonathan Duncan, 82, NZL
- 50 METRES BACKSTROKE  
 1) 25.74 Lenny Krayzelburg, 75, USA  
 2) 26.17 Gerhard Zandberg, 83, RSA

- 100 METRES BACKSTROKE  
 1) 55.51 Gordan Kozulj, 76, CRO  
 2) 55.71 Lenny Krayzelburg, 75, USA  
 3) 56.94 Toshifumi Takeuchi, 83, JPN
- 200 METRES BACKSTROKE  
 1) 2:01.68 Raymond Hass, 77, AUS  
 2) 2:01.71 Gordan Kozulj, 76, CRO  
 3) 2:01.78 Takahashi Nakano, 83, JPN
- 50 METRES BREASTSTROKE  
 1) 27.92 Oleg Lisogor, 79, UKR  
 2) 28.27 Daniel Malek, 73, CZE
- 100 METRES BREASTSTROKE  
 1) 1:02.01 Daniel Malek, 73, CZE  
 2) 1:02.34 Oleg Lisogor, 79, UKR  
 3) 1:02.53 Morgan Knabe, 81, CAN
- 200 METRES BREASTSTROKE  
 1) 2:12.41 Jim Piper, 81, AUS  
 2) 2:15.15 Daniel Malek, 73, CZE  
 3) 2:15.88 Yohan Bernard, 74, FRA
- 50 METRES BUTTERFLY  
 1) 23.85 Lars Frolander, 74, SWE  
 2) 23.95 Jere Hard, 78, FIN
- 100 METRES BUTTERFLY  
 1) 52.84 Lars Frolander, 74, SWE  
 2) 52.90 Thomas Rupprath, 77, GER  
 3) 53.40 Denis Sylyantsev, 76, UKR
- 200 METRES BUTTERFLY  
 1) 1:57.01 Denis Sylyantsev, 76, UKR  
 2) 2:00.81 Grant McGregor, 78, AUS  
 3) 2:01.15 William Kirby, 75, AUS
- 200 METRES IND.MEDLEY  
 1) 2:03.11 Brian Johns, 82, CAN  
 2) 2:04.00 Robert Van Der Zant, 75, AUS  
 3) 2:05.06 Dean Kent, 79, NZL
- 400 METRES IND.MEDLEY  
 1) 4:21.78 Grant McGregor, 78, AUS  
 2) 4:23.17 Lorenzo Sirigu, 81, ITA  
 3) 4:24.12 Curtis Myden, 73, CAN

- WOMEN**  
 50 METRES FREESTYLE  
 1) 25.76 Johanna Sjoberg, 78, SWE  
 2) 26.30 Cristina Chiuso, 73, ITA
- 100 METRES FREESTYLE  
 1) 56.20 Johanna Sjoberg, 78, SWE  
 2) 56.66 Mette Jacobsen, 73, DEN  
 3) 57.16 Cristina Chiuso, 73, ITA
- 200 METRES FREESTYLE  
 1) 2:00.05 Claudia Poll, 72, CRC  
 2) 2:01.39 Mette Jacobsen, 73, DEN  
 3) 2:03.26 Karen Tait, 82, NZL
- 400 METRES FREESTYLE  
 1) 4:16.01 Jana Pechanova, 81, CZE  
 2) 4:18.40 Karen Tait, 82, NZL  
 3) 4:19.45 Kristina Kynerova, 79, CZE
- 50 METRES BACKSTROKE  
 1) 28.30 Sandra Volker, 74, GER  
 2) 29.26 Nina Zhivanevskaya, 77, ESP
- 100 METRES BACKSTROKE  
 1) 1:01.94 Nina Zhivanevskaya, 77, ESP  
 2) 1:02.80 Yuanqing Li, 81, CHN  
 3) 1:03.45 Iлона Hlavackova, 77, CZE
- 200 METRES BACKSTROKE  
 1) 2:13.65 Toshie Abe, 83, JPN  
 2) 2:14.03 Yuanqing Li, 81, CHN  
 3) 2:14.82 Arisa Murakawa, 83, JPN
- 50 METRES BREASTSTROKE  
 1) 31.89 Sarah Poewe, 83, RSA  
 2) 31.90 Amanda Beard, 81, USA
- 100 METRES BREASTSTROKE  
 1) 1:08.74 Sarah Poewe, 83, RSA  
 2) 1:08.93 Amanda Beard, 81, USA  
 3) 1:10.46 Nan Luo, 80, CHN
- 200 METRES BREASTSTROKE  
 1) 2:27.07 Nan Luo, 80, CHN  
 2) 2:28.04 Amanda Beard, 81, USA  
 3) 2:31.28 Nanaka Tamura, 87, JPN
- 50 METRES BUTTERFLY  
 1) 27.54 Johanna Sjoberg, 78, SWE  
 2) 27.81 Amanda Loots, 78, RSA
- 100 METRES BUTTERFLY  
 1) 1:00.17 Johanna Sjoberg, 78, SWE  
 2) 1:00.19 Amanda Loots, 78, RSA  
 3) 1:01.63 Sophia Skou, 73, DEN
- 200 METRES BUTTERFLY  
 1) 2:11.00 Yana Klochkova, 82, UKR  
 2) 2:13.29 Amanda Loots, 78, RSA  
 3) 2:13.86 Paola Cavallino, 77, ITA
- 200 METRES IND.MEDLEY  
 1) 2:15.42 Shuang Liang, 83, CHN  
 2) 2:16.79 Yana Klochkova, 82, UKR  
 3) 2:16.93 Marianne Limpert, 72, CAN
- 400 METRES IND.MEDLEY  
 1) 4:42.33 Yana Klochkova, 82, UKR  
 2) 4:46.91 Shuang Liang, 83, CHN  
 3) 4:47.35 Federica Biscia, 80, ITA















# TOP AGE GROUP TIMES

Rankings for the period (results received)  
 January 1, 2001 to June 13, 2001  
 Financially supported by Swimming Natation Canada  
 Compiled by SWIMNEWS

# 2001 LONG COURSE TAG®

## GIRLS 10&U

### 100 METRES FREESTYLE

Rec: 1:04.42 Shauna Collins, ROD, 88

- 1:10.83 TOPCPMAY Christine Zwart, 10, LAC
- 1:12.80 TOPCPMAY Natalie Hagan, 10, ESWM
- 1:12.89 CASCJUN Robyn Pape, 10, NCS
- 1:13.57 TOPCPMAY Mandy Bailey, 10, RISC
- 1:13.64 AACAPR Patricia Sloan, 10, NEW
- 1:13.66 TOPCPMAY Anna Freeman, 10, MSSAC
- 1:14.05 TOPCPMAY Andrea St. Jules, 10, EYSC
- 1:14.24 RODJUN Rikka Trischuk, 10, GOLD
- 1:14.47 NEORJUN Megan Bujold, 10, TTSC
- 1:14.74 LUSCMAY Amy Harriman, 10, HWAC
- 1:14.75 HYACKMAY Amity Chow, 10, PDSA
- 1:14.84 ELITEMAR Lilia Hadouchi, 10, LSCDN
- 1:15.20 OYOMAR Erin Mills, 10, EBSC
- 1:15.52 TOPCPMAY Kristina Sims, 10, ISS
- 1:15.70 AACAPR Krista Morgado, 10, MSSAC
- 1:15.74 AACAPR Jennifer Wilson, 10, SWAT
- 1:15.79 HTACAPR Ashley MacKendrick, 10, SWAT
- 1:16.00 NEORJUN Samantha Filik, 10, SSMAC
- 1:16.10 LUSCMAY Casey Leslie, 10, HWAC
- 1:16.13 PPOJUN Marie-P Couillard, 9, REG
- 1:16.15 AACAPR Melanie McIntyre, 10, MSSAC
- 1:16.29 TOPCPMAY Chelsea Wies, 10, RHAC
- 1:16.39 LEDUCMAY Danielle Newton, 10, FMSC
- 1:16.58 HYACKMAY Christine Edwards, 10, PDSA
- 1:16.60 ISAPR Shawnee Landolt, 10, IS

### 400 METRES FREESTYLE

Rec: 4:48.72 Amanda Hansford, ROW, 96

- 5:21.22 WOSAJUN Christine Zwart, 10, LAC
- 5:22.90 ESWIMJUN Anna Freeman, 10, MSSAC
- 5:25.80 ESWIMJUN Samantha Filik, 10, ESWIM
- 5:29.08 EKSCMAR Megan Young, 10, FMSC
- 5:31.82 WOSAJUN Kristina Sims, 10, ISS
- 5:35.03 LACMAY Patricia Sloan, 10, NEW
- 5:39.02 WOSAJUN Casey Leslie, 10, HWAC
- 5:45.33 EKSCMAR Madison Achymichuk, 10, STSC
- 5:46.01 MSSACMAY Krista Morgado, 10, MSSAC
- 5:48.68 EKSCMAR Nicole Delaoye, 10, CASC
- 5:48.86 WOSAJUN Kristine Walker, 10, LAC
- 5:49.59 ISAPR Shawnee Landolt, 10, IS
- 5:52.10 WOSAJUN Alex Cooper, 10, LAC
- 5:52.74 LEDUCMAY Danielle Newton, 10, FMSC
- 5:54.07 NEORJUN Samantha Filik, 10, SSMAC
- 5:54.41 WOSAJUN Amy Harriman, 10, HWAC
- 5:54.45 STSCMAY Michelle Beveridge, 10, UCSC
- 5:59.36 KCSJUN Melissa Hayes, 10, GPP
- 6:00.40 NCSRJUN Shauna Manning, 10, WTSC
- 6:01.31 WOSAJUN Adriana Csanadi, 10, BROCK
- 6:01.60 WOSAJUN Megan Michalski, 10, ISS
- 6:01.70 RODJUN Geneva Murphy, 10, ROD
- 6:01.90 SJSJUN Samantha Burnell, 10, SJS
- 6:03.39 EKSCMAR Pamela Kunyk, 10, EKSC
- 6:03.58 HTACAPR Ashley MacKendrick, 10, SWAT

### 100 METRES BACKSTROKE

Rec: 1:15.87 Jennifer Frateli, SSMAC, 95

- 1:21.51 TOPCPMAY Natalie Hagan, 10, ESWM
- 1:22.14 CASCJUN Julie Kells, 10, RDCSC
- 1:22.32 NEORJUN Caitlin Tomlinson, 10, SSMAC
- 1:22.85 LUSCMAY Amy Harriman, 10, HWAC
- 1:22.96 LACMAY Patricia Sloan, 10, NEW
- 1:23.92 CASCJUN Robyn Pape, 10, NCS
- 1:24.34 NEORJUN Dominique Bouchard, 9, NBYT
- 1:24.46 NEORJUN Megan Bujold, 10, TTSC
- 1:24.74 TOPCPMAY Lindsay Cameron, 10, LSC
- 1:24.84 NCSRJUN Ann Gordon, 10, SWAT
- 1:25.02 RODJUN Geneva Murphy, 10, ROD
- 1:25.19 ISAPR Shawnee Landolt, 10, IS
- 1:25.62 LEDUCMAY Krysta Shack, 10, EDSON
- 1:25.69 TOPCPMAY Catherine Powell, 10, PCSC
- 1:25.81 CASCJUN Danielle Newton, 10, FMSC
- 1:26.48 MSSACMAY Gabrielle Laurin, 10, SSMAC
- 1:26.92 STSCMAY Michelle Beveridge, 10, UCSC
- 1:27.16 HYACKMAY Christine Edwards, 10, PDSA
- 1:27.27 CASCJUN Nicole Vincent, 10, OSC
- 1:27.41 COHOMAY Stephanie Bernard, 10, CRKW
- 1:27.47 PPOJUN Natasha Brousseau, 10, CNO
- 1:27.63 TOPCPMAY Mandy Bailey, 10, RISC
- 1:27.74 LUSCMAY Casey Leslie, 10, HWAC
- 1:27.80 MMAPR Jennifer Daley, 10, SSSC
- 1:27.89 GMACMAR Kaylee Dakers, 9, COBRA

### 100 METRES BREASTSTROKE

Rec: 1:25.18 Kelly Timmons, OSC, 97

- 1:32.86 AACAPR Jennifer Wilson, 10, MSSAC
- 1:34.85 HYACKMAY Amity Chow, 10, PDSA
- 1:34.97 CASCAPR Vanessa Hanbury, 10, GATOR
- 1:35.51 NEORJUN Megan Bujold, 10, TTSC
- 1:35.80 TOPCPMAY Melissa Larocque, 10, PCSC
- 1:35.90 PPOJUN Marie-P Couillard, 9, REG
- 1:36.00 TOPCPMAY Christine Zwart, 10, LAC
- 1:36.52 LEDUCMAY Nicole Norrie, 10, AMAC
- 1:36.75 STSCMAY Danielle Newton, 10, FMSC
- 1:37.08 ELITEMAR Karolyn Long, 10, DDO
- 1:37.11 MSSACMAY Kristi Russell, 10, MAC
- 1:37.17 TOPCPMAY Sasha Menu-Courey, 10, ESWIM
- 1:37.26 NCSRJUN Ann Gordon, 10, SWAT
- 1:37.27 TOPCPMAY Kaylee Dakers, 10, COBRA
- 1:37.69 MMAPR Marissa Davies, 10, SJS
- 1:37.75 ELITEMAR Marcela Rojas, 10, LSCDN
- 1:37.84 ELITEMAR Lilia Hadouchi, 10, LSCDN
- 1:37.94 MMAPR Samantha Holloway, 10, MANTA
- 1:38.03 LUSCMAY Rebecca Vedell, 10, HWAC
- 1:38.34 PPOJUN Maude Provencher-F., 10, DDO
- 1:38.93 PPOJUN Jessica Bibeault, 10, DDO
- 1:39.07 LUSCMAY Samantha Filik, 10, SSMAC
- 1:39.08 EXSTJUN Sierra Dakin-Kuiper, 9, LASC
- 1:39.25 TOPCPMAY Samantha Galway, 10, NYAC
- 1:39.26 MSSACMAY Vanessa Niedzielski, 10, MSSAC

### 100 METRES BUTTERFLY

Rec: 1:13.09 Tracy Osswald, VPSC, 75

- 1:18.91 TOPCPMAY Natalie Hagan, 10, ESWM
- 1:20.80 NEORJUN Megan Bujold, 10, TTSC
- 1:21.93 RODJUN Geneva Murphy, 10, ROD
- 1:24.70 MSSACMAY Meghan Brockington, 10, OSHAC
- 1:25.04 TOPCPMAY Melissa Larocque, 10, PCSC
- 1:25.39 ISAPR Shawnee Landolt, 10, IS
- 1:25.72 CASCJUN Julie Kells, 10, RDCSC
- 1:26.28 TOPCPMAY Mandy Bailey, 10, RISC
- 1:28.02 LACMAY Jessica Pietrusiak, 10, NEW
- 1:28.28 PPOJUN Natasha Brousseau, 10, CNO
- 1:28.60 EKSCMAR Megan Young, 10, FMSC
- 1:28.62 PPOJUN Kristen Campbell, 10, DDO
- 1:29.61 MSSACMAY Krista Morgado, 10, MSSAC
- 1:29.78 TOPCPMAY Kristine Walker, 10, LAC
- 1:29.84 CASCJUN Shelbi Snodgrass, 10, CASC
- 1:30.22 AACAPR Chelsea Wies, 10, RHAC
- 1:30.24 AACAPR Julie Pollich, 10, YORK
- 1:30.36 MMAPR Marissa Davies, 10, SJS
- 1:30.54 TOPCPMAY Heather Lee, 10, WD
- 1:30.61 TOPCPMAY Christine Zwart, 10, LAC
- 1:31.01 TOPCPMAY Kristina Sims, 10, ISS
- 1:32.01 DAVISMAR Amy Harriman, 10, HWAC
- 1:32.34 MSSACMAY Ali Cherniak, 10, TSC
- 1:32.72 GMACMAY Rebecca Sloan, 10, NEW
- 1:32.96 NCSRJUN Ann Gordon, 10, SWAT

### 200 METRES IND. MEDLEY

Rec: 2:41.44 Mallory Hoekstra, EKSC, 98

- 2:48.20 EKSCMAR Madison Achymichuk, 10, STSC
- 2:53.25 TOPCPMAY Christine Zwart, 10, LAC
- 2:53.47 TOPCPMAY Natalie Hagan, 10, ESWM
- 2:54.24 NEORJUN Megan Bujold, 10, TTSC
- 2:56.38 EKSCMAR Megan Young, 10, FMSC
- 2:58.04 DAVISMAR Tamara Gimon, 9, BAD
- 2:58.70 TOPCPMAY Melissa Larocque, 10, PCSC
- 2:59.16 TOPCPMAY Kristina Sims, 10, ISS
- 3:02.01 GMACMAR Shauna Donaldson, 10, OSAC
- 3:02.17 GMACMAR Alana Byron, 10, GMAC
- 3:02.24 RODJUN Geneva Murphy, 10, ROD
- 3:02.62 PPOJUN Marie-P Couillard, 9, REG
- 3:02.66 HYACKMAY Amity Chow, 10, PDSA
- 3:02.80 MSSACMAY Anna Freeman, 10, MSSAC
- 3:03.28 DAVISMAR Meghan Knapien, 10, RISC
- 3:03.44 DAVISMAR Alyce Sutcliffe, 10, BST
- 3:03.63 CASCJUN Shelbi Snodgrass, 10, CASC
- 3:04.23 HYACKMAY Shawnee Landolt, 10, IS
- 3:04.31 WOSAJUN Casey Leslie, 10, HWAC
- 3:04.91 ELITEMAR Lilia Hadouchi, 10, LSCDN
- 3:05.08 AACAPR Patricia Sloan, 10, NEW
- 3:05.18 AACAPR Jennifer Wilson, 10, MSSAC
- 3:05.31 ELITEMAR Kristen Campbell, 10, DDO
- 3:05.48 LEDUCMAY Danielle Newton, 10, FMSC
- 3:05.91 NEORJUN Caitlin Tomlinson, 10, SSMAC

## BOYS 10&U

### 100 METRES FREESTYLE

Rec: 1:05.02 Andrew Bignell, SSMAC, 94

- 1:09.02 STSCMAY Curtis Lutsch, 10, UCSC
- 1:10.62 TOPCPMAY Karim Zayed, 10, PCSC
- 1:11.40 TOPCPMAY Steven Saltzberry, 10, TAT
- 1:11.73 TOPCPMAY Spencer Ayre, 10, PCSC
- 1:12.01 CASCJUN Jordie Szoo, 10, CASC
- 1:12.42 CASCJUN Michael Lowenstein, 10, CASC
- 1:12.82 HYACKMAY Craig Dagnall, 10, IS
- 1:12.93 AACAPR Sean O'Beirn, 10, MSSAC
- 1:13.15 ISAPR Will Hergeshelmer, 10, NRST
- 1:13.29 TOPCPMAY Tyler Bredschneider, 10, COBRA
- 1:13.30 CASCAPR Marko Gavric, 9, PDSA
- 1:13.43 MSSACMAY Dinos San Pedro, 10, OAK
- 1:13.63 PGBAPR Judd Grossman, 10, PN
- 1:13.66 AACAPR Nick Karpov, 9, RHAC
- 1:13.86 CASCAPR Hong-Kai Chan, 10, PDSA
- 1:13.89 CASCAPR Hong-Ting Chan, 10, PDSA
- 1:14.07 BROCKMAY Jim Lee, 10, WAC
- 1:14.86 ROWMAY Kenneth Wang, 10, RHAC
- 1:15.12 CASCJUN James Kendrick, 10, CASC
- 1:15.40 ROWMAY Adrian Ng, 10, RHAC
- 1:15.60 TOPCPMAY Paul Zielinski, 9, MSSAC
- 1:15.74 TOPCPMAY Tom Lawrie, 10, AAC
- 1:16.03 ROWMAY Sidney Chu, 10, RHAC
- 1:16.28 PPOJUN Jean-F. Thivierge, 10, REG
- 1:16.40 MMAPR David Woodman, 10, MANTA

### 400 METRES FREESTYLE

Rec: 4:55.60 Trevor Jakisch, SJS, 78

- 5:15.70 STSCMAY Curtis Lutsch, 10, UCSC
- 5:18.15 ISAPR Craig Dagnall, 10, IS
- 5:22.88 HYACKMAY Andrew Kudaba, 10, HYACK
- 5:30.33 ESWIMJUN Colin Coombs, 10, ESWIM
- 5:31.79 ISAPR Will Hergeshelmer, 10, NRST
- 5:34.76 OLYJUN Tyler Bredschneider, 10, COBRA
- 5:36.35 MSSACMAY Sean O'Beirn, 9, MSSAC
- 5:37.65 LEDUCMAY Michael Clarke, 10, OSC
- 5:40.47 WOSAJUN Jim Lee, 10, WAC
- 5:40.77 MSSACMAY Robert Irvine, 10, OSHAC
- 5:41.56 STSCMAY Ben Schaeffer, 10, BRSC
- 5:41.77 MSSACMAY Kairun Daikoku, 10, MSSAC
- 5:43.52 WOSAJUN Skyler McIndoe, 10, LAC
- 5:43.86 MSSACMAY Dinos San Pedro, 10, OAK
- 5:44.01 WOSAJUN Michael Brock, 10, LAC
- 5:45.03 MSSACMAY Jacques D'Souza, 10, CREST
- 5:49.24 WOSAJUN Frank Despond, 10, BAD
- 5:49.79 EKSCMAR Michael Lowenstein, 10, CASC
- 5:50.43 WOSAJUN Ross Bennett, 9, ROW
- 5:53.25 EKSCMAR Jordie Szoo, 10, CASC
- 5:57.95 WOSAJUN Andrew Bloch-Hansen, 10, LAC
- 5:57.96 WOSAJUN Jeremy Lette, 9, LAC
- 6:00.13 SJSJUN Aman Hansra, 10, FMSC
- 6:01.70 EKSCMAR Karl Wolk, 9, EKSC
- 6:01.95 MSSACMAY Curtis Samuel, 10, OAK

### 100 METRES BACKSTROKE

Rec: 1:14.50 Andrew Bignell, SSMAC, 94

- 1:17.19 CASCAPR Andre Kudaba, 10, HYACK
- 1:17.65 BROCKMAY Jim Lee, 10, WAC
- 1:22.08 TOPCPMAY Nick Karpov, 10, RHAC
- 1:23.32 MSSACMAY Dinos San Pedro, 10, OAK
- 1:23.53 KCSJUN Curtis Lutsch, 10, UCSC
- 1:23.91 CASCJUN James Kendrick, 10, CASC
- 1:24.16 LUSCMAY Frank Despond, 9, BAD
- 1:24.18 LEDUCMAY Michael Clarke, 10, OSC
- 1:24.64 CASCJUN Jordie Szoo, 10, CASC
- 1:25.01 TOPCPMAY Kairun Daikoku, 10, MSSAC
- 1:25.16 RODJUN Parker Zeeben, 10, PASS
- 1:25.50 CASCJUN Michael Lowenstein, 10, CASC
- 1:25.83 TOPCPMAY Sidney Chu, 10, RHAC
- 1:26.78 GMACMAY Evan Buck, 10, GMAC
- 1:26.82 ISAPR Will Hergeshelmer, 10, NRST
- 1:27.10 TOPCPMAY Colin Coombs, 10, ESWIM
- 1:27.30 MSSACMAY Daren Rubenchik, 10, CHAMP
- 1:27.41 AACAPR Adrian Ng, 10, RHAC
- 1:27.74 TOPCPMAY Andrew Bloch-Hansen, 10, LAC
- 1:27.76 HYACKMAY Marko Gavric, 9, PDSA
- 1:27.95 NCSRJUN Dave Sharpe, 10, EAST
- 1:28.38 CASCJUN Braden Maybury, 10, CASC
- 1:28.39 PPOJUN Jean-F. Thivierge, 10, REG
- 1:28.39 ESWIMJUN Jacques D'Souza, 10, CREST
- 1:28.53 AACAPR Curtis Samuel, 10, OAK

### 100 METRES BREASTSTROKE

Rec: 1:22.79 David Cheung, CREST, 92

- 1:27.53 EKAPR Curtis Lutsch, 10, UCSC
- 1:32.79 LACMAY Steven Saltzberry, 10, TAT
- 1:33.56 TOPCPMAY Julian Monks, 10, WD
- 1:33.67 CASCAPR Hong-Kai Chan, 10, PDSA
- 1:33.84 TOPCPMAY Matthew Chu, 10, NYAC
- 1:34.79 TOPCPMAY Spencer Ayre, 10, PCSC
- 1:35.35 EXSTJUN Kelly Tso, 10, LASC
- 1:37.13 TOPCPMAY Ahmed Ali, 10, SCAR
- 1:37.42 STSCMAY Ben Schaeffer, 10, BRSC
- 1:37.89 OYOMAR Troy Baxter, 9, NKB
- 1:38.05 CASCAPR Marko Gavric, 9, PDSA
- 1:38.28 TOPCPMAY Daniel Jensen, 9, PCSC
- 1:38.46 PGBAPR Judd Grossman, 10, PN
- 1:38.53 TOPCPMAY Skyler McIndoe, 10, LAC
- 1:38.69 CASCAPR Dennis Brotzky, 9, PDSA
- 1:38.85 AACAPR Tom Lawrie, 10, AAC
- 1:39.38 TOPCPMAY Clement Kwong, 10, NYAC
- 1:39.70 GMACMAY Brandon Kingston, 10, NEW
- 1:40.29 AACAPR Sean O'Beirn, 10, MSSAC
- 1:40.46 PPOJUN Jean-F. Thivierge, 10, REG
- 1:40.51 ISAPR Will Hergeshelmer, 10, NRST
- 1:40.53 TOPCPMAY Paul Zielinski, 9, MSSAC
- 1:40.92 LACMAY Jeremy Lette, 9, LAC
- 1:41.98 TOPCPMAY Daniel Lam, 10, NYAC
- 1:41.98 HYACKMAY Hong-Ting Chan, 10, PDSA

### 100 METRES BUTTERFLY

Rec: 1:13.20 Alex Baumann, LUSC, 75

- 1:18.37 HYACKMAY Andre Kudaba, 10, HYACK
- 1:21.50 CASCJUN Michael Lowenstein, 10, CASC
- 1:21.92 CASCJUN Eric Nelson, 10, CASC
- 1:22.51 TOPCPMAY Karim Zayed, 10, PCSC
- 1:23.71 TOPCPMAY Tyler Bredschneider, 10, COBRA
- 1:23.89 ISAPR Craig Dagnall, 10, IS
- 1:24.73 DAVISMAR Curtis Samuel, 10, OAK
- 1:25.36 EKSCMAR Ben Berg, 10, RDCSC
- 1:25.67 CASCAPR Hong-Ting Chan, 10, PDSA
- 1:25.79 ISAPR Will Hergeshelmer, 10, NRST
- 1:26.15 CASCJUN Jordie Szoo, 10, CASC
- 1:26.34 NCSRJUN Dave Sharpe, 10, EAST
- 1:26.77 MSSACMAY Dinos San Pedro, 10, OAK
- 1:27.46 TOPCPMAY Spencer Ayre, 10, PCSC
- 1:28.71 EKSCMAR Curtis Lutsch, 10, UCSC
- 1:29.46 TOPCPMAY Michael Brock, 10, LAC
- 1:30.77 PPOJUN Jean-F. Thivierge, 10, REG
- 1:30.88 TOPCPMAY Tom Lawrie, 10, AAC
- 1:30.96 CASCJUN Justin Odger, 9, CASC
- 1:31.04 TOPCPMAY Colin Coombs, 10, ESWIM
- 1:31.37 GMACMAY Evan Buck, 10, GMAC
- 1:31.87 GMACMAY Matthew Swanson, 10, NEW
- 1:32.17 TOPCPMAY Kairun Daikoku, 10, MSSAC
- 1:32.09 DAVISMAR Alex Serwotka, 10, CYPSC
- 1:33.10 RODJUN Ashveen Ambulgekar, 10, GOLD

### 200 METRES IND. MEDLEY

Rec: 2:35.84 Tobias Orulov, PCSC, 96

- 2:42.93 GMACMAR Steven Saltzberry, 10, TAT
- 2:43.58 DAVISMAR Curtis Samuel, 10, OAK
- 2:46.54 EKAPR Curtis Lutsch, 10, UCSC
- 2:47.48 DAVISMAR Frank Despond, 9, BAD
- 2:51.01 DAVISMAR David Duhon, 10, BAD
- 2:53.95 HYACKMAY Andre Kudaba, 10, HYACK
- 2:54.45 TOPCPMAY Spencer Ayre, 10, PCSC
- 2:55.67 WOSAJUN Jim Lee, 10, WAC
- 2:58.44 DAVISMAR Alex Serwotka, 10, CYPSC
- 2:58.58 CASCAPR Hong-Kai Chan, 10, PDSA
- 2:58.62 CASCJUN Michael Lowenstein, 10, CASC
- 2:59.45 ISAPR Will Hergeshelmer, 10, NRST
- 3:00.07 TOPCPMAY Karim Zayed, 10, PCSC
- 3:00.36 ISAPR Craig Dagnall, 10, IS
- 3:01.21 CASCAPR Hong-Ting Chan, 10, PDSA
- 3:01.61 TOPCPMAY Sidney Chu, 10, RHAC
- 3:02.10 TOPCPMAY Robert Irvine, 10, OSHAC
- 3:02.34 HYACKMAY Marko Gavric, 9, PDSA
- 3:02.43 TOPCPMAY Kairun Daikoku, 10, MSSAC
- 3:02.67 EKSCMAR Michael Clarke, 10, OSC
- 3:03.21 GMACMAR Kodie Yorke, 10, GMAC
- 3:03.42 PPOJUN Jean-F. Thivierge, 10, REG
- 3:03.97 OLYJUN Tyler Bredschneider, 10, COBRA
- 3:04.35 GMACMAR Evan Buck, 10, GMAC
- 3:04.88 TOPCPMAY Kenneth Wang, 10, RHAC



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# MAKING WAVES®



**Bryn Jones, 14**

Club: Newmarket Stingrays  
 Coach: Ulf Ornhjelm  
 Specialty: Breaststroke  
 3rd ranked for LCM01 TAG in the 200 breaststroke and 9th in the 100 breaststroke

Best Times	LCM00	LCM01
100 breaststroke	1:16.99	1:13.69
200 breaststroke	2:42.58	2:36.94
200 ind.medley	2:25.23	
400 ind.medley	5:10.43	



**Kailee MacKinnon, 12**

Club: Hamilton-Wentworth Aquatic Club  
 Coach: Joanne Malar / Michael Vukmir  
 Specialty: Butterfly and ind. medley  
 3rd ranked for LCM01 TAG in the 100 fly, 9th in the 200 fly and 200 IM

Best Times	SCM01	LCM01
100 butterfly	1:12.52	1:12.05
200 butterfly	2:34.12	2:42.72
200 ind.medley	2:42.29	2:40.85
400 ind.medley	5:36.78	5:40.58



**Jason Yee, 12**

Club: Newmarket Stingrays  
 Coach: Caroline Teskey  
 Specialty: Breaststroke  
 1st ranked for LCM01 TAG in 200 breaststroke, 2nd ranked for 100 breaststroke

Best Times	LCM00	LCM01
100 breaststroke	1:27.62	1:20.59
200 breaststroke	1:10.06	2:51.68
200 ind.medley	2:41.92	
400 ind.medley	5:41.92	



**Viktor Verblac, 12**

Club: York Swim Club  
 Coach: Victor Verblac  
 Specialty: Distance free, butterfly  
 5th ranked for LCM01 TAG in the 1500 free and 7th in the 200 butterfly

Best Times	LCM00	LCM01
400 freestyle		5:00.64
1500 freestyle		19:21.30
100 butterfly	1:16.00	1:12.67
200 butterfly	2:43.44	2:39.84



**Dave Spencer, 14**

Club: Granite Gators  
 Coach: Bill Durrant  
 Specialty: Distance free, backstroke  
 8th ranked for LCM01 TAG in the 400 free, 10th in the 200 free

Best Times	SCM01	LCM01
200 freestyle	2:04.75	2:06.96
400 freestyle	4:25.41	4:29.40
100 backstroke	1:04.99	1:07.47
200 backstroke	2:19.43	2:23.17

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Web based e-mail for the entire swimming community

### What is SwimMail?

SwimMail is a free internet e-mail account that allows you—swimmers, coaches, officials, parents, and fans—to access your e-mail from any computer in the world with a browser. All you need to do is Sign up and Login. This means while you are at school, at work, at the local public library, or while traveling to swim meets, you'll be able to check your e-mail! SwimMail gives you one central place to store and read all your messages. Your account will have the same messages in it no matter where you check it. And, since your e-mail address looks like: yourusername@SwimMail.com, people can instantly tell you are a swimmer.

### SwimMail is Private, Personal & Permanent

Your SwimMail account is accessible only by your secret password, which can be changed as often as you like. It's personal. You can give your account any name you like and because we're not as big as similar services like "Hotmail" you are more likely to get the username you really want, without giving up any of the services. You can change schools, colleges, teams, programs, jobs, or ISPs without having to change your email address. You can move or travel without having to inform your friends of your new e-mail address. Your SwimMail account will stay the same no matter where you go.

So don't delay. Go to [www.SwimMail.com](http://www.SwimMail.com) and sign up today!



**Michelle Mendez, 14**

Club: Markham Aquatic Club  
 Coach: Andrey Puzanov  
 Specialty: Butterfly  
 9th ranked for LCM01 TAG in the 100 fly

Best Times	LCM00	LCM01
100 butterfly		1:07.01

# SwimMail.com