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### Cover Photos:

Team Hudson High School, Hudson, OH. The Lady Explorers are coached by Matt Davis who also provided this photo.

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I am extremely honored and proud to represent this great organization as your president. High school swimming and diving has played a prominent and major role

in my life. I am looking forward to expanding my aquatic involvement with all of you as my mentors.

I have been the Aquatic Director for the Lansing Central School District in Lansing, New York since 1980. I teach aquatics to kindergarten through 6<sup>th</sup> grade and 9<sup>th</sup> through 12<sup>th</sup> grade students, coach the Lansing Girls' and Boys' Varsity Swimming and Diving programs as well as the Boys' Modified Swimming and Diving program. I have had the opportunity to introduce our students to aquatics in kindergarten and be a part of their education and athletics experience for all thirteen years while they are at Lansing. In high school, the students have the opportunity to take American Red Cross Lifeguard Training and Water Safety Instructor courses from me allowing me to further their aquatic knowledge.

I have been the New York State Public High School Association (NYSPHSAA) Girls' Swimming and Diving Coordinator since 1999. In this position I am responsible for conducting meetings of the state sport committee, preparing proposals for presentation to the Championship Advisory Committee, and administering the regulations in the NYSPHSAA constitution. In addition, I assist the

NYSPHSAA staff in rules interpretation, formation of standards and enforcements of championship policies. I have organized and run the New York State Girls' Swimming and Diving Championship Meet since 1999. I just retired after 30 years of being the NYS Section 4 Girls' Swimming and Diving Coordinator. Section 4 is comprised of 27 schools in our portion of the state. I have been on the Council for National Cooperation in Aquatics and co-authored a published article. I have been the Section 1 representative on the NFHS Swimming and Diving Committee and even had the opportunity to chair the committee a few years. I have been a member on the USA Swimming Rules and Regulations Committee. I have been a volunteer ARC water safety consultant for the Eastern states, and Instructor Trainer of Water Safety and Lifeguard Training.

Throughout all of these opportunities and experiences I have learned how ALL of the bodies for swimming and diving interlock and play an integral part in the lives of our youth every day. I am looking forward to leading this great organization and giving back to the sport I love and sharing all that I have learned, especially my belief of how great NISCA is and the role Aquatics play in the overall development of the lifelong swimmer. PLEASE feel free to contact me and let me know how NISCA may assist swimming and diving in your area.

Diane

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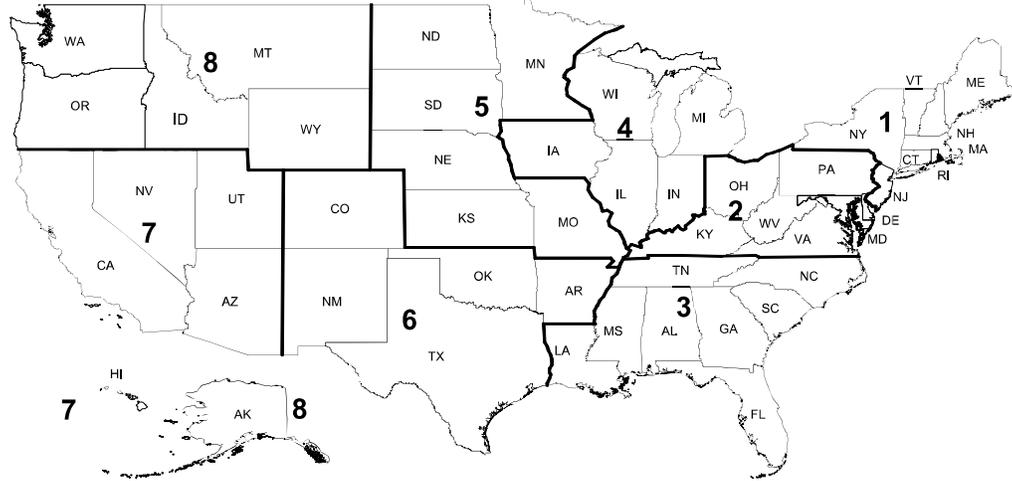
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## From the Editor:

The idea for this issue focused on girls and women in coaching began last March in the midst of Women's Month 2018. I wondered if our sport was doing enough to support female athletes and coaches. Ironically, that was just before we elected Dianne Hicks-Hughes to be our first female NISCA President. Over the course of the year I have not had to look very hard to find examples of women who are flourishing as coaches in our sport or girls who are producing amazing performances both as athletes and leaders. Annette's book review provides evidence that women have been advocating for representation in aquatic sports for over a century and our coach and athlete profiles highlight some of our leading representatives. Still, it's clear that we



have room for improvement. I hope that you will read our feature article about the need for greater participation and promotion of women coaches in swimming with great interest and that you will be inspired to help advocate. Time and time again we have seen that representation matters. We are selling both our athletes and our sport short if we are not equitable to all groups. I suspect that this argument can reasonably be extended to other under represented groups within the swimming/diving/polo community, and that may be the theme for an upcoming issue.

As our culture changes and women's movements extend throughout every aspect of our lives swimming will continue to be evaluated and scrutinized for our ability to respond to the needs of all of our members. We have a great opportunity to grow and adapt our sport. One thing I can tell you for certain is that with the encouragement and support of dedicated coaches the Super Girls we have in our pools today will grow into Wonder Women!

Betsy Hondorf

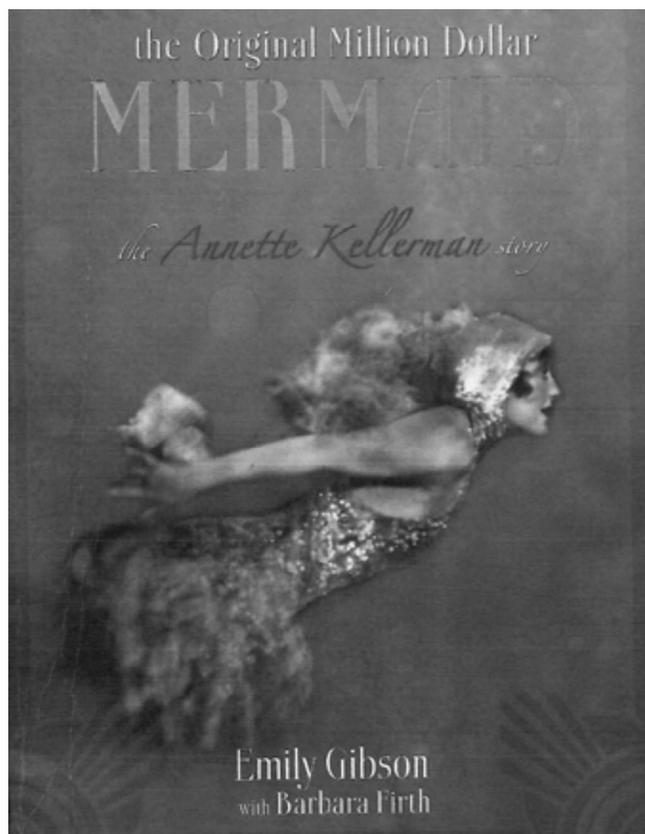
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## From the Bookshelf: Swimming Faster



***The Original Million Dollar Mermaid the Annette Kellerman Story***, Emily Gibson and Barbara Firth. Allen and Unwin , Crows Nest NSW 2005 (230 pp. Amazon paperback \$23.00 to \$43.00) ISBN 1- 74114- 432- 9

Reviewed by Annette Thies, Albuquerque Academy, NM.

I've long had a fascination with Annette Kellerman and while researching her I discovered this book which contains a cornucopia of information about her. The Australian authors Emily Gibson and Barbara Firth tell Kellerman's life story in straightforward fashion, with many details and old photos that show her as a young girl, in silent films and in her retirement. Gibson was granted unlimited

access to previously restricted Kellerman material and Barbara Firth had the opportunity to interview Annette in September of 1975, two months before Annette's death at 89 years old.

Australians were very proud of Kellerman and called her "the Australian Mermaid". In her youth she set an Australian 100 yard free record and was diving off 30 foot platforms at Cavill's Baths when she was fifteen. Annette was the first woman to attempt to swim the English Channel. To fund her training for her two attempts she organized swimming exhibitions on the Thames River and sometimes competed against men in swimming races. Many in the U.S. remember when she was arrested on a Boston beach for wearing a swim suit that revealed "all her curves" at a time when women swim suits were dress-like contraptions designed to cover women up without the freedom to swim.

The authors relate Annette's life story from birth until her death at 89. They share many facts such as Annette falling and injuring a leg one month before she was to travel to be inducted into The International Swimming Hall of Fame in May 1975. Kellerman's professional life was lived in the societal customs and mores of the early 1900's, which was a time of change as women were just beginning to pursue identities beyond home and family.

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***She advocated swimming as a good sport for women because she loved it.***

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To place Kellerman's professional accomplishments in perspective one needs to recall that women didn't swim in the Olympics until 1912 and the 19<sup>th</sup> amendment giving voting rights to women wasn't passed until 1920. She advocated swimming as a good sport for women because she loved it.

She liked much of what men did and thought they had all the fun. The authors state " She wasn't so much advocating feminism as a more equal distribution of the *joie de vivre*."

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*She wasn't so much advocating feminism as a more equal distribution of the Joie de Vivre.*

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Annette would have most likely been considered too old to compete in the 1912 Olympics at age 26 , but by then she was well established in her lucrative career. She parlayed her athletic talents; swimming, diving and ballet into a vaudeville career that would eventually earn her over \$1200 a week. In many towns where she performed she also lectured on the benefits of swimming and while living in New York

she gave swim lessons to the women of "high society". She wrote the script and designed sets for her first silent movie which cost "a million dollars to make". She went on to make fourteen silent movies.

There is great material in this book, including quotes directly from the books Annette wrote ( *How to Swim, Physical Beauty and How to Keep It and My Story* ). The authors wrote a thorough accounting of her life but Buck Dawson , executive director emeritus of ISHOF said it best when wrote in his , *Mermaids on Parade* **"ANNETTE KELLERMAN 1886-1975, Liberated women should celebrate her."**



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# BEST. PRACTICE. EVER:

*Eve Julian, Grand Rapids Ottawa Hills High School, Grand Rapids, MI and NISCA Secretary/Webmaster.*



I had a hard time choosing my “best practice ever” – we’ve had a lot of them in the 14 years I’ve been coaching. Some that have made the boys cry from the exertion, some that were more fun for coach than swimmers, and a few that were just plain fun. I decided instead to look for my “best practice this season” since it would be fresh in my mind. Then this season happened. The week after Christmas training we were out of the water for 3 days because of a pump issue. The next week we were out for 2 snow days, plus no mornings because of exams. The week after that we got some really good training in, and then following week we were out for THE ENTIRE WEEK because of “Snowpocalypse 2019”. We are on the west side of Michigan and are used to the snow, but this was a whole new level. I have been in this district for 35+ years and have NEVER seen them close school for an entire week.

**Eve Julian**

## Post-Snowpocalypse Set

1000 SKIPS (200 each of Swim, Kick, IM, Pull, Swim)

9x50 S/M/F @ :50 / 1:00

4x400 Descending @ next top/bottom.

Get 200 split of last 400.

4x200 Descending @ next top/bottom.

Get 100 split of last 200

4x100 Descending @ next top/bottom.

Get 50 split of last 100

4x50 Descending @ next top/bottom.

Get 25 split of last 50

4x25 All out @ next top/bottom.

300 Warm down- smooth

Needless to say, by the time we got back to the pool I was looking for a workout that would give us some distance, some speed and get us moving in the right direction yardage-wise. What I ended up with was a modification of a set that I swam in college that we called the Texas Workout (4x800, 4x400, 4x200, 4x100, 4x50 swum in a meters pool).

This is the workout that we did our first day back in the water.

- 1000 SKIPS (200 each of Swim, Kick, IM, Pull, Swim)
- 9x50 S/M/F @ :50 / 1:00
- 4x400 Descending @ next top/bottom.
  - Get 200 split of last 400.
- 4x200 Descending @ next top/bottom.
  - Get 100 split of last 200
- 4x100 Descending @ next top/bottom.
  - Get 50 split of last 100
- 4x50 Descending @ next top/bottom.
  - Get 25 split of last 50
- 4x25 All out @ next top/bottom.
- 300 Warm down smooth

Notes on the main set: The idea is to get progressively faster. They were to leave on the closest top/bottom of the clock (to make calculating their times easier) but it should not be less than :20 or more than 1:00 rest. Each interval of the set should be faster than the one before it. On the last 400 you do an open turn and get your split at the 200. That becomes your pace for the first 200 of the next interval, and you descend from there.

I liked this set because it got them moving. I have 30 boys on the team ranging from club swimmers who have been swimming since they were 8, to seniors in high school who decided that they needed to learn to swim so they joined the swim team. That makes it tough to do a single practice with the whole team, so I did modify this for the lower lanes (2x400 instead

of 4 for example). The lanes were organized by speed (using their cruise interval groups that I stole from Mark Onstott's Best Workout Ever) but each kid was working independently even within their lane. As a group, they swam it really well, and I saw some pretty good speed on the last couple reps. The boys liked it too. A couple told me that they really felt like they were able to go fast at the end, which surprised them since it was such a long set.

In case you were wondering, later that week we were out for another 3 days due to an ice storm, widespread power outages and the Red Cross taking over the school to use as a warming shelter. We got back in the next week and started taper. Despite all the days out of the water this season, we ended up having a stellar Conference meet – 95% PRs at prelims and 70% at finals, 4 Conference Champions, 3 school records, 2 Conference and pool records and 12 state cuts. Oddly enough, this may turn out to be my best season ever.



*The 2018-19 Grand Rapids Ottawa Hills Boys Swim Team.*

*Photo by:  
Rhiannon McCalmont Photography*

# SENIOR SPOTLIGHT:

*Zoe Adams, Wethersfield High School, Wethersfield, CT*



Let me tell you about one of my fantastic Seniors, Zoe Adams. I have been very fortunate over my 12 years at Wethersfield High School in Wethersfield, CT to coach some fantastic young ladies as part of the Lady Eagles Swimming and Diving Team -- and Zoe is definitely one of them.

Zoe came to the team having really only swam for a town rec team. As a freshman, however, I noticed an extremely competitive drive and the ability to really rise up in big meets -- she was as I like to call a "gamer". Predominantly a breastroker, we worked year after year to build the perfect stroke for Zoe and she was the ultimate student of the sport, always trying new things and pushing herself. As a Sophomore, Junior, and Senior, Zoe really came into her own and qualified for the State meet and kept embracing her role on the team as not

only a fantastic breastroker and a solid sprint freestyler, but more importantly a leader on the team in the two most important ways -- vocal and by action. Zoe always worked hard and always gave 100 percent. She would always encourage all of her teammates at practice and be the first one on the side of the pool in meets to scream for her fellow Lady Eagles.

As a Senior, Zoe was named Captain and she and her Co-Captains led our team to our best finish at the State Meet. Zoe finished her career as an All-Conference athlete her Sophomore, Junior, and Senior seasons.

Personally, I have two kids, one being a six year old daughter that can be quite a handful as many six year old's are. Whether my daughter saw Zoe as a lifeguard at the pool or a swimmer at practice, Zoe always said hi and (at least tried) to talk to my daughter. I always look at my swimmers as role models to the entire community, but especially to my own kids (as selfish as that may be). To have a daughter be able to see strong young women like Zoe work hard, set goals, and reach to be the best versions of themselves every single day is truly a treat. We all Coach swimmers in the pool, but the most important part is the person that is outside the pool. I have attached a picture of Zoe and my daughter Alexa making tie-dye at one of the girls pasta dinner. Pictures definitely say a thousand words.

Zoe decided her Junior year that she loved swimming so much that she wanted to continue to

swim in college and started her college search. As a Coach, it is always wonderful when you get an athlete that really gets the swimming bug and puts in the work to make that dream happen. Here is the thing, Zoe is a three sport athlete. She swims in the fall, plays basketball in the winter, and is an incredible runner on the track team. Basketball was always her "sport" so to hear that she wanted to continue swimming in college was a very proud Coach moment. Zoe will be attending and swimming at Assumption College in the fall. I am super excited to see what Zoe will accomplish in the pool (and out) in college. After only swimming 12 weeks a year, the sky is really the limit for her.

As we all know, the thing about coaching is we get to really know all of our athletes for the years we have them, and then unfortunately they leave. When you get the best kids like Zoe, not only do you look forward to seeing what they will accomplish and will miss them, but there also is a sense a jealousy for the next Coach and team. The Lady Eagles loss is the Assumption Greyhounds HUGE gain. I know I speak for everyone associated with the Lady Eagles that we will miss her and wish her the absolute best in the future.

*Submitted by Coach Lee Schwartzman  
Wethersfield High School*

### *Morgan Misenaar, Science Hill High School, Johnson City Tennessee*



*As a coach, I get the opportunity to interact with some amazing young people. One of those is Morgan Misenaar. Morgan is an outstanding young lady as well as an accomplished swimmer. Her high school journey is one that I hope others who set high goals and encounter difficulties along the way can use as inspiration. Morgan has concluded her high school career and will be continuing her swimming as she earns her college degree. I asked Morgan to share her story in her words, as I think they do more justice to her tale than anything I could have written. (To give perspective to her story, Morgan's time in the 100 freestyle was 59.14 at the State Championship her freshman year and improved to 51.98 at the State Meet her senior year.) Enjoy:*

Freshman year: The year I did not final at the state meet. I began my freshman year qualifying for state within the first couple of months of the high school season, but soon after went to the doctor to discover I had an impingement and rotator cuff tendonitis in my left shoulder. I did not start off my freshman year in the best way, but once I recovered from the injury it was time for our conference meet. At conference, my coach was so pleased that I had broken a minute in the 100 freestyle that I was given the opportunity to anchor the 400-free relay to a victory. Leading up to the state meet our coach pulled me and seven other girls aside to tell us that the relay spots on the 400-free relay were up for grabs and whoever swam the four fastest times would get the spots. I was so excited for the opportunity that I put all the focus I had into the practices the next few weeks.

Once we got to State, I was overridden with emotions that I could barely contain because this was the first big meet I had ever gone to. The first day went by and I was a little disappointed in my performance in the 200 freestyle, but I knew that my big day was coming with the 100 freestyle and the 400-free relay swum on the next day. Originally, I was on the A 400-free relay, but another girl had gone faster and coach believed it would be better in prelims for me to anchor the B relay instead. I dove into the water and swam as fast as my body was capable of. I had no clue what my time ended up as, but I talked to my coach awaiting the other four girls to swim. After I talked to him, I decided to go to the locker room to change out of my tech suit instead of watching the other girls. Before I had the chance to talk to Coach again, I checked Meet Mobile to see that I had missed making the relay by .73 seconds. I was devastated. Not even a second. I walked over

to talk to coach, and he explained to me that I did not make it to swim finals in the 400-free relay. Once I started crying, he said something to me that resonated with me to this day. He told me a story of a swimmer who had graduated the year before. He had missed the A relay his freshman year and went on to become a state champion his senior year. The story made me realize that I could take this situation in two ways: either stay at the place I was or work harder and set my goals higher. I decided I would much rather set my goals higher and work harder than I ever had before to succeed at next year's State, but I still had the difficult task of supporting my teammates in finals that night even though I was upset. I told myself that I would be the relay's biggest cheerleader and the loudest person behind the blocks. Although I was overwhelmed with emotions, I decided to take a picture with the group of girls that I could look at in the future and remind myself of the goals I had for State next year. I knew what I wanted to do. I did not like the feeling of not making the relay and vowed to never feel that way again.

Months after the meet I realized I needed a reminder to keep me focused on my goals, so I decided to write myself a letter. The letter included how upset I was, how I needed to remain focused, and all the goals I had in the future. I sealed the letter labeling it with "State 2017". I set the letter on my dresser, and every morning before practice I would look at the letter to remind myself what I was doing it for. The letter helped me recognize my feelings and what I wanted in the future.

Sophomore and junior year at State further enabled my sense of dedication and motivation. During sophomore year, I came down with conjunctivitis and the flu, but I still battled to place 10<sup>th</sup> on the 200

medley and 400 freestyle relays. I still was not satisfied. With junior year, I had more individual success as I placed 16<sup>th</sup> in the 200 freestyle along with 5<sup>th</sup> in the 200-medley relay and 10<sup>th</sup> in the 400-freestyle relay. I had finally gotten up onto the podium with the 200-medley relay, and I recognized this feeling of accomplishment and pride that I truly had not felt before. For my senior year, I wanted to be on the podium individually, and I knew that it was not a simple task. The hours of training, the endless amounts of nutrition, countless naps, and support from my team would have to push me to be the swimmer I wanted to be. I know the disappointment and frustration felt like and those were not the feelings I wanted associated with the future season.

Senior year. This was my time. This would be my year. I had my goals set, I had my mind towards the future, and I would not let anyone or anything get in my way. I wrote notes on my mirror of my time goals with a quote saying, "This is what you wake up for." I would stop at nothing to reach my goals. I worked my ass off, I showed up, I did the work no one else was willing to do, and I knew what it took. Many of

my teammates would mock me for how hard I worked, but they could never understand the amount of devastation I had experienced. At the conference meet, I began to see my hard work pay off as I set four Conference records with my relay teams and my two individual events. I was beyond excited for the State Meet. At State, I had to refocus my emotions toward my swimming rather than my nerves or other people. My first day went off unhinged as I placed 5<sup>th</sup> with my relay team and 7<sup>th</sup> individually. I got onto the podium with both events. I could not be more pleased with my performances, but I still had one more day and had yet to make my goal of qualifying for NCSA Junior Nationals. The next day I hit my Junior National cut, placed 8<sup>th</sup> in the 100 freestyle, and placed 13<sup>th</sup> in the 400-freestyle relay with my team. I had done it, and I felt genuine pride in my accomplishments.

My setbacks and failures allowed me to become the swimmer I am today, and I hope that everyone has the opportunity to fail before they succeed. Failures make the success that much sweeter, and I am very proud to say that I have experienced both.

*Coaches Amanda Chow (Left) of Cypress Ridge, TX and Stephanie Pegues (Right) of Burnet HS, Burnet,*



# GET TO KNOW OUR MEMBERS:

*Polly Linden, Harpeth Hall School, Nashville, TN*

*By Annette Thies*



Polly Linden is the first and only Head Swimming and Diving coach at Harpeth Hall in Nashville Tennessee. She was hired to teach Math and coach both the swimming and softball teams in 1994 and 25 years later is still Head Swimming and Diving coach. She retired from coaching softball five years ago to make time for her new role as Upper School math department chair.

Polly swam summer league with her twin brother, although she pursued other sports during the school year as her school did not offer swimming. She went to Smith college where she intended to play softball but when asked to join the swim team she said “yes”, ended up swimming all four years and assuming the role of captain in her senior year.

As Head Swimming and Diving Coach she has led the team to 22 consecutive Middle Tennessee High School Swim Association (MTHSSA) Region Championships and total of 12 Tennessee Interscholastic Swim Coaches Association State (TISCA) Championships. Her impressive record has

garnered the following awards during her coaching career:

- NISCA Dave H. Robertson Award for Excellence in Coaching, 2006
- MTHSSA Coaches Award 2010,2018
- MTHSSA Tom Fay Award, 2015
- TISCA Coaches Award 2002, 2005, 2007

Polly joined NISCA in 1998 to participate in the NISCA awards programs for her swimmers. She has developed a successful program of All American swimmers, divers and scholars.

NISCA journal looks at Polly’s swim and dive program.

## ***Program***

When Polly started coaching at Harpeth Hall 8<sup>th</sup> graders could compete for the high school. But in 2003 TISCA voted eighth graders out. Knowing many young girls wanted to continue in the swim program, Polly created the Middle School (MS) team for that purpose. Her MS program is no cut with the goal of creating a positive experience while developing good technique. This year there were 48 swimmers and divers on the MS team. There are a half dozen meets during the season and swimmers that make the qualifying standards can swim in the MTHSSA MS championship meet which has grown to approximately 800 swimmers.

The Upper School (US) had 33 athletes this past season, 20 of whom swam for three different club teams in the Nashville area. The club swimmers’

practice with their respective club teams and swim the high school meets. The girls have several opportunities to bond during the season with the first opportunity an away meet that includes a one-way 3-hour bus ride. Polly says the girls always have a good time at the meet and it sets the stage for their camaraderie throughout the season. Further opportunities include activities outside of swimming such as bowling.

The school tradition is for seniors to pass on leadership to the juniors at the end of the year. This tradition is the same with swim team captains. Each year the juniors know the following year they will be responsible for leading the team. This gives the juniors time to contemplate their leadership style, allows different styles and removes the angst of “not getting to be captain” among the girls.

### ***Practice***

Like many NISCA coaches Polly does not have a pool at her school. Each year she scrambles to find the facility that has the best quality and optimal schedule for both the MS, US, as well as dive practices. If it all works out both the MS and US can practice at the same pool while divers’ practice at a separate pool. Current US practices are 5 days a week from 7:30-9:00 PM averaging 3500 to 4000 yards. Since the team doesn’t log a lot of practice time Polly focuses on quality practices. There are only about eight practices between the region and state meets so tapers are also quality with focus on technique and broken swims to work on race pace with long recoveries.

Polly has two alumni swimmers that assist with the US practice. She said, “their connection to the team

and understanding of the school and team culture benefit the team a lot.” While they assist her on deck (at least one at daily practice and both on Saturdays) she also mentors them as coaches by focusing on their strengths. Macie Garrett, a distance swimmer, writes and runs sets for the middle-distance swimmers 1-2 days a week and Maddie, a butterfly, trains fly and works on open turns with the team. When they aren’t working on their specialty, they, along with Polly, each “take a couple of lanes to work with on any given night.”

The MS practices 2 to 4 days a week from 4:00 – 5:30, depending on ability. For 3-4 weeks in December Polly has the US and MS practice together. Polly said there is a wide range of ability on the MS team. The combined practice is an opportunity for her to determine swimmers that will benefit from the more rigorous US practice. The rest of the season the MS team is coached by a couple of assistants.

Diving is coached by Amy Kennedy and Andrea Myers



## ***Philosophy and Motivating swimmers***

Polly wants three things for her swimmers 1) to have fun, 2) to be part of something bigger than themselves, and 3) to learn how to push themselves to be their best. She believes that being part of something bigger than yourself means “fulfilling your commitment to the team by showing up every day, giving your best effort and supporting your teammates.”

Polly helps her swimmers set challenging and attainable goals that she can help them achieve so they learn to push themselves. And, her greatest reward is “to see a girl’s face light up after a particularly good race.”

How does Polly motivate the swimmers? Polly echoes what I’ve heard other coaches say about coaching female athletes, “most girls aim to please and they want to do their best for themselves, the team and their coaches.” Polly believes it’s

important to celebrate everyone after the meet and not just the athletes that won. The team always celebrates the day after a meet when they take a moment and acknowledge season bests, lifetime bests, and region and state qualifying times attained at the previous day’s meet. She designs test sets to motivate them to beat their times from the previous test set. Polly and the other coaches encourage swimmers when they begin to struggle during these test sets and remind them of their goals.

Polly shared that she has spent half her life at Harpeth Hall. During that time, she started a new swim team, built a robust middle school team and has won numerous region and state championships. When asked what she has planned for the next 25 she replied, “I hope to continue to challenge girls to reach their potential both in the math classroom and the pool.”



*Left: Head Coach, r, Angie Fain and Assistant Coach, l, Sara Elkins of Byron P. Steele High School, Cibolo, TX*

*Right: Corvallis HS, Corvallis, OR, Head Coach, l, Judy Storie is in her 42<sup>nd</sup> year of coaching. This year she is joined by her former swimmer, Assistant Coach Karly Vial. Pictured at their District Championship.*



## FEATURE:

# SWIMMING NEEDS WOMEN COACHES- WHY DON'T WE HAVE MORE OF THEM?

*Dr. Nicole LaVoi, The Tucker Center for Research on Women & Girls in Sport, University of Minnesota*



Recently, a piece sharing the data on lack of women head swimming and diving coaches at the collegiate level was posted on swimswam.com. That data is part of my research at the Tucker Center for Research on Girls & Women in Sport at the University of Minnesota.

The data shared was accurate: swimming and diving both get an F grade on our Women in College Coaching Report Card, at the NCAA D-I level and a D grade for both at the D-III level. What this means is that less than 1 in 4 collegiate female swimmers are coached by a same sex role model, and that fewer men get the benefit of a cross-sex role model.

Let me contrast that by stating that nearly ALL (~96-98%) men's collegiate teams are coached by men. Swimming and diving is unique in that it is a "co-ed" sport so we'd think we'd see more women coaches. Yet many college programs have a Director of Swimming that oversees both the men's and women's programs, and based on the data we know that person is rarely a woman.

### WHY DO WOMEN COACHES MATTER?

I get this question a lot, so let me offer up some evidence-based reasons why women in sport leadership positions matter.

First, sport is one of the most visible and powerful social institutions in world. Who is seen and known in the world of sports, like head coaches, communicates who is important, relevant and valued (and who is not).

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*Swimming and diving both get an F grade on the Women in College Coaching Report Card*

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Second, girls and young women want and need female role models, like former female athletes who become coaches, who have experienced many of the same issues in their sport. Same sex role models provide emulation, aspiration, self-esteem, and valuation of abilities. Many girls grow up NEVER

having had a female coach, whereas 100% of their male peers have had a male coach.

Third, when boys and men experience women as competent leaders in a context that matters greatly to them (i.e., sport), they are more likely to respect women, see females as equal colleagues, friends, and intimate partners, and are less likely to sexually objectify women.

Fourth, when girls and young women see females in coaching roles they will more likely think about coaching as a legitimate and viable career, and may aspire to become a coach. Women coached by women are more likely to go into and stay in coaching!

Fifth, sport organizations with more women coaches on staff will likely have different perspectives at the decision making table, which, according to the data, is positive for any workplace.

Sixth, women coaches need to see and interact with other women coaches for friendship, networking, support, career advice, mentorship, counseling and help in navigating a male-dominated workplace.

Seventh, when women are tokens in the workplace (<24%) it is often detrimental to mental and physical health outcomes. Female swimming & diving coaches often endure and experience alienation, feeling highly visible and subjected to scrutiny, having to over-perform to gain credibility, feeling pressure to conform to organizational norms and endure increased risk for gender discrimination in the forms of sexual harassment, wage inequities, and limited opportunities for promotion; all caused by their minority status in the workplace. Over time, this takes its toll and many women coaches burnout and leave the profession.

Eighth, decades of data indicate 99% of sexual abusers and molesters of all athletes (female and male) at all levels of sport are male (see Brackenridge, 2001). With increased concerns of athlete health, wellbeing and safety, increasing the number of women coaches and gender diversity in the workplace might expedite advancement and achievement of these important goals.

In sum, women love to coach and are competent coaches. Women love to coach just as much as men, but due to the system and culture of swimming and diving they are often denied the opportunity afforded to male peers or face such an inhospitable workplace (and that means at the national, organizational, athletic department or club level) that they quit something they are passionate about and good at!

Women coaches matter, and swimming and diving has some work to do to make this a reality.

Many are not aware of the many ways that women coaches matters for athletes, organizations and for women themselves. Many are also not aware of the many and complex barriers women coaches face in entering and staying in coaching. Many women battle to coach, meaning to do what they love, have passion for, and are good at. These two pieces use evidence to bridge these bodies of knowledge and help raise awareness about why women coaches matter and what can be done to help support women.

To keep the discussion going, continue to raise awareness and educate those who care about swimming and diving in general and the issues and barriers facing women coaches in particular, this piece will build on the two related pieces previously posted. The first was about data on lack of women



*The Lady Comets of Mason High School, Mason, OH pictured at left with their Ohio State Division I Championship trophy. The ladies are coached by Mark Sullivan*

*Below: The Lady Northstars of Waukesha North/Kettle Moraine cooperative in Waukesha, WI. Kyle Bedalov is their Head Coach*



*Below: The Lady Bulldogs from Burke High School in Omaha, NE. The ladies are lead by Head Coach Pat DiBiase.*



*Below: The Lady Eagles of St. Benedict at Auburndale in Memphis, TN. The ladies swim for Head Coach Molly Pickering.*



*At left: The Lady Tigers of Sacred Heart Greenwich, CT. The team is coached by Brendan Heller who also submitted this very artistic shot.*

head swimming and diving coaches at the collegiate level, the second outlined 8 Reasons Why Women Coaches Matter.

I have been following the discussion and comments on SwimSwam.com pertaining to these two pieces. One comment that came up frequently was that “Women aren’t as interested in coaching as men.” Claiming women aren’t as interested is a false narrative that is often repeated and is a form of blaming women for the lack of women, which is unproductive to increasing the number of women coaches. By blaming women (the people in the system with the least power) the systemic changes that need to occur fail to happen, and the status quo remains in place.

I would encourage readers to read all five pieces I’ve written about on blaming women and false narratives about women coaches. You can also read Women Want to Coach! at contexts.org.

Within the system I just mentioned, there are many barriers that prevent, impede and drive women out of coaching. If you want the Full Meal Deal and all the data on these barriers, watch the Distinguished Lecture titled “Paradox, Pitfalls, & Parity: Where Have all the Women Coaches Gone?” In short these barriers range from societal barriers (sexism, gender bias, racism, homophobia, the mommy penalty, ageism), to organizational barriers (pay inequity, lack of family friendly policies, limited upward mobility, marginalization, homologous reproduction [people tend to hire people like them...meaning men tend to hire men]), to interpersonal barriers (Good ‘ole Boy’s Club, child and household labor, lack of women’s network), to name a few.

Women coaches exist within an occupational landscape and sport system that is dominated by men at every level, in every position, and in nearly in every sport and institution (google: The Tucker Center for Research for Girls & Women in Sport if you need the data!). Most men do not face the intensity nor the number of barriers their women colleagues face, and in fact, based on a 2016 study by the Women’s Sport Foundation many male coaches report they experience reverse discrimination!

The lack of women coaches is not the problem, it is a reflection of a problem. That problem is a culture that does not value and support women. In many cases women coaches face discrimination, harassment, and a hostile or unpleasant work environment and retaliation if they report it. If you don’t believe me, ask THEM! Given this reality, it is not surprising many women do not enter or leave coaching.

I challenge everyone to stop blaming women for the lack of women coaches and start thinking about and acting on ways to change the culture so that all women feel valued and supported.

*Nicole M. LaVoi, Ph.D. is a Senior Lecturer in the area of social and behavioral sciences in the School of Kinesiology at the University of Minnesota where she is also the Co-Director of the Tucker Center for Research on Girls & Women in Sport. She received MA ('96) and doctoral degrees ('02) in Kinesiology with an emphasis in sport psychology/sociology from the University of Minnesota. After completing her graduate work, Dr. LaVoi was a Research & Program Associate in the Mendelson Center for Sport & Character at the University of Notre Dame (2002-'05) where she helped launch the Play Like a Champion character education through sport series, and was also an instructor in the Psychology Department. LaVoi was an Assistant Professor of Physical Education and the Head Women’s Tennis Coach at Wellesley College (1994-'98), and the*

*Assistant Women's Tennis Coach at Carleton College (1991-'93).*

*Through her multidisciplinary research she answers critical questions that can make a difference in the lives of sport stakeholders—particularly girls and women. As a leading scholar on women coaches LaVoi has published numerous book chapters, research reports and peer reviewed articles across multiple disciplines. Her seminal research includes the annual Women in College Coaching Report Card which is aimed at retaining and increasing the number of women in the coaching profession, and a groundbreaking book Women in Sports Coaching (2016). She also collaborates with colleagues on media representations of females in sport, including co-producing an Emmy-winning best sports documentary titled Media Coverage & Female Athletes: Women Play Sports, Just Not in the Media (2013), and has a new documentary with tptMN coming out in November 2018 titled Game ON: Women Can Coach. As a public scholar she*

*speaks frequently to sport stakeholders around the globe and serves on national advisory boards for the Sports Advocacy Network of the Women's Sport Foundation, espnW and WeCOACH (formerly the Alliance of Women Coaches). She is also the founder and director of the annual Women Coaches Symposium held on the U of MN campus which serves over 350+ women coaches of all sport and all levels. LaVoi focuses her research on the relational qualities of the coach-athlete relationship, the physical activity of underserved girls, the barriers and supports experienced by female coaches, and media representations of girls and women in sport.*

*LaVoi played four years of intercollegiate tennis at Gustavus Adolphus College where her team placed 4th ('89), 2nd ('91) and won the NCAA-III National Championships in 1990. She is a two-time NCAA Academic All-American.*

*Coach Marcie Norton of Hartford Union High School, Hartford, WI observing turn technique of her 400 Free Relay at the Northshore Conference meet in February*



## NISCA Swimming All America

### **Rules:**

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

### **Procedures:**

1. In order for a swimmer to be considered as a NISCA High School All-American he/she must compete for an interscholastic team and be scholastically eligible as determined by his/her state athletic association or school authority. All swimmers must be in at least the 9th grade level of school to be eligible. Swimmers are limited to 8 consecutive semesters of eligibility. **Fifth year seniors, 7th and 8th grade students are not eligible for consideration. See NFHS National Records Committee Policy Handbook Definition #1.**
2. Applications can be submitted online beginning on November 1<sup>st</sup>. Application deadlines are:
  - Fall season - December 31<sup>st</sup>
  - Winter season – March 31<sup>st</sup>
  - Spring season – June 15<sup>th</sup>
3. Fall and winter season coaches will be charged a \$30.00 late fee for each application entered after your season's deadline.
4. The application portal will close on midnight (Eastern) June 15<sup>th</sup> and no applications will be accepted once the portal has closed.
5. Non NISCA members will be charged a \$30.00 non-member fee per application. NISCA Membership is \$50 at <http://niscaonline.org/Memberships>. On-line membership applications can take up to 24 hours to process.
6. The fastest one hundred (100) submitted and accepted times in each event will be named All-America.
  - Check applications submitted and accepted at <http://www.niscaonline.org/aaswimming/AppsProcessed.aspx>
  - Check applications submitted but NOT accepted at <http://www.niscaonline.org/aaswimming/AppsReceived.aspx>
7. Swimmers who are selected to the All-America teams will be mailed **one** commemorative certificate.
  - Additional certificates may be purchased after the All American Team has been announced. Certificates can be reordered here: [http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form\\_14.pdf?ver=2015-08-28-182020-000](http://niscaonline.org/Portals/0/Documents/All%20America/All%20American%20Reorder%20Form_14.pdf?ver=2015-08-28-182020-000)
  - **Certificates are sent to the ATHLETES HOME ADDRESS. If the address listed as the athletes home address is NOT their residence, NISCA is not responsible for replacing those certificates.**
8. Print a copy of each application and any payment receipt for your records as proof of submission.

## HIGH SCHOOL SPECIFIC:

# Eight Observations of a Coach in the Stands

*by Lori Jo McCullough, former coach at James Buchanan High School, Mercersburg, PA*



This weekend I had the opportunity to be a spectator at a collegiate meet. As a swim coach, it felt like a luxury to be part of the fan club for a change. The pool looked unfamiliar from the stands!

While I thoroughly enjoy

the fast swimming from my new vantage point, my education over four days by a Coach on deck was an unexpected highlight. It was one of those experiences that left me wanting to be a better coach.

### **Number One: There is no such thing as too much enthusiasm!**

When I first noticed the Coach behind the blocks after the first heat giving high-fives to the swimmers in the water, I assumed the officials would soon be dealing with THAT parent. It happened again after the next heat: more handshakes, more high fives, and thumbs up to the swimmers after the race. I watched as the crazy parent walked over to the team and led a cheer. So NOT a parent. This was the COACH? The enthusiasm had an instant effect on the team.

### **Number Two: Dress the part.**

I LOVED that each coach was dressed up for the competition. And each night at finals this Coach donned a specific color. Think of Tiger Woods red

shirt Sunday. That color clearly signified, “game on”. It was a message that the swimmers internalized. The same message was sent to the crowd. It helped that one of the team colors was GOLD. And there was never a question which team the Coach belonged.

### **Number Three: Movement creates energy.**

I tend to rent real estate in one spot for an entire meet and limit my interactions to other coaches I know. But this Coach was constantly MOVING around the deck. Interactions with parent timers, officials, groups of swimmers were constant. The Coach was everywhere.

### **Number Four: Just be present.**

I am constantly worried about who will get splits or how I will get feedback to the swimmers. This Coach did nothing. No watches. No notepads. Sometimes the coach paced with the swimmer while cheering, or leaned against the flagpole, but it was evident that the coach was hyper-focused on swims.

### **Number Five: Sharing is caring.**

Creating a team environment among coaches is crucial. At this meet, the assistant coach was tasked with the filming, split taking and other administrative tasks during the races. Standard duties were assigned. However, the assistant coach was also given the honor of presenting the swimmers an award during the medal ceremony on occasion. It was classy and acknowledged the assistant coach’s

## 8 Observations:

1. There is no such thing as too much enthusiasm.
2. Dress the part.
3. Movement creates energy.
4. Just be present.
5. Sharing is caring.
6. Sportsmanship is learned.
7. It doesn't take much to make a connection.
8. Wellies can be worn as a deck shoe.



*This column was inspired by Katie Cameron of Bryant University, Smithfield, Rhode Island. Katie was coaching her Lady Bulldogs to their second consecutive Northeastern Conference championship.*

contributions in a meaningful way.

### **Number Six: Sportsmanship is learned.**

I often am so focused on my swimmers, I can't be bothered with anyone else. This coach acknowledged swimmers of other teams frequently in front of the Coach's swimmers. Sincere congratulations were offered to competitors. After a close, exciting race where a swimmer was touched out by a competitor, the coach graciously shook the competitor's hand, "that's how you get it done!"

### **Number seven: It doesn't take much to make a connection.**

I fret about how and when to give feedback at meets. Sometimes I give too much feedback or I simply skip over the feedback because of time pressures. This coach did not speak to the swimmers before and after races. Instead, interactions were kept short, intense and frequent. The swimmers left the interactions looking inspired.

### **Number eight: Wellies can be worn as a deck shoe.**

I am always looking for comfortable deck shoes. These boots, also known as Mucks around farms, are great for rain and gardens, so why shouldn't they be great on the pool deck? And they come in a variety of colors that could be color coordinated with any team. Genius, really. Note to self: try them out. Such gratitude for the lessons and for Coaches that love what they do.



## Diving:

# VISUALIZATION IN A FEMALE DIVER

*Mike Wright, Tennessee Aquatics Head Diving Coach*



There are many ways to train for an event or competition that do not require training equipment. A great technique to add to your training is the use of visualization. When former Olympic Gold Medalist Laura

Wilkinson was injured weeks out of the Olympic Games she relied on her visualization to keep her on track.

Visualization involves focusing on mental images or technique in order to achieve a particular goal. Visualizing can be done from more than one perspective and can be used for many reasons. Many athletes use visualization to reenact a movement or depict themselves performing specific skills. Using imagery is not always easy at first, it takes time to master. The more time you spend on the image as a whole, the better and clearer your visualization will become.

An athlete may also use auditory (i.e. the sound of the diving board), kinesthetic (i.e. the motion of the leg kicking a call), and tactile sensations (i.e. the feeling of a baseball bat in your hands) to enhance the practice of visualization. By using all of the senses, it allows the image to seem more tangible as if the athlete is truly experiencing it.

When interviewing 2000 Olympic Gold Medalist diver Laura Wilkinson about her injury, she told me (Coach Wright), "It was like I had been training the whole time" Laura used visualization to help overcome a setback of not being able to practice only weeks out the Olympic games. She broke three of her toes in a training accident which put her in a cast. As she was unable to physically get on the diving board and practice, she was still able to visualize herself performing. She spent every day at the pool, in her cast, visualizing herself going through the motion of each dive and entering the water. She viewed herself doing the perfect dive and imagined how it would feel and what she could be seeing first hand throughout the dive. She claimed that when she returned to the water, she felt as if she never had a setback, due to the mental repetition of visualization training.



Lakeside School's Head Coach Susan Mayfield with her team (right) and sharing a moment with a swimmer (below). The Lions of the Lakeside School are located in Seattle, WA



Below: The Lady Panthers of DeWitt High School, DeWitt, MI pictured below in their empty pool. Photo submitted by their Head Coach Gregg Brace.



## Water Polo:

# COACHING THE FEMALE WATER POLO ATHLETE

*Aaron Brown, IllPolo.com*



Jeff Wimer has been coaching girls' water polo at the high school level for 30 years. He won three state titles at Mundelein High School and has since won three state titles at Stevenson High School, where he still serves as the Patriots' head coach. With that much experience and success, Coach Wimer is well qualified to answer the following question:

### ***What are the keys to coaching a girls' team?***

Here are my thoughts on coaching girls:

In 1989-90, I was approached by a few Mundelein High School students asking if they could have a girls' water polo team. That was after watching the boys' team at the school play the previous year while I was assisting head coach Pat Barry.

My immediate response was 'Why not! The girls should have a team!' So, the Mundelein Girls Water Polo Team was organized. We were the eleventh girls' high school team in Illinois. This is my 30th year

coaching girls' water polo and it's still a ton of fun. The girls have the same passion and desire to succeed as the boys.

The main difference between the boys and girls game is speed and power. The boys, by their junior and senior year, are usually physically bigger and stronger. But that doesn't stop or detract from the girls capabilities. The girls can push themselves just as hard as the boys. The girls tend to play with more



*2018 First Team All America Brooke Doten of the Davis Blue Devils, Davis, CA*

finesse but can also be very aggressive and physical as well.

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***From my experience at the high school level, most girls are better listeners than boys.... There are always the exceptions.***

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From my experience at the high school level, most girls are better listeners than the boys. It's almost as if the boys need to hear the same message more often. Not that I haven't repeated myself numerous times with the girls. The girls tend to be a bit more

sensitive at times, whereas the boys typically are not. There are always the exceptions.

Over the years, I have taught the girls the same skills as I have taught the boys. Most importantly, as a coach, it is important to listen to what the athletes have to say and to the questions they ask. Be honest with them.

In the end, the girls want to learn and play no different than the boys!

*Can you think of any other advice for anyone interested in working with a girls water polo program? Please send an e-mail to [illpolostaff@gmail.com](mailto:illpolostaff@gmail.com) if you would like to comment and possibly be included in a future article.*



*The Lady Patriots Water Polo team celebrating their 2018 State Championship. Adlai Stevenson High School, Lincolnshire, IL. The team is coached by Jeff Wimer*

# 2018-2019 NEW NATIONAL RECORDS

Type	Event	Time	Name	School/Coach	City, State	Date
Female Public	100 Breaststroke Meters	1:09.05	Cecelia Porter	Signal Mountain M/HS Will Hunt	Signal Mountain, TN	10/27/2018
Female Independent	200 Free Meters	2:00.70	Addison Smith	The Baylor School Dan Flack	Chattanooga, TN	10/27/2018
Female Independent	400 Free Meters	4:16.18	Addison Smith	The Baylor School Dan Flack	Chattanooga, TN	10/27/2018
Female Independent	200 Free Relay Meters	1:46.37	Ellie Waldrep, Jewel Gordon Janee Mitchum, Addison Smith	The Baylor School Dan Flack	Chattanooga, TN	10/27/2018
Male Independent	200 Medley Relay Meters	1:41.15	Jack Warden, Neil Simpson Lance Freiman, Arnold Su	Phillips Acad, Andover David Fox	Andover, MA	12/1/2018
Male Public	200 Free Meters	1:48.47	Brendan Burns	Conestoga HS Mark Tirone	Berwyn, PA	1/15/2019
Female Public	200 IM Meters	2:15.94	Katie McClintock	Mainland Regional HS Mike Schiavo	Linwood, NJ	1/31/2019
Male Public	500 Free Yards	4:15.63	Jake Magahey	Mill Creek High School Rick Creed	Hoschton, GA	2/9/2019
Male Independent	50 Free Meters	22.68	David Curtiss	The Pennington Sch. George Ward	Pennington, NJ	1/26/2019



*Pictured at Left: The Lady Pirates of Belton High School in Belton, MO with their Suburban Conference Championship trophy. The ladies are coached by Martijn Keltner who also submitted this photo.*



**National Interscholastic Swimming Coaches Association  
2018-19 NISCA Swimming All-America**

**Yard Time Standards**

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

<i>Boys All-America</i>		<i>High School</i>	<i>Girls All-America</i>	
<u>All America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All America</u>
1:33.34	1:34.94	<b>200 Medley Relay</b>	1:46.44	1:44.54
1:38.52	1:40.23	<b>200 Freestyle</b>	1:50.65	1:48.80
1:49.83	1:51.77	<b>200 Individual Medley</b>	2:04.02	2:01.69
:20.60	:20.96	<b>50 Freestyle</b>	:23.58	:23.23
:48.96	:50.03	<b>100 Butterfly</b>	:55.63	:54.45
:44.99	:45.78	<b>100 Freestyle</b>	:51.13	:50.29
4:28.75	4:33.39	<b>500 Freestyle</b>	4:57.09	4:52.26
1:24.92	1:26.03	<b>200 Freestyle Relay</b>	1:37.16	1:35.50
:49.53	:50.64	<b>100 Backstroke</b>	:56.11	:54.89
:55.93	:57.11	<b>100 Breaststroke</b>	1:04.05	1:02.60
3:06.24	3:08.93	<b>400 Freestyle Relay</b>	3:31.27	3:27.79

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**National Interscholastic Swimming Coaches Association  
2018 - 19 NISCA Swimming All-America**

**Meter Time Standards**

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

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

<i>Boys All-America</i>		<i>High School</i>	<i>Girls All-America</i>	
<u>All-America</u>	<u>Consideration</u>	<u>Event in Yards</u>	<u>Consideration</u>	<u>All-America</u>
1:44.07	1:45.86	<b>200 Medley Relay</b>	1:58.79	1:56.67
1:49.16	1:51.05	<b>200 Freestyle</b>	2:02.69	2:00.55
2:01.91	2:04.18	<b>200 Individual Medley</b>	2:17.66	2:15.08
:23.05	:23.45	<b>50 Freestyle</b>	:26.29	:25.90
:54.54	:55.73	<b>100 Butterfly</b>	1:01.80	1:00.49
:49.98	:50.86	<b>100 Freestyle</b>	:56.86	:55.92
3:55.96	4:00.04	<b>400 Freestyle</b>	4:20.61	4:16.37
1:34.77	1:36.01	<b>200 Freestyle Relay</b>	1:48.53	1:46.67
:55.03	:56.26	<b>100 Backstroke</b>	1:02.34	1:00.98
1:02.08	1:03.39	<b>100 Breaststroke</b>	1:11.22	1:09.61
3:27.47	3:30.47	<b>400 Freestyle Relay</b>	3:55.35	3:50.92

**SAVE THE DATE**

**87<sup>th</sup> Annual NISCA National Conference  
March 25-28, 2020**



# 2019 NISCA POOL RECORD CERTIFICATIONS

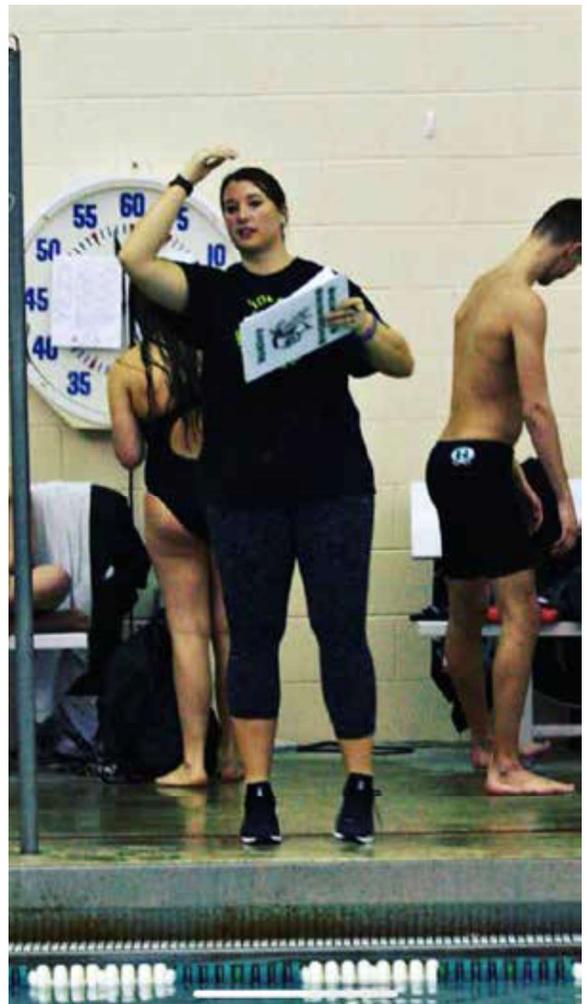
STATE	CITY	POOL NAME	Y M	DATE of CERTIFICATION
Arizona	Tempe	ASU – Mona Plummer Aquatic Complex	Y	November 16, 2005
California	Concord	Concord Community Park Pool	Y	May 28, 2009
California	Fresno	Clovis West North Course	Y	March 14, 2015
California	Fresno	Clovis West South Course	Y	March 14, 2015
California	Lodi	Tokay High School Pool	Y	April 30, 2008
California	Long Beach	Belmont Plaza Pool	Y	April 3, 1989
California	Newport Beach	Newport Harbor High School	Y	March 28, 2009
California	Riverside	Riverside Aquatic Complex	YM Y	January 20, 2011 May 14, 2015
California	Santa Clara	Santa Clara Swim Club	Y	May 19, 2011
California	Walnut	Mt. San Antonio College	Y	May 13, 2009
Colorado	Fort Collins	Edora Pool Ice Center (EPIC)	Y	February 9, 2018
Colorado	Grand Junction	El Pomar/Colorado Mesa University	Y	May 18, 2013
Colorado	Louisville	Louisville Recreation Center Pool	M	May 28, 2004
Connecticut	Wallingford	The Larry Hart Pool	M	February 25, 2008
Delaware	Newark	University of Delaware - Carpenter Sports	Y	March 8, 2013
Florida	Ft. Lauderdale	International Swimming Hall of Fame Pool	Y	November 15, 2001
Florida	Gainesville	UF - O'Connell Center	Y	January 3, 2004
Florida	Montverde	Montverde Academy Aquatic	M	October 26, 2015
Florida	Orlando	Justus Aquatic Center	Y	November 28, 1984
Florida	Pine Crest	Gulliver Schools Aquatic Center in honor of Marian Krutulis	YM	February 10, 2010
Florida	Stuart	Sailfish Splash Waterpark	Y	April 12, 2012
Georgia	Atlanta	Georgia Tech Campus Rec Center-McAuley Aquatic Center	Y	February 9, 2019
Georgia	Atlanta	Westminster Pool	Y	May 23, 2008
Illinois	Evanston	William Dobson Burton Aquatic Center	Y	February 23, 2012
Illinois	Winnetka	New Trier High School Natatorium	Y	April 19, 2009
Indiana	Indianapolis	Indiana University Natatorium (IUPUI)	Y	November 4, 2015
Iowa	Iowa City	University of Iowa – CRWC Natatorium	Y	November 29, 2017
Kentucky	Lexington	UK - Lancaster Aquatic Center	Y	May 4, 1992
Kentucky	Louisville	Ralph Wright Natatorium-Univ of Louisville	Y	February 27, 2016
Maryland	Germantown	Germantown Swim Center	YM	November 23, 2005
Maryland	North Bethesda	Montgomery Aquatic Center	Y	March 31, 2005
Maryland	Owings Mills	Rosenberg Aquatic Center	Y	February 7, 2009
Massachusetts	Alston	Harvard University Natatorium	YM	March 24, 1978
Michigan	Holland	Holland Community Center	Y	December 1, 2011
Michigan	Ypsilanti	E Michigan Univ – Jones Natatorium	Y	November 23, 2005
Minnesota	Minneapolis	Jean K Freeman Aquatic Center - UM	Y	November 19, 2015

STATE	CITY	POOL NAME	Y M	DATE of CERTIFICATION
Nebraska	Lincoln	Univ of Nebraska - Bob Devaney Sports Center	Y	March 5, 1983
New Jersey	Atlantic City	Atlantic City High School Pool	M	October 19, 2004
New Jersey	Hightstown	Peddie Aquatic Center	YM	March 16, 2010
New Jersey	Lawrenceville	The Lawrence High School Pool	M	May 16, 2008
New Jersey	Linwood	Mainland Regional High School	M	January 24, 2017
New Jersey	Basking Ridge	The Pingry School	M	March 22, 2005
New Jersey	Morristown	Morristown High School Pool	M	April 15, 2004
New Jersey	Ocean City	Tony Mazzitelli Natatorium	M	January 5, 2007
New Jersey	Plainsboro	West Windsor Plainsboro North High School Pool	M	March 13, 2018
New Jersey	Vineland	Vineland High School Natatorium	M	August 17, 2004
New York	Buffalo	Burt Flickinger Center	Y	December 5, 2005
North Dakota	Grand Forks	UND – Hyslop Sports Center	Y	October 12, 2007
North Dakota	Jamestown	Jamestown High School Swimming Pool	Y	January 11, 2005
North Dakota	Mandan	Mandan Community Center Pool	Y	September 13, 2008
Ohio	Canton	C. T. Branin Natatorium	YM	July 7, 1976
Ohio	Fremont	Hawk-Bucci Natatorium	Y	December 20, 2011
Ohio	Hudson	ADA Cooper Miller Natatorium	M	February 4, 2017
Ohio	Massillon	Perry Natatorium	M	March 2, 2017
Oklahoma	Edmond	Oklahoma Christian University Pool	M	December 14, 2005
Pennsylvania	Fort Washington	Upper Dublin High School - Shallow Course	Y	November 24, 2015
		Upper Dublin High School - Deep Course	Y	December 18, 2015
Pennsylvania	Glen Mills	Garnet Valley Middle School Pool	M	September 5, 2018
Pennsylvania	Haverford	McQuillen Pool	M	April 24, 2018
Pennsylvania	Lancaster	McGinness Pool - Franklin & Marshall College 3 pools - 2/SCY & 1/LCM	Y M	March 16, 2017
Pennsylvania	Lewisburg	Bucknell University - Kinney Natatorium	Y	March 18, 2017
Pennsylvania	Philadelphia	LaSalle University - Kirk Pool	Y	February 23, 2005
Pennsylvania	Wexford	North Allegheny Natatorium	Y	December 19, 2017
Tennessee	Chattanooga	Baylor School Natatorium	M	January 18, 2008
Tennessee	Knoxville	Allen Jones Intercollegiate Aquatic Center	Y	February 12, 2011
Tennessee	Nashville	Tracy Caulkins Pool Centennial Sportplex	Y	February 10, 2012
Texas	Austin	Lee and Joe Jamail Texas Swim Center	Y	February 27, 2009
Texas	Dallas	Alfred J. Loos Swimming Center	Y	December 18, 2007
Texas	San Antonio	Josh Davis Natatorium	Y	January 18, 2008
Texas	San Antonio	NISD Natatorium	YM	December 20, 2007
Virginia	Manassas	Freedom Aquatic and Fitness Center	Y	March 1, 2010
Virginia	Richmond	Collegiate School Aquatics Center	Y	April 17, 2012
Virginia	Virginia Beach	Bayside Community Recreation Center	M	January 29, 2007
Virginia	Virginia Beach	Princess Anne Recreation Center	M	April 22, 2008
Wisconsin	Beloit	Beloit Memorial High School	Y	November 6, 2013
Wisconsin	Madison	UW – Madison Natatorium	Y	May 11, 2005
Wyoming	Casper	Kelly Walsh Swimming Pool	M	October 22, 2004

# QUOTES FOR COACHES

## INSPIRING WORDS FROM GREAT FEMALE ATHLETES

- *I'd rather regret the risks that didn't work out than the chances I didn't take at all. – Simone Biles*
- *Champions keep playing until they get it right. – Billie Jean King*
- *I believe in the impossible because no one else does. – Florence Griffith Joyner*
- *Continuous effort — not strength or intelligence — is the key to unlocking our potential. – Liane Cardes*
- *Overpower. Overtake. Overcome. – Serena Williams*
- *The potential for greatness lives within each of us. – Wilma Rudolph*
- *Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her. – Mia Hamm*
- *It's what you do with the rough patches that will define the athlete that you'll become. – Dana Vollmer*
- *Courage, sacrifice, determination, commitment, toughness, heart, talent, guts. That's what little girls are made of; the heck with sugar and spice. – Bethany Hamilton*
- *A trophy carries dust. Memories last forever.- Mary Lou Retton*
- *If it is easy, then you are doing it wrong. -Gabby Williams*
- *I'm strong, I'm tough, I still wear eyeliner.- Lisa Leslie*
- *My coach said I run like a girl. I said if he ran a little faster he could too. -Mia Hamm*
- *Yesterday doesn't matter. It's all about who can get their hand on the wall first- today. –Missy Franklin*



Lauren Buckley of Ridley High School, Folsom, PA