

Table of Contents

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November/December 2019

President's Letter- Diane Hicks-Hughes.....	3
From the Editor- Betsy Hondorf.....	6
Contributed Articles:	
Book Review: - Duels in the Pool: Dave Barney.....	7
Character Based Coaching: Kevin Pierce.....	10
In Memoriam- Dave Robertson.....	12
How You Can Swim Faster Even If You Are Michael Phelps or Katie Ledecky: Art Winter.....	15
Get to Know Our Members: It's All In the Family- The Coaches at Adalai Stevens HS.....	19
Feature:	
Financial Aid Process excerpt from Looking for a Full Ride: Renee Lopez.....	22
High School Coaches Special:	
NISCA Weekend Clinics: Arvel McElroy.....	27
Techniques and Training:	
Hammer Head- Theresa Finn.....	29
All America:	
NISCA Para All America Award Announcement- Eve Julian.....	31
New National Records and Bylaw Change Proposals	34
NISCA National Conference 2020 Information:	
Soft Agenda and Registration Forms.....	38

Cover Photo:

On the cover is Fossil Ridge HS (Fort Collins, CO) Boys Swim and Dive team accepting trophy for the 2015 CHSAA 5A state Championship at the US Air Force Academy pool in Colorado Springs, CO. This was the 1st team state title in school history in any boys sport and an upset of Regis Jesuit who had won 24 of the previous 25 state championships. The SaberCats are coached by Mark Morehouse who provided this photo.

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Greetings,

In New York the girls swimming and diving season is about to end, and the boys season has just begun.

Coaching both genders separately has its challenges, but also has its benefits. It's interesting to see how athletes of both genders come together as one team, but through experiencing different paths. Each athlete overcoming individual challenges to make a cohesive team is something that can what make coaching more meaningful and fulfilling. PLEASE remember that you are a coach

because you care and want to give all you can to the young people today. PLEASE remember to listen to them and really hear what they say.

Coaches need encouragement and praise as much as our swimmers and divers do. Please take time to join us at the 87th NISCA conference in Indianapolis, March 26 -28, 2020, to renew your energy and knowledge to share with our youth of today.

Sincerely,

Diane H2

Diane Hicks-Hughes

NISCA President

A Plea From a Youth Athlete to Adults

I am a youth athlete

Brave and strong and talented

But I am still a kid. I am a work in progress. I need you to be patient while I test the limits of my body and work through the emotions that come with success and failure. When I make a mistake, I wonder if you'll be disappointed. When I reach my goals, I look to see if you are watching. I am a youth athlete. I love my sport. You call it competition. I call it playing the game. I want to win and have fun. I am a youth athlete. I am YOUR young athlete. Winning feels great, but your praise feels infinitely better. Please remember these things, and I promise to do my best to make you proud

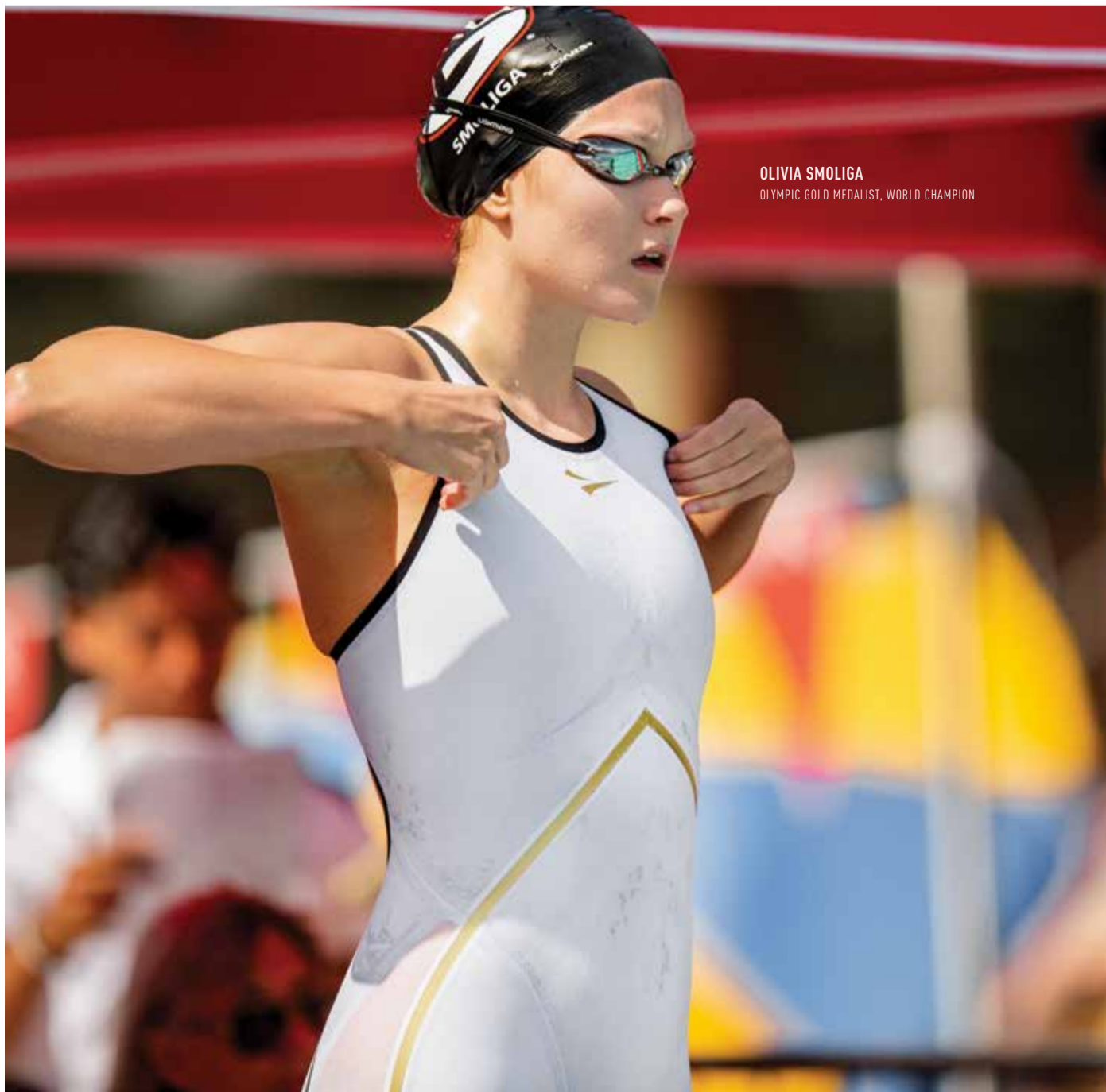
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From the Editor:

I have been waiting for years to be able to share with you some of the information in this issue of the Journal! We are very excited to announce the debut of the NISCA Para All America Award! Like many of you, I've spent most of my career being amazed and inspired by the things that all of our athletes do, despite challenges, but if you have had an opportunity to follow the career of a para athlete then you know what real athleticism is! Here I am pictured with Knoxville's own Ben Ramirez. Ben is a great swimmer to be around with beautiful strokes and a work ethic that just won't quit. He has trained at the USOC Olympic training center and I'm thrilled that he will finally be recognized for his achievements in high school swimming. If you have para swimmers in your program, or know of them in your area, please be sure that they are included in this recognition.



This issue also includes information that you can use right now with your team. We have important ideas about the financial aid process for your college bound swimmers from the new book by Renee Lopez, information about the clinics that NISCA and Finis can provide and a product announcement about caps designed to prevent head injuries in swimmers (we've all seen it happen!). I hope you find it helpful!

There are so many ways that NISCA can support you as a coach. Be sure to plan to join us in Indianapolis for some face-to-face interactions (registration forms in the back!) and bring a friend!

I wish you happy holidays and even happier holiday training for those of you in winter seasons. Take good care and remember to send me your favorite team photos!

Best Wishes for Fast Fishes!

Betsy Hondorf

niscajournal@gmail.com

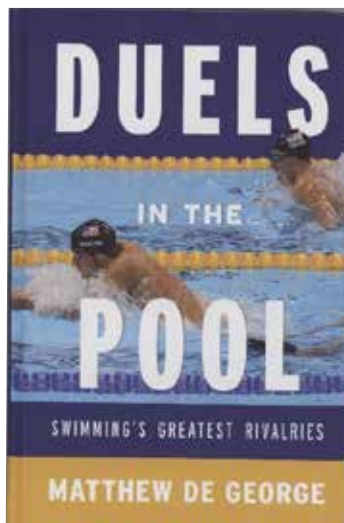
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From the Bookshelf: Duels in the Pool



Duels in the Pool: Swimming's Greatest Rivalries, Matthew De George. Scarecrow Press Inc, London-Toronto-Plymouth, UK, 2013. \$24 US Hardcover, 223pp, ISBN 978-0-8108-9175-3. *Reviewed by*

Dave Barney,

Albuquerque Academy, NM

Most coaches are well acquainted with the notion of rivalry and especially competitive rivalry. These kinds of confrontations may rise from causes harnessed to individuals, teams, schools, cities, nations, fan bases and even issues and ideologies. In our case, they represent an essential thread in the cloth of swimming's past and present tense, its history, if you will. In his compilation of some of the most epic, eyeball to eyeball, competitive rivalries in our sport, Matthew de George focuses his book on the motivational positives provided by the force or threat in the next lane. From Michael Phelps and Ryan Lochte, to Tom Jager and Matt Biondi, to Shirley Babashoff and the East Germans, to Dara Torres and Jenny Thompson, De George's celebrated pairings not only provide us with an in-depth knowledge of those particular entanglements but force us to focus once again on the reality of one of swimming's most important factors, namely, the element of competition in its purest and nearest sense.

Other dueling chapters not mentioned in detail in this review include: "Dara Torres vs. Jenny Thompson," "Alexander Popov vs. Gary Hall Jr.," "The United States vs. Australia," "Grant Hackett vs. Ian Thorpe," "Gunnar Larsson vs. Tim McKee," "Brendan Hansen vs. Kosuke Kitajima," and "David Wilkie vs. John Hencken."

While many of "Duels" chapters highlight dueling tandems, and there's plenty of grist to consider in those personal pairings, some of the most interesting reading in the book steps away from personalities and focuses on wider considerations.

In those particular chapters, we become aware of some of the most debilitating and threatening moments in the history of world-class swimming

In those particular chapters, we become aware of some of the most debilitating and threatening moments in the history of world-class swimming, since they not only take us behind the headlines of those particular issues of efficacy but embed us, as well, in a detailed examination of some of the more controversial scenarios threatening swimming's well-being: i.e. the 1980 American-led Olympic Boycott of the Moscow Games, the East German doping scandals of the 70's and 80's, as well as a chapter about the effects of Title IX on Men's Intercollegiate Swimming, provide us with three well-documented essays on the time and temper of our sport.

The two most damning of these chapters concern the drug-induced domination of world class swimming by East German women swimmers in the 70's and 80's. One of those chapters focuses on the

victimization of Shirley Babashoff, the other with nationalistic, geopolitical, and ideological issues affecting the sport of swimming. Considered together, these two essays portray the effects of the Cold War and laboratory life behind the Iron Curtain in East Germany and remind us of one of our sports' most negative fall-outs . . . the large-scale blood doping of East German women swimmers. The most outspoken victim in the middle of this scandal is Shirley Babashoff, America's multiple world record holder at that time. Initially, Babashoff was miscast

These two essays portray the effects of the Cold War and laboratory life behind the Iron Curtain in East Germany and remind us of one of our sports' most negative fall-outs . . . the large-scale blood doping of East German women swimmers.

as "Surly Shirley" by the press for her outspoken criticism of what most of the swimming world had already begun to suspect of the distorted appearance and performance of East German swimmers. When the Iron Curtain eventually fell,

leading to public disclosure of East German doping machinations, Babashoff's was ultimately vindicated and especially so by German butterflyer Christiane Knacke, who not only rejected her 1980 Moscow Games 100 Fly bronze medal, but tearfully proclaimed: *"they destroyed my body and my mind. They gave me those pills, the Oral-Turinabol, which made me crazy and ruined my body. They poisoned my medal with drugs and a corrupt system. It is worthless and a terrible embarrassment to all Germans."* I would advise readers to slow the pace of their reading of these chapters because there's lots of finger-pointing in De George's in-depth

examination of the whole sordid East German travesty .

The first and most ancient of De George's "duels," a chapter entitled "The Chocolate Box Rivalry," concerns two women and takes place at the 1936 Olympic Games in Berlin, referred to in some circles as the "Nazi Olympics." One of these women was known as the "Empress of Berlin," the other the "Golden Torpedo." Despite the legacy of the '36 Games being generally attributed only to the "Buckeye Bullet," American speedster Jesse Owens and his four gold medals, plenty of print was left over to publicize the much bally-hooed 400 meter freestyle final between Dutch swimmer Rie Mastenbroeck and a 15 year-old Dane named Ragnhild Hveger. "The Empress of Berlin" (Mastenbroeck) barely nosed out "The Golden Torpedo" (Hveger) for the gold. Both girls not only broke the Olympic record for 400 meters but shattered what had practically been a solid USA sweep of all the Olympic 400 freestyle medals before that time. Both women led entangled lives following their showdown in '36, the gist of which provides us with some fascinating reading, but I'll leave the details of that for you to discover, as well as the mystery surrounding that box of chocolates and what it had to do with one of the earliest rivalries in Olympic swimming.

Most everyone is familiar with the recent Michael Phelps/Ryan Lochte rivalry over their several years of confronting each other in the pool. It remains as well documented in our consciousness as it does in the cinemagraphic annals of NBC television, so I won't pay much attention to it in this review. Rather, I'd like to say a few words about the equally intense rivalry between two personal acquaintances, Tom Jager and Matt Biondi, who took their rivalry on the road, so to speak. De

George's chapter on the Jager/Biondi by itself rivalry begins in September of 2012 in a two-lane, backyard pool in California, twenty years after they faced off against each other and Alexander Popov in the 50 meter final at the 1992 Olympic Games. I was one

Together, they represented the vanguard and opened the door, so to speak, to the idea of professionalism in swimming.



of several thousand witnesses to that epic race atop Mont Juric in Barcelona won by Popov with Biondi taking the silver and Jager the bronze. That race became the most anticipated and talked about event at the Games, even rivaling the hysteria surrounding the Olympic basketball debut of America's first so-called "Dream Team." And so far as that back-yard "exhibition" affair is concerned, Biondi went 23.11, Jager 23.18. Twenty years of seven hundredths of a second separation, you might say, and merely one stop on their cross-country, barnstorming, professional calendar of confrontations. Beyond those two moments, as well as many others, should be the consideration of how the B&J rivalry propelled swimming into the modern commercial world.

Finally, a word or two about De George's references. Each chapter is followed by a page or two of end notes, and attest to the volume of research that the author has devoted to this book. Scattered among the various references of both primary and secondary source materials is an impressive list of extant interviews with a lot of recognizable people from the world of swimming, including two of *NISCA's* old standbys: the former editor of *Swimming World itself*, Phill Whitten, and the magazine's current publisher as well as ISHOF CEO, Brent Rutemiller. Each of these particular references tend to emphasize the importance that the De George has placed on the reportorial value of oral history.

CHARACTER BASED COACHING:

Kevin Pierce, Ridley High School, Folsom, PCA



Coaches are more than just sports-focused leaders who see their student athletes a few hours every week. They play a vital role in athletes lives — as role models, as teachers, as someone to talk to and as mentors.

A swim coach's influence is felt well beyond practices and meets and can shape their student athletes lives. That's why it's vital that coaches understand their impact and use it to foster a positive learning experience both in and out of the pool.

Character based coaches provide and create important life lessons into their programs, with less of a spotlight on the concept of winning and losing. A character coach emphasizes the importance of the journey rather than the first place medal, successfully balancing both. The results in real life surpass the results on the scoreboard.

Inspiring Positive Change in Your Student Athletes Life

One of life's most crucial lessons is the concept of self-improvement. It's within the coaches power to help student athletes to be willing to devote themselves to positive change. This isn't just about improving athletic skills — it spills over to character change as well.

Coaches who use positive reinforcement lead to student athletes who are more likely to be open to constructive criticism and suggestions for self improvement both in the pool and the classroom.

Student athletes whose coaches focus on their weaknesses are less willing to make a permanent behavior change.

Positive reinforcement helps student athletes realize their strengths and weaknesses and how to improve upon them, an important skill in school, work and interpersonal relationships.

Create a Team First Mindset

Coaches coach teams, not just players. A team first attitude — whatever is best for the team is what's best for me — has plenty of positive and lasting effects on character development in young student athletes.

But it's not just about being a team player. The sense of inclusion and belonging motivates student athletes to do their best. It's up to the coaches to create situations that allow student athletes to develop imperative communication skills. In fact, students who play sports are less likely to develop social anxiety.

Inspire Confidence in Your Student Athletes

Poor self-esteem is destructive, especially for teenagers. Anxiety, stress, loneliness and even depression are just some of the symptoms associated with lack of self-esteem. Character building coaches help players become aware their potential, inspiring positive self-esteem.

Through the sport of swimming, student athletes have the chance to develop both self-confidence and emotional control. This pushes those student athletes to believe in themselves and try new things, both in the present and in the future.

Moral Guidance in Tough Situations

What if someone on the other team portrays unsportsmanlike conduct? A character coach shows athletes that retaliating isn't the right answer at any time. Rising above and doing the right thing is the way to go each and every time. This should be an expectation of a character coaches program.

These lessons translate to the real world, too. Instead of lowering themselves to the levels of their peers who show bad sportsmanship or attitudes, student athletes will hopefully remember the lessons they learned from their coach and their time in the program and take the high road. This will help student athletes long after they are done participating in sports.

Emphasize the Importance of Hard Work

Character coaches know that there's more than just swimming in a meet. More important than the meet

is the preparation for the meet. Successful student athletes must put in a lot of hard work during practices and the off-season. Game time is all the time, and student athletes must strive to be their best out of the pool just as much as in the pool. Learning this habit of hard work spans to other aspects of the student athletes lives — a lesson that improves character for years to come.

Wanting your team to win is normal. But, those who value positive development over winning provide student athletes with a better chance of succeeding in life than those who make winning their only goal.

Character based coaches provide and create important life lessons into their programs, with less of a spotlight on the concept of winning and losing



The Lady Saints of St. Clair High School in St. Clair, MI

IN MEMORIAM: DAVID H. ROBERTSON

12/5/1925-11/18/2019



The swimming world lost a great teacher, innovator, and gentleman, when David Haswell Robertson passed away three weeks short of his 94th birthday in Northbrook, IL.

Born December 5, 1925, in Evanston, IL, he was raised in Wilmette, IL. He later lived in Winnetka, Kenilworth, and Naperville, IL; Orlando and Winter Park, FL; Springfield, and Northbrook, IL. He spent many summers at his beloved Congregational Summer Assembly in Frankfort, MI, which his grandfather helped establish in 1905. He attended New Trier High School, the first high school in America to build a swimming pool. He was a state champion and All-American backstroker and rose to the position of Head Guard. Assigned to write his Junior Theme on "Occupations," he forecast that his dream job would be as swim coach at New Trier.

Immediately upon graduation in June 1944, he entered the Navy V-12 program to become an aviator. He attended Missouri Valley College and the University of Michigan in the V-12. The war ended before he earned his wings, but he loved (commercial) flying and travel ever after.

Upon discharge from the Navy, he entered Northwestern University, where he earned his

bachelor and Master's (in Kinesiology) degrees. His dream came true on March 15, 1946 when he was hired as assistant swim coach and PE teacher under his mentor, Coach **Edgar B. Jackson**. Dave became head coach and Director of Aquatics in 1948, a position he held until 1976. He then coached at Waubonsie Valley High School in Aurora, IL, from 1976-1986, when he retired. In the late 1940s, he developed a second dream job, Minnico Canoe Trips, guiding NT students on canoe trips through the Quetico Provincial Park, Ontario. He built on the camping skills he learned as an Eagle Scout in Wilmette's Troop 2, and used the trips for some off-season body-building for his swimmers. 45 days in the woods each summer was the perfect antidote to the non-stop life on the North Shore.

David Robertson was one of the first swim coaches to develop interval training, now universal, borrowed from Roger Bannister, who ran the first sub-4-minute mile. He also pioneered "tapering," or rest prior to a major competition. His teams reaped the benefits of his training techniques, skill at teaching stroke techniques, and motivation. Dave embraced Edgar B. Jackson's motto of "What I am to be, I am now becoming," as well as his willingness to surround himself with great assistant coaches and nurture them. At least a dozen of his swimmers and Guards made aquatics their career.

Dave built the New Trier Swimming Organization into a national and state powerhouse, including 27 trophy finishes at the Illinois state meet (14 firsts, 12 seconds, and 1 third), swimmers earning 158

individual and 47 relay High School All-America selections, and his teams setting 65 national high school records. The 1961 team, the top high school team ever, placed third at the National AAU Championships, behind Yale and USC, and sent three members to the 1964 Tokyo Olympics, two of whom earned gold medals.

The New Trier Guard, a service organization for students interested in swimming and leadership, was started in 1936 and continued to grow under Dave's guidance. He considered the development of the Guard's learn-to-swim "station method" as his major contribution to the community and the world of aquatics. It became the model for the American Swimming Coaches Association's "Swim America" and Kiwanis International's "Every Child a Swimmer" programs. It was said that "he taught New Trier Township" to swim.

David Robertson was active in professional and service organizations most of his life. He held leadership roles and received many awards (including being inducted into 5 halls of fame) from the Boy Scouts, Red Cross, NCAA, Rotary International, the National Federation of State High Schools Swimming and Diving, US Swimming, American Swimming Coaches Association, Illinois High School Association, National Interscholastic Swimming Coaches Association, Special Olympics, and the International Swimming Hall of Fame. His greatest thrills included being an assistant coach at the 1964 Tokyo Olympics, President of the ISHOF, and manager of many US Swimming teams in international competition.

He is survived by his son David Robertson, Jr. (Jeanine Wall); daughters **Diane Robertson Tracy** (Glen) and **Jody Lynn Grube** (Carl); grandchildren **Brian Tracy** and **Marty, Molly**, and **Abigail Rosenbaum**; cousins **Sanford Robertson**, **Thomas Tucker**, **Albert B. Tucker**, **Anne Haswell Marinello**; and his first wife, **Barbara Hinnners Robertson**. He was predeceased by his parents (**Paul K. and Rachel Haswell Robertson**), brother (**Paul D. "Pete" Robertson**), second wife (**Doris Drew Robertson**) and third wife (**Rozanne "Posy" Overaker Robertson**). Cremation was accorded by the National Cremation Society.

The family will host a Celebration of Life at 3:00 p.m. on Friday, January 24, 2020 at the Kenilworth Union Church, 211 Kenilworth Ave, Kenilworth, IL. Interment will take place on July 25, 2020 in Frankfort, MI following a 10:30 a.m. service at the Congregational Summer Assembly, 2128 Pilgrim Highway, Frankfort, MI. In lieu of flowers, memorial contributions may be made to honor his legacy to the non-profit Benzie Aquatic Center, PO Box 2204, Frankfort, MI 49635.



Dave, pictured with (l to r) Mark Onstott, Bruce Woodbury and Josh Runkle

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GET IN THE SWIM WITH NISCA
“To Educate – To Promote – To honor”

HOW TO SWIM FASTER EVEN IF YOU ARE MICHAEL PHELPS OR KATIE LEDECKY:

Art Winter,

I started coaching over 60 years ago and have learned lots of things. My college degree was in Industrial Engineering, which is a field that uses Physical Concepts to improve Efficiency. I used this to improve all my swimmers, one of which won two Gold Medals in the Olympics and another won first place in College in the 200 Fly Nationals. I also invented and patented a 6 resistance position Kick Board that has Subliminal Motivational Graphics on it!

There are so many good coaches out there that I wonder why most of them have not told their swimmers many of the things I am going to tell you about, all of which will help your swimmers swim faster. As a swimmer do NOT tell any of your teammates about what you are reading here because they may start beating you.

Let's start with the racing dive. Almost everyone does this wrong even the very good swimmers. I have only counted 3 out of 100 swimmers that do it correctly. If your head is above your arms (like many of you do in the Backstroke Start) or below your arms (like most of you do in the front strokes) when you enter the water, you are slowing yourself down. Your head should be between your arms. You should be able to feel your arms pressing on your ears. This is also true for the Backstroke start. The more shallow your dive the more time you are saving getting back to the top of the water to swim. This is not the case if your kick is faster than your swimming!

Let's look at what you are wearing. The best swimsuit available for competition is a must. Two caps so that your goggle straps are covered and

don't make ripples in your top cap. ALL ripples MUST be eliminated because they slow you down. Your ear lobes should be inside your cap and not visible. Your head hair should also be covered. You should cut or shave all your head hair off that does not stay under your cap! Jewelry should not be worn in a race since it has weight and thus slows you down.

Some general things about the strokes that a lot of you, even the best swimmers are not doing correctly. In the Breaststroke, bringing your head up so far to breathe that your chest is showing is a bad habit. You only need to get your face up high enough to get a good breath. When you come way out of the water your feet and body are down much lower than they should be, which causes a slow-down drag. This is true in the Butterfly, also. In the Backstroke and Freestyle races, this is not usually a problem. When you are taking a Butterfly Stroke and not breathing, your head should be under or almost all under the water. Same in Breaststroke.

Do you have to breathe every stroke in the Breaststroke or Butterfly events? NO, you only should breathe when you need it and try not to breathe after you go under the flags at the end of the race. That is one of the reasons that my swimmer, Steve Lundquist won the 100-meter Breaststroke race in the 1984 Olympics! He did not breathe after he went under the flags. Breathing slows you down in all strokes but Backstroke. I learned this as a 14 year old at GA Tech's Pool.

While I am talking about the Breaststroke, I have to mention what almost every swimmer does wrong. I

call it the Triple Glide. It is what all swimmers should do when they dive in and when they push off each turn. The first glide is after the dive or push off and after the Dolphin Kick, hands together and arms in front. The second glide is after the pull down with both arms. Now you are going headfirst. Most swimmers don't hold this long enough. Something around 1 second is good. Going from the second glide to the third glide is where most of the swimmers make their biggest mistake. I have seen only one swimmer out a 100 do this correctly. They rush to get their arms in front of them so they can start to swim and in so doing they bring their elbows up fast and wide of their body and it almost stops their momentum. The hands and elbows should be kept close to your body as you get ready for the third glide. If you do this correctly your hands will cross your chest, and you will have momentum going into your first stroke. Finishing the triple glide is of course the Breast or Frog Kick and arms extended and head down.

Let's talk about the Breaststroke Kick. If you lie down on a flat surface face down and have trouble doing the kick, you are not doing it correctly in the water. If you have trouble trying to kick because you want to bring your knees up under your hips, you are doing it wrong. The knees should always stay in line with the upper body. Most of the propulsion comes from the knees down. Of course the legs open but only wide enough so that the calves can get a good bite of the water.

In all your kicking besides Breast Kick, you must concentrate on the angle of your ankles. Apply leg pressure so that the top of your foot gets pushed against the water more than your heels do. This is true in the Flutter Kick and in the Dolphin Kick. Changing the angle of your ankle is easier in the Flutter Kick but you can do it in the Dolphin Kick, also, if you think about it in practice and in races!

Here is a bad habit that most Freestyle swimmers do. When practicing in a lane with other swimmers you have to cut to the corner at the end of each length slightly so that you push off on the other side of the lane compared to the way you swam in so you don't swim into the swimmer behind you. This adds a fraction of a second to your time so try to swim straight in and out on each of your turns in a race. I have seen only 6 Freestyle Swimmers do this correctly out of 100 in a race. If you don't do this, it lengthen the last stroke of each length so that you swim about 12 inches more each length due to the way you practice. This one-foot estimate depends on the length of your arms and the width of the lane.

In all strokes, your hands should be palms flat with the fingers generally closed including your thumbs, but not tightly. If some water gets through your fingers it is OK, but don't let much of it get through. One of the most important things is to make sure your competition is not cheating. The Judges can't catch all the cheaters. If a swimmer glues his fingers together on both hands he will be able to catch more water, but this is not legal so shake hands with you competition and make sure they don't have their fingers glued together!

In your breathing, it is best if you hold the air in until you need another breath because this gives you more buoyancy. If you gradually exhale after each breath then you are lowering your body in the water giving yourself more drag, which will slow you down.

In the backstroke start there are two pushes, first is with your arms and then your legs.

One thing you should NOT do is drink milk the morning you compete. It turns into a solid in your stomach and takes hours to get digested which keeps your blood from doing other helpful things for your body that you need in a race. Drinking milk on other days may even help you gain endurance by

making you work harder in longer races and swim practices because of the lack of Oxygenated blood!

This is about 25 years ahead of typical swim improvements. Of course shave your exposed body hair off before a big meet. This has NOT been proven yet, but the hair on your legs could help your kick in all strokes but the Breast. What I mean is the hair on the back of the calves should be shaved off, but the front and sides of both calves should be left on for more propulsion. This requires more study, but I thought I would mention it in case any of you want to experiment with it before an important meet. You can always shave all your leg hair off if you try this and it does not work.

While we are on the kick, let me mention one thing about the World's Greatest Female Swimmer, Katie Ledecky. She uses a 2-beat flutter kick when most other swimmers use a 6 (or some even an 8 beat) flutter kick in her longer races. What does this do for her? It gives more energy to her upper body since her legs are not using up so much of her energy. She does change to a 6 beat kick at the end of her race when she needs more propulsion from her legs. In the short races she uses the 6 beat kick most of the way.

If you want to get a long course workout, but only have a 25-yard pool, I have found that wearing a short sleeved T-Shirt that is a little loose gives you about 10% resistance and thus you will have the equivalent of a meters workout in a yard pool!

One of the things that I have noticed that some, even the real good coaches do, is they repeat a workout. Swim practice is monotonous enough so that repeating a workout really does not help swimmers. They will think that they are not improving enough so they have to be given the same thing again. Be creative and give them different workouts every practice. If you feel like repeating a swim set, go ahead. This is fine just not the entire workout.

Another prediction is that your children, if they get into Competitive Swimming, will not have to touch the wall on the Breaststroke with both hands level and at the same time. I think in 20 plus years that a flip turn will be the rule.

The most important improvement that I have for you, you can get later. It will improve all of your stroke times even World Record Holder's Times from 0.1% to 7%. If you are interested in the new stroke improvement that will help you do amazing times send me your Money Order for \$10.00 to: A. Winters, at 8188 Lake Serene Drive, Orlando, FL 32836-5020 and give me your e-mail or street address so I can send it to you. You will be AMAZED!

If you are a coach never let your swimmers swim underwater for distance while holding their breath. Very often this could cause a major injury to the swimmer because some of them pass out while they are swimming but they keep banging into the end or the pool while being unconscious! This is very bad for them and the team!

I believe that in 10 years or less that Goggle Manufacturers will be able to personally fit a person with goggles that maintain the shape of their head so that where the eyes are will be smooth like never before in Swimming History. This may cost the individual between \$30 to \$100, but will be worth it for the elite swimmer that wants to cut down on all resistance caused by other than a smooth body surface.

If you are a Senior in High School and are having trouble choosing which College to go to and continue Swimming, choose the one whose Campus is at a higher Altitude! The reason for this is that when you train at a Higher Altitude you have to work harder to get enough Oxygen and then you will swim much better when you compete later at or near Sea Level!

Mini-Chapter 2 Freestyle

Most everyone starts swimming the Freestyle when they learn to swim. You may call it advanced Dog Paddle. You can swim faster if you have good shoulder rotation, and being almost flat in the water during your stroke. What I mean by good shoulder rotation is while you are swimming your shoulders go from vertical to vertical on each arm pull. This gives you a longer reach and less body in the water for less resistance, and thus gives you more distance per stroke. Your body position in the water should be almost flat meaning that your head should be slightly higher than your feet during the stroke.

Mini-Chapter 3 Backstroke

The backstroke is the easiest stroke for most swimmers because they can breathe almost any time they want. One of the most important things in this stroke is good shoulder rotation, also. When your arms come out of the water near your hips, they should go up above your head in line with your shoulders and enter there. On the pull down your arms are bent so that you have good leverage, like an arm wrestler. Your hands never need to go deep in the water, but they should always be pulling then pushing the water down toward your feet not down towards the bottom of the pool.

Mini-Chapter 4 Butterfly

The butterfly is the most energy-consuming stroke of all four strokes. Your body and lungs must be very strong to be good at it. I like to think that your arms should be placed in the water directly ahead of your shoulders, not together or not wider than your shoulders. You should breathe only when you need to and keep your head just under the surface of the water when you are not breathing. Try not to breathe after you go under the flags at the end of your race. When your arms enter the water they should pull back toward your feet almost immediately with the

elbow bent sufficiently enough to give you good leverage. This will keep your head underwater when you are not going to breath. Your kick is a two beat Dolphin Kick. The first kick is when your arms go into the water and the second kick is when you pull back with your arms.

Mini-Chapter 5 Breaststroke

The Breaststroke is the most difficult to do correctly because the timing is so important. The main thing to remember is the Pulling so that your body is getting farther than you would get if you had to push your head and chest up to get a breath on every stroke. Secondly, your kick is from the knees down and your knees and thighs should be in line with your body, not ever going under your hips. Fortunately, you only have to get your head up enough to get a breath so all you have to do is make sure your mouth gets above the water to breath.

Mini-Chapter 6 The Individual Medley

This is the event that combines all four strokes in the following order: Fly, Back, Breast and Freestyle. It is too bad that the rules for this event won't let you change the order of the four strokes so that you could swim them in any order you like. Maybe someday!

Mini-Chapter 7 Team Relays

There are two types of Relays. One is the Freestyle Relay where all four swimmers swim Freestyle and then there is the Medley Relay. In this event each of the four swimmers usually swims his or her best stroke. The order is: Back, Breast, Fly and Freestyle. This has not been verified, but it is said that in the 2020 Japan Olympics that there will be Mixed Relays which means two males and two female swimmers on each relay team!

GET TO KNOW OUR MEMBERS: ALL IN THE FAMILY

The Coaches at A.E. Stevenson High School

By Annette Thies



This member profile original theme was going to be about Head Boys Swim Coach Doug Lillydahl and his assistant, Sean Wimer. However, during the interviews this reporter discovered there were several family and team connections between the swim/ dive and water polo coaches at A.E. Stevenson High School, Lincolnshire, Illinois that enhance connections and traditions among their teams. These coaches don't just work together, they have strong family and school relationships. As Sean said, "We're a very tight knit group that feeds off of each other. It is an incredible atmosphere."

A.E.Stevenson High School has an impressive swim/dive and water polo presence in the state. Their program consists of six head coaches and fourteen assistant coaches. In this large family of coaches three are related, two swim together in high school, several who were coached by the current swim and water polo coaches and three teach at the school. Let's look at the Stevenson's family tree.

Doug Lillydahl (on left in photo) is currently in his 13th season at Stevenson, was three-time state champion swimmer at Whitefish Bay High school and on Stanford's 1987 NCAA championship team. Along with coaching the boys team to five top five state meet finishes Doug is also Director of Communication Arts at Stevenson. He is

responsible for boys team program philosophy and messaging so all his assistants are using the same terminology, drills and expectations. This past season Doug had 115 swimmers in his program. He currently has three assistants. Sean Wimer assists Doug with the Varsity and JV1 team. Doug says they are lucky to have a 50 meter pool so it is easy to divide the lanes between he and Sean during practices. This also helps maintain the fluidity between JV1 and Varsity throughout the season. When asked Sean describes Doug's strength as his "degree of preparation that allows him to delegate to his assistants and trust they will execute." Doug's other assistants are Ayrton Kasemets coaching JV2. Ayrton was a former English student of Doug's, and Rick De Leon coaching JV3, who is an English teacher at Stevenson. Doug and his coaches are gearing up for their season start November 25th.



Kevin Zakrzewski, is in his 5th season at Stevenson as Head Girls Swim Coach and Aquatics Coordinator. He was an All-American swimmer along with lettering in water polo and golf during high school when he swam for Doug and was also a teammate of Sean's in both swimming and water polo. He swam for the University of Wisconsin and after graduation was Sean's assistant water polo coach at the same time he was training for the 2008 Olympics. Kevin, currently leads the Patriots Aquatic club which partners with Stevenson's swim program. He has five assistant coaches, Erin McCook, a Stevenson alum; Jennifer King and Rick DeLeonard add Ayrtan Kasements who are both assistants with the boys team. Kevin's 80 swimmers will compete in their state meet November 23 and 24th. The girls are on a four year streak as conference champions and just won their sectional meet mid-November.

Sean Wimer, is in his 14th season as Head Water Polo Coach and 10th season as an Assistant Swim Coach. Sean also coaches club water polo and does operations for a fitness facility. When asked what Sean brings to Doug's boys program Doug says " what immediately comes to mind is his enthusiasm and faith - he is great at noticing the energy and mood of the team and then helping us to build off of it in a positive way." Sean played water polo in high school and went on to play water polo for Loyola Marymount. His water polo team has gone to eight straight tournaments and won in 2017. This past season he had 40 athletes Sean has three assistants, Brigitte Kusevskis played at Villanova and was one of his high school coaches. She is responsible for the attacker group and freshman/sophomores. His head assistant is Rose Wimer who Sean met when they were coaching

rivals and her team beat Sean's. Rose, who played at Carthage, coaches defense and two meter group. And, yes, she is Sean's wife. Mike Kusevskis, Brigitte's husband, volunteers with the team and coaches the goalies.



Father and son Jeff Wimer (L), Sean Wimer

Jeff Wimer, in his 23th season with Stevenson's girls water polo team and a total of 31 years of coaching. A firefighter for 31 years, Jeff retired as Fire Captain in 2012. His career record is 672-167-1 with 4 state championships at Stevenson. This past season Jeff had around 50 players. Water polo is a spring sport and Jeff's girls and Sean's boys share practice time by alternating deep end and morning practice. Jeff has three assistants, all former players of his. They are Brian Woodward, Gillie Adler, and Keely Wimer who is Jeff's daughter. Each of these coaches also played with Sean when they were all coached by Jeff.

Amy Inselberger, is in her 22nd year coaching boys diving at Stevenson where she also teaches

Biology and Chemistry. She doesn't have an assistant but credits her colleagues Jonathan Roby and Don Carmichael who serve as mentors to her program. Over the past five years Amy coached two divers to state and was voted by her peers as sectional diving coach of the year in 2017 and 2019.

Jonathan Roby has coached the girls dive team at Stevenson for two years.

For these coaches it is "all in the family", from the time they participated on Stevenson teams to their current roles as coaches and teachers at the school. Now waiting in the wings is yet another generation to carry the traditions that continue to make Stevenson's swim/dive/water polo programs great. Welcome, three year old Connor Wimer, who is already on deck learning the ropes.



The Vikings of Guilford High School in Rockford, IL

FEATURE:

FINANCIAL AID PROCESS

Excerpt from Looking for a FULL RIDE?; An Insider's Recruiting Guide

Renee Lopez, MS



Derry Ebert, vice president for enrollment management at Warner University, has spent 20 years working admissions in Colorado, Kansas, and Florida, and offers this advice, “My words of wisdom when it comes to families seeing the cost of tuition is not to be scared by ‘sticker shock’. It is like buying a car—no one really pays the sticker price.”

1. Investigate the process of applying for scholarships beyond athletics, especially for NCAA Division III.

Jason Davis, head cross country and track and field coach at Marietta College in Ohio, states, “Everyone always wants to know how much athletic scholarship money the school can offer. While this doesn’t apply to all sports or programs, with Division III, we can’t offer athletic scholarships, so families should look into all types of scholarships. However, for us to offer a roster spot, they must have applied and been accepted. They need to visit and show strong

interest. I might make an offer a bit earlier if in competition with a conference team, but we like to really know the recruit before we make an offer of a roster spot.”

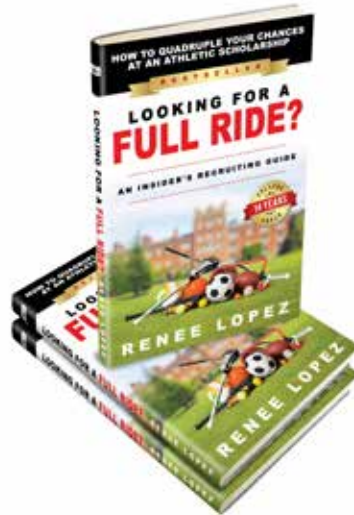
2. Submit the Free Application for Federal Student Aid (FAFSA).

It is an essential part of the process to see what need-based loans, grants, and scholarships are available from the federal government and, for some colleges, also from the state. The FAFSA can be filed during the fall of senior year of high school and is based on the parents’ prior year’s taxes.

3. Understand how financial aid and tuition discounts work for the college.

Depending on the sport and division of the college, they may or may not be able to stack athletic, academic, and independent/community scholarships. Ask how this works at each college the student-athlete is applying to, since it varies across schools.

Carrie Doyle, senior associate athletics director for compliance at North



Carolina State University, states, “Parents need to understand upfront that NCAA rules may mean they need to choose either the athletics scholarship or institutional aid (depending on the sport and division, they may or may not be allowed to keep both.) Most institutional financial aid ‘counts’ as athletics aid, which cuts into the athletics aid a coach may want to give to other recruits. A coach is trying to help develop the best package of financial aid for the recruit, while maximizing the amount of athletics aid, he/she can use to recruit other talented players.”

*A financial aid agreement is the kind of document you absolutely **have** to read and understand.*

4. Apply for independent scholarships.

Make sure you are investigating all types of scholarships available. Check out www.fastweb.com, www.scholarships.com, and www.studentscholarshipssearch.com. Also, check with local community groups such as Kiwanis, the Boy and Girl Scouts, credit unions, banks, churches, and local businesses.

Athletic Scholarships

I love the movie The Blindside, but it gives an impression that college coaches are going to be pounding down your door offering full athletic scholarships just because you are talented. I think that’s a very false representation of what the college recruiting process looks like for about 95 percent of student-athletes.

Barry King, head coach of men’s and women’s water polo at George Washington University, warns families about placing too much emphasis on athletic scholarships. “First and foremost, the

system is rigged for disappointment. A lot of time is put into building the relationship with the prospect and then at the end, a value must be put on that relationship. Agreement on that value is rare. Every scholarship offer has its own nuance and set of parameters.”

Carrie Doyle, of North Carolina State University, further explains the various dimensions of an athletic offer, “A financial aid agreement is the kind of document you absolutely *have to* read and understand. Coaches may offer a percentage of a scholarship, but what is it the percentage of? Total cost of attendance or what a full scholarship used to be (tuition, fees, room, board, and books)? Is the agreement a multiyear agreement with zero scholarship dollars in one or more years, or is it a one-year agreement? Sometimes coaches will say, ‘I’ll cover your costs,’ which generally means something less than a scholarship covering the total cost of attendance.”

Some smaller colleges are more likely to offer a partial athletic scholarship or a walk-on position. So, falling in love with lower student-professor ratios in an academic major, a smaller friendlier campus, and an awesome athletic opportunity may mean finding a way to pay for this great opportunity.

Some families think they can just ask the coach or financial aid office for a better offer. But it’s complicated. It depends on the circumstances. Typically, unless the Estimated Family Contribution (EFC) changes for some special circumstances (as evaluated through the FAFSA), it is highly unlikely to change an offer much beyond \$500–\$2000. It is a very delicate conversation to have with a coach, so as not to seem ungrateful for a current offer.

Kathy DeBoer, executive director of the American Volleyball Coaches Association (AVCA), states, “It always amazes me when a parent says, ‘She has to get an athletic scholarship because we can’t pay for her to go to college.’ It’s not financial aid, that’s a different program—you don’t apply for these scholarships—whether music or athletic—you earn it. There is a huge difference. Most kids don’t have the skills, training, mental toughness, or physical attributes to earn these.”

Almost every coach wants to give out a full scholarship to recruits, but . . . they only have a certain “pot” of money to use across the whole team, which is based on regulations issued by the governing body, their conference, and the school. Many athletic programs are not even fully funded to the conference maximums or what the governing body allows. This is simply because the institution decides how much aid will be used for athletics. If not fully funded, that coach may not be happy about it, but can do little to change it. Coaches must find ways to make their allotment work across their whole team. For sports with equivalency requirements, this can be even more challenging. It’s not that they don’t think a student-athlete deserves more athletic scholarship money, it’s that they simply don’t have it available.

Twenty-year veteran **Coach Renee Lopez** speaks throughout the United States and internationally, educating student-athletes, parents, coaches, and administrators on the college recruiting process. Her coaching experience includes stints with NCAA Division I, II, III, NAIA, high school varsity and club teams. She also served as a Director of Coaching

for a youth club, been an Athletic Director, and oversaw NCAA Division II Compliance for 13 sports.

After her college athletic career, she earned her graduate degree in Exercise Sport Science/Sport Management at the University of Florida while on staff with a NCAA Elite Eight team. From 2005 to 2009, Coach Renee led a NCAA Division II program from a 3-12-2 record to back-to-back 11-win seasons. This achievement brought her Coach of the Year honors, her team earned academic awards, and she had all-conference players, including an All-American. She then catapulted into an NCAA Division I Head Coaching position and had another record-breaking season.

A heartfelt call led to coaching at Christian colleges for four years, where she advanced her teams to regional championships and produced two more All-Americans and many more all-conference awards. She has spoken at numerous Fellowship of Christian Athletes events, written articles for the National Christian Colleges Athletic Association, and the National Alliance for Youth Sports. Her work has been featured in various media outlets including ESPN Radio, Sirius XM, USA Weekly, Tackling College Sports, and WECcoach.

Coach Renee owns RL Academy, is the Director of the College Athlete Recruiting Education (C.A.R.E.) program, and has over 40 blogs on recruiting. She is also a certified speaker and trainer on leadership development and creating positive teams for the John Maxwell Team, Jon Gordon Company, 3Dimensional Coaching, and the Positive Coaching Alliance. She is licensed with the United Soccer Coaches and the United States Soccer Federation.

You can find further resources at www.rlopezcoaching.com and purchase the book at www.lookingforafullride.com. Contact Coach Renee for webinars, live events, consulting, and bulk book orders at info@lookingforafullride.com



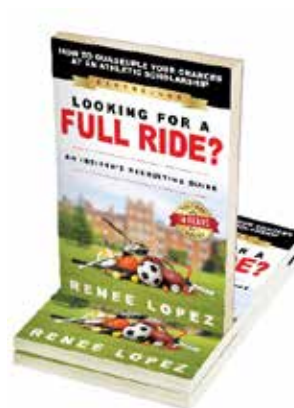
Looking for a FULL RIDE?: An Insider's Recruiting Guide

by Coach Renee Lopez

Back Cover: The college athletic recruiting process can be daunting for students, parents, coaches, athletic directors, and school counselors. maze of NCAA, NAIA, NCCAA, and NJCAA rules and contacting coaches to athletic scholarship can feel overwhelming.

Looking for a FULL RIDE? provides a true insider's perspective on recruiting. through the process of becoming a college student-athlete. Coach Renee upon her 14 years of college coaching experience and with the insight of 65 and athletic directors from NCAA Division I to Junior College in 19 different the United States. She also interviewed another 25 college admissions personnel, compliance staff, and executive directors to help educate families. This book shows you how to:

- Demonstrate the qualifications coaches seek in recruits.
- Encourage a coach to attend an athletic event to evaluate a student-athlete.
- Stand out in the crowd in video links, at recruiting camps, and college showcase tournaments.
- Understand recruiting rules including signing and eligibility procedures.
- Navigate the overall application, financial aid, and commitment process.
- Learn the differences in the recruiting process for an international or homeschooler and those seeking a faith-based college experience.



high school
Dealing with the
obtain an

It walks you
Lopez draws
college coaches
sports across



The Unicorns of New Braunfels High School in New Braunfels, TX. They team is coached by Doug Konomos.

NISCA Swimming All America

Rules:

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

Procedures:

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

HIGH SCHOOL SPECIFIC:

NISCA/FINIS WEEKEND WORKSHOPS AND NISCA CLINICS:

How NISCA can support you and coaches in your area

by Arvel McElroy



Interested in hosting a NISCA Clinic or Weekend Workshop? What is the difference between a NISCA Clinic and a Weekend Workshop?

A NISCA Clinic features a NISCA speaker(s) presenting on a variety of topics chosen by the host. The clinic can be a one-day, two-day or three-day format. It's up to the host. This is a traditional clinic format.

A Weekend Workshop has a set curriculum presented in an informal style. The speaker(s) present material then coaches are given time to share their ideas with one another. It's a working day(s). Participants will go home with a notebook and flash drive from the presented material. FINIS will sponsor two of these a year but host may request this format in place of the traditional clinic.

Host expectations/requirements and additional information is listed below.

**NISCA/FINIS Weekend Workshop
NISCA Clinics**
(required information e-mailed to niscacoach@aol.com)

Host:

Host E-mail:

Host Cell Number:

Host Address:

Facility Name:

Facility Address:

Sessions: Pool Classroom (Circle one or both)

Format requested: Weekend Workshop or Clinic

Requested Date(s) of Workshop/Clinic (including alternate dates):

Topic Requests (in addition to listed topics, if any):

Arvel McElroy

NISCA Outreach Coordinator

niscacoach@aol.com

785-218-1912 (if no answer, please leave a voicemail message)

**NISCA/FINIS Weekend Workshops
(2 per year)**

General Considerations

- Minimum of 25 coaches in attendance
- Suggested registration fee \$25 - \$50 per coach
- Access to classroom and/or pool facility
- Availability of other clinics in the area
- Existence of a swimming coaches' organization

Hosting Responsibilities

- Advertise the clinic
- Collect registrations
- Provide adequate facilities and cover costs, if any
- Provide food and beverages for the day
- Arranging lodging for speakers

NISCA/FINIS Responsibilities

- Provide curriculum and speakers
- Pay for transportation for speakers
- Pay lodging for speakers
- Provide speaker fees
- Advertise the clinic

Curriculum/Sessions

- A Winning Attitude
- Keeping it Fun
- Season Planning
- Failure
- Setting Goals
- In this Lawsuit Happy Society – CYB (Cover Your Backside)
- The “TEAM” Concept
- Session promoting/demonstrating FINIS products
- Coaching Various Levels
- Some Practical Advice – Coaching Philosophy

Optional additions

- The Art of War and Coaching
- Beyond the Pool – What High School Coaches Need to Know
- Training Captains
- Sessions on Team Packets and Parents
- Why NISCA?
- Getting Involved in NISCA
- Starting a New Program
- Thinking Outside the Bowl
- So You Want to Be a Coach? Swimming 101

**NISCA Clinics
(unlimited number per year)**

General Considerations

- Suggested minimum of 25 coaches in attendance
- Access to classroom and/or pool facility

Hosting Responsibilities

- Advertise the clinic
- Collect registrations
- Provide adequate facilities and cover costs, if any
- Provide food and beverages for the day
- Arrange and provide lodging costs for speaker(s)
- Provide transportation costs for speaker(s)
- Provide the speaker fees for speaker(s) – cost based on number of presentations

NISCA Responsibilities

- Provide curriculum and speakers
- Advertise the clinic

Possible Topics

- A Winning Attitude
- Keeping it Fun
- Season Planning
- Failure
- Setting Goals
- In this Lawsuit Happy Society – CYB (Cover Your Backside)
- The “TEAM” Concept
- Session promoting/demonstrating FINIS products
- Coaching Various Levels
- Some Practical Advice – Coaching Philosophy
- The Art of War and Coaching
- Beyond the Pool – What High School Coaches Need to Know
- Training Captains
- Sessions on Team Packets and Parents
- Why NISCA?
- Getting Involved in NISCA
- Starting a New Program
- Thinking Outside the Bowl
- So You Want to Be a Coach? Swimming 101

Technique and Training:

HAMMER HEAD SWIM CAPS

Theresa Finn, Mako International



I am reaching out to you as a Mom of a HS freshman swimmer and co-founder and CEO of Hammer Head® Swim Caps – the world's only

protective swim cap. My husband is an NFHS and USA Swimming Official and our son has experienced a head injury in the pool. My business partner and I designed and patented this swim cap to bring head safety to aquatic sports, starting with swimming – today there is a gaping hole here. Think about how far football and hockey helmets have come and I when I was a kid we did not have bike helmets.

Mako International, LLC designed and patented the Hammer Head® swim cap to bring head safety to aquatic sports, starting with swimming - today there is a gaping hole here. It may not be a bleeding head at the end of the pool, but rather accidental and repetitive head strikes above and below the water in busy practice and warm-up lanes. We are proud to say, as of January 2019, we have launched all three swim cap sizes in our product line with very positive market acceptance and excitement.

As you know, NFHS has required Concussion Protocol Training for officials and coaches for years and as of last month, USA Swimming is catching up by requiring the same testing and certification across every state. Although this protocol is reactive to an incident, we are thrilled to see this forward progress.

Today, Hammer Head is the only swim cap on the market offering this safety option for swimmers, especially for the young, developing brain. Think of it as the first line of defense for our athletes. Please note the attached PDF, a helpful tool calling out the unique combination of features and benefits. Our focus has always been on safety, but you will find that it also doubles as a racing cap, is extremely comfortable and durable. And your swimmers can double-cap in competition.

We are endorsed by ASCA (American Swimming Coaches Association) and Olympians Rowdy Gaines and Josh Davis, among others. Olympian Missy Franklin's father, Richard Franklin, is the Chairman of our Advisory Board. For more information [here](http://www.hammerheadswimcaps.com) is the website: www.hammerheadswimcaps.com

Please watch for our ad in the *High School Today* magazine. It is our goal to educate EVERY High School coach, official, swimmer and parent through this outreach effort. We want to make High School swimming safer!



The World's Only Protective Swim Cap®

“We will soon all look back
incredulously that athletes ever swam
without head protection of this kind

*Rowdy Gaines, Olympic Gold Medalist,
International and Masters Hall of Famer*



GAME-CHANGING FEATURES AND BENEFITS INCLUDE...



HIT Honeycomb Impact Technology® –
patented technology designed to reduce
the shock of accidental and repetitive
head strikes in the pool



TEKFIT® – designed with no wrinkles
and built for racing



DURABILITY – tear-resistant, premium
silicone that is designed to outlast
other caps

We invented the
**world's only protective
swim cap®** - but it does
so much more!



The World's Only Protective Swim Cap®

Olympic Gold Medalist,
Rowdy Gaines



www.hammerheadswimcaps.com

All America:

NEW NISCA PARA ALL AMERICA AWARD:

Eve Julian, NISCA Secretary and Webmaster

The NISCA Para All-America Program is new for the 2019-2020 school year. Similar to the NISCA All-America program, the Para All-America team will annually recognize the fastest high school Paralympic swimmers in the country.

Here is what you should know about this exciting new NISCA program:

1. Applications for the Para All-America award are free for NISCA coaches. Each application will cost \$30 for non-NISCA members. Please renew your membership now, and encourage others to join to receive the benefits throughout the school year.
2. In order to be eligible for the Para All-America team, athletes must be classified by USA Para, and a copy of the classification must be submitted with the application. Paralympic swimming competition is open to athletes from all three impairment groups (visual, intellectual and physical). A system of letters and numbers is used to distinguish the sport classes: "S" is for freestyle, backstroke and butterfly; "SB" is for breaststroke; and "SM" is for individual medley. Swimmers with physical impairments compete in sport classes 1 - 10. Swimmers with visual impairments compete in sport classes 11 -13. Swimmers with activity limitations due to an intellectual impairment compete in S/SB/SM14. To familiarize yourself with the classifications, please visit <https://www.teamusa.org/US-Paralympics/athlete-classifications/swimming/>
3. After reviewing state meet results for states that currently include paralympic events, we have seen many "unclassified" athletes in those results. Please work with any para athlete in your program to get their classification documented as soon as possible. For further information on U.S. Paralympics national classification policies contact U.S. Paralympics at 719-866-2030
4. In order to be eligible for the NISCA Para All-America team, the qualifying time must have been accomplished in an interscholastic competition. This does not have to be a championship meet, but meet results from the interscholastic competition must be submitted to NISCA for verification of the performance. THE TIME MUST HAVE BEEN ACHIEVED IN A HIGH SCHOOL MEET.
5. The time standards for each event are listed for both short course yards and meters. There are different time standards based on a swimmer's classification for each event.

6 The application deadlines will be as follows (late fees will apply):

Fall applications are due by December 31, 2019

Winter applications are due by March 31, 2020

Spring applications are due by June 15, 2020 - this is the absolute last day for submitting applications

Certificates will be mailed to the athletes in July 2020.

Please help spread the word about the Para All-America program. Share the time standards with high school and club coaches, as well as swimmers, so those swimmers who may be close to the standards can use these times as motivation for the upcoming season!

NISCA Paralympic All America Qualifying Times

Boys		Event/Class	Girls	
SCM	SCY	50 Freestyle	SCM	SCY
01:49.92	01:38.23	S1	01:02.27	00:55.84
01:09.45	01:02.06	S2	01:04.42	00:57.77
00:57.20	00:51.11	S3	00:54.37	00:48.76
00:44.00	00:39.32	S4	00:47.07	00:42.21
00:36.81	00:32.89	S5	00:43.00	00:38.56
00:34.62	00:30.93	S6	00:39.35	00:35.29
00:31.37	00:28.03	S7	00:37.00	00:33.18
00:30.00	00:26.81	S8	00:34.97	00:31.36
00:28.04	00:25.05	S9	00:33.14	00:29.72
00:25.81	00:23.06	S10	00:31.30	00:28.07
00:31.86	00:28.47	S11	00:35.30	00:31.66
00:27.44	00:24.52	S12	00:30.52	00:27.37
00:27.43	00:24.51	S13	00:31.84	00:28.55
Boys		Event/Class	Girls	
SCM	SCY	100 Freestyle	SCM	SCY
04:34.08	04:06.69	S1	02:16.65	02:02.88
02:38.87	02:22.99	S2	03:35.30	03:13.61
01:58.25	01:46.43	S3	01:55.33	01:43.71
01:35.43	01:25.89	S4	01:42.06	01:31.78
01:18.40	01:10.56	S5	01:37.54	01:27.71
01:13.52	01:06.17	S6	01:28.23	01:19.34
01:09.43	01:02.49	S7	01:18.84	01:10.90
01:05.79	00:59.21	S8	01:15.44	01:07.84
01:00.69	00:54.62	S9	01:11.24	01:04.06
00:56.01	00:50.41	S10	01:08.42	01:01.53
01:09.75	01:02.75	S11	01:17.19	01:09.41
00:59.79	00:53.81	S12	01:07.39	01:00.60
01:01.53	00:55.38	S13	01:09.02	01:02.06
00:59.89	00:53.90	S14	01:06.54	00:59.83

Boys		Event/Class	Girls	
SCM	SCY	200 Freestyle	SCM	SCY
05:47.73	05:13.82	S1	05:47.73	05:13.82
05:28.59	04:56.55	S2	07:26.87	06:43.30
04:37.91	04:10.81	S3	03:58.08	03:34.86
03:25.94	03:05.86	S4	04:02.47	03:38.82
02:52.33	02:35.52	S5	03:19.92	03:00.42
02:37.49	02:22.13	S6	03:08.84	02:50.42
02:37.48	02:22.12	S7	02:51.82	02:35.06
02:25.00	02:10.86	S8	02:41.20	02:25.48
02:22.45	02:08.56	S9	02:37.63	02:22.26
02:09.75	01:57.09	S10	02:25.57	02:11.37
02:36.55	02:21.28	S11	02:48.36	02:32.84
02:21.84	02:08.01	S12	02:29.70	02:15.10
02:17.91	02:04.46	S13	02:27.81	02:13.39
02:12.38	01:59.47	S14	02:22.27	02:08.39
Boys		Event/Class	Girls	
SCM	SCY	400 Freestyle	SCM	SCY
05:25.04	06:10.22	S6	06:16.72	07:14.35
05:13.24	05:56.78	S7	05:54.81	06:49.09
04:59.21	05:40.80	S8	05:25.43	06:15.22
04:43.20	00:00.00	S9	05:19.68	06:08.59
04:29.76	05:22.56	S10	05:17.26	06:05.80
05:27.21	06:12.69	S11	05:57.80	06:52.54
04:43.38	05:22.76	S12	05:09.28	05:56.59
04:44.99	05:24.60	S13	05:16.27	06:04.65
04:41.09	05:20.16	S14	05:24.56	06:14.21

Boys		Event/Class	Girls	
SCM	SCY	100 Backstroke	SCM	SCY
03:00.93	02:42.85	S1	02:41.44	02:25.31
02:37.01	02:21.32	S2	02:54.83	02:37.36
02:17.67	02:03.91	S3	02:02.24	01:50.02
02:16.42	02:02.79	S4	02:04.17	01:51.76
01:25.21	01:16.69	S5	01:49.53	01:38.58
01:25.70	01:17.13	S6	01:42.00	01:31.81
01:18.19	01:10.37	S7	01:26.22	01:17.60
01:12.66	01:05.40	S8	01:28.09	01:19.28
01:06.62	00:59.96	S9	01:17.48	01:09.73
01:05.88	00:59.29	S10	01:18.05	01:10.25
01:24.04	01:15.64	S11	01:28.80	01:19.92
01:06.17	00:59.55	S12	01:15.65	01:08.09
01:07.70	01:00.93	S13	01:20.03	01:12.03
01:07.38	01:00.64	S14	01:15.53	01:07.98
Boys		Event/Class	Girls	
SCM	SCY	100 Breaststroke	SCM	SCY
03:08.01	02:46.05	SB1	03:38.01	03:16.05
02:39.40	02:23.60	SB2	03:14.71	02:55.11
02:03.67	01:51.41	SB3	02:31.25	02:16.01
01:45.21	01:34.78	SB4	01:59.93	01:47.85
01:45.54	01:35.08	SB5	01:49.59	01:38.55
01:33.66	01:24.37	SB6	01:49.13	01:38.14
01:26.45	01:17.88	SB7	01:39.88	01:29.82
01:20.42	01:12.45	SB8	01:26.87	01:18.12
01:13.13	01:05.88	SB9	01:26.10	01:17.42
01:26.62	01:18.03	SB11	01:37.78	01:27.93
01:17.89	01:10.17	SB12	01:25.54	01:16.92
01:14.93	01:07.50	SB13	01:26.73	01:17.99
01:15.60	01:08.10	SB14	01:27.11	01:18.33

Boys		Event/Class	Girls	
SCM	SCY	100 Butterfly	SCM	SCY
01:58.37	01:46.26	S5	02:05.72	01:53.16
01:22.98	01:14.49	S6	01:44.55	01:34.10
01:23.51	01:14.96	S7	01:33.06	01:23.76
01:08.90	01:01.85	S8	01:23.08	01:14.78
01:07.04	01:00.18	S9	01:17.29	01:09.56
01:02.97	00:56.52	S10	01:12.60	01:05.34
01:17.07	01:09.18	S11	01:28.29	01:19.46
01:07.03	01:00.17	S12	01:14.86	01:07.38
01:04.17	00:57.60	S13	01:16.04	01:08.04
01:06.00	00:59.24	S14	01:16.95	01:09.26
Boys		Event/Class	Girls	
SCM	SCY	200 Ind Medley	SCM	SCY
04:57.20	04:23.78	SM3	05:37.20	05:03.78
04:03.88	03:39.51	SM4	04:43.88	04:09.51
03:10.83	02:51.76	SM5	03:52.69	03:29.63
03:03.16	02:44.86	SM6	03:32.90	03:11.80
02:57.46	02:39.73	SM7	03:19.03	02:59.30
02:37.73	02:21.97	SM8	02:59.20	02:41.44
02:29.14	02:14.24	SM9	02:50.81	02:33.88
02:22.66	02:08.40	SM10	02:42.67	02:26.54
02:58.32	02:40.50	SM11	03:13.54	02:54.36
02:30.22	02:15.21	SM12	02:52.05	02:34.99
02:32.33	02:17.11	SM13	02:50.35	02:33.46
02:29.02	02:14.13	SM14	02:44.55	02:28.24



The Indians of Dobyns-Bennett High School in Kingsport. The team is Coached by Nathan Love

2018-2019 NEW NATIONAL RECORDS

Type	Event	Time	Name	School/Coach	City, State	Date
Female Independent	200 IM Meters	2:16.88	Ellie Waldrep	The Baylor School Dan Flack	Chattanooga, TN	11/16/2019
Female Independent	100 Backstroke Meters	59.87	Ellie Waldrep	The Baylor School Dan Flack	Chattanooga, TN	11/16/2019

Proposed Bylaw Changes: 2019

Proposed Bylaw Changes 2020:

Proposal #1 – Proposed and 1st vote passed March 2019, 2nd vote and ratification scheduled for March 2020

ARTICLE IV Finances

SECTION 3 Stipends:

a. ~~Any stipend must be voted by the membership present at the Annual General Meeting. Once approved, a stipend will be provided as noted until such time as it is either altered or revoked by similar vote. All stipend amounts shall be noted in the Constitution or By-laws.~~

b. ~~The Journal Editor shall receive a stipend of \$1500.00 per annum.~~

e. ~~The Web Master shall receive a stipend of \$1500.00 per annum.~~

Proposed change:

1. Positions to receive stipends shall be voted on and approved by the membership present at the Annual General Meeting. Approved positions shall be recorded and published in the By-laws of the organization.
2. The amount of the stipends shall be determined by the Executive Board. Stipends shall be reasonable and appropriate and in accordance with the current financial status of the organization.
3. The Audit Committee will review stipend amounts annually.
4. The Journal Editor and Webmaster shall receive stipends.

Rationale:

Due to the changing needs of both the organization and the specialized expertise required for the Webmaster and Journal Editor positions, allowing the executive board to set the stipend amount to reflect the current job will permit the flexibility needed to match compensation with needs.

Proposal #2 - Proposed September 2019. To be voted on at Annual General Meeting March, 2020

Proposed by Dave Barney

ARTICLE III MEETINGS

SECTION 1 Annual General Meeting:

a. The time and site of the Annual General Meeting of the Association shall be established at least one year in advance, and unless voted otherwise by virtue of a quorum of the voting membership present at the Annual General Meeting, shall be held at the time and site of the Men's NCAA Division I Swimming and Diving Championships in odd numbered years and the Women's NCAA Division I Swimming and Diving Championships in even numbered years.

Rationale: For a few years now, NISCA has seemingly been toying with the idea of subscribing to this proposal but only in an exploratory way, i.e. Greensboro, North Carolina in 2016 and Austin, Texas in 2019. The time has come, I think, for NISCA to fully recognize the distaff side of our constituency by voting to alter their traditional annual meeting format to include regular attendance at the NCAA Division I Women's national meet beginning in 2022 and continuing to alternate between Women's and Men's meets yearly after that date.

Inspiration:

QUOTES FOR COACHES:

Coaches have to watch for what they don't want to see and listen to what they don't want to hear

~John Madden

Successful coaches are visionaries. They have a picture of success set in their minds.

Gavin McGinnis

Leaders should be reliable without being predictable. They should be consistent without being anticipated.

Mike Krzyzewski

A great coach can lead you to a place where you don't need him any more.

Andre Agassi

Don't tell me about your effort. Show me your results.

Tim Fargo

A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be.

Tom Landry



National Interscholastic Swimming Coaches Association 2019-20 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>All-America</u>	<u>Consideration</u>
1:44.07	1:45.86	200 Medley Relay	1:44.07	1:45.86
1:49.16	1:51.05	200 Freestyle	1:49.16	1:51.05
2:01.91	2:04.18	200 Individual Medley	2:01.91	2:04.18
:23.05	:23.45	50 Freestyle	:23.05	:23.45
:54.54	:55.73	100 Butterfly	:54.54	:55.73
:49.98	:50.86	100 Freestyle	:49.98	:50.86
3:55.96	4:00.04	400 Freestyle	3:55.96	4:00.04
1:34.77	1:36.01	200 Freestyle Relay	1:34.77	1:36.01
:55.03	:56.26	100 Backstroke	:55.03	:56.26
1:02.08	1:03.39	100 Breaststroke	1:02.08	1:03.39
3:27.47	3:30.47	400 Freestyle Relay	3:27.47	3:30.47



*87th Annual NISCA National Conference
March 25-28, 2020*





National Interscholastic Swimming Coaches Association 2019-20 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>All America</u>	<u>Consideration</u>
1:33.34	1:34.94	200 Medley Relay	1:33.34	1:34.94
1:38.52	1:40.23	200 Freestyle	1:38.52	1:40.23
1:49.83	1:51.77	200 Individual Medley	1:49.83	1:51.77
:20.60	:20.96	50 Freestyle	:20.60	:20.96
:48.96	:50.03	100 Butterfly	:48.96	:50.03
:44.99	:45.78	100 Freestyle	:44.99	:45.78
4:28.75	4:33.39	500 Freestyle	4:28.75	4:33.39
1:24.92	1:26.03	200 Freestyle Relay	1:24.92	1:26.03
:49.53	:50.64	100 Backstroke	:49.53	:50.64
:55.93	:57.11	100 Breaststroke	:55.93	:57.11
3:06.24	3:08.93	400 Freestyle Relay	3:06.24	3:08.93

Follow us on Facebook:

NISCA(national interscholastic swim coaches association)

<https://www.facebook.com/Nisca-National-Interscholastic-Swim-Coaches-Association-165367300181146/>



Sheraton Indianapolis
City Center Hotel
31 West Ohio St.
Indianapolis, IN 46204
Check-In Time: 3:00 PM
Check-Out Time: 12:00 PM

NISCA Hotel Reservation Form

87th Annual NISCA Conference

Wednesday – Saturday, March 25-28, 2020

**Cutoff Date for
Reservations is
Feb. 25, 2020**

Room Rates: \$179.00 + Taxes (17%) (Single/Double)
Complimentary Wi-Fi (3Mb in guest rooms, meeting rooms and public spaces)
Self-parking \$30.00
Hotel reservations must be made by Feb. 25, 2020. Reservations made after this date will be taken on a space available basis only.

Reservations must be made by individual attendees directly with Marriott Reservations at 888-627-8186.

Individuals must identify themselves as being with NISCA (National Interscholastic Swimming Coaches Associations) Annual Conference at the time the reservations are being made in order to receive the special group rate. All reservations must be guaranteed at the time the reservation is being made.

Date of Arrival: _____

Estimated Time of Arrival: _____

Date of Departure: _____

Please Reserve: _____ room(s) for _____ people

NAME(S) OF PEOPLE WHO WILL BE
SHARING THESE ACCOMMODATIONS:

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

AMEX _____ VISA _____ MASTERCARD _____ DISCOVER _____

Card Number _____ Exp. Date _____
CVC (Security) Code _____

Signature _____

2020 CONFERENCE AGENDA

All Times and Topics are Subject to Change

Wednesday

Time	Meeting
7:45am-8:45am	Audit Committee (closed)
8am-9am	Water Polo
9am-10am	Diving
9:00am-11:00am	Professional Awards (closed)
12:00pm-1:00pm	Letterhead Meeting (lunch included)
1:00pm-2:30pm	AA Chairs (Closed)
2:30pm-3:30pm	Zone Directors
3:00pm-4:30pm	Coaches Education
6:00pm-7:30pm	Finals
7:45pm- 9:00pm	NISCA Welcome Reception Open - (sandwiches and beverages) New Coaches meet up

Thursday

Time	Meeting
7:00am-8:00am	Breakfast
7:45am-9:00am	NISCA Meeting #1
10:00am	Swimming Prelims
1:00pm-2:00pm	General Rules Meeting
2:10pm-2:50pm	All America General Meeting
3:00pm-4:00pm	Dave Barney "...About Those Little Girls: The Rising Tide of American Women Olympic Swimmers"
4:00pm-5:00pm	Speaker #2- TBD
6:00pm	Finals
8:00pm	Beer and Pizza Social

Friday

Time	Meeting
7:00am-8:00am	Breakfast
7:45am-9:00am	NISCA Meeting #2
10:00am	Prelims
2:00pm-2:50pm	Zone Round Table for all attendees
3:00pm-3:50pm	Speaker #3: Finis Speaker
4:00pm-4:50pm	Speaker #4: Para Athlete panel discussions
6:00pm	Finals
8:00pm	Ice Cream Social

Saturday

Time	Meeting
7:00am-8:00am	Breakfast
7:45am-9:30am	NISCA Meeting #3
10:00am	Prelims
2:00pm-4:00pm	Awards Banquet
6:00pm	Finals



In association with
NCAA Div. 1 Men's
Swimming and Diving
Championships

CONFERENCE REGISTRATION FORM

87th Annual NISCA Conference

Wednesday – Saturday, March 25-28, 2020

In association with
NCAA Div. 1 Men's
Swimming and Diving
Championships

Reservation Options:

Option 1... The Complete Package. Cost \$265.00

This option includes EVERYTHING! Conference registration, tickets for all sessions of the NCAA Championships, NISCA Awards Banquet, admission to the mixer and clinics, and eligibility for door prizes.

Option 2... NISCA Members and Family for each person. Cost \$175.00

This option includes everything in Option 1 EXCEPT the NCAA tickets.

Option 3... Award Winners and Presenters

As an Awardee or Presenter, you will receive free Conference registration, NISCA Awards banquet, admission to the mixer and clinics and eligibility for door prizes. Family and guests will be charged the \$175.00 (Option 2) rate for the Conference Registration.

Awardee/Presenter's

Name: _____

Additional Banquet Tickets - Cost \$70.00
NCAA Tickets are an additional fee of \$90.00

Please note the following:

1. Conference materials will NOT be mailed in advance. All conference materials will be held for each registrant until they check in at the Conference.
2. NISCA is contracting for fifty(50) tickets to the **NCAA Division 1 Men's Swimming & Diving Championships**. They will be sold on a first come, first serve basis.
3. If you are registering additional coaches, please make additional copies of this form.

Arrival Information:

Date and Time _____

Spouse's name, if attending the clinic: _____

PLEASE MAKE COPIES OF THIS FORM FOR ADDITIONAL REGISTRATIONS

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (____) _____

e-mail address: _____

Reservation Options:

Option 1 – Please reserve _____	@\$265.00	\$ _____
Option 2 – Please reserve _____	@\$175.00	\$ _____
Option 3 – Please reserve _____	Free	\$ _____
Additional Banquet Tickets _____	@\$70.00	\$ _____
Additional NCAA Tickets _____	@\$90.00	\$ _____

TOTAL \$ _____

Please indicate your entrée choice for the NISCA Awards Banquet:
If you do not indicate your choice, you will be given Beef.

Beef _____ Fish _____ Chicken _____

Checks should be made payable to **NISCA**.

Send to:

Thomas Wojslawowicz

3015 Shiloh Ln.

Charleston, SC 29414-8025