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<http://www.niscaonline.org>

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Cover Photos:

Photographer
Don Hoelting

The ladies of the McDonogh School in Owens Mills, Md. The photo was taken at their IAAM conference meet. The Lady Eagles are coached by Scott Ward

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President's Message:



Greetings!

NISCA's primary responsibility is to provide professional leadership and encouragement to its members

who coach female and male high school swimmers and divers. We have many avenues to assist you as coaches in your daily tasks; please take a look or join our Facebook for the NISCA High School Swim Exchange, follow us on twitter or on Instagram. These avenues assist us in answering questions that may come up anytime any day. We would love for you to spread the word so that we can assist any coach that reaches out. PLEASE encourage your assistant coaches, new coaches in your league, sections or states to join NISCA. We have the best interest of you as coaches and high school swimmers and divers in mind. We are here to EDUCATE – TO PROMOTE – TO HONOR.

You can find many options to assist you in recognizing a team member for their great work at our NISCA store, various certificates are available;

please take the time to look and recognize your athletes. When you join NISCA you as the coach have the benefit of \$1,000,000 Liability Insurance.

Coaching is an enjoyable, rewarding job, but once in awhile we all need somewhere to turn for advice. PLEASE let us know what we; your organization can do to assist YOU. If you don't contact us and let us know; we may never have that learning opportunity as educators to all learn from that one scenario.

"Holding your team ACCOUNTABLE isn't
and exercise in control.

It's an exercise in EMPOWERMENT."

Unknown

*"The achievements of an organization are the results
of the combined effort of each individual."*

Vince Lombardi

Sincerely,

Diane H2

Diane Hicks-Hughes

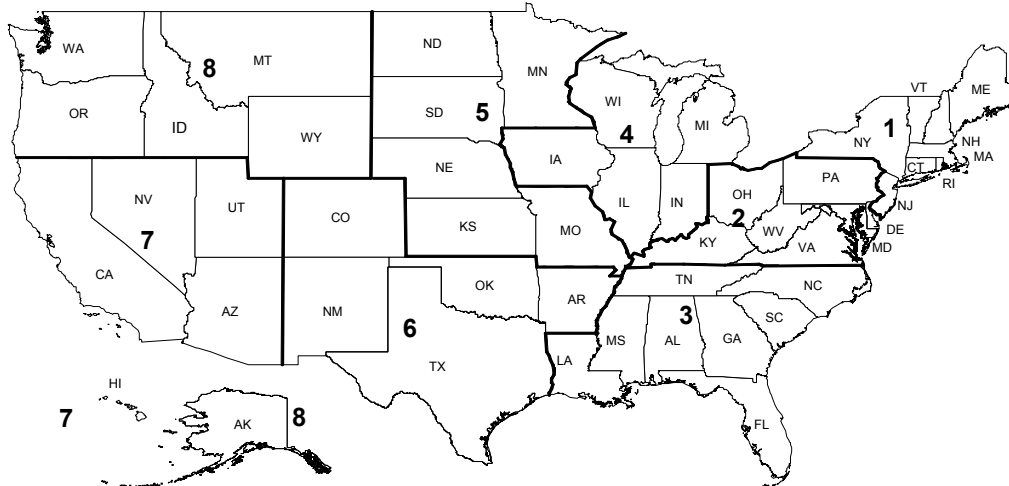
NISCA President

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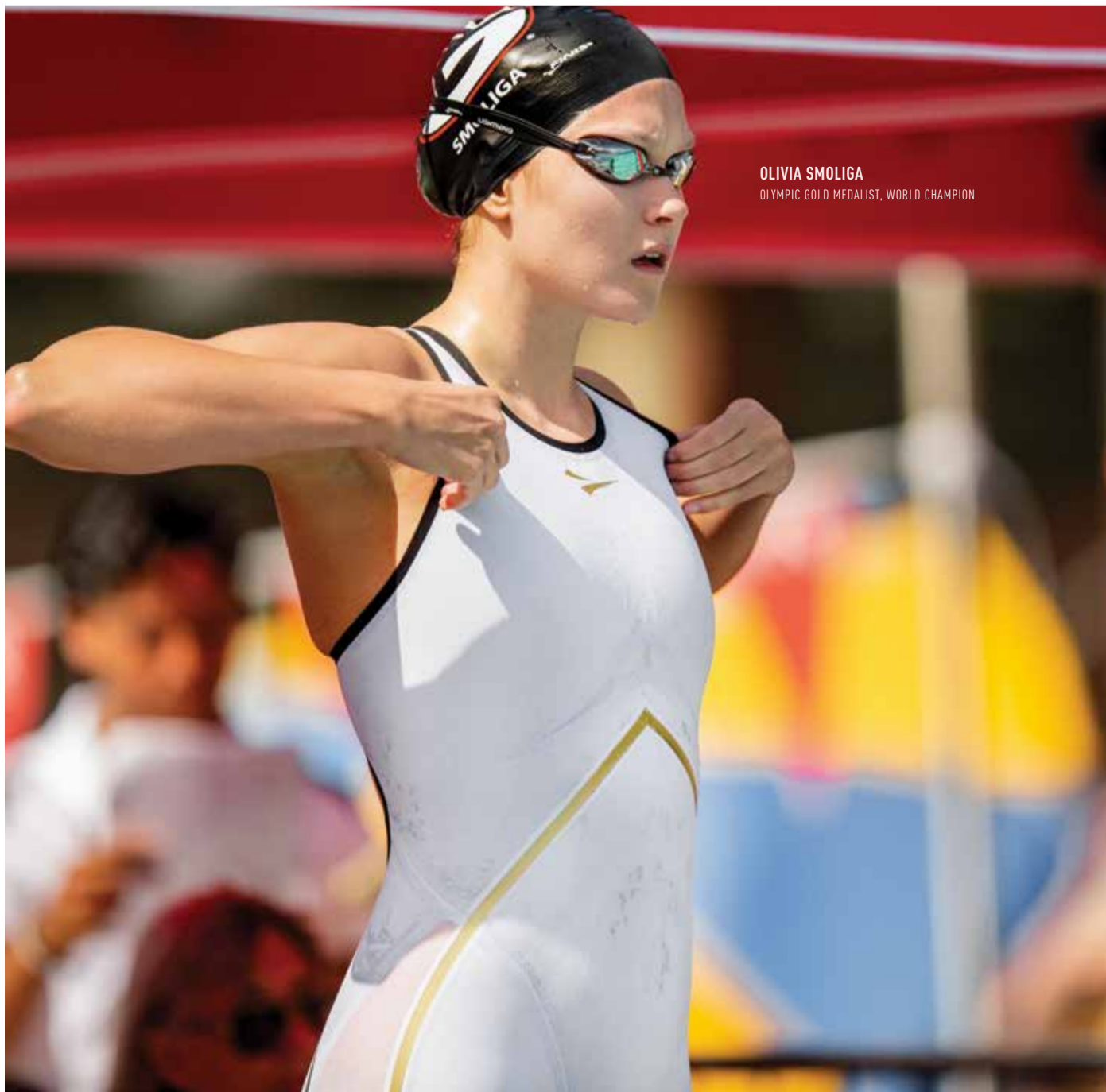
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From the Editor:

September always feels like a new beginning to me. Although my system has been back to classes since July (!!!!), swim practice gets going in September and I love the opportunity to try again. I am in my second season as the head coach at Farragut High School Swimming and Diving, and the excitement of meeting my new swimmers along with the comfort level that comes from having a big group I already know is incredibly motivating. Of course, I want to try new things, and there are so many new thing out there! In this issue, we tried something new by inviting some of the creators of the newest swim tech to submit information for us to share with you. Lesson learned- always provide a template! Although we have a range of formats, I think you will find that these products offer innovative ways to train, manage and complete with your team. Also, remember to check out the NISCA website (www.niscaonline.org) for ideas, templates and resources.

In this issue, we also share with you profiles for many of our intermediate level leaders. There are so many ways that you can be involved with NISCA- these folks are stepping up to serve as state reps and can help you with a variety of services and issues. We appreciate their service and hope you will get to know them a little better.

It's never to early to begin planning for the NISCA Conference! This year we will meet in Indianapolis concurrently with Men's NCAA Division 1 Nationals March 25-28th. If you've never attended a NISCA Conference, you are really missing out on a great opportunity to learn, network, contribute and watch



some really fast swimming. Put it on your calendar and bring a friend!

The fall issue also includes the 2018-19 Power Point results and stats. Be sure to check out how your team did!

Best Wishes for Fast Fishes!

Betsy Hondorf

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865-243-0375

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

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



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.~~
- ~~c. 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.

Proposed Bylaw Changes: 2019

Proposed Bylaw Changes 2020:

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.



The Lady Huskies of Port Huron Northern High School in Port Huron, MI. The team is led by Coach Aley Minton.

LEGENDARY NISCA COACH PETE HIGGINS PASSES AWAY



Robert Nash “Pete” Higgins, one of the most accomplished high school swim coaches in American history, passed away at the age of 86 yesterday in Atlanta. His list of championships and accolades is legendary in the sport and he is recognized as the father of competitive swimming in the state of Georgia at the high school and club level.

He is one of only 47 members of the **National Interscholastic Swim Coaches Association (NISCA)** Hall of Fame, and was the first coach from Georgia to receive this honor. Higgins also received the Georgia Athletic Coaches Association’s “Circle of Achievement” Award and was inducted as one of the first members of the Georgia Aquatic Hall of Fame.

After a distinguished swimming career at the University of North Carolina, cut short by polio at an early age, Pete began his coaching career at UNC as a grad assistant and high school coach. He was contacted by a friend about a job at a new private school in Atlanta and a 55-plus year career was born. Pete coached at **The Westminster Schools** in Atlanta from 1960 to 2016, and led the Wildcats to 41 Georgia High School Association (GHSA) state championships including his final season with a state boys’ title.

His teams won in excess of 800 meets. The number of swimmers he has led to individual state titles is too numerous to count. His swimmers went on to compete at the highest levels of the sport collegiately and internationally. He coached more than 140 High School All-America athletes, four Olympic team members, and one Pan-American Games Gold Medalist. Former swimmers include **Harrison Merrill, Mary Neal Brake, Elizabeth Hill, Jack Brown**, and countless others who had the good fortune to have Pete as their coach. Pete was recognized as the National High School Coaches Association State Coach of the Year six times, and National High School Federation National Coach of the Year twice in 1989 and 2008.

His mentorship of young coaches in the sport is another aspect of his excellence. He was always there as a helpful colleague to others in the sport. In many cases, they were former swimmers of his, whom were instilled with such a love of the sport that they chose to continue as coaches for other athletes in a hope to continue Pete’s legacy in swimming. His coaching style was one that truly resonated with his athletes. If you were to ask any of them, they would tell you that he was the best motivator they ever worked with. Pete was a big believer in the concept of good being the enemy of great and the importance of personal accountability. He won more championships against teams with superior talent because he made his athletes achieve well above their own abilities and instilled a team focused atmosphere that made that level of performance contagious.

In addition to his work at Westminster, Higgins officiated at the SEC Swimming and Diving Championships for 27 years. He is the founding president of the Georgia High School Swimming Coaches Association and a former board member of the International Swimming Hall of Fame. Higgins also held numerous offices in the Georgia AAU and U.S. Swimming organizations. His club team, the Atlanta Swim Association, was the first of its kind in Georgia. This team was the precursor for local and

national powerhouse club teams Swim Atlanta and Dynamo Swim club that currently produce national and internationally acclaimed swimmers every year.

Pete is survived by his wife Nell Furgason Higgins, daughter Blynn Higgins Masters, her husband, George William Masters; grandchildren Robert Carter Higgins, Kathleen Elizabeth Higgins. Steely Marie Masters, and Hadley Mayer Masters; and preceded in death by his son Robert Higgins Jr.



The Lady Warriors of Nauset High School in Eastham, MA. The Warriors are coached by Justin Bohanon

GET TO KNOW THE MEMBERSHIP:

Your State Directors

By Annette Thies

NISCA State Directors are the grassroots of the organization yet there have been years these positions have been hard to fill. As a volunteer organization our dedicated State Directors are integral for identifying and fostering relationships with the coaches in their state. Currently only two states (Alabama and South Dakota) have vacant positions. Since March 2019 President-Elect Tim Sirois has recruited twenty-one coaches to fill what were previously open positions. In seven states coaches share the Director position (Connecticut, Minnesota, New York, North Dakota, Oregon, Tennessee and Utah). The commitment of these State Directors and their Zone Directors (see Chart) builds a stronger organization for all high school coaches whether a long time coach or just new to the profession.

State directors most important responsibility is relationships with coaches in their state. Along with this they promote the NISCA awards programs (All America, U.S. Para All America, Academic All America and Scholar Team). They encourage coaches to submit their resumes to the NISCA website and each year the State Director recommends two coaches to the Professional Awards committee for award consideration. Directors request State Championship information from coaches and this is sent to their Zone Director for inclusion in zone related newsletters. Finally, they accept articles from coaches that may be used in other NISCA publications

Some states have over 250 NISCA members while others as few as four but the responsibilities and challenges remain the same. NISCA journal interviewed three long time state Directors, Steve VanDerBek (34 years), Penny Dipomazio (10 years) and Claire Scarpa (8 years) along with four new State Directors to see how they manage this volunteer position.



Steve Vanderbek, New Hampshire: Steve has coached both high school and club swimming since the seventies. He is currently coaching at Central High School. Steve spearheaded the effort to add swimming as a high school sport in New Hampshire. Prior to that his high school team was competing in other nearby states. **Stats:** NISCA member thirty-four years. State Director thirty-four years. Steve was recruited to the New Hampshire State Director position by NISCA coach in Connecticut. **Members:** New Hampshire is unique because there are many high schools with only one to two swimmers. The state allows them to piggyback on another high school program so swimmers can compete but instead of having a swim coach these swimmers have what are called “chaperones” for practice, which may be a parent or someone else. Steve is an important mentor to these coaches,

who many times aren't NISCA members but nevertheless need help navigating the high school swimming world. **Why volunteer?** Once his effort to get swimming added as a high school sport was complete it was a natural progression for Steve to continue as a State Director.. With tenure of thirty-four years Steve can speak to the time commitment , which he says is easily managed (for those thinking they may want to volunteer in the future). He volunteers because he wants to ensure swimmers are recognized within the NISCA awards programs and he wants to help coaches, and chaperones navigate this process. **Biggest challenge:** Getting information to new coaches because the turnover is high with chaperone coaches (who are many times parents) leaving when the swimmer leaves.



Penny Dipomazio,

Texas Director: Penny has been coaching both high school and middle school swimming for thirty-seven years with twenty-seven of those in Texas. She is currently

coaching at Lubbock ISD. For the past eight years she has been Co-Director of the Aquatic Center and also coached a Dive Club team. **STATS:** NISCA member for twenty-seven years and State Director since 2009. **Communication :** Penny credits the ease of doing her job to Mark Jedow, who is a very involved Zone Director. He sends her information which she distributes to the Texas coaches. She contributes information from Texas for use in his Zone newsletter. Communication with coaches is an on-going. **Why volunteer?** In 2009 Penny was

asked by the previous state director to take the position and she couldn't say "no". She is grateful for what swimming has given her and wants to give back. **Membership:** Penny said Texas has one of the largest coaching contingents in NISCA yet some coaches are hesitant to join if they don't have an All American swimmer. She helps them see the big picture and the benefits of being part of a national coaching organization that includes networking, mentoring, and up-to-date coaching information.



Claire Scarpa, New

Jersey: While Claire has been coaching for twenty years this is her first year at Montgomery High School where she also teaches Health and Education. **Stats:** She has been a NISCA

member since 2007 and State Director for 8 years. Claire was recruited by Gregg Anderson, the previous New Jersey State Director and also Claire's high school swim coach. **Communication:** She contacts the state coaches and state organizations by email and face to face. **Membership:** New Jersey has around twenty-seven NISCA members and Claire's biggest challenge is getting more coaches to invest in the membership. **Why volunteer?** Claire says her role as Director keeps her involved with people she swam with in high school and college that are now coaching. She brings up an important point that is echoed by some of our retired coaches – the collegiality fostered by belonging and volunteering in an organization of your peers over many years.



**Chip Hannig,
Delaware**

Director: Chip is entering his twentieth year of coaching at

Salesianum

School where is also the Athletic Manager. Previously he coached at Brandywine High School.

STATS: NISCA member for twenty years, This is his first year as a State Director . **COMMUNICATION:**

Delaware has between forty and fifty coaches in the entire state. The state has an organizational meeting prior to the October beginning of high school swim season. As a first time State Director Chip believes this meeting will be a good opportunity to acquaint many coaches about the benefits of NISCA for both the coaches and their swimmers. **WHY VOLUNTEER?** Chip volunteered because of his passion for swimming. He believes in promoting the sport and wants recognition for swimmer athletes and high school teams. He looks forward to increased interaction with his local coaching community and will encourage them to spend a few hours each season to promote their standout swimmers , which will earn them recognition for college applications and their future endeavors.

**Ralph Manley,
North Dakota:**

Ralph has coached forty-two years with thirty-four of those currently at Mandan High school. He coaches both boys and girls seasons



and is the Physical Education Instructor, as well as teaching swim lessons at the high school. **STATS:** NISCA member for thirty-four plus years. This is his first year as a State Director. He shares this volunteer position with his Assistant Coach Claudia Schoelkopf. **Communication:** North Dakota has 17 girls teams and 15 boys teams and with several coaching both teams. As the Past President of North Dakota Coaches Association (NDCA) and their current National Swim Chair, Ralph already has a close rapport with the coaches during their seasons.. **Why Volunteer?** Already a volunteer for swimming for several years, Ralph wanted to continue the strong NISCA presence in the state started by the previous State Director, Marney Shirley. By sharing the position with his Assistant Coach Ralph is planning for a future when Claudia may assume the position. **Biggest challenge:** The schools don't reimburse for membership if the coach does not teach in the system. As such, Ralph's goal is to educate young coaches about the benefits NISCA provides through mentoring and coaching knowledge within the organization.



Shawna Morgan, Wyoming: Shawna has coached for fifteen years with five of those as head coach at Lander Valley High School in Lander Wyoming where she also teaches high school math and coaches the track team. **Stats:** NISCA member for two years. This is her first year as a State Director.

Communication: Shawna is already swimming and diving representative to the Wyoming Coaches Association and she hopes her role as NISCA State Director opens another communication channel for the coaches in the state. Shannon will use email because cell phone coverage in Wyoming can be spotty. **Why volunteer?** Tom Hudson, the former State Director, asked Shawna to consider the Director job and she agreed to take the position. Shawna is excited to meet other swim coaches around the country and learn from them. And, she is looking forward to advertising the great swimming in Wyoming. **Membership:** Wyoming has a small swim and dive community and most of the coaches have other jobs. Shawna plans to educate the coaches about the benefits of joining a national organization.



Joey Powers, Georgia: Joey has coached eighteen years at Rome High School. He also teaches Physical Education and five swimming PE classes every day. **STATS:** NISCA member for five years. This is his first year as State Director. **Communication:** Joey plans on emailing coaches in Georgia and also attending the Georgia High School Swim Coaches Association Meetings in the

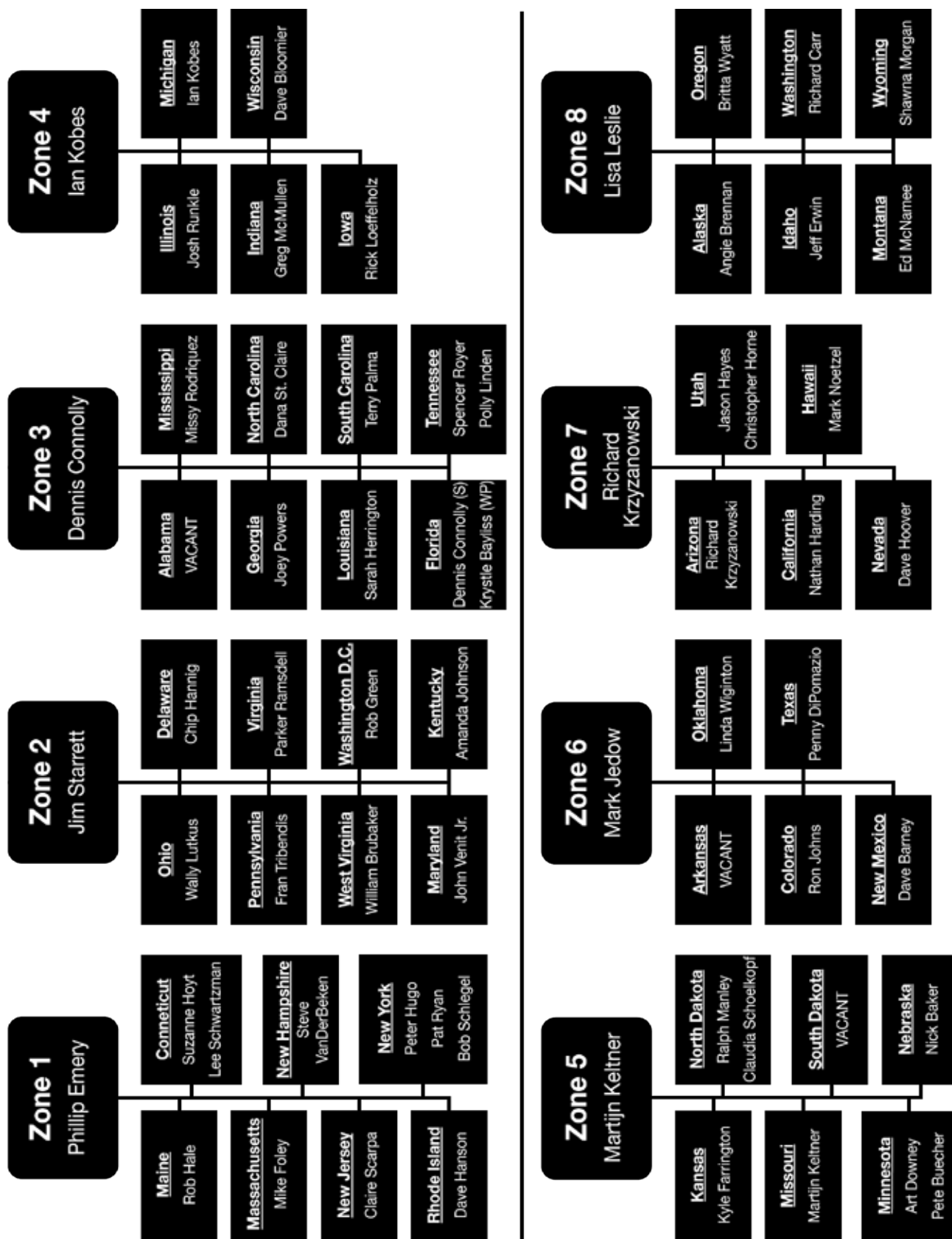
spring and fall to meet with Georgia coaches. **Why Volunteer?** Joey thought it would be a good way to network with fellow coaches and continue to grow high school swimming in Georgia. **Membership:** Joey said he is looking forward to networking with fellow coaches in Georgia.

All NISCA's State Directors have volunteered to be a resource for their membership. When asked about our current State Directors President-Elect Tim Sirois said, "Filling the State Director roles was very uplifting to me as a coach. To have found so many coaches willing to help with communication in their home states, and to commit to helping NISCA fulfill our mission to support coaches and swimmers across the country, is an extremely positive sign for our organization. I applaud their willingness to take on a leadership role and help NISCA continue to grow."

Although not interviewed for this article NISCA would like to recognize the other additional first year Directors: Dave Bloomier, Angie Brennan, William Brubaker, Jeff Erwin, Josh Hayes, Sarah Herrington, Dave Hoover, Christopher Horn, Lisa Leslie, Polly Linden, Rick Loeffelholz, Ralph Manley, Ed McNamara, Mark Noetzel, Spencer Royer, and Britta Wyatt. The accompanying chart shows all Zone and State Directors. Contact information for your State Director can be found on the NISCA website at www.niscaonline.org>Resource>Zone >click your zone and State Directors are listed by state.



NISCA ZONE & STATE DIRECTORS



Credit: Steven Zombek

FEATURE:

NEW AND TRUE TECH FOR HIGH SCHOOL COACHES

A collection of devices, apps and programs that can help you have the best season ever.

Club Assistant

How Do You Know What Tech to Choose

Article by Karin Wegner, Representing Club Assistant, SwimPhone, and SwimShare

High School swim coaches are busy. This gig is in addition to the other two or three jobs you already had! You need to be efficient with your time during high school swim season. You've got access to a constantly growing range of tech options. You've



learned about software, hardware, websites, search engines, group emails, mass texting, push notifications, social media, and more from one vendor or another, free services and paid subscriptions. Opinions on what's going to save you time are flying in from other coaches, from your A.D., your swimmers, their parents...

- **How do you know what tech to choose?**
- **Which tech products will best serve your needs?**
- **How do you know who to trust?**

Advocate

The answer is, you need a tech industry **advocate** who will meet with you in person, talk to you on the phone, and answer your emails. You need good ol' fashioned human interaction with expert customer service.

Club Assistant is your tech industry advocate. Our staff is made up of swimmers, coaches and meet admins who know the life you lead and the challenges you face. Our Club Assistant staff studies all the tech options so that you don't have to. Call us. Ask us to come visit. Email us. We will tell you the truth about our software and the other options out there. We will advise on products that we can provide to you, as well as others not available within our suite. We are experts. We would love to come visit your team. Just ask us!

Here are a few of the products we offer to high school swim coaches:

SwimShare

<https://SwimShare.ClubAssistant.com>

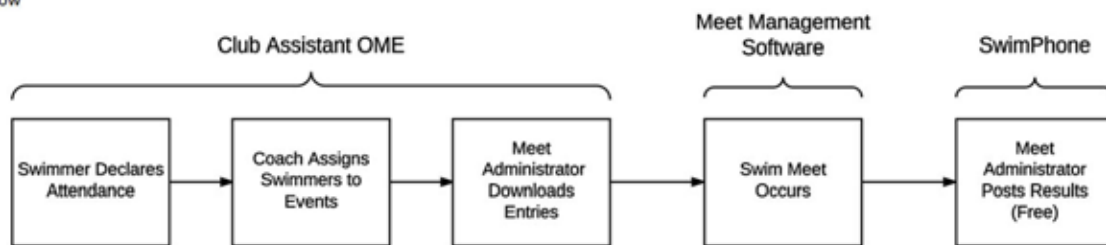


Write and share your daily workouts in just a few clicks, with instantaneous training statistics. Write today's workout now on mobile, tablet, laptop or desktop. Create, track, share, discover. Make sure you check out our Leveling feature and our integration with SecondsPro. Most features are free! Advanced features are only \$2.99 per month.

Club Assistant High School Online Meet Entry

Club Assistant online meet entry has been custom designed for high schools and colleges to support leagues, conferences, state governing bodies, dual meets, league meets, relay meets, championships, and much more. We help you build meets and invite visiting teams to log in, manage their rosters online, plug in their individual and relay entries, and pay you entry fees. Then you export the entries and import to meet management software, a process that takes you less than 2 minutes.

Typical Workflow



Club Assistant High School Online Meet Entry

- No emailing of entry files.
- No license required.
- No software to download.
- Fully compatible with Hy-Tek Meet Manager.
- Works on any web-enabled device including Mac, PC, tablets, smartphones.
- Cloud-based and all data backed up online.
- Available to coaches on deck, in the office, at home, or on the school bus.

SwimPhone

Club Assistant Online Meet Entry is partnered with SwimPhone for free online psych sheets, heat sheets, results, scores, splits, graphed splits, videos of each heat, and more.



SwimPhone has been designed as a high school conference database management solution, suiting the unique needs of each league, conference, and state governing body.

- FREE Online Results
- Easy to use on any device
- Full Integration with Online Meet Entry

Club Management and Website

Home Calendar Membership Meets Open Water Fitness Newsletter Articles Awards Admin						
If you have any questions about Swim Meet or Open Water Sanctioning, contact the SPMS Sanction Chair at Sanctioning@SPMasterSwim.org						
Upcoming 2019/2020 Swim Meet Schedule						
Date	Day	Name	Location	Information	Register	Course
09/15-11/15	Sun-Fri	USMS 3000/6000-Yard ePostal National Championship		Info		25 Yards
10/06	Sun	Mission Viejo Nadadores Short Course Meters	Mission Viejo, CA	USMS PDF	Register	25 Meters
10/27	Sun	UCLA SCM Meet	Los Angeles, CA	USMS PDF	Register	25 Meters

Club Assistant offers still more of the tech choices to make you an efficient coach. We offer club management solutions such as online try-out application, online member registration, team suit and apparel shopping cart, fundraising tools, secure group emails and text messaging, staff profiles, website design, and calendar publication.

Call us at 702-529-1902 or email us at Info@ClubAssistant.com. Tell us about the tech choices you face or the ways you want to become more efficient. We will help you. Promise. We are your advocate.



Members of the Eagles swim teams from Olympian High School in Chula Vista, CA. The Eagles are coached by Zach Bradley

Commit Swimming

Use Commit Swimming to Save Time and Improve your Team

For swim coaches with busy schedules and lofty goals, Commit Swimming is the workout management software that helps you save time, stay organized, and reach your goals.

What benefits does Commit give me and my team?



More organized - *"I'm definitely more organized"*

Time Savings - *"Having used TeamUnify in the past I like the simplicity of Commit, while still having powerful features"*

Staff Synergy - *"With the whole coaching staff on commit really helps us streamline our workouts"*

Better Training Quality - *"Better quality control of team programming & athlete development"*

Faster Swimming - *"The program broke 17 school records this season, and the top 4 most "talented" in the program amassed more than 40-lifetime bests between them so I believe commit allows me to see the big picture while writing a workout and make the workout challenging mentally, physically and also social."*

Increased Swimmer Engagement - *"Swimmers pay more attention to workouts"*

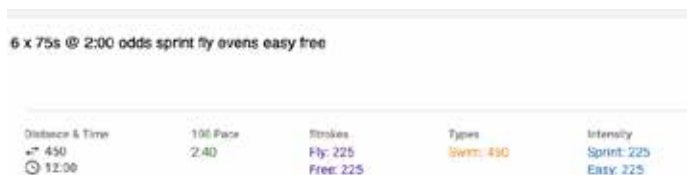
Tell me more

Commit helps you manage your workouts, and the key is that you can write workouts in Commit just like you would write them down on paper.

It's kind of like Google Docs meets a really awesome calculator, for swim coaches.

You can write sets just like you would on paper and Commit understands what they mean in swimming talk.

Here's an example basic set in Commit:



6 x 75s @ 2:00 odds sprint fly evens easy free

**Notice how Commit understands odds and evens by tracking strokes and intensity of training.*

You can write circuits within Commit too:

4x through

- 4 x 50s pace @ :40
- 200 pull @ 3:00
- 6 x 25s @ :45 sprint
- 100 easy IM

x 50s pace @ :40
200 pull @ 3:00
x 25s @ :45 sprint
100 easy IM

Set & Time	100 Pace	Strokes	Types	Intensity	Equipment
100	1:20	Free: 2,200	Swim: 1,800	Sprint: 600	Buoys: 800
:40	1:30	IM: 400	Pull: 800	Easy: 400	
	3:00				

*Notice how everything indented under the 4x is part of that circuit.

You can write workouts for multiple groups at one time within Commit:

*Notice how Commit assumes that if a set doesn't have a specific "# Group name attached to it, the set is for all swimmers in the water. If a set has a "# group after it or as a header above it, Commit knows to include that set just for one group. Here, the distance group is doing 3,700 and the sprinters are doing a total of 2,600.

build @ :50 #Sprint
s pace @ :40 #Distance

4 x 100s descend @ 1:45
100 easy technique
2 x 50s sprint from the blocks @ 2:00
100 easy technique

ce
r 200s easy/ negative split/ fast @ 3:00

rmdown

Groups

Distance

3,700

54 min

183

Sprint

2,600

46 min

88

You can format your workouts in Commit with colors, bolding, and different font sizes:

*Notice how in this workout, the coach color-coded the different sets based on group for easy reading.

400 SKPS

8 x 50s build @ :50 #Sprint
10 x 50s pace @ :40 #Distance

#Sprint
2x
4 x 100s descend @ 1:45
100 easy technique
2 x 50s sprint from the blocks @ 2:00
100 easy technique

#Distance
12 x 200s easy/ negative split/ fast @ 3:00

400 warmdown

STATS

ATTENDANCE

Groups

Distance

3,700

54 min

183

Sprint

2,600

46 min

88

Case Studies

You can read more about how teams are using Commit and why in these 2 case studies:

Nation's Capital Swim Club - <https://casestudy.commitswimming.com/ncap.pdf>

Florida State University - <https://casestudy.commitswimming.com/floridastate.pdf>

- Coaches from **89 different countries** write, on average 6 workouts per week in Commit.
- **>80%** of teams using Commit say Commit's customer service is "significantly better" than the other swimming software companies.
- **9 out of 10** coaches using Commit are "highly likely" to recommend it to other coaches.

Commit is used by hundreds of high school teams across the country, not just club and college teams. You can subscribe for your 3-4 month season, pause payments, and return next season with all of your workout data intact!

Try Commit Risk-Free Today

"This is an enormous step forward from anything else that's available. It's a game-changer."

- Matt Kredich, Head Coach @ Tennessee

Start your 10-day FREE trial @ CommitSwimming.com

**No credit card required*

**Customize your own training terminology*

**4 different plans. Commit has a plan for you.*



The boys and girls of the Newark Catholic High School Green Wave from Newark, OH.

The Green Wave is coached by Jennifer Ouweleen

Finis

Tempo Trainer Pro

The small, waterproof device easily secures beneath a swim cap and transmits an audible tempo beep. Adjustable tempo offers the ability to identify and maintain an ideal pace. Now with the option to replace the battery, the Tempo Trainer Pro will last multiple lifetimes. Three different training modes offer ultimate customization. The Tempo Trainer Pro includes a clip for dryland exercise.



Swim Coach Communicator

Finally, the solution coaches have been looking for – a way to speak to swimmers as they swim! The Swim Coach Communicator works by using a Bluetooth® signal from a smartphone to a receiver located on the back of the swimmer's head. The ability for coaches to be able to communicate in real-time to their swimmers will change the world of swimming. Swimmers can instantly correct their stroke technique and adjust tempo to prevent bad habits from forming during practice.

Heja

Heja is your new and simple all-in-one team communication app, intended for sports! Instead of juggling email conversations, messaging apps and spreadsheets, Heja is designed to enable smooth communication on the go with teams and simplicity in mind. Instantly view your team schedule and sync it with your Google Calendar to always be in the know, and quickly see players availability to training sessions and upcoming events. Heja also realize that we are all guilty of being a little forgetful sometimes, which makes the one-click training reminders to non-responders frequently used and loved by many coaches!

Players, parents and coaches love Heja for its simplicity and easy interface. If last-minute changes have been a struggle for you, it's now only a short and quick message away. Along with the in-chat read confirmation, you know exactly who on the team has seen your message and who you need to remind. Players can even leave a note and tell you why they might not be joining this weekend — a new feature loved by many! No more uncertainties mean less stress for you and a win for the team

"I like your app. It's simple and very polished in comparison to some other apps. I have spent many hours reviewing and testing team apps."

Other powerful features enjoyed by coaches:

- Instant communication — with the entire team or one-on-one
- Completely free for everyone to use
- Manage multiple teams at the tip of your finger
- Easy to invite team members
- No ads
- Private and secure

Try Heja for your swim team today — download the app on the App Store or Google Play!

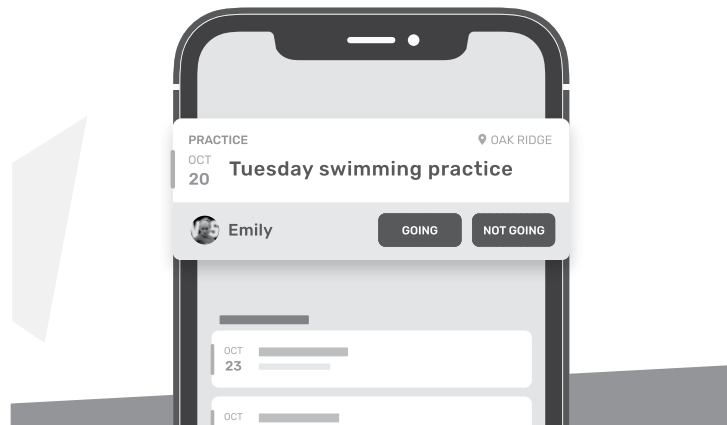
FREE APP FOR SPORTS TEAMS



Try Heja for your team!

See more: <https://go.heja.app/swim>

RATED 4.8/5 ★★★★★



IST

The IST SWIMCLOCK with Bluetooth pace clock combines the durability of the IST pace clock with the convenience of running a practice on your phone. It's like having an assistant coach in your back pocket!

"This is a game-changer" said Eve Julian, Marketing Director at IST and head coach of Ottawa Hills High School in Grand Rapids, MI. "Allowing coaches to control their pace clock with their cell phones adds a whole new level of control to a workout. No more running across the pool deck to pause the clock so that you can talk to your athletes. Now you have the entire workout in the palm of your hand anywhere on the pool deck."

In addition to built-in Bluetooth, an adapter is also available to allow users to upgrade their current IST SWIMCOUNT or SWIMCLOCK to the Bluetooth connected version. The clock is controlled with the Swim Clock app downloaded onto your Android or Apple device (free for Android on the Google Play Store, \$5.99 for Apple on the App Store) and connect to the Bluetooth using the MAC address listed on the pace clock or adapter.

"The Bluetooth clock is awesome!" says coach Emily Zitzmann from Tri-Valley YMCA in Oneida, NY. "The kids are so impressed and we're in love!"



The Swim Clock app allows you to run your workouts the way you want to. TIMER mode works like a stopwatch or running clock. Start, stop, reset or blow the piezo horn on the clock with the click of a button. EZ Mode allows you to enter a number of reps and an interval. You can start and pause, reset or blow the horn. At the beginning of each interval the clock's horn sounds to send off your swimmers. On the clock, the rep number is displayed for the first 2 seconds, to tell the swimmers which rep they are currently swimming. On the app, you can see how many reps they have done and the time of the current interval.

The WORKOUT mode offers you even more ways to run a practice. You can create Categories to help you organize your sets. Name the SET, enter the number of times to repeat the set, then start adding intervals and interval repeats. You have an unlimited number of intervals in each set, and an unlimited number of sets in your "library". This is one of the best ways to run those "dropping" sets. Create it so that you have:

Set Rep: 1

Intervals:

1 @ 1:00 - 1 @ :59 - 1@ :58 - 1 @ :57 - - 1 @ :20 - 1 @ :19

Once you have a set entered, you can re-use it at any time. Run the set directly from the edit screen or combine it with other sets to create a full workout.

WORKOUT allows you to combine multiple sets into a named workout. Simply name the workout, select the category and set, then add it to the list. When running the workout, you can skip from set to set, pause, restart or reset the set, and blow the horn at any time. As with EZ MODE, both SET and WORKOUT mode will blow the horn at the beginning of each interval.

IST SWIMCLOCK with Bluetooth is built in the US and comes with a standard 5-year limited warranty. 2-digit, 4-digit, non-battery and battery models are available.

About IST

Founded in 1992, IST (a division of Industrial Service Technology) is the leader in innovative swim timing products. The company was the first to introduce LED Alphanumeric scoreboards for swimming pools and timing systems that run on your laptop, with no timing console. IST offers a standard 5-year warranty on all of their hardware products, as well as free 24/7 customer support.

IST and SWIMCLOCK are either registered trademarks or trademarks of IST in the United States and/or other countries. The *Bluetooth*® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Industrial Service Technology DBA International Sports Timing is under license. Other trademarks and trade names are those of their respective owners. The names of actual companies and products mentioned herein may be the trademarks of their respective owners.

Links

IST Facebook page - <https://www.facebook.com/InternationalSportsTiming?fref=ts>

IST Website - www.istime.com

Product Info Page - <https://www.istime.com/products/digital-pace-clock/>

Phlex

This past month, swimming technology company PHLEX has officially launched the EDGE, a head based swim tracker that brings the world's best real time heart rate monitor and artificial intelligence powered workout analysis to a device that fits any goggle. Developed over the past 3 years by former collegiate and professional swimmers, the EDGE provides cutting edge swimming and heart rate tracking with a seamless design. Created in collaboration with countless swimmers from all across the community, including 24 olympic athletes and coaches holding 89 medals combined, the EDGE was designed for ALL swimmers.

As a leading recreational, fitness and competitive sport around the world, the PHLEX team found the technology available to swimmers as glaringly behind the times. While sports like running and cycling have seen a decade long boom in progress, swimming has seen little in the way of innovation. The driving force behind this being that existing wearables are bulky, obtrusive and ill-conceived for use by swimmers. In-fact, most fitness trackers on the market today lack any dedicated ability to reliably track simple metrics like distance and laps, let alone entire work out breakdowns as shown in the Phlex Swim app. The EDGE breaks this mold and brings a monumental leap forward in the technology available to the swimming community.



The PHLEX EDGE seamlessly combines three solutions to current pain points in the sport:

- Heart Rate for swimmers. While “dry” sports like running have readily available heart rate information, accurate heart rate data has remained elusive for swimming. With independent validation testing, the EDGE utilizes its novel design to finally bring reliable heart rate data to swimmers.
- Artificial intelligence powered tracking. Phlex has worked with hundreds of swimmers over thousands of hours of data collection to bring a truly swimmer focused algorithm to the EDGE. While others struggle with counting laps, the EDGE can detect stroke type, rates and entire workouts.
- Unobtrusive design. Smart watches are to swimmers what sandals are to marathon runners. PHLEX worked tirelessly to make the EDGE fit goggles from all major swim brands, while keeping it so unobtrusive that it blends into the experience of a swim workout. This removes the need for specialized goggles or chest straps that aren’t well designed for swimming. The EDGE guarantees a reliable fit,

durability to last seasons of training, and a design hydrodynamic enough to not intrude on the efficiency of your stroke.

“It doesn’t matter what level they are at, how large a group is. It really individualizes your workout for your athletes. Helps them become a student of the sport. Helps you analyze how your athletes are training. Using the Phlex EDGE at my workouts has enabled me to utilize the X factor of coaching. Look more at technique issues and the essence of coaching, not the X’s and O’s” Dave Gibson- Swim Fort Lauderdale Aquatics Head Coach



Launching alongside the PHLEX EDGE is the Phlex Swim App for iPhone and Android. This app brings even more innovation to swimmers and coaches. Swimmers not only can sync the EDGE and review their work ou, they can track their entire training history in the digital logbook. This brings a new level of engagement to swimming where you can leave notes on workouts, adjust your training based on reliable historical data, and swim with the confidence of knowing the quality of work you’ve done. The Phlex Swim App also allows swimmers to set goals and find their next workout from a database of hundreds of professionally written workouts tailored to all skill levels.

You can purchase the Phlex EDGE today at www.phlexswim.com

Phlex is offering team discounts with bulk purchases of 8 or more units. Please contact them at contactus@phlexswim.com to learn more.



NISCA High school swim coaches exchange group

<https://www.facebook.com/groups/HSSwimCoachesNISCA/>

Swim Nerd



The pace clock is the most quintessential training tool for swimming. You've got to be able to see your time to get your time! With the Swimmerd Pace Clock your swimmers will be able to quickly see their time even in Lane 8 with foggy goggles on. Best of all, we've made digital pace clocks affordable for any size swim team.

Haven't seen the Swimmerd Pace Clock yet?

Bluetooth enabled, it connects to the free Swimmerd app which allows you to control your pace clock from your phone. Program any set you can imagine!

The Swimmerd Pace Clock is coated in a special glue that is impermeable to water, humidity, and the overall harsh conditions of swimming pools.

Built-in screw constructs on the back of the clock allows for easy hanging with just two screws. It's as simple as hanging a picture frame!

22.86 cm tall LED's are made specifically for outdoor viewing and are visible up to 100 meters away. It weighs less than 4.5 kg!

Each pace clock comes with a two year manufacturers warranty, remote control, and power adapter. Also available are tripods (if you don't hang your pace clocks) and rechargeable batteries (if you need portable power).

Download the free Swimmerd app to manage and organize all your swim practices:

We have over 30 customer reviews on Facebook and 100% of them are 5 Stars!

Here are a couple of recent reviews:

"We are an up and coming swim team based in Queens, NY; lucky enough to swim 50 LCM outdoors all summer. The pool is great but has its limitations, no pace clocks or reliable outlets being two. Then in steps... SWIMNERD!! I heard about this clock online and finally made the plunge to purchase one. It does everything advertised and more! We placed the clock at one end of the 50 LCM pool on a raised second level. Even from that height and distance, all the swimmers were able to see the numbers perfectly from either side of the pool. Add the app or remote to input sets and we are now able to do things we never could before. The programmable aspect has brought a new wave of creativity to our sets. No more intervals of 5 seconds. We can descend rounds by 2 seconds, 3 seconds or whatever we feel like." - Coach Jonah

"We swim outdoors year-round and needed a fairly-priced, high-quality, weather-resistant solution for two of our pools. The swimnerd pace clocks have been awesome. While great for our swimmers and coaches (easy to use, easy to see all day and night at one end of our 25meter pools), non-swim team community members love them for lap swimming too. Can't say enough about how great customer service has been. Competitors with \$1200+ dollar systems — your days are numbered!!!" - Coach Doug



The Olympians of Columbus North High School in Columbus, Indiana

TritonWear

At TritonWear, our mission is to bring the power of sports science and elite training tools to every swimmer and coach around the world. In just under 4 years we've seen over 4000 swimmers in more than 40 countries training with TritonWear.

We've collaborated with national teams like Swimming Canada, Swimming Australia and the France Swimming Federation, who both trust us to help improve their athletes, and openly share their expertise so we can create elite-level tools accessible for all teams around the globe.



We've also collected hundreds of millions of meters of workout data from swim clubs, collegiate teams and masters/tri teams globally, which enables us to both continually improve our accuracy, and develop more sophisticated, easier to use tools. Here are just a few teams we work with:



As Jeremy Organ, Head coach of Vanderbilt University Swimming and Diving says, “It’s more than just an extra coach, it’s like having a personal coach for every athlete.” And Will Kainen, a swimmer with Upper Valley Aquatic club in the US truly believes “because of TritonWear, I have mastered how I swim fastest, and how to perfect my technique. There is no better device.”

So what is TritonWear? It is a swimming analytics platform designed to enable faster swimming based on a simple iterative improvement process:

1. Capture the data

Users can start a workout anywhere, from any device, without an internet connection. Tracking all workouts provides both the data needed to identify weaknesses and help keep swimmers healthy.

2. Identify Weaknesses

Every swimmer and coach should be confident they are working in the right areas, TritonWear delivers this. Using machine learning, we identify exactly where each skill sits compared to like swimmers, so each athlete knows where focus and improvement are needed. The app allows both swimmers and coaches to see at a glance where they excel or fall behind. Then our Motion Analysis tool helps them find and perfect the precise movements contributing to speed losses.



3. Set Goals and Iterate Skills

No swimmer was ever successful without being intentional in their training goals, so we built this into the core of our platform. Receive goal recommendations to set a metric-specific target and timeframe based on past performance, then skill development reminders and reports to stay on track throughout the season. Once one goal is complete, it's as simple as selecting the next recommended goal to keep moving training forward. You can even track your progress event by event, with clear graphs that show your progression over time, so improvements are clear and easy to celebrate between PBs.



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.

2018-19 NISCA National Dual Meet Team Ranking

Sponsored by IST – International Sports Timing

It was another great year for the National Dual Meet Team Ranking Program, with 358 teams entering. Participation is up in the last three years as three of our top five all-time entry totals have come in that span. Many thanks to all who have taken part. If you didn't, please consider jumping on board next year.

On the five pages that follow, you will see the 2018-2019 final rankings by class, and a summary of data page. Some notes about this year's results:

- This year we had 170 girls' entries (down from 175 a year ago) and 187 boys' entries (up from 175.)
- 36 states, and DC, are represented.
- Six states entered 20 or more teams – Massachusetts (tops at 40 entries), Pennsylvania (34), Ohio (29), California (25), Illinois (20), and Michigan (20).
- Five schools were repeat champs: Wayland, MA (Class 1 – three straight), Carmel, IN (Class 4), Ames, IA (Class 6 – four straight), St. Xavier, OH (Class 10 – five straight), and The Baylor School (Class 11).
- There was one, double winner, this year. Upper Arlington (Ohio) took both the male and female titles in competition of public schools with enrollments between 1401 and 1900 students.
- Sacred Heart Academy (KY) had the top overall girls' entry, with 6,481 points, while St. Xavier (OH) was top amongst all boys' entries, with 6,341 points.
- Eleven teams were over 6,000 pts (down from thirteen in '18) and 124 squads had 5,000 or more.
- In the combined girl/boy battle, Carmel (12,494 pts) was tops, overall, for the second straight season.
- By enrollment, the top boy/girl combos included Wayland, MA (Classes 1/5, 9,638 combined pts), Ames, IA (Classes 2/6, 10,558 pts), Upper Arlington, OH (Classes 3/7, 10,886 pts), Carmel, IN (Classes 4/8, 12,494 pts), The Baylor School, TN (Classes 9/11, 11,501 pts), and Santa Margarita Catholic, CA (Classes 10/12, 12,312 pts).

A few words of thanks:

- As always, thanks to Paul Torno, a great guy and my predecessor in this role, for his support.
- Thanks to **IST – International Sports Timing** (www.istime.com) for their continued sponsorship of the program. Dick Farnsworth is happy to talk with you about your timing, meet, and team management software, and water polo needs.
- Thanks to Matt Stewart, of Haverford HS (PA), for his continued support of this effort, even beyond the spreadsheet we use.
- A special shout out to my fellow Massachusetts coaches who led the US in entries, once again, with 43.

Finally, thanks to all who participated in this great exhibition. We appreciate your taking the time to enter, and hope you will do so, again.

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

Respectfully,

Claude Valle
NISCA National Dual Meet Ranking Coordinator
PO Box 207
Weston, MA 02493
powerpoint@niscaonline.org

2018-19 NISCA National Dual Meet Team Rankings

Sponsored by IST - International Sports Timing

Class 1 - Boys Public (1-900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5176	Wayland High School	Wayland	MA	Mike Foley
2	4561	Weston High School	Weston	MA	Claude Valle
3	4548	Hamilton High School	Hamilton	MI	Eric Talsma
4	4503	Lower Moreland HS	Huntingdon Valley	PA	Karney McNear
5	4148	Pullman High School	Pullman	WA	Ed Davis
6	3744	Glens Falls City School	Glens Falls	NY	Kevin Crossman
7	3716	Mariemont High School	Cincinnati	OH	Kevin Maness
8	3454	Ellsworth High School	Ellsworth	ME	James B. Goodman
9	3175	Dover Area High School	Dover	PA	Ross Spangler
10	3081	Indian Creek High School	Trafalgar	IN	Brad Smith
11	2966	Altus High School	Altus	OK	Linda Wiginton
12	2492	Dallas High School	Dallas	PA	Romayne Mosier
13	2425	Bellbrook High School	Bellbrook	OH	Rob Johnson
14	1385	Batesville High School	Batesville	IN	Greg McMullen
15	1267	Martins Ferry High School	Martins Ferry	OH	Nicholas Levi
16	1176	Tyngsboro Groton Dunstable	Tyngsborough	MA	Andrew Rogers
17	570	Martha's Vineyard Regional	Oak Bluffs	MA	Jonathan Chatinover

Class 5 - Girls Public (1-900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5362	Hutchinson H.S.	Hutchinson	MN	Rory Fairbanks
2	4737	Mariemont High School	Cincinnati	OH	Kevin Maness
3	4462	Wayland High School	Wayland	MA	Mike Foley
4	4454	Hamilton High School	Hamilton	MI	Eric Talsma
5	4374	Weston High School	Weston	MA	Claude Valle
6	4130	Dallas High School	Dallas	PA	Romayne Mosier
7	3486	Mt. Vernon Senior HS	Mt. Vernon	IN	Stephen Loehr
8	3139	Powell High School	Powell	WY	Bob Smartt
9	3082	Glens Falls City School	Glens Falls	NY	Kevin Crossman
10	2898	Trident Swim/Dive - Ladysmith	Ladysmith	WI	Matt Bunton
11	2834	Dover Area High School	Dover	PA	Ross Spangler
12	2302	Ellsworth High School	Ellsworth	ME	James B. Goodman
13	2159	Indian Creek High School	Trafalgar	IN	Brad Smith
14	2110	Bellbrook High School	Bellbrook	OH	Rob Johnson
15	2105	Pullman High School	Pullman	WA	Ed Davis
16	2013	Altus High School	Altus	OK	Linda Wiginton
17	1765	Lansing High School	Lansing	NY	Diane Hicks-Hughes
18	1694	Martins Ferry High School	Martins Ferry	OH	Nicholas Levi
19	1374	Batesville High School	Batesville	IN	Greg McMullen
20	1076	Tyngsboro Groton Dunstable	Tyngsborough	MA	Andrew Rogers
21	1018	Martha's Vineyard Regional	Oak Bluffs	MA	Jonathan Chatinover

Class 2 - Boys Public (901-1400)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5652	Bainbridge High School	Bainbridge Island	WA	Kaycee Taylor
2	5430	Upper St. Clair High School	Upper St. Clair	PA	Dave Schraven
3	5349	Western Albemarle	Crozet	VA	Dan Bledsoe
4	5124	Dexter High School	Dexter	MI	Michael McHugh
5	5107	Horace Greeley High School	Chappaqua	NY	Margaret P. Kaplan
6	4902	Northfield High School	Northfield	MN	Doug Davis
7	4753	Hershey High School	Hershey	PA	Greg Fastrich
8	4728	Highlands High School	Fort Thomas	KY	Amanda Johnson
9	4715	Radnor High School	Wayne	PA	Tom Robinson
10	4595	Portage Central HS	Portage	MI	Jim Schafer
11	4508	Ithaca High School	Ithaca	NY	Mike Blakely-Armitage
12	4488	Ames High School	Ames	IA	Dan Flannery
13	4461	Boardman Local Schools	Boardman	OH	Carlo Cordon
14	4395	Calhoun High School	Calhoun	GA	Mike Beeler
15	4361	Laramie High School	Laramie	WY	Tom Hudson
16	4149	Wethersfield High School	Wethersfield	CT	Lee Schwartzman
17	4138	Kingsburg High School	Kingsburg	CA	Mike Manley
18	4125	Wichita Heights High School	Wichita	KS	Dale Heckman
19	4102	Mason City High School	Mason City	IA	Steve Hugo
20	3995	Ladue Horton Watkins HS	Ladue	MO	Hap Gentry
21	3853	Moorestown High School	Moorestown	NJ	Jeffrey DeNick

Class 6 - Girls Public (901-1400)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	6070	Ames High School	Ames	IA	Dan Flannery
2	5426	Upper Dublin High School	Ft. Washington	PA	Pat Redican
3	5388	Hershey High School	Hershey	PA	Greg Fastrich
4	5348	East Grand Rapids	Grand Rapids	MI	Milton Briggs, Jr
5	5098	Upper St. Clair High School	Upper St. Clair	PA	Dave Schraven
6	4962	Laramie High School	Laramie	WY	Tom Hudson
7	4952	Brookfield East High School	Brookfield	WI	Michael Rose
8	4787	Dexter High School	Dexter	MI	Cory Bergen
9	4781	Moorestown High School	Moorestown	NJ	John Battersby
10	4737	Wethersfield High School	Wethersfield	CT	Lee Schwartzman
11	4625	Fremont Ross High School	Fremont	OH	Philip Moran
12	4475	Ithaca High School	Ithaca	NY	Mike Blakely-Armitage
13	4436	Concord-Carlisle HS	Concord	MA	Matthew Goldberg
14	4330	Portage Central HS	Portage	MI	Jim Schafer
15	4269	Duxbury High School	Duxbury	MA	Elizabeth Walsh
16	4193	Burnt Hills-Ballston Lk/Scotia-Glenville	Burnt Hills	NY	Matthew Turner
17	4188	Minnechaug Regional	Wilbraham	MA	Erik Mandell
18	4118	Northern York High School	Dillsburg	PA	Bill Resser
19	4028	Ladue Horton Watkins HS	Ladue	MO	Hap Gentry
20	3838	Muskegon Mona Shores	Muskegon	MI	Michael Homan
21	3719	Boardman Local Schools	Boardman	OH	Carlo Cordon

22	3832	Fremont Ross High School	Fremont	OH	Philip Moran	22	3657	Henry J. Kaiser High School	Honolulu	HI	Craig Takahashi
23	3711	Mt. Vernon HS (Fortville)	Fortville	IN	Brad Grieshop	23	3571	Highlands High School	Fort Thomas	KY	Amanda Johnson
24	3694	Royal Oak High School	Royal Oak	MI	Darrin Millar	24	3383	York Suburban Senior HS	York	PA	Dick Guyer
25	3587	Concord-Carlisle HS	Concord	MA	Matthew Goldberg	25	3267	Worthington Kilbourne	Columbus	OH	Jim Callahan
26	3547	Ronald N. Davies HS	Fargo	ND	Jennifer Johnson	26	3227	Andrews High School	Andrews	TX	Mike Waldmann
27	3534	Talawanda High School	Oxford	OH	Stephen Pasquale	27	3218	Highland High School	Medina	OH	Steve Rhein
28	3379	York Suburban Senior HS	York	PA	Dick Guyer	28	3177	Mason City High School	Mason City	IA	Steve Hugo
29	3363	Minnechaug Regional	Wilbraham	MA	Erik Mandell	29	3097	Fort Dodge Senior HS	Fort Dodge	IA	Ashley Beaumont
30	3348	Ottawa Hills High School	Grand Rapids	MI	Eve Julian	30	2997	Northeastern High School	Manchester	PA	Dan Schaeberle
31	3311	Worthington Kilbourne	Columbus	OH	Jim Callahan	31	2807	Mt. Vernon HS (Fortville)	Fortville	IN	Brad Grieshop
32	3216	Northern York High School	Dillsburg	PA	Bill Resser	32	2689	Marblehead High School	Marblehead	MA	Susan Guertin
33	3180	Andrews High School	Andrews	TX	Mike Waldmann	33	2557	Calhoun High School	Calhoun	GA	Mike Beeler
34	2896	Bangor High School	Bangor	ME	Jameson Ploch	34	2540	Talawanda High School	Oxford	OH	Stephen Pasquale
35	2892	Reading Memorial HS	Reading	MA	Ken Holbrook	35	2504	Walpole High School	Walpole	MA	Cheryl Cavanaugh
36	2842	Highland High School	Medina	OH	Steve Rhein	36	2288	Belton High School	Belton	MO	Martijn Keltner
37	2817	Northeastern High School	Manchester	PA	Dan Schaeberle	37	1910	Milford High School	Milford	MA	David Chaplin
38	2644	Muskegon Mona Shores	Muskegon	MI	Michael Homan	38	1426	Duncan High School	Duncan	OK	Andrew Bowers
39	2451	Duxbury High School	Duxbury	MA	Doug Backlund						
40	2422	Burnt Hills-Ballston Lake/Scotia-Glenville	Burnt Hills	NY	Matthew Turner						
41	2139	Milford High School	Milford	MA	David Chaplin						
42	2065	Walpole High School	Walpole	MA	Cheryl Cavanaugh						
43	2007	Marblehead High School	Marblehead	MA	Susan Guertin						
44	1873	Duncan High School	Duncan	OK	Andrew Bowers						
45	1540	Belton High School	Belton	MO	Martijn Keltner						

Class 3 - Boys Public (1401-1900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5357	Upper Arlington High School	Upper Arlington	OH	Michael deBear
2	5316	North Canton Hoover HS	North Canton	OH	Mark Rogers
3	4919	Newport High School	Bellevue	WA	Eric Bartleson
4	4744	Marvin Ridge High School	Waxhaw	NC	Melissa S. King-Pierce
5	4729	Liberty High School	Liberty	MO	Chris Murphy
6	4664	John Hersey High School	Arlington Heights	IL	Dick Mortensen
7	4557	Beloit Memorial High School	Beloit	WI	Richard F. Vogel
8	4424	Hatboro Horsham HS	Horsham	PA	Kip Emig
9	4402	Ridley High School	Folsom	PA	Kevin Pierce
10	4295	Chelmsford High School	Chelmsford	MA	Craig Vitale
11	4226	Marshalltown High School	Marshalltown	IA	Mike Loupee
12	4216	Papillion-La Vista HS	Papillion	NE	Nick Baker
13	4216	Westford Academy	Westford	MA	Harriett Kinnett
14	4167	Weddington High School	Matthews	NC	Pamela Holley
15	4104	Dubuque Hempstead	Dubuque	IA	Rick Loeffelholz
16	4096	Bartlesville	Bartlesville	OK	Chad Englehart
17	4083	Chamblee High School	Atlanta	GA	Greg Valley
18	4032	Acton-Boxboro Regional HS	Acton	MA	Jeff Johnson
19	3972	Needham High School	Needham	MA	Adam Cole
20	3938	Shaker Heights High School	Shaker Heights	OH	Eric Peterson
21	3928	William Hall High School	West Hartford	CT	John McClure
22	3727	Andover High School	Andover	MN	Pete Crawford
23	3706	Dubuque Senior HS	Dubuque	IA	Jesse Huff
24	3704	Owen J. Roberts HS	Pottstown	PA	Kevin Bott
25	3700	Central York High School	York	PA	James Gingerich

Class 7 - Girls Public (1401-1900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5529	Upper Arlington High School	Columbus	OH	Daniel Peterkoski
2	5512	Newport High School	Bellevue	WA	Eric Bartleson
3	5322	North Canton Hoover HS	North Canton	OH	Mark Rogers
4	5255	Westford Academy	Westford	MA	Caitlin Klick-McHugh
5	5204	Niskayuna High School	Niskayuna	NY	Scott Seligman
6	5026	Andover High School	Andover	MA	Marilyn Fitzgerald
7	5011	John Hersey High School	Arlington Heights	IL	Dick Mortensen
8	4832	Weddington HS	Matthews	NC	Pamela Holley
9	4801	Central York High School	York	PA	James Gingerich
10	4696	Marvin Ridge High School	Waxhaw	NC	Melissa S. King-Pierce
11	4692	Owen J. Roberts HS	Pottstown	PA	Kevin Bott
12	4603	Hatboro Horsham HS	Horsham	PA	Kip Emig
13	4558	Farmington High School	Farmington	MN	Jen Marshall
14	4546	Wellesley High School	Wellesley	MA	Jennifer Dutton
15	4470	Papillion-La Vista HS	Papillion	NE	Nick Baker
16	4388	Montgomery High School	Skillman	NJ	Claire Scarpa
17	4329	Haverford High School	Haverford	PA	Matthew Stewart
18	4323	Minneapolis Southwest HS	Minneapolis	MN	Chris Aarseth
19	4258	William Hall High School	West Hartford	CT	John McClure
20	4162	Brookline High School	Brookline	MA	Jim Stallings
21	4109	Bartlesville	Bartlesville	OK	Chad Englehart
22	4103	Reedy High School	Frisco	TX	Jenny Beagle
23	4082	Acton-Boxboro Regional HS	Acton	MA	Jeff Johnson
24	4022	Ridley High School	Folsom	PA	Kevin Pierce
25	4015	Andover High School	Andover	MN	Marcia Ford

26	3680	Haverford High School	Haverford	PA	Matthew Stewart	26	3949	Beloit Memorial High School	Beloit	WI	Richard F. Vogel
27	3667	Farragut High School	Knoxville	TN	Betsy Hondorf	27	3911	Dubuque Senior HS	Dubuque	IA	Jesse Huff
28	3489	Lincoln-Sudbury Reg HS	Sudbury	MA	Julie Nocka	28	3853	Chamblee High School	Atlanta	GA	Greg Valley
29	3459	Wellesley High School	Wellesley	MA	Jennifer Dutton	29	3598	Lincoln-Sudbury Reg HS	Sudbury	MA	Julie Nocka
30	2927	Princess Anne High School	Virginia Beach	VA	Joseph Smith	30	3481	Princess Anne High School	Virginia Beach	VA	Joseph Smith
31	2887	Thomas Worthington	Worthington	OH	Jim Callahan	31	3370	Farragut High School	Knoxville	TN	Betsy Hondorf
32	1535	Harrisonburg High School	Harrisonburg	VA	Richard Morrell	32	3326	Shaker Heights High School	Shaker Heights	OH	Eric Peterson
33	1066	Barnstable High School	Hyannis	MA	Dan Wareham	33	2958	Harrisonburg High School	Harrisonburg	VA	Richard Morrell
34	837	Harnett Central High School	Angier	NC	Ava Maldonado	34	2608	Thomas Worthington	Worthington	OH	Jim Callahan
						35	2264	Barnstable High School	Hyannis	MA	Dan Wareham
						36	53	Harnett Central High School	Angier	NC	Ava Maldonado

Class 4 - Boys Public (over 1900)

PL	Pts	School	City	ST	Coach
1	6146	Carmel High School	Carmel	IN	Chris Plumb
2	5971	The Woodlands High School	The Woodlands	TX	Jeremy Wade
3	5958	Cherry Creek	Englewood	CO	Chris Loftis
4	5939	AE Stevenson High School	Lincolnshire	IL	Doug Lillydahl
5	5917	Kingwood High School	Kingwood	TX	Mike Robinson
6	5910	Southlake Carroll HS	Southlake	TX	Kevin Murphy
7	5905	Edina High School	Edina	MN	Scott Johnson
8	5772	Buchanan High School	Clovis	CA	Dave Pickford
9	5675	Chaparral High School	Scottsdale	AZ	Richie Krzyzanowski
10	5621	Oakton High School	Vienna	VA	Parker Ramsdell
11	5612	Hamilton Southeastern HS	Fishers	IN	Andy Pedersen
12	5608	Neuqua Valley High School	Naperville	IL	Chad Allen
13	5590	Hinsdale Central HS	Hinsdale	IL	Robert Barber
14	5575	Naperville Central HS	Naperville	IL	Mike Adams
15	5560	Clovis West High School	Fresno	CA	Adam Reid
16	5547	Wilson High School	West Lawn	PA	Roy G. Snyder
17	5486	Fossil Ridge HS	Fort Collins	CO	Mark Morehouse
18	5432	Minnetonka High School	Minnetonka	MN	Dan Berve
19	5427	New Trier High School	Winnetka	IL	Josh Runkle
20	5419	Glenbrook South	Glenview	IL	Keith MacDonald
21	5407	Emmaus High School	Emmaus	PA	Tim O'Connor
22	5377	James Madison High School	Vienna	VA	Andrew Foos
23	5338	Pittsford Central	Pittsford	NY	Marty Keating
24	5330	St. Charles East HS	St. Charles	IL	Adam Musial
25	5316	Shenendehowa	Clifton Park	NY	Chuck Dunham
26	5283	South Mecklenburg HS	Charlotte	NC	Leslie Berens
27	5259	Northville High School	Northville	MI	Rich Bennetts
28	5250	Tesoro High School	Las Flores	CA	Mike Gibson
29	5204	Evanston Township	Evanston	IL	Kevin Auger
30	5178	Yorktown High School	Arlington	VA	Torey Ortmyer
31	5173	Stillwater Area High School	Stillwater	MN	Brian Luke
32	5138	Novi High School	Novi	MI	Brent Pohlonski
33	5100	Myers Park High School	Charlotte	NC	Mary A. W. Goudes
34	5092	Henry M Gunn High School	Palo Alto	CA	Bruce Smith
35	4977	Granite Bay High School	Granite Bay	CA	John Sherman
36	4941	Highland Park	Highland Park	IL	Tim Sirois
37	4926	Millard West High School	Omaha	NE	Sydney Bowcott
38	4882	Lambert High School	Suwanee	GA	Kerry Langley

Class 8 - Girls Public (over 1900)

PL	Pts	School	City	ST	Coach
1	6376	Chaparral High School	Scottsdale	AZ	Richie Krzyzanowski
2	6348	Carmel High School	Carmel	IN	Chris Plumb
3	6113	Fairview High School	Boulder	CO	Bob Smartt
4	6018	Southlake Carroll HS	Southlake	TX	Kevin Murphy
5	5982	The Woodlands High School	The Woodlands	TX	Jeremy Wade
6	5951	Lyons Township HS	La Grange	IL	Kurt Johns
7	5942	Edina High School	Edina	MN	Jeff Mace
8	5935	New Trier High School	Winnetka	IL	Mac Guy
9	5877	Neuqua Valley High School	Naperville	IL	Jason Niforatos
10	5841	Henry M Gunn High School	Palo Alto	CA	Bruce Smith
11	5829	Minnetonka High School	Minnetonka	MN	Dan Berve
12	5746	Fossil Ridge	Fort Collins	CO	Amanda Haigh
13	5728	Hamilton Southeastern HS	Fishers	IN	Andy Pedersen
14	5728	Wilson High School	West Lawn	PA	Tom Houck
15	5636	Flower Mound HS	Flower Mound	TX	Dan Snow
16	5612	Evanston Township	Evanston	IL	Kevin Auger
17	5592	Yorktown High School	Arlington	VA	Torey Ortmyer
18	5556	Granite Bay High School	Granite Bay	CA	John Sherman
19	5552	Tesoro High School	Las Flores	CA	Todd Conrad
20	5505	Kingwood High School	Kingwood	TX	Mike Robinson
21	5503	Naperville Central HS	Naperville	IL	Mike Adams
22	5478	Brighton High School	Brighton	MI	Jason Black
23	5455	James Madison High School	Vienna	VA	Andrew Foos
24	5439	Northville	Northville	MI	Brian McNeff
25	5366	Oakton High School	Vienna	VA	Parker Ramsdell
26	5359	Hinsdale Central HS	Hinsdale	IL	Robert Barber
27	5354	Myers Park High School	Charlotte	NC	Mary A. W. Goudes
28	5317	Bridgewater-Raritan HS	Bridgewater	NJ	Christopher Levin
29	5260	Emmaus High School	Emmaus	PA	Tim O'Connor
30	5249	Jupiter High School	Jupiter	FL	Dennis Connolly
31	5240	Clovis West High School	Fresno	CA	Adam Reid
32	5197	Marquette	Chesterfield	MO	Joe Schoedel
33	5191	Mountain Vista High School	Highlands Ranch	CO	Rob Nasser
34	5126	Eagan High School	Eagan	MN	Andrew Michelson
35	5070	South Mecklenburg HS	Charlotte	NC	Leslie Berens
36	4968	Verona Area-Mount Horeb	Verona	WI	Bill Wuerger
37	4825	Glenbrook South	Glenview	IL	Keith MacDonald
38	4688	Ann Arbor Huron HS	Ann Arbor	MI	Andrea Stanczyk

39	4876	Kamiak High School	Mukilteo	WA	Chris Erickson	39	4542	Buchanan High School	Clovis	CA	Jennifer O'Meara
40	4815	Verona Area-Mount Horeb	Verona	WI	Bill Wuerger	40	4532	Lambert High School	Suwanee	GA	Kerry Langley
41	4772	Trabuco Hills High School	Mission Viejo	CA	Michael Woods	41	4399	Mission Viejo	Mission Viejo	CA	Theresa Sorenson
42	4761	Ann Arbor Huron HS	Ann Arbor	MI	Eric Stanczyk	42	4375	Abraham Lincoln HS	Des Moines	IA	Brayton Weber
43	4757	Churchill High School	San Antonio	TX	Mark Jedow	43	4286	Smoky Hill High School	Aurora	CO	Scott Cohen
44	4753	Flower Mound HS	Flower Mound	TX	Dan Snow	44	4283	San Marcos High School	San Marcos	CA	Michael Kleinert
45	4688	Smoky Hill High School	Aurora	CO	Scott Cohen	45	4117	Framingham High School	Framingham	MA	Mike Foley
46	4587	Jupiter High School	Jupiter	FL	Dennis Connolly	46	4082	Highland Park	Highland Park	IL	Tim Sirois
47	4175	San Marcos High School	San Marcos	CA	Michael Kleinert	47	3981	Sanderson High School	Raleigh	NC	Daniel C Mumma
48	4081	Liverpool High School	Liverpool	NY	Mike Ferrell	48	3950	Millard West High School	Omaha	NE	Sydney Bowcott
49	4064	Sanderson High School	Raleigh	NC	Daniel C Mumma	49	3724	Coronado	El Paso	TX	Mark Levitt
50	3841	Marina High School	Huntington Bch	CA	Stephen Wight	50	3678	Marina High School	Huntington Bch	CA	Stephen Wight
51	3804	Coronado	El Paso	TX	Mark Levitt	51	3466	Churchill High School	San Antonio	TX	Mark Jedow
						52	3068	Triton Regional High School	Byfield	MA	Diane Sagaser

Class 9 - Boys Independent (1-900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5609	University School	Hunting Valley	OH	Brian Perry
2	5593	Berkeley Prep School	Tampa	FL	Kevin Rosepapa
3	5530	The Baylor School	Chattanooga	TN	Dan Flack
4	5529	Brunswick School	Greenwich	CT	Aaron Montgomery
5	5316	The Pingry School	Basking Ridge	NJ	Steve Droste
6	5154	Holland Christian HS	Holland	MI	Todd Smeenge
7	5093	Albuquerque Academy	Albuquerque	NM	Dave Barney
8	5059	The Bishop's School	La Jolla	CA	Jim Jordan
9	5026	The Collegiate School	Richmond	VA	Mike Peters
10	4927	Christian Brothers Academy	Lincroft	NJ	Vito Chiaravalloti
11	4800	Pine Crest School	Ft. Lauderdale	FL	Mariusz Podkoscilny
12	3939	Cary Academy	Cary	NC	Kevin Jones
13	3887	Suffield Academy	Suffield	CT	Andrew Lowe
14	3882	St. Albans School	Washington	DC	Richard Bettencourt
15	3368	Columbus Academy	Gahanna	OH	Craig Yakscoe
16	2804	Bishop McGuinness	Kernersville	NC	Dana St. Claire
17	2510	Packer Collegiate Institute	Brooklyn	NY	Christopher Ruck

Class 11 - Girls Independent (1-900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	5971	The Baylor School	Chattanooga	TN	Dan Flack
2	5883	Pine Crest School	Ft. Lauderdale	FL	Mariusz Podkoscilny
3	5798	Holton-Arms	Bethesda	MD	Graham Westerberg
4	5473	Harpeth Hall	Nashville	TN	Polly Linden
5	5195	Stone Ridge School	Bethesda	MD	Robert Walker
6	5088	Albuquerque Academy	Albuquerque	NM	Dave Barney
7	5083	William Penn Charter School	Philadelphia	PA	Brian Hecker
8	5045	Lakeside School	Seattle	WA	Susan Mayfield
9	4886	Greenwich Academy	Greenwich	CT	Michael C. Sabala
10	4491	Dubuque Wahlert Cath HS	Dubuque	IA	Emily Snyder
11	4460	Cary Academy	Cary	NC	Kevin Jones
12	4444	Hathaway Brown School	Shaker Heights	OH	R Speed/S Aroney
13	4169	Holland Christian HS	Holland	MI	J Kalkman/T Smeenge
14	4164	Columbus Academy	Gahanna	OH	Craig Yakscoe
15	1828	Bishop McGuinness	Kernersville	NC	Dana St. Claire

Class 10 - Boys Independent (over 900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	6341	St. Xavier High School	Cincinnati	OH	Tim Beerman
2	6231	Loyola High School	Los Angeles	CA	Kevin Mann
3	6109	Phillips Academy	Andover	MA	David Fox
4	5862	Santa Margarita Catholic HS	Rancho Sta Marg.	CA	Rich/Ron Blanc
5	5811	LaSalle College High School	Wyndmoor	PA	Stephen Duncheskie
6	5773	Bellarmine College Prep	San Jose	CA	Mark Taliaferro
7	5684	Regis Jesuit High School	Aurora	CO	Nick Frasersmith
8	5496	Fordham Preparatory School	Bronx	NY	Dominick Galimi
9	5433	McCallie School	Chattanooga	TN	Stan Corcoran
10	5421	Omaha Creighton Prep. Sch	Omaha	NE	Tom Beck
11	5352	Breck Sch/Blake Sch Coop	Golden Valley	MN	B. Wright, M. Carlson
12	5179	Mater Dei High School	Santa Ana	CA	Ken Dory
13	4998	Cardinal Gibbons HS	Raleigh	NC	Jonah Turner
14	4928	Salesianum School	Wilmington	DE	Chip Hannig

Class 12 - Girls Independent (over 900)

<u>PL</u>	<u>Pts</u>	<u>School</u>	<u>City</u>	<u>ST</u>	<u>Coach</u>
1	6481	Sacred Heart Academy	Louisville	KY	James Luebbe
2	6450	Santa Margarita Catholic HS	Rancho Sta Marg.	CA	Rich/Ron Blanc
3	5877	Regis Jesuit High School	Aurora	CO	Nick Frasersmith
4	5633	Dowling Catholic HS	West DesMoines	IA	Frankie Hanson
5	5391	Mater Dei High School	Santa Ana	CA	Kelly Dullard
6	4995	Cardinal Gibbons HS	Raleigh	NC	Jonah Turner
7	3762	Bishop Feehan High School	Attleboro	MA	Kathy White
8	3381	Blessed Trinity Catholic HS	Roswell	GA	Chuck Oliver

15	4827	Loyola Academy	Wilmette	IL	Mike Hengemann
16	4371	Bishop Hendricken	Warwick	RI	David W. Hanson
17	4357	De La Salle Collegiate	Warren	MI	Jim Singelyn
18	4357	Seton Hall Prep	West Orange	NJ	Joseph Alexander
19	4289	Loyola Blakefield	Towson	MD	Dominic Breschi
20	4184	Blessed Trinity Catholic HS	Roswell	GA	Chuck Oliver
21	3977	Mount Saint Joseph HS	Baltimore	MD	Greg McDivitt
22	3878	St. Francis High School	La Canada	CA	Brady Lowdermilk
23	3737	Bishop Feehan High School	Attleboro	MA	Kathy White
24	3497	DeMatha Catholic HS	Hyattsville	MD	Tom Krawczewicz

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The Lady Eagles of Wethersfield High School in Wethersfield, CT are serious about winning before a recent meet. Photo by their coach, Lee Schwartzman



The Brookwood Broncos of Brookwood High School in Snellville, GA were crowned Boys Class 7A Champs. The team is coached by Jack Gayle

SUMMARY CHARTS FOR 2018-2019

TOP 25 BOYS					TOP 25 GIRLS					TOP 25 OVERALL				
PL	Pts	School	ST	Class	PL	Pts	School	ST	Class	PL	Pts	School	ST	Class
1	6341	St. Xavier High School	OH	10	1	6481	Sacred Heart Academy	KY	12	1	6481	Sacred Heart Academy	KY	12
2	6231	Loyola High School	CA	10	2	6450	Santa Margarita Catholic	CA	12	2	6450	Santa Margarita Catholic	CA	12
3	6146	Carmel High School	IN	4	3	6376	Chaparral High School	AZ	8	3	6376	Chaparral High School	AZ	8
4	6109	Phillips Academy	MA	10	4	6348	Carmel High School	IN	8	4	6348	Carmel High School	IN	8
5	5971	The Woodlands HS	TX	4	5	6113	Fairview High School	CO	8	5	6341	St. Xavier High School	OH	10
6	5958	Cherry Creek	CO	4	6	6070	Ames High School	IA	6	6	6231	Loyola High School	CA	10
7	5939	AE Stevenson HS	IL	4	7	6018	Southlake Carroll HS	TX	8	7	6146	Carmel High School	IN	4
8	5917	Kingwood High School	TX	4	8	5982	The Woodlands HS	TX	8	8	6113	Fairview High School	CO	8
9	5910	Southlake Carroll HS	TX	4	9	5971	The Baylor School	TN	11	9	6109	Phillips Academy	MA	10
10	5905	Edina High School	MN	4	10	5951	Lyons Township HS	IL	8	10	6070	Ames High School	IA	6
11	5862	Santa Margarita Catholic	CA	10	11	5942	Edina High School	MN	8	11	6018	Southlake Carroll HS	TX	8
12	5811	LaSalle College HS	PA	10	12	5935	New Trier High School	IL	8	12	5982	The Woodlands HS	TX	8
13	5773	Bellarmino College Prep	CA	10	13	5883	Pine Crest School	FL	11	13	5971	The Woodlands HS	TX	4
14	5772	Buchanan High School	CA	4	14	5877	Neuqua Valley HS	IL	8	14	5971	The Baylor School	TN	11
15	5684	Regis Jesuit High School	CO	10	15	5877	Regis Jesuit High School	CO	12	15	5958	Cherry Creek	CO	4
16	5675	Chaparral High School	AZ	4	16	5841	Henry M Gunn HS	CA	8	16	5951	Lyons Township HS	IL	8
17	5652	Bainbridge High School	W	2	16	5829	Minnetonka High School	MN	8	17	5942	Edina High School	MN	8
18	5621	Oakton High School	VA	4	18	5798	Holton-Arms	MD	11	18	5939	AE Stevenson HS	IL	4
19	5612	Hamilton Southeastern HS	IN	4	19	5746	Fossil Ridge	CO	8	19	5935	New Trier High School	IL	8
20	5609	University School	OH	9	20	5728	Hamilton Southeastern HS	IN	8	20	5917	Kingwood High School	TX	4
21	5608	Neuqua Valley HS	IL	4	20	5728	Wilson High School	PA	8	21	5910	Southlake Carroll HS	TX	4
22	5593	Berkeley Prep School	FL	9	22	5636	Flower Mound HS	TX	8	22	5905	Edina High School	MN	4
23	5590	Hinsdale Central HS	IL	4	23	5633	Dowling Catholic HS	IA	12	23	5883	Pine Crest School	FL	11
24	5575	Naperville Central HS	IL	4	24	5612	Evanston Township	IL	8	24	5877	Neuqua Valley HS	IL	8
25	5560	Clovis West High School	CA	4	25	5592	Yorktown High School	VA	8	25	5877	Regis Jesuit High School	CO	12

MORE THAN 10,000 COMBINED TOTAL (G+B)					CLASS DEFINITIONS			NUMBER OF ENTRIES BY STATE		
PL	Pts	School	ST	Class	1	Boys	Public	1-900	40	Massachusetts
1	12494	Carmel High School	IN	4/8	2	Boys	Public	901-1400	34	Pennsylvania
2	12312	Santa Margarita Catholic	CA	10/12	3	Boys	Public	1401-1900	29	Ohio
3	12051	Chaparral High School	AZ	4/8	4	Boys	Public	>1900	25	California
4	11953	The Woodlands High	TX	4/8	5	Girls	Public	1-900	20	Illinois
5	11928	Southlake Carroll HS	TX	4/8	6	Girls	Public	901-1400	20	Michigan
6	11847	Edina High School	MN	4/8	7	Girls	Public	1401-1900	18	North Carolina
7	11561	Regis Jesuit High School	CO	10/12	8	Girls	Public	>1900	15	Texas
8	11501	The Baylor School	TN	9/11	9	Boys	Independent	1-900	14	New York
9	11485	Neuqua Valley High	IL	4/8	10	Boys	Independent	>900	13	Minnesota
10	11422	Kingwood High School	TX	4/8	11	Girls	Independent	1-900	12	Iowa
11	11362	New Trier High School	IL	4/8	12	Girls	Independent	>900	12	Virginia
12	11340	Hamilton Southeastern	IN	4/8					11	Indiana
13	11275	Wilson High School	PA	4/8					9	Colorado
14	11261	Minnetonka High School	MN	4/8					8	Georgia
15	11232	Fossil Ridge	CO	4/8					7	Connecticut
16	11078	Naperville Central High	IL	4/8					7	Washington
17	10987	Oakton High School	VA	4/8					6	Missouri
18	10949	Hinsdale Central HS	IL	4/8					6	New Jersey
19	10933	Henry M Gunn High	CA	4/8					6	Oklahoma
20	10886	Upper Arlington High	OH	3/7					6	Tennessee
21	10832	James Madison High	VA	4/8					6	Wisconsin
22	10816	Evanston Township	IL	4/8					5	Florida
23	10802	Tesoro High School	CA	4/8					5	Maryland
24	10800	Clovis West High School	CA	4/8					5	Nebraska
25	10770	Yorktown High School	VA	4/8					3	Kentucky
26	10698	Northville	MI	4/8					3	Maine
27	10683	Pine Crest School	FL	9/11					3	Wyoming
28	10667	Emmaus High School	PA	4/8					2	Arizona
29	10638	North Canton Hoover High	OH	3/7					2	New Mexico
30	10570	Mater Dei High School	CA	10/12					1	DC
31	10558	Ames High School	IA	2/6					1	Delaware
32	10533	Granite Bay High School	CA	4/8					1	Hawaii
33	10528	Upper St. Clair High	PA	2/6					1	Kansas
34	10454	Myers Park High School	NC	4/8					1	North Dakota
35	10431	Newport High School	W	3/7					1	Rhode Island
36	10389	Flower Mound HS	TX	4/8						
37	10353	South Mecklenburg High	NC	4/8						
38	10314	Buchanan High School	CA	4/8						
39	10244	Glenbrook South	IL	4/8						
40	10181	Albuquerque Academy	NM	9/11						
41	10141	Hershey High School	PA	2/6						

TOP COMBINED TOTAL BY CLASS (G+B)		
Pts	School	ST
Classes 1/5: Public, 1-900		
9638	Wayland High School	MA
Classes 2/6: Public, 901-1400		
10558	Ames High School	IA
Classes 3/7: Public, 1401-1900		
10886	Upper Arlington HS	OH
Classes 4/8: Public, >1900		
12494	Carmel High School	IN
Classes 9/11: Independent, 1-900		
11501	The Baylor School	TN
Classes 10/12: Independent, >900		
12312	Santa Margarita Catholic	CA

2019-20 All America Swimming Standards

Mark Onstott, NISCA All America Coordinator

NISCA 2019-20 Swimming Time Standard Determinations for Top 100 Athletes Named All America

NISCA 2019-2020 Swimming Time Standard Determinations for Top 100 Athletes Named All America

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

Automatic Standards were determined by the average 50th place times from the 2018-2019, 2016-2017 and 2017-2018 seasons

Consideration Times were determined by the average 125th place times from the 2018-2019, 2016-2017 and 2017-2018 seasons

Girls AA Standard	50th Average place time over last 3 seasons.				200 M Rel	200 Free	200 IM	50 Free	100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
2018-19		44.03	48.64	1.55	23.16	54.42	50.14	52.37	35.28	54.78	2.67	27.56			
2016-17		44.28	48.79	1.60	23.19	54.46	50.23	51.62	35.49	54.82	2.52	27.80			
2017-18		44.31	48.78	1.39	23.26	54.38	50.21	52.56	35.30	54.80	2.54	27.59			
Total		132.62	146.21	4.54	69.61	163.26	150.58	156.55	106.07	164.40	7.73	82.95			
2020 Auto		44.21	48.74	1.51	23.20	54.42	50.19	52.18	35.36	54.80	2.58	27.65			
2019 Place		56th	54th	50th	55th	49th	54th	47th	53rd	53rd	48th	53rd			

Girls Con Standard	125th Average place time over last 3 seasons.				200 M Rel	200 Free	200 IM	50 Free	100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
2018-19		46.26	50.52	3.46	23.52	55.45	50.95	57.09	36.73	55.77	3.76	30.80			
2016-17		46.27	50.56	3.72	23.57	55.49	51.10	56.45	37.35	56.14	3.81	31.17			
2017-18		46.10	50.64	3.73	23.54	55.54	51.10	57.00	36.74	55.84	3.82	31.10			
Total		138.63	151.72	10.91	70.63	166.48	153.15	170.54	110.82	167.75	11.39	93.07			
2020 Con		46.21	50.57	3.64	23.54	55.49	51.05	56.85	36.94	55.92	3.80	31.02			
2019 Place		123rd	126th	131st	126th	129th	135th	121st	140th	140th	128th	132nd			

Boys AA Standard	50th Average place time over last 3 seasons.				200 M Rel	200 Free	200 IM	50 Free	100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
2018-19		33.11	38.24	49.30	20.52	48.88	44.94	28.86	24.57	49.08	55.76	5.71			
2016-17		33.42	38.35	49.77	20.60	48.90	44.96	27.99	25.05	49.64	56.03	6.04			
2017-18		33.09	38.61	49.63	20.50	48.97	44.95	28.30	24.77	49.42	55.74	6.07			
Total		99.62	115.20	148.70	61.62	146.75	134.85	85.15	74.39	148.14	167.53	17.82			
2020 Auto		33.21	38.40	49.57	20.54	48.92	44.95	28.38	24.80	49.38	55.84	5.94			
2019 Place		58th	45th	54th	51st	54th	51st	47th	63rd	65th	50th	56th			

Boys Con Standard	125th Average place time over last 3 seasons.				200 M Rel	200 Free	200 IM	50 Free	100 Fly	100 Free	500 Free	200 F Rel	100 Back	100 Breast	400 F Rel
2018-19		34.56	40.22	51.49	20.84	49.84	45.67	33.39	25.75	50.06	56.91	8.27			
2016-17		35.08	40.13	51.54	20.97	50.05	45.74	32.86	26.04	50.67	57.09	9.07			
2017-18		34.59	40.03	51.69	20.93	49.95	45.78	33.05	25.80	50.39	56.95	8.55			
Total		104.23	120.38	154.72	62.74	149.84	137.19	99.30	77.59	151.12	170.95	25.89			
2020 Con		34.74	40.13	51.57	20.91	49.95	45.73	33.10	25.86	50.37	56.98	8.63			
2019 Place		141st	111th	133rd	138th	137th	129th	113th	128th	140th	130th	136th			



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

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NISCA(national interscholastic swim coaches association)

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





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

SAVE THE DATE

85th Annual NISCA National Conference
March 25-28, 2020



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 ACCOMODATIONS:

Name: _____ Phone: (____) _____

Address: _____

City: _____ State: _____ Zip: _____

School: _____

AMEX _____ VISA _____ MASTERCARD _____ DISCOVER _____

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

Signature _____

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