

# Swimming WORLD

magazine



**ON THE COVER:**

In recognition of the Texas men's NCAA Division I swimming and diving championship, the UT Tower—a campus landmark—was bathed in burnt orange lighting from top to bottom with the number “1” lit on all four sides of the building. The Longhorns captured their 10th title under Coach Eddie Reese. Meanwhile, Florida won the women's NAAs (inset)—its second-ever national title...and first for Coach Gregg Troy. (See stories, pages 8 and 12.)

[COVER PHOTO BY JIM SIGNON, UT ATHLETICS PHOTOGRAPHY; INSET PHOTO BY PETER H. BICK]



**8 OH, SO CLOSE!** *by Jason Marsteller*  
Stanford and Georgia were the pre-meet favorites to win this year's women's NCAA Division I Swimming and Diving Championships, but Florida had other ideas and captured its second-ever team title by a mere two-and-a-half points.



**12 NO. 10 IN '10** *by John Lohn*  
The University of Texas had won its ninth men's team trophy back in 2002, and after several close finishes, the Longhorns finally achieved their historic double-digit crown, moving them within one championship for the most all-time in men's NCAA Division I action.



**17 BUCKEYE BLISS** *by Emily Sampl*  
The Ohio State University Buckeyes captured their second straight and 26th team title overall at the U.S. Collegiate Synchronized Swimming Championships.



**19 THE POOL'S EDGE: Are You Self-Aware?** *by Karlyn Pipes-Neilsen*  
Self-awareness is a process of seeing, comparing, feeling differences and then coming to a new understanding.

**20 DRYSIDE TRAINING: Exercises for Better Backstroke** *by J.R. Rosania*

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**28 SO YOU WANT TO WIN A CHAMPIONSHIP?** *by Michael J. Stott*  
Bottom line: be prepared, understand what winning means and swim fast!

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**38 SUPERNOVA II** *by Jason Marsteller*  
Led by seven-gold-medal winner Rachel Naurath, Nova of Virginia repeated as combined team champions and won its third straight women's title at the NCSA Junior Nationals.

**40 GOLDMINDS: The “W” Word** *by Wayne Goldsmith*  
The word is “winning,” and it's time to start thinking, talking and doing the things necessary to prepare yourself for that ultimate achievement.

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