

Swimming WORLD m a g a z i n e



12



15



21



27

ON THE COVER:

Senior Vladimir Morozov of Torrance High School in Southern California was named *Swimming World's* Male High School Swimmer of the Year. During the 2009-10 season, Morozov set national prep records in the 50 and 100 yard freestyles. In the 100, he became the first high schooler to break the 43-second barrier with his 42.87. (See story, page 8.)

[COVER PHOTO BY JULIE THORSON; SNIPE PHOTO BY BILL COLLINS]



- 8 FROM SIBERIA TO BEST IN THE U.S.** *by Jeff Commings*
Vladimir Morozov left the Arctic elements of Siberia three years ago for Southern California, where he has become the fastest high school swimmer in the country and *Swimming World's* Male High School Swimmer of the Year.
- 12 CONTINUING GREATNESS** *by Jason Marsteller*
Dagny Knutson becomes only the fifth female to win back-to-back titles as *Swimming World's* Female High School Swimmer of the Year.
- 15 A DUAL STAR** *by John Lohn*
She's an international open water champion who also has competed in the pool at the World Championships. It stands to reason that the USA's Chloe Sutton could excel in both disciplines come the London Olympics in 2012.
- 18 LOOKING FOR NEW CHALLENGES** *by Emily Sampl*
Paul Robinson, a successful triathlete and open water swimmer, hopes to cross the English Channel next summer.

DEPARTMENTS:

- 6 A VOICE**
for the SPORT
- 36 FOR THE RECORD**
- 43 CALENDAR**
- 46 PARTING SHOT**



- 20 THE POOL'S EDGE: Kick It Up!** *by Karlyn Pipes-Neilsen*
To be a really good swimmer, you must also have a really strong, fast, sustainable kick.
- 21 LANE LEADERS: Traci Granger** *by Emily Sampl*
- 22 WORKOUT CARD: Training with Davis Aquatic Masters** *by Stu Kahn*



- 24 Q&A WITH COACH DAN GELDERLOOS, CALVIN COLLEGE** *by Michael J. Stott*
- 26 HOW THEY TRAIN: Emily Roberts and Maggie Vail** *by Michael J. Stott*
- 27 GOAL-ORIENTED** *by Michael J. Stott*
Goal setting is essential to team leadership, direction, tradition, hopes and dreams.
- 30 THE SCIENCE OF PERFORMANCE: How to Prevent Shoulder Pain**
by G. John Mullen



- 33 NATIONAL AGE GROUP RECORD SETTER:**
Jared Markham, Greenwood Tiger Sharks (Colo.)
- 34 AMERICAN RELAY** *by Judy Jacob*
- 35 TYR AGE GROUP SWIMMER OF THE MONTH:**
Alex Liang, Palo Alto Stanford Aquatics (Calif.)

SWIMMING WORLD MAGAZINE (ISSN 0039-7431). Note: permission to reprint articles or excerpts from contents is prohibited without permission from the publisher. The publisher is not responsible for errors in advertisements. Microfilm copies: available from University Microfilms, 313 N. First St., Ann Arbor, MI 48103. *Swimming World Magazine* is listed in the Physical Education Index. Printed in the U.S.A. © Sports Publications International, August 2010.