

Editor's Note

Olympic Moments



Few things are as emotional as watching a swimmer look to the scoreboard after touching the wall in the race of a lifetime. The sheer tonnage of toil spanning years—the missed vacations, the freakishly scheduled adolescence, the pain—all add up to a single moment and, by the looks on their faces, these swimmers would do it all over again. That single moment seems to make all the sacrifices worth it.

These moments of glory are not limited to Olympians—you can see it in swimmers at B meets, developmental meets, high school championships, Masters meets—pretty much anywhere swimmers race. And depending on the circumstances, it may be one of many “races of a lifetime.” After all, the road is long—and advances in training, nutrition and sports science have extended the run for all of us.

But watching the elite athletes in our sport can be an out-of-body experience. Many of us know what it feels like to swim efficiently: We train hard, we compete, we cut back on beer and chocolate during our tapers. But seeing the elites swim (thanks to advances in underwater videography) can be like seeing the strokes for the first time. The words “grace,” “beauty” and “freakin’ fast” seem inadequate at best.

USMS counts a number of Olympians—from all over the world and from different sports—in its current and former membership rolls. (For a list, see usms.org/hist/oly.) And this year, more than a dozen USMS members have made Olympic Trials cuts and are eligible to compete in Omaha.

With more than 1800 swimmers vying for 52 spots, odds of an Olympic berth are long for everyone. As fans and members of the greater swimming community gather to cheer for their favorite swimmers, we’re especially thrilled to celebrate the accomplishments of those who’ve been part of the USMS family.

Three days later, some of us will jump into that same water in Omaha and reach for our own “Olympic” moments. Although most of us won’t ever share our moments with millions of television viewers, we get to share them with our teammates and loved ones, which makes all our sacrifices—dietary or otherwise—so worth it.

Laura Hamel, *SWIMMER* editor

THE SOCIAL SWIMMER

Tweet Tweet

- **GRANT GANNON** @GrantGannon @MastersSwimming got back in the pool for the first time since April 26th! #sore
- **SARA MCLARTY** @SaraMcLarty Awake @ 530 for another awesome NTC @MastersSwimming practice in @ClermontFlorida
- **PAUL BALES** @hydrafxswim @MastersSwimming taught a “muscle man” how not muscle his way through the water.
- **LANCE ARMSTRONG** lancearmstrong @MackD71 join a good @MastersSwimming program in your area.
- **MIKE WYSOCKI** @Woodpile90 @dshaw101 @MastersSwimming I NEVER would have pushed myself the way my coaches push me. It’s a love/hate relationship.
- **WILLIAM MUNRO** @WilliamJMunro @MastersSwimming Got back into swimming 4 years ago. Blood pressure was 160/100, is now 120/80 ... gotta be the swimming!

SWIMMER

**THE OFFICIAL MAGAZINE
OF U.S. MASTERS SWIMMING**
usms.org

USMS NATIONAL OFFICE
655 North Tamiami Tr., Sarasota, FL 34236

EXECUTIVE DIRECTOR: Rob Butcher

Find us on Facebook: facebook.com/usmastersswimmingfanpage

USMS EDITOR-IN-CHIEF

Laura Hamel
E: editor@usms.org

CONTRIBUTING EDITOR: Bill Edwards

STAFF WRITER: Laura Jones

COPY EDITOR: Meg Smath

PUBLISHED IN ASSOCIATION WITH:

ANTHEM COMMUNICATIONS

7101 College Blvd. Suite 400

Overland Park, KS 66210

913-894-6923

www.thisisamg.com

PRESIDENT: Tom Pokorny

DESIGN SUPERVISOR: Jack Wilson

ART DIRECTOR: Annie Sidesinger

PRODUCTION ASSISTANT: Virginia Dyer

CIRCULATION AND MEMBERSHIP

Tracy Grilli and Anna Lea Matysek

T: 800-550-SWIM (7946)

F: 941-556-SWIM (7946)

E: info@usms.org

ADVERTISING DIRECTOR

Kyle Deery

T: 941-556-6274

E: kdeery@usms.org

USMSSWIMMER.ORG

Jim Matysek

Luke Shaheen

ON THE COVER

Called the Qwest Center at the time of the 2008 Olympic Trials, the renamed CenturyLink Center Omaha is the site of the 2012 Trials and the 2012 Marriott USMS Summer Nationals.

Photo by Peter H. Bick

SWIMMER (ISSN 1554-284X) is published bimonthly by U.S. Masters Swimming, 655 North Tamiami Tr., Sarasota, FL 34236.

SUBSCRIPTIONS: Provided annually to USMS members for \$8 (included in dues). The annual cost of the magazine to nonmembers is \$19.95 (U.S.), \$22 (Canada) and \$48 (international), payable in U.S. dollars. Periodicals postage paid at Sarasota, Fla., and at additional mailing offices.

POSTMASTER: Send address changes to *SWIMMER*, P.O. Box 185, Londonderry, NH 03053-0185, USA; 800-550-SWIM; info@usms.org.

Printed in USA. Copyright © 2012. All rights reserved. No part of this publication may be reproduced without permission from USMS. Some parts of this publication are available electronically at usms.org.

Opinions expressed by authors and advertisers do not necessarily reflect the policies of USMS.

USMS reserves the right to edit letters to the editor and all submitted materials. USMS does not take responsibility for the return of unsolicited materials.