

## **Note from Team President Cathy Gainor “The Ancient Mariners: A Community of Swimmers”**

I've been thinking a lot lately about community, the importance of community, and how, at least for me and hopefully for you, the Ancient Mariners team is our community.

I joined the Ancient Mariners in fall 2003 for two reasons: Swimming by myself wasn't making me any faster, and I wanted — no, needed — to meet new friends. Mission accomplished. Almost all of my friends now are fellow Ancient Mariners.

I've recently read some important stories and studies focused on mental health, and two key issues stand out to me. The first is the importance of avoiding loneliness through connections and relationships, especially as we get older. The second is the damage that social media can cause mentally, leading to isolation, lack of confidence, depression and worse.

The other social media trend that has made me think about community is a topic we've been discussing at work. It seems GenZ and millennials are starting to join amateur sports leagues, such as dodgeball and kickball, as a way to meet people to date. My initial reaction when a co-worker mentioned it was, “No kidding. People have been meeting partners forever through sports.” The Ancient Mariners, for example, have decades of swimmers dating and marrying.

But it seems the current generation has been taken over by social media and have solely used dating apps, so this is a revelation to them. Fortunately, they're changing their ways. As I told my young co-workers, you're starting off the relationship with something in common, which is way better than starting at ground zero.

Being an Ancient Mariner helps with all of the above.

As Ancient Mariners, we see each other at practice at least once a week, frequently more. That's more often than we see many other friends, who we might get together with every couple of months or so. Practice is the perfect opportunity to connect with people who have at least one thing in common with you, maybe more. In addition to talking about how hard the last set was, and learning the idiosyncrasies of our lane mates' swimming styles, we can learn about each other's lives, families, jobs, likes, dislikes, travels, adventures. Friendships developed at practice can lead to dinners or coffee after practice, which then can lead to getting together outside of practice just because you want to spend more time with your friends.

And now a shameless plug for competing more. Your swimming community expands when you do competitions, whether those are swim meets, open water competitions or triathlons. You meet new people, and when you start seeing them repeatedly, you can form acquaintances that develop into friendships. Or you run into old swim friends, which is also wonderful. For example, when I do the Jim McDonnell Lake Swim in Reston each May, I typically reunite with an old friend from my childhood MCSL summer team. Same with the Great Chesapeake Bay Swim — it's a great time to catch up with old friends and bond with the other Bay swimmers on the team.

So get to know your lane mates, your locker room mates, your teammates. And introduce yourself to new swimmers. Make them feel welcome. Maybe they'll become your new best friend — or even spouse.

## Upcoming Events

### Jim McDonnell Lake Swims (1 Mile and 2 Mile)

Saturday, May 24 - Reston, VA  
Registration closes Sunday, May 17

### John Shrum Chris Greene Lake Cable Swim

Saturday, June 6 - Charlottesville, VA  
Registration closes Wednesday, June 3

### DC Water Wizards Juneteenth Relay + LCM Meet

Saturday, June 13 - Washington DC  
Registration closes Wednesday, June 10

### 2026 Great Chesapeake Bay Swim (4.4 Mile and 1 Mile)

Sunday, June 14, 2026 (6:30 am start for 4.4-mile swim and 7:30 am start for 1-mile swim)  
Registration for 1-mile swim closes Monday, June 8 (4.4 Mile swim is closed to registrations)  
For more information, visit [www.bayswim.com](http://www.bayswim.com)

### 2026 2nd Annual Maryland Summer LCM Swim Meet

Saturday, June 20 - St. Mary's City, MD  
Registration closes Wednesday, June 17

### 2026 Maryland Swim for Life

Saturday, August 1 - National Harbor, MD  
For more information, visit [www.swimdca.org](http://www.swimdca.org)



### Practice Schedule Spring Session

(Through Friday, June 19)



#### Germantown Indoor Swim Center (GISC)

*Sunday:* 10 am to noon

#### Martin Luther King Swim Center (MLK)

*Monday and Wednesday:* 8:30 to 10 pm

#### Olney Swim Center (OSC)

*Tuesday and Thursday:* 8:30 to 10 pm

*Saturday:* 7:30 to 9 am

#### Silver Spring Recreation and Aquatic Center (SSRAC)

*Tuesday and Thursday:* 6:30 to 8 am



### Practice Schedule Summer Session

(Starting Saturday, June 20)



#### Bethesda Outdoor Pool

*Sunday:* 8 to 10 am

*Tuesday and Thursday:* 8:15 to 9:45 pm

#### Martin Luther King Outdoor Pool

*Monday and Wednesday:* 8:30 to 10 pm

#### Olney Swim Center

*Saturday:* 7:30 to 9 am

#### Silver Spring Recreation and Aquatic Center

*Tuesday and Thursday:* 6:30 to 8 am



Visit [ActiveMONTGOMERY.org](http://ActiveMONTGOMERY.org) to register for masters swimming each session and other Montgomery County programs.



# U.S. MASTERS SWIMMING

In addition to registering for Montgomery Ancient Mariners, all team members must register with United States Masters Swimming (USMS) for insurance and liability purposes.

## **Ancient Mariners Place Third, ANCM Men Win Men's Title at 2026 Albatross Open**

After a year's break due to renovations at the KSAC pool, the Albatross Open returned in March, taking place at Germantown Indoor Swim Center.

The Montgomery Ancient Mariners placed third in the team competition with 374 points, behind Germantown Masters (525 points) and DC Water Wizards (433 points). ANCM won the men's team title with 235 points, while the women placed third with 115 points.

Three ANCM swimmers broke meet records:

Bob Benson  
Dave Harmon  
Dan Morrow

Twenty-five ANCM swimmers contributed to the team's point total:

### **Emily Harris (Women 30-34)**

50 Freestyle – 1st place  
50 Backstroke – 1st place

### **Samantha Hererra (Women 40-44)**

50 Freestyle - 3rd place  
50 Breaststroke - 4th place  
100 Individual Medley - 1st place

### **Tracey Diss (Women 55-59)**

100 Freestyle - 1st place  
100 Backstroke - 1st place  
200 Backstroke - 1st place

### **Clare Narrod (Women 60-64)**

50 Freestyle - 5th place  
50 Butterfly - 2nd place

### **Dottie Buchhagen (Women 80-84)**

50 Backstroke - 1st place  
100 Backstroke - 2nd place

### **Kevin Belle (Men 40-44)**

100 Freestyle - 3rd place  
50 Breaststroke - 1st place  
100 Breaststroke - 1st place

### **Jose-Luis Gallagher (Men 50-54)**

50 Freestyle - 1st place  
200 Freestyle - 1st place  
200 Backstroke - 1st place  
200 Breaststroke - 2nd place

### **Scott Russell (Men 55-59)**

50 Freestyle - 1st place  
100 Freestyle - 1st place  
50 Backstroke - 2nd place

### **Randi Zung (Women 40-44)**

50 Freestyle - 1st place  
50 Backstroke - 1st place  
100 Backstroke - 1st place  
200 Backstroke - 1st place

### **Mary Markley (Women 40-44)**

100 Freestyle - 1st place  
50 Breaststroke - 3rd place

### **Kathryn Larin (Women 60-64)**

50 Freestyle - 2nd place  
100 Freestyle - 2nd place  
200 Freestyle - 2nd place

### **Jody Gan (Women 60-64)**

400 Freestyle - 3rd place

### **Chris LaMance (Men 40-44)**

50 Freestyle - 1st place

### **Patrick Doherty (Men 45-49)**

100 Freestyle - 2nd place  
50 Backstroke - 1st place  
100 Backstroke - 1st place

### **Kevin Scott (Men 50-54)**

200 Freestyle - 2nd place  
100 Butterfly - 3rd place

### **Ian Record (Men 55-59)**

50 Freestyle - 2nd place  
50 Butterfly - 1st place

### **John McCaffrey (Men 55-59)**

50 Freestyle - 3rd place

**Tom Denes (Men 65-69)**  
200 Breaststroke - 1st place

**Ken Hinga (Men 75-79)**  
50 Freestyle - 2nd place  
100 Freestyle - 3rd place  
100 Individual Medley - 3rd place

**Roger Leonard (Men 75-79)**  
50 Backstroke - 2nd place  
100 Backstroke - 2nd place  
200 Backstroke - 3rd place

**Neal Gillen (Men 85-89)**  
50 Freestyle - 1st place

**Paul Adler (Men 70-74)**  
50 Breaststroke - 2nd place  
100 Breaststroke - 1st place

**Dave Harmon (Men 75-79)**  
100 Freestyle - 4th place  
400 Freestyle - 1st place **Meet Record**

**Dan Morrow (Men 75-79)**  
100 Breaststroke - 1st place **Meet Record**  
200 Breaststroke - 3rd place  
100 Individual Medley - 2nd place

**Bob Benson (Men 90-94)**  
100 Freestyle - 1st place **Meet Record**  
200 Freestyle - 1st place **Meet Record**

ANCM swimmers teamed up to swim on 8 relays and contributed 88 points toward the team score.

**Women 200 Medley Relay**  
200-239 (2nd place)  
Emily Harris, Jody Gan, Clare Narrod, Kathryn Larin

**Men 200 Freestyle Relay**  
200-239 (1st place)  
Ian Record, Tom Denes, Jose-Luis Gallagher, Scott Russell

280-319 (1st place)  
Ken Hinga, Dave Harmon, Dan Morrow, Roger Leonard

**Men 200 Medley Relay**  
200-239 (1st place)  
Scott Russell, Jose-Luis Gallagher, Ian Record, John McCaffrey

240-279 (1st place)  
Neal Gillen, Paul Adler, Chris LaMance, Kevin Belle

280-319 (2nd place)  
Roger Leonard, Dan Morrow, Dave Harmon, Ken Hinga

**Mixed 200 Freestyle Relay**  
160-199 (1st place)  
Patrick Doherty, Samantha Herrera, Chris LaMance, Mary Markley

200-239 (1st place)  
John McCaffrey, Kathryn Larin, Kevin Scott, Tracey Diss

Congrats to all swimmers who competed and thank you to everyone who volunteered and helped make this meet a success!

## Seven ANCM Swimmers Compete at 2026 Colonies Zone SCY Championship

Seven Ancient Mariners swimmers traveled to George Mason University in Fairfax, VA, to compete at the 2026 Colonies Zone SCY Championship in April. Our team of swimmers combined for 445 points and placed 6th in the small team standings.

### **Mary Markley (Women 40-44)**

100 Freestyle – 7th place  
500 Freestyle – 2nd place  
100 Breaststroke – 4th place

### **Jose-Luis Gallagher (Men 45-49)**

50 Freestyle - 3rd place  
200 Freestyle - 1st place  
500 Freestyle – 2nd place  
1650 Freestyle – 2nd place  
200 Backstroke – 2nd place  
400 Individual Medley – 1st place

### **Scott Russell (Men 55-59)**

50 Freestyle – 2nd place  
100 Backstroke – 3rd place  
100 Butterfly – 2nd place  
100 Individual Medley – 1st place

### **Judy Lim-Sharpe (Women 75-79)**

100 Freestyle – 1st place  
500 Freestyle – 1st place  
1000 Freestyle – 1st place

### **Randi Zung (Women 40-44)**

50 Freestyle - 2nd place  
100 Freestyle - 2nd place  
50 Backstroke - 3rd place  
100 Backstroke - 2nd place  
200 Backstroke - 2nd place  
100 Individual Medley - 3rd place

### **Jeff Roddin (Men 55-59)**

100 Individual Medley - 1st place

### **Roger Leonard (Men 75-79)**

100 Freestyle - 1st place  
1650 Freestyle - 1st place  
50 Backstroke - 1st place  
100 Backstroke - 1st place  
200 Backstroke - 2nd place  
100 Individual Medley - 1st place

A few of our swimmers shared their thoughts on the meet and their performances:

### ***Roger Leonard***

I was lukewarm about competing at Colonies, but life's lesson is hang in there and keep going. I appreciate that family life doesn't easily fit into a 3-day meet for most Mariners. My 1650 (27:01) was disappointing and felt out of sync with thinking about technique and controlled breathing. Best I can say is that my splits were consistent. Usually my best event, the 200 back continued a suboptimal performance (3:11). BUT, from then on I was pleased to show up and do well...100 back (1:28), 50 back (39.6), 100 free (1:16), and 100 IM (1:28).

My encouragement is give competitions your periodic effort and especially have fun. Who knows: you may find that you're faster than last year! How lucky we are that swimming is the best sport to stay healthy over the decades!

### ***Jose-Luis Gallagher***

I won the high point award for my age group and received a Colonies Zone swim towel as an award! All despite being sick, with a fever on and off all weekend.

### ***Mary Markley***

After just joining Masters in January, it was my second meet back, and it was great to compete and see what progress I've made and get motivated for next season. I swam the 100 breast, 500 free and 100 free. It was my first time racing the first two events since high school and I just about met my goals, although I'll be taking another bite of those apples again next year. The real story maybe was my shoes being taken while I swam the 500. Would love to see more Mariners at meets!

## Several ANCM Swimmers Compete at 2026 USMS Spring Nationals

Several Ancient Mariners swimmers traveled to Greensboro, NC, to compete at the 2026 USMS Spring Nationals from April 30 through May 3. They joined more than 2,000 masters swimmers from 263 clubs from across the country to compete during the four-day competition. ANCM placed 68th in the team standings with 78 total points.

### **Scott Russell (Men 55-59)**

50 Freestyle - 4th place  
200 Freestyle - 18th place  
50 Backstroke - 3rd place  
100 Backstroke - 3rd place  
100 Individual Medley - 4th place

### **Judy Lim-Sharpe (Women 75-79)**

50 Freestyle - 3rd place  
100 Freestyle - 2nd place  
500 Freestyle - 2nd place  
1000 Freestyle - 1st place

While ANCM swimmer Justin Kenney was originally supposed to compete, but was unable to swim at the meet, several of his family members competed with the Montgomery Ancient Mariners during the competition.

### **John Shick (Men 45-49)**

50 Freestyle - 38th place  
50 Breaststroke - 16th place  
100 Individual Medley - 22nd place

### **Julie Carrigan (Women 50-54)**

50 Breaststroke - 9th place  
100 Individual Medley - 15th place

### **Amy Kenney (Women 50-54)**

200 Freestyle - 13th place  
100 Individual Medley - 9th place

### **Joan Shick (Women 75-79)**

50 Freestyle - 11th place  
100 Freestyle - 7th place  
50 Breaststroke - 8th place

Scott Russell joined Joan, Julie and John to team up for the Mixed 200 Freestyle Relay, where they placed 26th in the event.

Both ANCM swimmers shared their thoughts on the meet and their performances:

### ***Judy Lim-Sharpe***

I had a very positive and exciting Spring Nationals. I have been swimming with Ancient Marines for over 25 years. I have not worked out with the team since the pandemic. I work out on my own. This year I aged up to the 75-79 age group, so I decided to try a few meets. I have had shoulder issues in the past, so I am basically a freestyler. At Nationals, I swam the 1000, 500, 100, and 50 free. The nationals were well attended with over 2,000 swimmers. I found it very difficult to warm up, especially for the sprints. There were so many people in each lane. I do not have a lot of experience swimming the 1000 or 500. I found that I enjoy swimming the distance events. It is quite a change for me since I always considered myself a sprinter. I won the 1000 free! I was very excited and considered going home satisfied with the win, but I decided to stay and swim the other events I entered. I got second in the 500 and 100 and third in the 50. I was not just satisfied with my finishes, but I was very pleased that I swam faster than all of my seed times. I found it ironic since the other times I have swum at nationals, the 50 free has always been my best finish. Things change, and adopting to that change is required as we age. One of the most positive things of the meet was meeting other women in my age group. All the women were quite nice and from all over the country. I met women from Wisconsin, Massachusetts, Utah, Florida, California, and Baltimore. There were some amazing performances at this meet that I found very inspirational.

## **Scott Russell**

I have been swimming for 50 years. I have always loved walking into a pool early morning before a meet where there is almost no one there, the staff are chugging coffee to wake up, unfolding timers chairs and unspooling wires to make the timing and scoreboard work. I'm a morning guy, and I also like finding the good places to sit before other people do.

The 2026 Spring Nationals in Greensboro, NC, was not like that. It was a well-oiled machine, a world-class facility all ready to go days before, and there were people crazier than me jumping in the pool before it even officially opened. Four pools, actually, two of them competition pools. I'd never seen two pools run simultaneously before, and it even had an announcer reading off EVERY heat and swimmer as they went. Saturday alone had five individual and two relay events, totaled 312 heats and 2,910 swims...And was complete by 2 pm.

Saturday, I met officials in the hotel lobby from Oregon, Ohio, and Texas who were leaving just as I was heading to breakfast. I found a spot near some bleachers on Saturday and got to hang with some fellow Masters from Florida. Over the 2 days I was there, I ended up meeting a few people who knew some of my youth coaches and teammates.

Sunday was even cooler. While my Silver Spring practice buddy Justin Kenney could not make it, I had the pleasure of meeting and swimming with his family Amy, Julie, John and his 79-year old mother-in-law Joan in the 200 Free Relay. Joan crushed the lead-off leg and got fist bumps and high fives from the surrounding lane participants. It was quite the atmosphere, with everyone coming together to enjoy the sport at a professionally organized event. There was even a beer tent just outside the front door (no, not free but it tasted SO good), and 20 massage tables with professionals set up for the participants ready to help you recover.

I have always loved hanging out at swim meets with my teammates, talking to competitors whom I've come to know, experiencing the different facilities, snacking on sweets (fuel!), feeling like I've accomplished something that 99.99% of the rest of the country has not done before breakfast (Thanks Jimmy V!) and, oh yeah, challenging myself in the pool a few times too.

And that's the thing. Swimming isn't always known for its practice excitement, which is why my kids and wife don't do it (20 laps...in a row?!). As many of you also know, though, a lot of that sometimes boring or difficult stuff melts away when you are having fun, feeling accomplished, and being motivated properly. Those things I love about the sport are what encouraged me to enter and travel to Greensboro, and it's what made the trip such a great experience. For those considering it in the future, it was well worth the trip.



Old man taking a selfie at an Old Person Swim Meet.



Birds eye view of the relay team.

# Saving Democracy through Swimming

by Karen Finucan Clarkson

I found this [opinion piece](#)\* in The Washington Post about how running can save democracy compelling. While the author focuses on marathons, I think his point about how large, individual athletic events offer politics-free public moments is well presented.

Having done open-water swims in states red, purple and blue over the last few years, I have come to realize that no matter your political stripe, every participant – not to mention the spectators – supports each other, even if it is a “competition.” As the author notes:

“There’s no judgment. I’ve had 70-year-olds fly past me, and I’ve run by elite-looking 20-year-olds doubled over on the side of the road. Everyone knows how hard the journey is. Everyone wants each other to succeed — irrespective of their skill set, irrespective of their background.”

Although I’ve never done an open-water swim longer than 2 miles, which doesn’t compare to a marathon, that’s been my experience as well.

At pre-swim, carb-loading dinners, I have joined – by chance or by choice – other swimmers whose politics (based on casual references, never any debate or discussion) did not align with mine. But it was so refreshing to realize we were there to enjoy the moment and learn more about each other as swimmers.

The same holds true for interactions with my Montgomery Ancient Mariners lane mates at Germantown, Olney, and Silver Spring. I have developed friendships with many swimmers who have backgrounds and opinions that are diverse from mine. They have embraced me, and I them.

I will miss them and their perspectives. In early May, my husband and I (now retirees) relocated to the Charlotte, NC area. My hope is that I will find a swimming community as supportive as Ancient Mariners – though it’s hard to imagine.

There are several open-water swims in the Charlotte area (some [in NC](#) and others [in SC](#)). If you are inclined to participate in one – particularly the [October swim at Lake Thunderbird](#), a short walk from my new home – and need a place to crash, let me know (email [kfclarkson@gmail.com](mailto:kfclarkson@gmail.com)). My husband and I would enjoy hosting you.

Swim on.

**\*Note:** If you do not have a Washington Post subscription, you may access this article through the Montgomery County Public Libraries website using your library card - <https://mcpl.aspendiscovery.org/Web-Builder/WebResource?id=4>



The author chatting with her fellow Ancient Mariners (Cathy Gainor and Julie Goldberg, top, and Linda Foley, bottom) between sets at a Sunday practice in Germantown.

## Fabulous Swim Trip to Cozumel

by Jody Gan

In celebration of turning 60, I joined fellow Ancient Mariner teammate Nanci Sundel and enjoyed a five-day Strel Swim trip to Cozumel, Mexico, in March. After some unrest in Mexico a few weeks before, we were delighted to be able to go on the trip as planned, flying through Houston into Cozumel.

There were 10 swimmers — five men and five women, strong swimmers mostly in their 60s, including Jim, an 81 year-old, polio survivor! I brought two other swim friends from the area, and four of the women on the trip were known as the “DMV Girls.” Each day, we departed our lovely hotel for a 10-15 minute walk to meet our boat and caring crew. Our guides Borut Strel (the owner of the family-run business), Sarah, and Ram planned two beautiful long swims (2-3km each) in the warm Caribbean Sea above coral reefs, colorful fish, stingrays, eagle rays, and turtles. In between the two swims, we stopped at festive, beachfront restaurants to dine, rest, and soak in the sun. After showering and relaxing back at the hotel, the group met up at fun restaurants for tasty food, cocktails, and to relive the day’s swim. We had great weather, strong swims, met wonderful people, and experienced just a few stings and bruises(!).

[Strel Swimming](#) is a smaller operation, but very similar to [SwimTrek](#), a more well-known trip company. Both are based in the UK and have similar destinations, running about 85 trips a year. A few years ago, I swam in Croatia with SwimTrek. Both companies are incredible for those looking for a magical swim vacation.



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customized team gear!

Each purchase supports the team!

# 16th Annual Race for the Conch Eco-SeaSwim Set for June 2026

by Ben Stubenberg

Looking for an open water swim race through clear, turquoise water in the Caribbean? Check out the next Turks & Caicos “Race for the Conch” Eco-SeaSwim set for June 27, 2026.

Ancient Mariner swimmer Ben Stubenberg helped create the first “Race for the Conch” in 2010 — and is still at it. Only 15 people swam in the first one-mile race in spectacular Grace Bay on the island of Providenciales, including a couple of Ancient Mariners.

Since then the race has grown to around 140 swimmers and now features 2.4 mile, 1 mile, and 1/2 mile events, along with a 100-meter Children’s Swim.

Over the years many Ancient Mariners have flown to Providenciales to swim in the race and come away with wonderful memories.

All finishers receive hand-carved conch medals, while the 1st, 2nd, and 3rd place male and female swimmers take home conch trophies.

More info and race registration can be found on the race website: [www.ecoseaswim.com](http://www.ecoseaswim.com)



# Rip Current Dual Boards: A Year of Connections and Swimming Adventures

by Jose-Luis Gallagher

It has been a year full of swimming and sharing my mission with Rip Current Sports. Every stroke, every demo, and every connection has reinforced why I created [Dual Boards](#): to make swimming more fun, engaging, and effective.

I have seen Dual Boards take on a life of their own. University of Nebraska and Hall of Fame Coach Rick Paine has been using Dual Boards at the Olympic Training Center in Colorado Springs, sharing them with his friends and colleagues. Seeing elite veteran coaches embrace a new, different way to train their body position, kick, and alignment is both inspiring and validation that these boards offer something truly unique.

Off the pool deck, I have had the chance to meet entrepreneur Rudy Mawer, and I'm building relationships with Shark Tank reality series investor and businessman Daymond John and his social media team — connections that will help share the story of Dual Boards with a wider audience.

Locally, I have kept giving back, offering free demos throughout the DMV. Dual Boards aren't just a tool — they are a chance to shake up your swim routine, try something different, and have fun while improving. I have been able to see people rediscover the joy of kicking, gliding, and feeling the water in a new way.

On the competitive side, I have begun training daily and looking ahead, I'm preparing for a busy swim meet season with the Ancient Mariners, while continuing to expand who gets to experience the boards. My hope is simple: for every swimmer, from masters to aspiring athletes, to experience that unique feeling of control, alignment, and excitement that Dual Boards create.

If you've never tried them, now is the time — get a free demo, play around with something different, and support a local Montgomery County business that's all about helping swimmers kick, glide, and love lifelong improvement in the water!



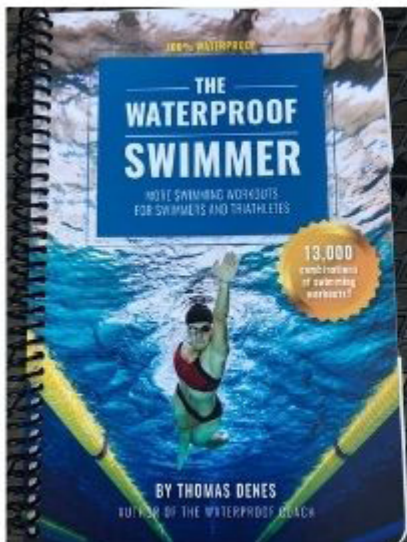
Outdoor progress on renovations at KSAC pool. (Photo Credit: Dottie Buchhagen)

For more information on the renovations and updated photos, visit the [Montgomery County Recreation website](#).

# 2026 Montgomery Ancient Mariners Winter Party

Thank you to everyone who attended the team winter party in February! Also a big thank you to Nanci and Gary Sundel for hosting this year!

[Check out pictures from this year's party here!](#)



Can't attend an Ancient Mariners practice during the week? Looking for workouts when swimming on your own? Coach Tom Denes has written The Waterproof Swimmer, which includes over 40 pages of workouts that that you can mix and match.

To order a book, talk to Tom at practice or email him at [waterproofcoach@gmail.com](mailto:waterproofcoach@gmail.com).