

SWIMMING

Teagan O'Dell CAPTURES
SWIMMING WORLD FEMALE
HIGH SCHOOL SWIMMER OF
THE YEAR HONORS



FROM PAST

TO PRESENT:

THE EVOLUTION AND HISTORY
OF OLYMPIC SWIMMING

9 Ways

TO TELL YOU COME
FROM A SWIMMING
FAMILY

WORLD



A dynamic underwater photograph of several swimmers in a pool. In the foreground, a swimmer in a dark blue singlet and black swim cap is captured mid-stroke, with one arm extended forward. Behind them, other swimmers in various colored singlets (purple, red, green) are also visible, creating a sense of movement and competition. The water is clear blue with some white foam from the swimmers' strokes.

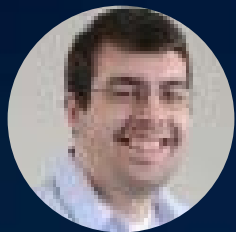
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About Swimming World

We present complete national and international coverage of competitive aquatic sports including competitive swimming, open water swimming, diving, artistic swimming (synchronized swimming) and water polo. Content includes stunning photos, columns and personality features of age group, high school, college and elite athletes.

SWIMMING WORLD



by DAN D'ADDONA
Swimming world
managing editor

Teagan O'Dell captures Swimming World Female High School Swimmer of the Year Honors

O'Dell, a sophomore from Santa Margarita Catholic High School in Rancho Santa Margarita, Calif.—and coached by Ron and Rich Blanc—broke a national high school record and was selected as Swimming World's High School Female Swimmer of the Year, leading her team to the state championship.

"It was honestly such a fun season for the whole team, I felt like I was part of something bigger than myself," O'Dell said.

O'Dell was the top performer in the country in the 200 yard individual medley (1:53.38), breaking the national record in the event set by Torri Huske in 2021 (1:53.73).

It happened at the California state finals.



"Going into the section meet, my best time was a 1:55.1 from my freshman year state. At the section meet, in state prelims, I popped a 1:54.0, dropping a whole second. Then at state in prelims, I was 1:55.0, then finals 1:53.38," O'Dell said.

"I wasn't not expecting it because I knew I could do it. But I also knew it would take a (near-perfect) race to do it. After prelims, I had to analyze what I was doing. I got really nervous during

prelims. I started feeling pressure about getting the record."

She turned that pressure into focus on her race. She had a specific game plan and wanted to execute it during the finals.

"The focus was the middle 100. I wanted to focus on the change from backstroke to breaststroke. My first three strokes of breaststroke were a little slow in prelims. I didn't have the burst of energy to attack the breaststroke leg. But I did in finals, and I made it a point to attack each stroke off the pullout," she said.

The race felt strong throughout, but O'Dell was still a little stunned to see the record time on the board, even though it was her goal.

"It was a lot of relief and happiness all in one. I almost didn't believe it. I had been wanting to go that time all year. I was happy my hard work had paid off. I remember getting out of the pool, and my whole team was standing behind my block and embraced me in this huge hug, which was awesome," O'Dell said.

And she still had more swims to go.

O'Dell also had the second-fastest 100 backstroke time in the country with a 50.96, breaking the California state record—and finishing just

"ALL SMILES..."

13-hundredths off Leah Shackley's (Bedford, Pa.) national record time of 50.83.

"I did my fastest 50 back leading off the medley relay. We got second...and we'll have everyone coming back," she said. "I led off the 200 free relay (22.4)...(and) we ended up winning (1:30.90). I took that into the 100 backstroke, and I ended up going 50.96—51 had been a goal of mine all year.

"I walked away all smiles!"

"Leagues was a local meet for us, and I got to swim the 100 fly and 50 free. I didn't want to swim the same event six times in three weeks, so I had some fun with two new events, and I got a best time in the 100 fly. It was big for our team because it was the first time we



won all levels across the board."

"It showed our depth at this school. We were really proud of each other," O'Dell said. "We carried all of that energy into CIF-Southern Sectionals. It was one of the most fun meets I have been to."

Then the energy shifted to the state finals.

"We went on a long bus ride to Clovis (in central California), and we had 20 guys and 20 girls on the trip...and having hours to

just spend together and have fun together," O'Dell said.

"Prelims was such a big meet that I had two hours between my events. It was such a long day. The meet was like six hours. Then you have a quick sleep and do it again. It was a really long weekend. But the guys and girls won, so we were so hyped up."

It led to a record-breaking swim and a dominating performance by O'Dell and Santa Margarita.

From Past to Present:

The Evolution and History Of Olympic Swimming



EARLY ORIGINS



by KAYLIE
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Swimming continues to be a cornerstone event of the Olympic Games. But have you ever stopped to think about how the sport has evolved to the cutting-edge competition we witness today? Who was the first nation to introduce competitive swimming? Who held the first Olympic Games? How did Olympic swimming evolve to its current state? Keep reading to find out!

Swimming had its origins in Egypt as a leisure sport around 2500 BCE. According to britannica.com, archeological evidence has shown that ancient Greeks and Romans later used the practice to train soldiers for war to eventually become “part of elementary education for males.”

They are also believed to have built the first

swimming pools, distinctly different from their baths.

Evidence of a few races taking place in Japan around the 1st Century, BCE has also been uncovered. Not surprisingly, ancient Pacific Island natives are believed to have taught their children how to swim around the same time or even before they learned how to walk.

FROM LEISURE TO COMPETITION

Although swimming's origins were rooted in leisure, the sport quickly evolved into a competition even before the first Olympic Games in 1896. In 1837, the first swimming organization was created in London and became known as England's National Swimming Society. The name would later be changed to the Swimming Association of Great Britain in 1874.

During the 19th century, Australia—hungry for competition—began to hold regular championship races. In 1846, Australia held the first swimming championships. This was the first chance for different national teams to compete



against each other and would dictate the future of competitive swimming. In the following years, various nations would host their own championship meets; the United States got their chance in 1877.

Until 1912, only male swimmers were allowed to compete in the Olympics. It was not until the Stockholm Olympics that women were able to compete, and even when they were finally allowed in the water, they were only given two events in which to compete—the 100 free and 400 free relay.

The first Olympics introduced some strange races into the lineup, as it was purely an experimental event to begin with. For example, the 100m free for sailors was strictly for members of the Greek Navy, and all of the races were held in open water.

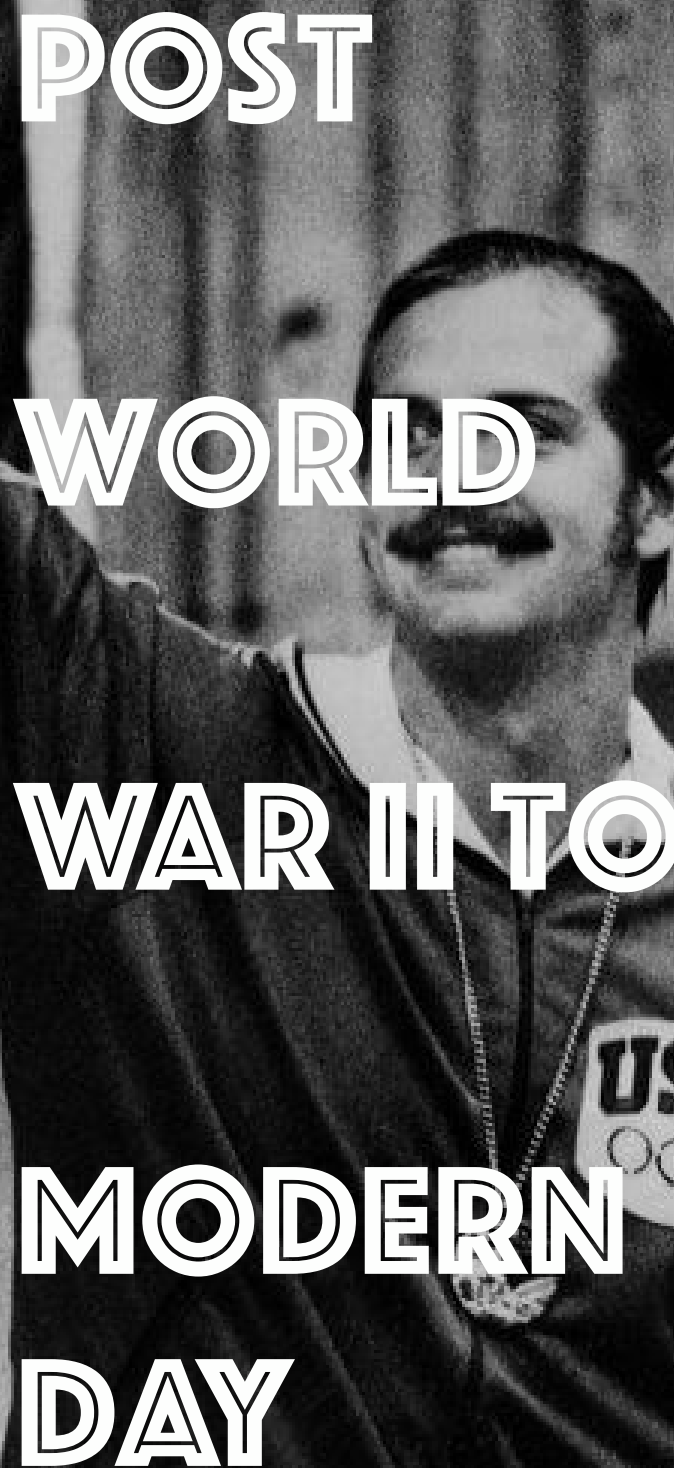


THE FIRST OLYMPIC GAMES

The era following World War 2 was a bustling time for innovation and production. All of the economic growth from the war brought great technological advancement to the United States, which translated to the swimming world in the form of lane lines and indoor competition pools. Advanced training techniques and facilities such as hydrodynamic swimsuits and better drainage systems in the pools allowed athletes to swim much faster than those of the past. By 1924, marked lanes and guidelines for pool depths leveled the playing field and allowed for a more fair competition.

The 1950s and 1960s were full of advancement within the swimming world as new strokes and events made their debut over the following years. The butterfly stroke was first raced in 1956 at the Melbourne Olympics, and in 1968, the number of events jumped from eight to 14 for women and 10 to 15 for men.

The 1970s and 1980s saw the rise of superhuman swimmers such as Mark Spitz, Matt Biondi, Michael Gross and Kristen Otto. Their achievements are remembered and honored as they serve to motivate the top athletes of today, such as Katie Ledecky and, of course, Michael Phelps. Phelps is currently the most



POST WORLD WAR II TO MODERN DAY

decorated Olympic athlete of all time, collecting a healthy 28 medals and is known for breaking Spitz's record of seven consecutive first place finishes at one Olympic Game.

Ledecky is well on her way to becoming one of the most decorated female swimmers in Olympic history with five Olympic gold medals, 14 world championship gold medals and six world records under her belt.

Swimming has come a long way since its early beginnings. Our present and future successes in competition can only be attributed to the struggles

of past athletes. The rough years of early competition spurred innovation and advancement of training techniques and facilities that allow us to compete at the level we do today. For that, we should be grateful and work to appreciate and remember the proud history of swimming.

— All commentaries are the opinion of the author and do not necessarily reflect the views of Swimming World Magazine nor its staff.

MY
ELEMENT
IS
WATER.

MY
WEAPON
IS MY
BODY.

MY
WORLD IS
SWIMMING.



Today, two-time Olympic swimmer and TYR Sport co-founder Steve Furniss, announced his retirement after 34 years at the company. Furniss launched TYR in 1985 and helped transform the company into one of the world's leading aquatic performance brands.

Steve began his sports business career in Landersheim, France working for legendary Adidas owner, Horst Dassler. He then served as the Vice President of Sales and Marketing for Arena USA before co-founding TYR Sport with swimwear designer Joseph DiLorenzo. From the company's beginning, TYR has focused on providing the competitive swim market with vibrant, performance driven prints and innovative swim training equipment.

Named for the Norse god of warriors and athletes, TYR has grown to exist as one of the world's most recognizable swimming and triathlon brands relied on by Olympic greats Katie Ledecky, Simone Manuel, Matt Grevers, Ryan Lochte and Ironman World Champions Mirinda Carfrae and Craig Alexander.

9 Ways To Tell You Come From a Swimming Family

9 ways to tell you come from a swimming family ●



By J.P.
MORTENSON
Just your friendly
swimmer



2. There Is Also Probably A Bucket Of Old Medals And Ribbons.

After many years of meets, what was once so precious now just seems to pile up.

3. Chlorine-Fried Hair In Family Photos..

No need to pay for haircuts when it just breaks off, and who doesn't love that nice green tint?



1. Somewhere In Your House Is A Dedicated Gear Area.

This place is full of mesh bags, old see-through swimsuits, goggles, caps, and has a distinct smell of chlorine.

4. Unending Amounts of Moisturizer.

In swimming families, dry skin becomes a family-wide epidemic due to constant immersion in large bodies of chlorinated water. Moisturizer becomes an intimate family friend, as you probably have bottles of moisturizer in your car, shower, bag, and basically any other place you can think of.





5. Parkas.

For swimmers, parkas are like a warm hug that you get to wear on your way to the pool right up until the horrible moment when you have to take it off and jump into the freezing water for warmup. If you come from a swimming family, there are probably swimming parkas stashed all over your home, and you almost certainly have become either the recipient or donor of a hand-me-down.



7. Wardrobes That Are Full Of Worn Out Team And Meet Apparel.

After years of being on teams and going to competitions, your family is likely to have large quantities of team shorts, shirts, sweatshirts, hats, and basically any other type of garment. Even parents seem to accumulate quite a bit of gear.



8. The Summer Olympics Are a Must-See Family Blockbuster Event.

At the Olympics, swimming is shown prime-time, and swimmers are among the leading men and women. Can we do this more often than one week every four years?

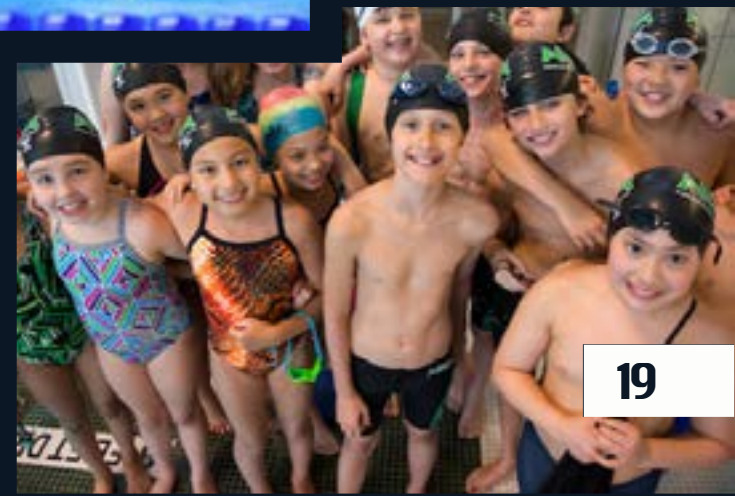
6. Early Alarm Clocks.

Beep! Beep! Beep! It is 4:30 a.m. and still dark outside, of course indicating that it is time to go to the pool! If you come from a family of swimmers, it is almost a guaranteed that your family rises earlier than most.



9. Kids Who Have Learned How to Annoy Each Other Because You Spend So Much Time In The Car Driving To Meets.

Do you love singing every verse of "100 Bottles of Beer on the Wall" three times? Do you love hearing it?



World Aquatics Releases Schedule for 2024 World Championships in Doha



by
**MATTHEW
DE GEORGE**
Senior writer

World Aquatics on Tuesday released the event competition schedule for the 2024 World Aquatics Championships in Doha, Qatar.

Events will be held from Feb. 2-18 in swimming, diving, water polo, artistic swimming, open water and high diving.

In keeping with the timeline from the 2023 World Aquatics Championships in Fukuoka, diving and artistic swimming will open the meet. Both events will take place from Feb. 2-10, with artistic swimming at the Aspire Dome that will also host swimming. Diving will take place at the Hamad Aquatics Centre. Swimming in the pool caps the meet over eight days from Feb. 11-18.

The open water events dot the first week. The women's 10k is Feb. 3 at the Doha Port, with the men's 10K a day later. The men's and women's 5ks are Feb. 6, with the mixed 4×1500 relay on Feb. 8.

Water polo begins Feb. 4, with the medals to be awarded on Feb. 17. They will also be contested at the Aspire Dome.

This is the 21st edition of the World Aquatics Championships, expecting to draw 2,500 athletes from 200 countries. It is a prime qualification opportunity for the Paris Olympics next summer, and it is the main avenue for relay qualification to the Paris Games. Among the alterations to the program announced Tuesday is that synchro diving events in Doha will forego preliminaries and go directly to finals.

“It’s with great pleasure that we can confirm the competition schedule for the World Aquatics Championships — Doha 2024,” World Aquatics President Husain Al-Musallam said in a press release.

Write the future.

Don't picture yourself getting Michael Phelps' autograph. Picture Michael Phelps getting your autograph.



SwimmingWorld.com

Failure's not an option. It's
a step.