

## WHAT'S NEW?

### THE NEXT GENERATION OF FAST

Engineered specifically for the elite swimmer, the Nike NG-1 combines two hydrophobic treated stretch woven fabrics: an outer compressive fabric paired with a lighter inner fabric in key areas to limit water absorption and reduce drag. Placement of the hydrophobic coating between the interior and exterior fabric reduces water absorption and improves the durability of the suit's overall water repellency. This also eliminates air bubbles on the outside of the suit thereby reducing drag. The combination of the two fabrics creates an optimum balance between flexibility and compression to maximize performance in the water. The NG-1 will be available in 3 colors: Black, Action Red and Photo Blue. The suggested retail for the Women's Neck to Knee is \$450 and the Men's Jammer is \$300.



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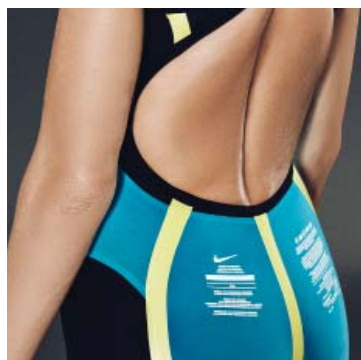
#### TECHNOLOGY BEHIND THE NG-1

**Exterior Fabric:** Dense and compressive fabric designed to provide stability and compression to enhance body position and streamline while reducing surface drag and water absorption.

**Interior Fabric:** Lightweight flexible fabric extended beyond the typical modesty requirements, adding more stability and support while maximizing comfort and range of motion.

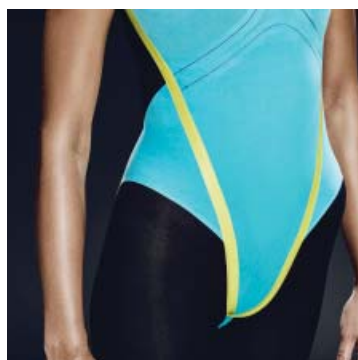
**Compression Stabilizer (Women Only):** Stabilizer panel at center chest provides increased compression, support, and full range of motion of pectoral muscles.

**Waistband Construction (Men Only):** Flat-bonded and reinforced waistband features a lowered drawcord channel, which enhances water seal, reduces drag resistance, suit movement and vibration.



#### Bonded Seams:

Fully bonded seams create smooth outer and inner surfaces to reduce drag and enable natural motion without chafing or irritation.



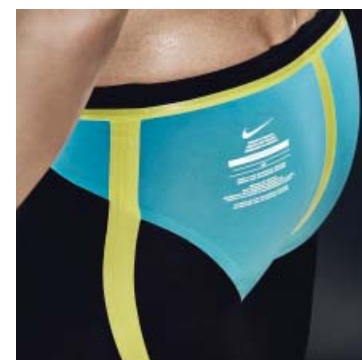
#### Zoned Tension:

Body-adapted seam lines placed along the oblique and outer gluteal muscles are reinforced with high-stretch recovery tape. This lifts and compresses the body while supporting propulsive movements and range of motion.



#### Movement Based Compression:

Strategically patterned compressive panels increase stability and provide superior core support.



#### High Stretch Recovery Tape:

High-stretch recovery tape added at leg openings lies comfortably flat and keeps suit in place. Leg and hip seams help provide ultimate flexibility and excellent shape retention.

*\*All images are of the interior construction.*

## COACHES CORNER

### COACH JOHN ROY FROM NEW WAVE SWIM TEAM

Coach John Roy has been at the helm of New Wave Swim Team since 2006. Prior to his arrival in Raleigh, John was the head coach of the Bengal Tiger Aquatic Club, and also coached the Baylor School from 1996-2002. John is a proud graduate and fan of the University of Tennessee, and has coached Olympic Trials qualifiers, National finalists, Junior National Team members and Junior National record holders.



Since his arrival in Raleigh, North Carolina almost eight years ago, the team has grown in size and, undoubtedly, in toughness. Under Coach John Roy, New Wave has won the NC Open Water Championships, placed swimmers on collegiate teams and moved up in the USA Swimming Rankings.

Awards and accolades are great, but to John, building a mentally tough swimmer is a key building block in his coaching platform. He admits that he is "old school," but firmly believes that if a swimmer can survive and thrive in a demanding training environment, they will be able to face any challenge in and out of the pool, both during their swimming career and long after it is over. John's coaching philosophy begins with his distance-oriented program, giving swimmers' success longevity by avoiding specializing too early. But if you think a 9100-yard set named "The 12 Days of Christmas" sounds daunting physically, imagine this: for the entire practice, he plays the same version of the set's namesake carol, on repeat. He believes in simultaneously building an unshakable aerobic base and unbreakable mental fortitude.

This season his swimmers' toughness has paid off while the team adjusted to facility changes, and the swimmers', parents' and coaches' positive attitude in spite of what could have been a very frustrating season makes Roy not only proud, but encouraged about his swimmers' abilities to face adversity.

So far this season, New Wave Swim Team has already met many of the goals John set for them this season, including Sean Yeh scoring at Junior Nationals in front of his home crowd (11th place in the 100 breaststroke). Moving forward, John's goals are to see New Wave on the USA Swimming Club Excellence Roster, to keep their eyes on silver, and improve as a team in the 200-yard freestyle.

John's two children have no doubt been influenced by their father's career choice. 14-year old Maggie is a soccer goalie and 5-year old Matthew plays soccer and swims. This month, John and his wife Nancy will celebrate their 20th wedding anniversary.

## MEET THE TEAM!



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# QUARTERLY HIGHLIGHTS

## YMCA SHORT COURSE NATIONALS

The 2014 YMCA Short Course Nationals took place April 1st-4th in Greensboro, NC. The sun was shining, the energy was high and the swims were fast. The meet proved to be a success for the Western YMCA Wahoos: 15 team records were broken and 4 National cuts were achieved. Congratulations to Kyle Weston who was a National finalist in the 200 breaststroke for the second straight year. Way to go Wahoos!

Each year at this meet Nike Swim sponsors and presents the YMCA Outstanding Scholar Award to one female and one male graduating senior. Nicci Fusaro had the honor of presenting this award to two very bright and talented YMCA swimmers.

This year's female award winner was Sarah Baxter from the Greater Canandaigua Family YMCA in New York. "Taking care of other people through support is crucial," says Sarah about what lessons she has learned while on the Y team. Sarah believes that the Y has not just made her a better swimmer, but a better person overall. Congratulations Sarah and we wish you all the best in the next chapter of your life at Pennsylvania State University.

This year's male award went to Alex Trompke from Boise YMCA in Idaho. Alex admittedly states that when he was younger, he was "starting at the back of the line not only in swimming, but in school as well". Alex is now the straight "A" student that many strive to be. In addition to winning the Nike Scholar Award, Alex received the Sue Shelton Award for being the hardest worker and the Cooper Wilkins Award from his Y for the person holding the character values of the YMCA. Congratulations Alex and best of luck next year at Michigan State University.

## CANADIAN TRIALS

The Nike NG-1 made its international debut with a bang during the 2014 Canadian Pan Pacific and Commonwealth Games Trials April 2-5. Teams from across the country gathered in Victoria, British Columbia, with swimmers looking to earn a spot on this year's National Team. Nike Swim teams in attendance had the opportunity to be the first ones in Canada to showcase the Nike NG-1, and the buzz spread among the athletes immediately with Olympians and Canadian record holders alike asking for a chance to race in a Nike suit.

North York Aquatic Club's Michelle Williams earned her first-ever roster slot on the Senior National team by taking fourth place in the 100 freestyle. Michelle was also fourth in the 50 freestyle and 50 butterfly. Congratulations Michelle!

Kyle Watson of Halifax Trojans Aquatic Club took home a silver medal in the men's 800 freestyle, touching second in 8:18.29. Kyle also set a new Nova Scotia Provincial Record in the men's 200 freestyle during prelims on day one.

Four swimmers qualified for this summer's Senior National Team while wearing the Nike NG-1. Two-time Olympian Victoria Poon of PPO swept the sprint freestyles, winning the 100 in the fastest time ever swum by a Canadian woman on Canadian soil (54.56). Her teammate, Sandrine Mainville, was second in 55.29. Mainville also won the 50 butterfly, beating both the Canadian and meet record holders for the gold in 26.43.

Audrey Lacroix of PPO took silver in both the 100 (58.69) and 200 (2:08.84) meter butterfly events, which punched her ticket to Pan Pacific Championships and Commonwealth Games this summer. Kyle Troskot of the LA Swim Club took second in the men's 50 freestyle in a best time of 22.77: Troskot overcame the distraction of a false start in the lane beside him to earn a spot on the Canadian Pan Pacific Championships Team.

Junior teams were also selected in Victoria, and Genevieve Robertson of the Guelph Marlin Aquatic Club will be representing Canada at the Junior Pan Pacific Championships this summer in Maui, Hawaii.

Congratulations to all our Nike Swim teams on their best times, team records, and overall great performances at the Canadian Trials at the beginning of April.



# QUARTERLY HIGHLIGHTS

## NCSA JUNIOR NATIONALS

While many kids around the country enjoyed a relaxing spring break during the week of March 17-22, over 1700 swimmers arrived in Orlando, Florida ready to race at the NCSA Junior National Championships. Nike Swim's Maritza McClendon and Julia Wilkinson-Minks were there to take in some very fast swimming and officially launch Nike's newest tech suit, the NG-1.

First Colony Swim Team and Golden Goggle's Breakout Performer of the Year, Simone Manuel led the charge of jaw-dropping swims, with a sweep in the sprint freestyles. Manuel won the 200 freestyle in 1:43.00, and continued to impress as her distances decreased. She set a new National Age Group record of 47.09 in the 100 freestyle, taking down the previous record held by Olympic superstar Missy Franklin; her time also would have won the 100 yard freestyle at NCAA's by one hundredth of a second. In the 50 freestyle, Manuel shattered her personal best and set another National Age Group record of 21.70. Manuel was awarded female performance of the meet for her 100 freestyle: congratulations Simone and First Colony head coach Allison Beebe!

13-year old Alexis Wenger of Grosse Pointe Gators broke the 13-14 National Age Group record in the 100 breaststroke posting a 1:00.98 for first place in the Consolation final. Congratulations Alexis and head coach John Fodell!

Lucas Kaliszak of Baylor Swim Club took home three gold medals of his own: Kaliszak won the 50 butterfly (21.30), the 100 backstroke (46.47) and the 50 backstroke (21.43) to prove that he had some of the best underwaters in Orlando. His teammate, Robert McHugh, won the 200 butterfly in 1:43.23 and Baylor Swim Club also took home the gold in the men's 200 medley relay.

Other Nike Swim team winners included Samantha Senczyzyn of Ozaukee in the women's 100 breaststroke (1:00.81) and Katherine Drabot of Ozaukee in the 400 IM (4:09.34). Congratulations to all the Nike Swim teams who competed at the NCSA Junior Nationals in Orlando!



# PRODUCT FEATURES

## MAYAN TECH

NESS4667



Undo ordinary in the new Nike Mayan Tech Modern Cut-Out Tank. This poly/spandex suit features an ultra open back and double micro straps for enhanced range of motion. Available in Vivid Blue, Pink Flash, and Total Orange.

## LUNAR BLUR

NESS4046



Make a splash in the Nike Lunar Blur Power Back Tank. This poly/spandex suit features a modest silhouette with thicker straps and a higher neckline for superior support. Available in three bright colors, including Action Green, Laser Crimson, and Turquoise Blue.

## FRACTURED GLASS

NESS4045



Rock the blocks in our Nike Fractured Glass Fast Back Tank. Featuring a poly/spandex blend, wide straps for added support, and a higher neckline, this suit is perfect for the training. Available in three bold colors: Court Green, Game Royal, and University Red.

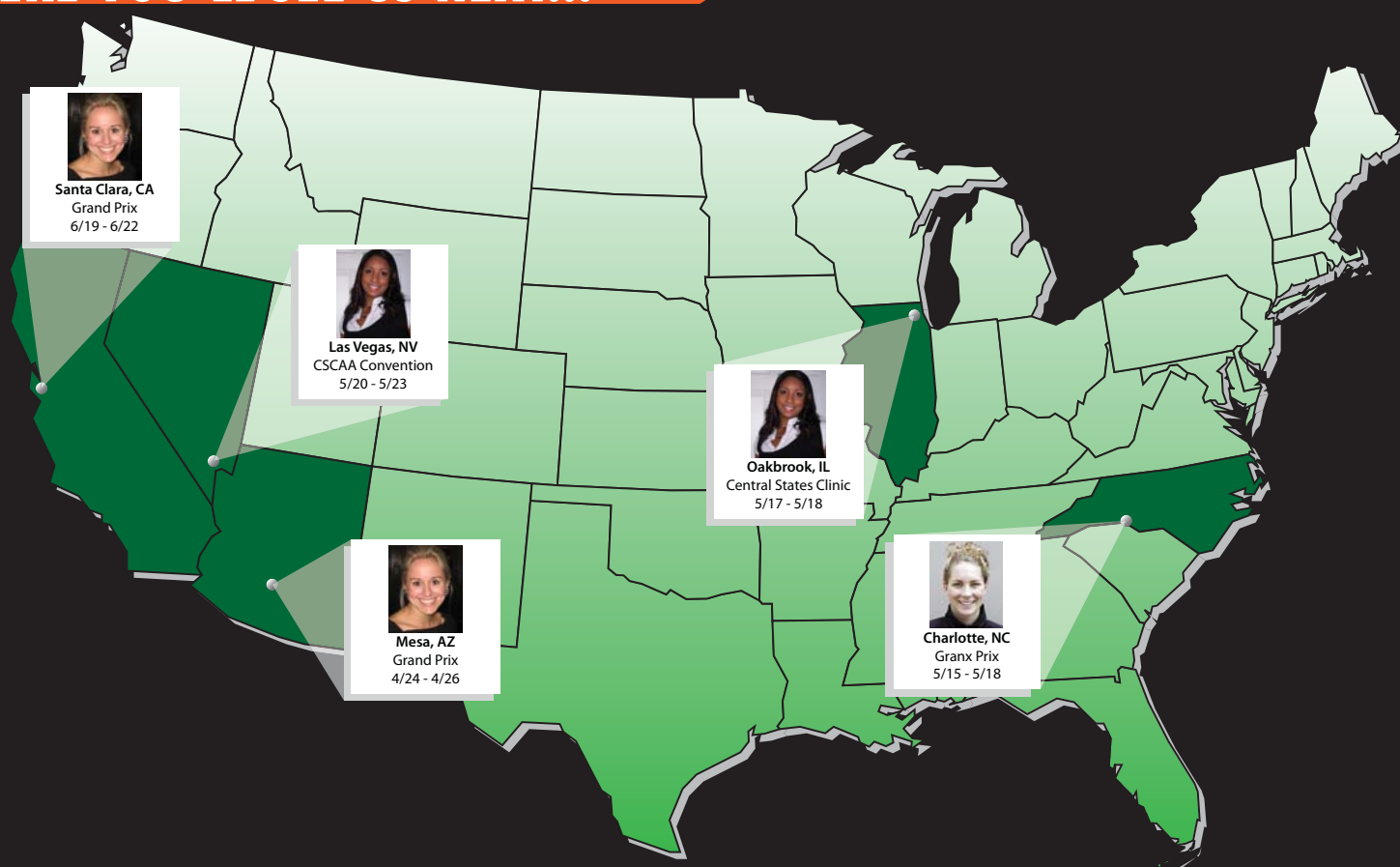
## CORE VELOCITY SHORT

NESS4370



Classic style. Bold color. Featuring quick-drying fabric and a recycled mesh liner, the Nike Core Velocity 7" Volley Short is a classic look perfect for the beach or pool.

## WHERE YOU'LL SEE US NEXT...





# SPLASHING THROUGH 2014...





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