

Hartford High Swimmer On All America Team

David Tyler, Who Broke Three National Free Style Records During Past Winter, Chosen on Interscholastic Squad by Editor of Swimming Guide

Dave Tyler, sensational Hartford High School swimmer who broke the national interscholastic records for the 100, 220 and 440 yard free style events last winter and who was chosen at these distances on the All America Interscholastic team by Edward Kennedy, editor of the swimming guide, has a full page devoted to his achievements in the "Scholastic Coach," a national magazine.

Tyler and his coach, Larry Amann, who has turned out numerous championship swimming and track teams, are lauded in an article written by Albert W. Gray, author of several studies of swimming technique.

Writes Gray: "Strength, competitive spirit and determination—the three ingredients that go into the making of a champion—characterize David Tyler in both competition and training. His willingness to learn and to master detail accounts for the development of a swimming

technique that is a splendid application of conserved energy and properly utilized power."

There follows a detailed account of Tyler's technique, including his entry into the water, his stroke, kick and breathing.

Of Tyler's coach, Gray writes: "Lawrence C. Amann, swimming director at Hartford High, has contributed much to the success of his state high school champions. Amann starts his swimming practice in the fall with six weeks of body-building exercises in the gymnasium. The exercises consume about an hour daily and are modeled after those used at Yale by Bob Kiphuth. After the preliminary training period, the team practices in the swimming pool three times per week—each practice period an hour in length. They drill on arm stroke, kick, breathing, coordination and starts and turns, covering from one half to one mile daily."