

stant cooling effect. Consequently, “We can train at higher levels and over longer periods of time than any other sport,” says Morawski, who was a two-time all-American herself and went to the 1988 and 1992 Olympic trials in breaststroke. The Harvard women do train exceptionally hard, working on different energy systems every day and using props like paddles or buoys to isolate arm or leg motions in the water. “Every [regular season] meet they swim, they swim tired,” Morawski says. “We don’t back off on training in order to race, because the only way to build endurance and power is to train uninterruptedly.”

That changes toward the end of the season, when the team targets peak performance; then, the swimmers take an extended “taper” of reduced workouts—perhaps 10 days of taper for distance swimmers, or as much as six weeks for 50- and 100-yard sprinters. The reduced workload builds a reserve of energy that explodes from the starting blocks in a big

competition like the Ivy championships, the NCAAs, or the world’s fastest swimming meet, the U.S. Olympic trials. (Overall, heats at the U.S. trials are even faster than those at the Olympic Games, reflecting the unusual depth of swimming talent in the States.)

Before big meets, male and female swimmers also shave their bodies, which does more than decrease drag through the water. “When you fully shave, you’re exfoliating the top layer of your skin, and exposing the pores,” Morawski explains. “The feeling you get when you dive in is fantastic, as if you’re smooth and gliding through the water effortlessly.” The advent of swimsuits that reach the ankles—“fast suits”—is “sort of taking away the need for the shave,” she notes, but can’t replace its psychological effect.

TWO OF THE FASTEST Crimson aquawomen grew up only a few miles apart in New Jersey. Noelle Bassi ’07 of Franklin Lakes had a swimming pool in her backyard; a YMCA teacher gave her lessons there when she was only three years old. Bassi was a decisive child. “I don’t want to dance anymore,” she told her mother on the day of her dance recital at the age of four. “I want to swim.” Bassi did twice-daily workouts in middle school and made her first national cut as a freshman at Mercersburg Academy in Pennsylvania. The next year she was fast enough to make the U.S. trials cut for the Sydney Olympics. She matriculated at the University of Tennessee on a full athletic scholarship, but transferred to Harvard after one year: “It was too far from home,” she says, “and not the place for me.”

Tennessee did not release Bassi to compete in her sophomore year, so even though she trained with the team, she couldn’t race for Harvard. But she did win gold in her best event, the 200-meter butterfly, at the 2004 U.S. nationals. With additional qualifying times in the 100-meter fly and the 400-meter individual medley, she went to the 2004 Olympic trials, finishing sixth in the 200-meter fly. (Only the top two swimmers went to Athens.)

Jaelyn Pangilinan did swim at Athens,



for the Philippines’ Olympic squad, finishing twentieth overall in the 200-meter breaststroke and thirty-third in the 100-meter breaststroke; she holds the Philippines’ national records in those events. Although her hometown is Clifton, New Jersey, Pangilinan established dual citizenship with the Philippines early in 2004; her father, a native Filipino, emigrated to the United States in his twenties.

Pangilinan took an entourage of 14 relatives to Athens, but she herself enjoyed living with 15,000 other athletes in the Olympic Village. “It was an amazing feeling, to go into this huge cafeteria and be surrounded by some of the greatest athletes in the world,” she recalls. “Everyone is on the same level—LeBron James and Andy Roddick were right there; you could walk up and talk to them.”

Pangilinan danced longer than Bassi: she studied tap and jazz for nine years. She started swimming at nine (“kind of old,” she says) and once beat a friend at a country-club lap race. “I liked it!” she says. By the age of 10, she was at the top of her age group for all YMCA swimmers in the country. At 14 she found coach Ilan Noach of the White Plains, New York, “Middies” swim club, and has worked with him ever since. In high school, that meant driving nearly an hour each way to practices from 4 to 6 P.M. on weekdays, plus a Sunday workout from 6 to 8 A.M.

“Jackie has great feel for the water,” says Morawski, “and tremendous strength in her legs, a powerful kick. Her turns are very strong.” Pangilinan swims the 200-yard individual medley for Harvard as well as her breaststroke specialties. Last year she was undefeated in the 100-yard breaststroke in dual meets, and lost only

Winter Sports

Basketball

The **women’s** team (7-11, 3-2 Ivy) had a bumpy start against non-Ivy opponents, but took out Yale, Columbia, and Cornell, all by comfortable margins, to open league competition. With an average of 11.0 points per game, freshman Katie Rollins led the scoring.

The **men’s** team (12-7, 4-2 Ivy) started strongly and beat Dartmouth twice, plus Brown and Columbia, while falling to Yale and Cornell. Guard Jim Goffredo ’07 led the scoring with a 16.2 average per game.

Ice Hockey

The **icemen** (13-7-5, 5-4 Ivy) were inconsistent, able to beat teams as strong as Boston College (5-3) but also to lose, badly (5-1), to severe underdogs like Dartmouth.

The **women’s** team (10-7-4, 3-2-3 Ivy) split two games with Dartmouth and tied two with Brown, including the first scoreless tie in program history, a 0-0 result at home.