

Pacific Swimming Welcomes Swimming/Coaching Legend Gary Hall Sr.

House of Delegates – Coach Education October 16, 2022



Since retiring in 2006 as a physician, Dr. Gary Hall has now dedicated his life to swim coaching technique and swim training methods to help children, masters, fitness and health swimmers, and triathletes at The Race Club. He brings his science background, knowledge and experience in swim stroke mechanics and a strong passion for swimming to offer an unsurpassed quality of teaching at The Race Club in Coronado, California or through on-line coaching. Swimmers of all ages and abilities come from around the world to learn from and be inspired by Gary Hall Sr. and give themselves the lifetime gift of swimming.

“Gary Hall Sr. is probably the best collegiate swimmer in the world. He is just as valuable as Mark Spitz ever was and more and has given us academic acceptability. Gary’s accomplishments have helped tremendously in making people realize that Indiana University is a very good academic school.” – “Doc” James Counsilman’s testimony to Gary Hall, Sr. at their final NCAA Championships. Hall’s swimming record is one of amazing successes. Gary has held 10 world swimming records. In both 1969 and 1970, he was named World Swimmer of the Year. In the 1970 NCAA swimming Championship, he alone scored a record 56.5 points. He was a leader as Captain of the Indiana University swim team that in his senior year won its 6th straight NCAA Championship.

Gary was elected team co-Captain for the Olympic men’s swim teams of 1972 and 1976. In 1976, he was selected by all of the United States Olympic athletes to carry the American Flag leading the Olympic Team into the Opening Ceremonies in Montreal, Canada. He was the only USA Olympic swimmer ever selected for that honor until Michael Phelps in 2016. He is the author of two highly acclaimed books, [Fundamentals of Fast Swimming](#), a textbook on swimming technique. The second book is [Winning Life’s Gold Medal](#), an inspirational self-help book that is filled with great swimming stories.

We will also be giving out one to two Smart Goggles to each team, with an introduction by Finis Founder John Mix.