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**AT Special Feature:  
*Gold in the Water***

*by P. H. Mullen*

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*book review by Matt Martinez*



In the summer of 2004, with the United States swim team trials just around the corner, I was given the book *Gold in the Water*, by **P. H. Mullen**, as a gift. At the time, I really didn't know what to expect from the book. I had never heard of it and, quite honestly, was not excited to do ANY summer reading. Three hundred twenty-six (326) pages later, I completed what I believe is one of the most motivational, compelling, and fascinating books ever written about swimming!

P. H. Mullen does a fantastic job of telling the stories of a group of elite level swimmers and their chase after the dream of the Olympics. The book revolves primarily around the tale of two athletes - the tough, meticulous veteran, **Kurt Grote**, and the young, untested rookie, **Tom Wilkens**.

The two men, along with their teammates, entrust their Olympic aspirations to the Santa Clara Swim Club and it's coach - the menacing genius, **Dick Jochums**. Jochums, possibly one of the most demanding coaches ever, pushes these men to their physical limits and forces them to realize how hard they need to work to achieve their goal. It is a sad fact that most of the men training with SCSC will never reach their dreams, that they are trying to beat the impossible and reach eternal glory. Though most of these men are unsuccessful, they are all champions in life. They conquered their fears and worked against all odds doing something they love.

There is no better example of the hard work and determination that an Olympic hopeful must endure than *Gold in the Water*. The book gives an exclusive insight into the lives of some of the country's most established swimmers, and will leave anyone feeling that they too can chase their own dreams. I would highly recommend this book to anyone, swimmer or not, and hope that upon finishing, will feel the same passion that I do.

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