**Barbara Williams** coached Vienna Woods; under swimmers from 1981 until 1998 and for many of

those years assisted with weekly winter indoor instructional programs for the VW swim team. She was

instrumental in developing this age group of swimmers who subsequently formed the foundation for

VW rise from the NVSL’s 4 th division to eventual Division 1 champions. Barb’s approach to working with

younger swimmers was to keep it simple and focus almost exclusively on the details of form, body

position, start technique, and underwater mechanics. She did so by teaching the art of stroke

development, not coaching her swimmers for speed. Her philosophy for young children just beginning

the sport was to create speed from form and economy of effort, not from up and down the pool interval.

Barb’s swimmers carried this learning into their practice regimens as they advanced through

upper age groups.

Each summer her swimmers consistently attained faster times as the short season

progressed, setting team records that stood for many years. During her competitive career (1957 –

1967) she swam for the Dominion Hills Recreation Association team breaking numerous NVSL records in

freestyle, backstroke, individual medley, and relay events. Her four children were members of the VW

swim team from the 8 &amp; under age group through their senior teen years and her daughter, Kara,

coached VW swimmers as an assistant and head coach following completion of her NVSL swimming

career. Barbara has six grandchildren who swim either currently or formerly in the NVSL.