

# Rhodes College Digital Archives - DLynx

## Swimming Brochure

Item Type	Other
Publisher	Memphis, Tenn. : Rhodes College
Rights	Rhodes College owns the rights to the archival digital objects in this collection. Objects are made available for educational use only and may not be used for any non-educational or commercial purpose. Approved educational uses include private research and scholarship, teaching, and student projects. For additional information please contact archives@rhodes.edu. Fees may apply.
Download date	2026-03-12 19:00:53
Link to Item	<a href="http://hdl.handle.net/10267/19032">http://hdl.handle.net/10267/19032</a>

**JON DUNCAN**  
Head Men's  
and Women's  
Swimming  
Coach



In the 2006-07 season, Coach Jon Duncan will begin his second year as head swimming coach at Rhodes. In Coach Duncan's first year the swimming Lynx stormed the SCAC Conference Tournament, shattering 13 school records as well as producing two individual conference champions and an NCAA Division III National "B" time. Coach Duncan was a four year letter winner at Purdue University, where he qualified and competed in the 2000 Olympic Trials.

"At Rhodes College, a student athlete can be successful in the classroom and in the pool. My recruiting goal is to attract student-athletes who are well balanced. I am looking for athletes who can succeed academically and still enjoy other opportunities at Rhodes."

## EXPERIENCE

2003-2005  
Assistant Coach, DePauw University

2002-2003  
Head Senior Coach, Boilermaker Aquatics

2002-2003  
Assistant Coach, West Lafayette H.S.

## Rhodes College Home of the Lynx



### 2006-2007 Meet Schedule

- September 29**  
Black vs. Red Intersquad Meet @Rhodes College
- October 7**  
Rhodes Coed Relay Meet @ Tunica, MS
- October 28**  
@ University of Arkansas Little Rock
- November 3-4**  
@ Hendrix Relays
- November 11**  
@ Delta State
- December 1-2**  
@ Depauw Invite
- January 3-8**  
@ Ft. Lauderdale Training Trip
- January 19-20**  
@ Washington University
- January 28**  
@ Sewanee
  
- February 7-10**  
SCAC Conference Championships @  
Crawfordville, IN

# RHODES LYNX



## Swimming 2006-2007

## Rhodes College

Surrounded by a quiet historic neighborhood in the vibrant city of Memphis, our 100 acres of wooded grounds and Gothic stone buildings provide an idyllic environment in which to live and learn. From our state-of-the-art science facilities to our comfortable residence halls to the \$22-million recreation complex, Rhodes offers not only beauty but modern convenience and technology as well. Plus, the campus is within walking distance of the Memphis Zoo and the Memphis Brooks Museum of Art and just blocks from St. Jude's Children's Hospital.

## Rhodes At a Glance

1725 students

11:1 Student/Faculty ratio

Average class size: 15

100 acre wooded campus in vibrant Memphis

Over 30 academic

majors

## College News

Rhodes ranks consistently in *U.S. News & World Report's* Top Tier of America's Best National Liberal Arts Colleges. Rhodes ties for 45th for 2005 and is noted for faculty, students, and alumni support.

Rhodes rates 47th in *Kiplinger's Personal Finance Magazine's* "Top 100 Best Values in Private Colleges and Universities."

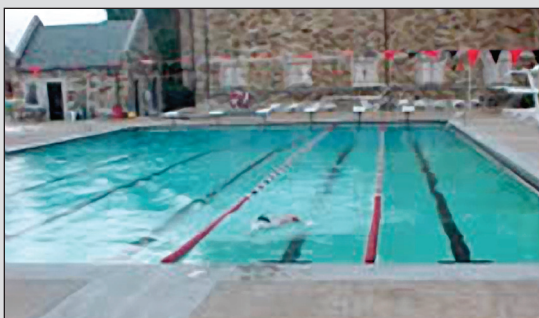
Rhodes is 20th in the "Class Discussions Encouraged" category of *Princeton Review's* "Best 357 Colleges" rankings.

Campusdirt.com- Toughest Classes- #9; Best Looking Campus- #7



## Facilities

The state-of-the-art, 6,900 square foot Fitness Room combines free weights on one side with resistive cardiovascular equipment on the other, meeting a variety of needs for all users. There is also a state-of-the-art sound system and four televisions equipped with cable for users' viewing and listening pleasure. For colleges with less than 5,000 students, the average student to square foot ratio for Fitness Rooms is 1.3 square feet per student. Rhodes blows this number away, providing 4.9 square feet per student in our Fitness Room.



## Alburty Pool

Originally installed in 1977, Alburty Pool received a new deck and pool house with the construction of the Bryan Campus Life Center in the Spring of 1997. The 25 meter pool contains 6 lanes, and is heated. In 1998-99, for the first time, a bubble was placed over the pool to allow our Men's and Women's Intercollegiate Swim teams to practice during the Winter, as well as provide some additional lap swimming time for students, faculty, and staff.

## Practice

Practices will be conducted on an individual basis. There will normally be 3 groups, sprinters/mid-distance and distance. The peak of our training will be during our Florida training trip. This is where swimmers will be pushed physical and mentally, but train in a great environment.

At Rhodes College swimmers will maintain great technique and develop underwater work. Swimmers will also develop teamwork, personal achievement and life long friends.

\*The weight program is designed to develop strength and power while continuing to maintain flexibility. Dryland will include stair climbing, jump-rope, running, med-ball and core exercises.

## 2006-07 Practice Schedule

### Monday

4:00pm– 6:00pm

### Tuesday

5:30am-7:00am and 4:00pm-6:00pm

### Wednesday

4:00pm-6:00pm

### Thursday

5:30am-7:00am and 4:00pm-6:00pm

### Friday

4:00pm-6:00pm

### Saturday

9:00am-11:30am

**Tues/Thurs/Sat**—Weights and Dryland

Practice schedule may change depending on conflicts. Sundays are off days due to NCAA regulations that all teams to have one day off.