

## Winter training in UPRM

By Rebecca Carrero-Figueroa  
rebecca.carrero@upr.edu

PRENSA RUM

Friday, January 24, 2014

Six swimming teams from U.S. universities visited the Mayagüez Campus (UPRM) of the University of Puerto Rico to continue their training during their Holidays break.

This was announced by Dr. Efrank Mendoza- Martínez, director of the Natatorium *Colegial* which hosts, among other facilities, three Olympic swimming pools that have received these visitors from the institutions of Kansas (Lawrence), Connecticut, Massachusetts, Dartmouth, Lasalle, and South Dakota.

"As in the past four years, U.S. athletes have visited us to train here for a week or two. The teams dedicate that period to escape from the monotony of exercising in their own pools and raise funds throughout the year to practice in different countries," he said.

According to Mendoza, besides practicing in the Olympic, heating and diving pools, swimmers also used the weight lifting room in the UPRM's Ángel F. Espada gym.

**Prensa RUM** had the opportunity to interview the women's team coach from the University of Kansas (KU), Clark Campbell, who expressed himself not only pleased with the use of these facilities, but also with the environment that distinguishes the Western area of the Island.

"This is one of our favorite locations. It is the second consecutive year that we come to train for a week. Also, we like the climate and surroundings," stated. Campbell, who has been training the women's swimming team at KU for the past twelve years, revealed that their focus for this training was to increase the speed of the team prior to the championship in which they will participate in Austin, Texas.

"This sporting event is one of the most important in which we participate, so coming to Mayagüez gives us the final push to easily reach the championship. We hope to obtain the second place among the top twelve places, competing against the universities of Texas, Iowa State, West Virginia and Texas Christian University (TCU)," explained Campbell, who was part of the male swimming team of KU, during his college years.

According to the expert, being able to train from these pools give them the advantage of being ready for short distance, Olympic and diving events.

"This is definitely one of the best facilities in the world."

Mendoza agreed with the coach, saying that in addition of staying away from San Juan, these athletes prefer to train at RUM, because of its similarity to the Olympic structures.

"Obviously, they prefer to come here because these facilities were built for the Central American and Caribbean Games. Also, during Christmas they can join the *Tarzanes* (local male team) and train here, " he added.

Built for the Central American and Caribbean Games held in 2010, this swimming pool complex bequeathed for UPRM a structure that complies with international regulations and that enables that first-rate swimming events are carried out here.