



Swimmer Hannah Cox, 17, of Hartland, does push-ups with the added tension of a rubber band during a pre-swim strengthening session at the Upper Valley Aquatic Center on Wednesday. Cox races at the U.S. Summer National Championships in San Antonio this week. VALLEY NEWS — JAMES M. PATTERSON

Clicker Required Deadline Dealing Was Must-See TV

COMMENTARY
By PAUL SULLIVAN
Chicago Tribune

Reality TV isn't really my thing. I haven't watched any in years, at least since Chicago Cubs part-owner Todd Ricketts' failed attempt at selling hot dogs in *Undercover Boss*.

But this year's trade deadline created some must-see reality TV, including one strange episode Wednesday night that had everything: a crying ballplayer, a Twitter catastrophe, player selfies, a trade that fell apart and evil genius Scott Boras to boot.

Plenty of big names were dealt last week, including Cole Hamels, Troy Tulowitzki, David Price, Johnny Cueto, Jonathan Papelbon and Carlos Gomez, while a few dozen prospects who may or may not turn out to be the real deal changed organizations as well.

And in the end, a new term emerged that probably will be part of the baseball lexicon for years to come.

"The best word or term I saw was from (Tigers general manager) Dave Dombrowski: 'Reboot,' " Reds GM Walt Jocketty told the *Cincinnati Enquirer*. "That's kind of what we're doing. We're rebooting or retooling. It's not a rebuild."

Yes, "rebuild" is now a pejorative, like "performance-enhancing" or "bush league." No one has the time for a rebuild, but everyone can wait for a reboot.

When you reboot your computer, you're just turning it off and then turning it back on. When you're rebooting a team, you're tuning out the season by making a move or two to *win in against next year*.

The Detroit Tigers were the principal rebooters, opting to deal upcoming free agents Price and Yoenis Cespedes despite being only

SEE MUST-SEE — B2

No one has the time for a rebuild, but everyone can wait for a reboot.

It's Going SWIMMINGLY

Pool Potential Grows for Hartland's Cox

By GREG FENNELL
Valley News Sports Editor

WHITE RIVER JUNCTION — Here's the thing about a stopwatch: Make it big enough, put it in the right place and people will notice the numbers on it, especially when they get low enough.

The folks who follow Hartland's Hannah Cox and her pool exploits have noticed her for some time. The 17-year-old Kimball Union Academy senior has talked to at least four NCAA Division I swimming programs — one paid a visit to her Upper Valley Aquatic Center home base last Tuesday — as she gauges her collegiate future. She knows she has a date next June at the U.S. Olympic Trials, and other opportunities continue to present themselves.

Cox is in San Antonio this week with her UVAC coach, Dorsi Reynolds, for the U.S. Summer National Championships to chase one of those new possibilities. With a top-two finish against other 18-and-under competitors in any of her six scheduled events, Cox would earn an invitation to the FINA World Junior Championship in Singapore the first week of September. Inclusion at the USA Swimming national team level could follow.

It's enough to make a teenager's head ... well ... swim.

"Yeah, I would say I take it as it comes," Cox said prior to a Wednesday afternoon workout at UVAC. "I'm aware, but it doesn't hit me until I'm in that place or at that meet. I try to keep levelheaded about it because I haven't even known about all these possibilities that are out there. When I hear of it, it's really cool, but I don't know what to expect until it's actually happening."

From a results standpoint, it's been happening for quite a while.

Cox's most recent statement came less than a month ago at the New England Senior Championships at Brown University. Her haul included five race victories and four regional records. She's already

COX BY THE NUMBERS

Personal-best times, U.S. Olympic Trials qualification status and ranking among all swimmers and junior swimmers for this week's USA Swimming Summer National Championships for Hartland's Hannah Cox (rankings relative to competition at nationals this week; all distances in meters):

Event	Time	Trials?	Rank	Jrs.
100 freestyle	56.52	No	47	15
200 freestyle	1:59.62	Yes	8	2
400 freestyle	4:15.95	Yes	40	21
800 freestyle	8:46.00	Yes	33	19
200 IM	2:16.25	Yes	27	7
400 IM	4:49.51	Yes	28	12

—Rankings source: USA Swimming national championship psych sheet.

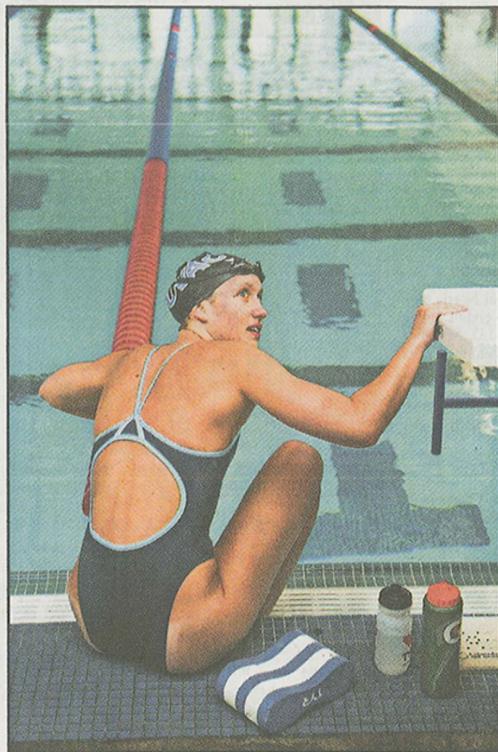
qualified in five events for the Olympic Trials — set for late June and early July next year — but she dropped her times in each event at Brown.

Of particular note were the numbers on the Katherine Moran Coleman Aquatics Center clock when Cox polished off the competition in her specialty, the 200-meter freestyle: 1 minute, 59.62 seconds. The time ranks as the 17th-fastest among all American women this year and the third-fastest in the U.S. 18-and-under crowd.

One of those ladies, top-ranked Katie Ledecky, won the women's 800 at the London Olympics three summers ago. Ledecky isn't competing at San Antonio; she's busy winning races and setting records at the World Championships in Russia this week. The only other junior-level swimmer to outpace Cox this year, Wisconsin's Katie Drabot (No. 13, 1:59.25), is in the field in Texas.

"If she has some rivals in the pool — and I'm hoping that one of her rivals is going to be at nationals — it's a whole another story," Reynolds said. "Now, it's about trying to get that kid. It's kind of one of those things where I'm having a blast being along

SEE COX — B4



Cox has already qualified for next summer's U.S. Olympic Trials in five events and hopes to make it six at this week's U.S. Nationals.

Hate That Dirty Water

IOC Will Test Rio Sites for Disease-Causing Viruses

By STEPHEN WADE, BRAD BROOKS AND STEPHEN WILSON
Associated Press

RIO DE JANEIRO — The International Olympic Committee said Sunday it will order testing for disease-causing viruses in the sewage-polluted waters where athletes will compete in next year's Rio de Janeiro Games.

Before, the IOC and local Olympic organizers in Rio said they would only test for bacteria in the water, as Brazil and virtually all nations only mandate such testing to determine the safety of recreational waters.

But after an Associated Press investigation published last week revealed high counts of viruses directly linked to human sewage in the Olympic waters, the IOC reversed course after being advised by the World Health Organization that it should expand its testing.

"The WHO is saying they are recom-

OLYMPICS

mending viral testing," IOC medical director Dr. Richard Budgett told the AP. "We've always said we will follow the expert advice, so we will now be asking the appropriate authorities in Rio to follow the expert advice which is for viral testing. We have to follow the best expert advice."

On Saturday, the International Sailing Federation became the first to break with the IOC's insistence on bacteria-only testing, saying it would do its own independent tests for viruses.

"We're going to find someone who can do the testing for us that can safely cover what we need to know from a virus perspective as well as the bacteria perspective," said Peter Sowrey, chief executive of the ISAF. "That's my plan."

That came after the WHO told the AP on Saturday that it had advised the IOC to test

SEE WATER — B3

HORSE RACING

American Pharoah Wins Post-Triple Crown Return

By RICHARD ROSENBLATT
AP Racing Writer

OCEANPORT, N.J. — American Pharoah turned on the speed in the stretch and easily won the \$1.75 million Haskell Invitational on Sunday in his first race since sweeping the Triple Crown.

With a record crowd of 60,983 cheering him at Monmouth Park, American Pharoah came out of the final turn with a clear lead and cruised to a 2¼-length victory without urging from jockey Victor Espinoza.

American Pharoah won the Kentucky Derby, Preakness and Belmont Stakes to become the 12th Triple Crown winner and first in 37 years. After a 57-day break after the Bel-

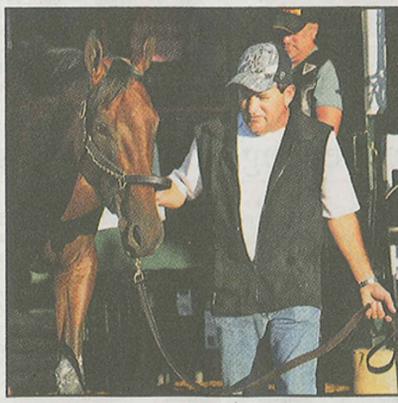
mont, the 3-year-old colt looked better than ever in winning his eighth consecutive race.

Sent off at odds of 1-10, American Pharoah became the shortest price in Haskell history, returning \$2.20 for a \$2 win bet.

Keen Ice rallied for second at 18-1 odds, followed by Upstart, Competitive Edge, Top Clearance, Dontbetwithbruno and Mr. Jordan. The winning time for the 1½-mile race was 1:47.95 — 95th-hundredths of a second off the Haskell record.

American Pharoah's next start is now the biggest question in racing. There's no answer yet, but options include the Travers at Saratoga on Aug. 29, the Pennsylvania Derby on Sept. 19 and the Awesome Again at

SEE PHAROAH — B3



Assistant trainer Jimmy Barnes walks Triple Crown winner American Pharoah in the stable area at New Jersey's Monmouth Park on Sunday morning. American Pharoah won the Haskell Invitational later in the day in his first post-Triple Crown start. AP — MEL EVANS

Pool Possibilities Growing for Hartland's Hannah Cox

CONTINUED FROM PAGE B1

for the ride."

Raynolds and Cox have worked hard to make the clock the primary target. It's kept Cox's competitive juices flowing and also kept her happy in her chosen sport.

Things became serious when Cox decided to put all of her attention into swimming a couple of years ago. She began to get exposure at big national meets and continued to rewrite the record book at the regional level.

Raynolds pegs the major moment as last December's USA Swimming Winter Nationals in Charlotte, N.C. Cox narrowly missed making the A final in the 500-yard freestyle but went on to win the B final in 4:42.32. She also made the B final in the 200 individual medley and the C final in the 200 free, results that made the D-I schools take notice.

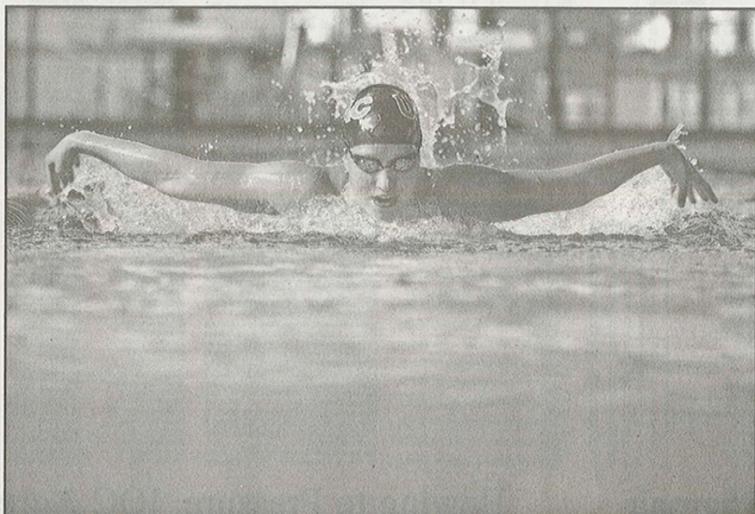
"That was her first experience of making a top-16 event," Raynolds said. "She finished, ended up on YouTube and got all that excitement and the camera in her face and the first feel of what it's like."

Cox made the Olympic cut in the 200-meter free in 2014. She added four more qualifying times — in the 400 and 800 free as well as the 200 and 400 IM — at an Eastern Zone meet in Buffalo, N.Y., last March, winning each race. As she heads to San Antonio, Cox has her mind set on a sixth: the 100 free, which needs a reduction of just three one-hundredths of a second from her personal best of 56.52 seconds to qualify.

A Texas trip for summer nationals makes sense, Raynolds noted.

"Picking nationals, we have to go there — not junior nationals — this summer because it's the qualifying period for the World Junior Championships in Singapore," she said. "USA Swimming lets you know, and they let us know three months ago, that Hannah's on the preliminary list for world championships. Both of us obviously get excited about that, but both of us try to keep it calm, because we both want to stay focused on racing her lifetime best."

"But what is to occur there, and the only way she could get to Singapore, is by competing in this meet and being top two among 18-year-olds



Hannah Cox, 17, of Hartland, swims the butterfly during a workout with her Upper Valley Aquatic Center team on Wednesday. VALLEY NEWS PHOTOGRAPHS — JAMES M. PATTERSON



who don't turn 18 until after Jan. 1. (Cox does so on Jan. 15.) ... Being top two at nationals among 18-year-olds kind of puts her in a place where it would be the same idea at Olympic Trials next year, where you have to be

"I'm just excited to swim and see how it goes. I don't want to bring pressure that isn't necessarily needed."

Hannah Cox, left

top two to make the team."

Because the sense of wonder remains, Cox shows no signs of burnout.

"With the possibility of going to Singapore, I'm very grateful even to be a potential candidate," Cox said. "I think that's really cool. I'm just excited to swim and see how it goes. I don't want to bring pressure that isn't necessarily needed."

Cox's accomplishments are having a trickle-down effect on her UVAC team. Younger kids see college coaches coming to witness Cox and they see the potential that comes

with hard work and success, Raynolds noted.

The Upper Valley has seen high-level pool success before — witness Etna Olympic gold medalist B.J. Bedford and Lyme's Patrick Murphy, a former competitor at the University of Texas. Some of Raynolds' former charges now race at the Division III or collegiate club level.

But never has she or UVAC, which is still in its first decade of operation, produced someone looking at a four-year D-I scholarship future as Cox presently is.

"There's such a competitor in there, and she wants to put her hand on the wall first; she wants to get there first, no matter what," Raynolds said. "And you can't teach that. That's the stuff that gets me euphoric."

It will continue to do so, as Cox's numbers on the stopwatch keep getting smaller.

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