

Vollmer ready for time off after big week

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Rick Mauch

Granbury's Dana Vollmer has earned her time off. Vollmer ended her week at the World Short Course Swimming Championships with a bronze medal in the women's 200-meter freestyle Monday. Her time of 1:58.05 trailed champion Josefin Lillhage of Sweden (1:56.35) and fellow American and short course world record holder Lindsay Benko (1:56.48).

The third-place finish gave Vollmer her third medal of the event held at Conseco Fieldhouse in Indianapolis. She won gold when she led off the 4x200 freestyle relay last Thursday and again when she swam a leg of the 4x100 free in the semifinals on that team's way to the gold.

Vollmer, 16, will now take a month off before training again with the Fort Worth Area Swim Team and preparing for competition on the Granbury High School swim team.

"I'm so ready for that (time off)," Vollmer said immediately after Monday's race. "It's starting right now."

Vollmer has, with little exception, been competing and/or training heavily since July. She won a gold medal in the 200 free at the Olympic Trials in Long Beach and was on the world-record-setting women's 4x200 relay that won gold in the Olympics in Athens, Greece.

"It's been a great run," said Ron Forrest, coach of FAST and Vollmer's trainer. "We've never had her go this long with major competition after major competition.

"But two golds and a bronze at world, I can't sneeze at that. Now she's going to go home and relax and not think about swimming for a little while."

Vollmer said capturing the bronze was special because it was a solo accomplishment.

"It always means a lot more when it was all you," Vollmer said. "But I'm very, very proud of my gold medals on the relays also."

In addition to her good week in competition, Vollmer got to say goodbye to one legend and perhaps another. Jenny Thompson retired after the competition and will now enter the medical field, while Lindsay Benko, a good friend of Vollmer's, is contemplating retirement as well.

Thompson, 31, was presented with a medical lab coat during a ceremony Monday night. She also won a gold medal in the 50-meter butterfly, finishing her career as the most decorated swimmer in international history with 83 medals.

"To see Jenny get that award was neat," Vollmer said. "And then when they put that jacket on her, it was awesome."

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Photo by A.J. Mast.



Dana Vollmer