

## **Dara Torres recovering nicely from surgery**

4-time Olympian and 9-time Olympic medalist Dara Torres is quickly recovering from her shoulder surgery at the end of November. Dara has been back in the pool already for 2 weeks working on her kick and drills. At the beginning of January she is expected to start using her arms again in full capacity. "I am glad I got this out of the way now" Dara said. "I feel very good, and knowing I can get back to normal practice soon gets me excited about the trials this summer. Swimming 2 national records at the World Cup in Berlin (25m) before my surgery was a nice boost of confidence for me".