

Doug Soltis

I am honored and humbled to have been selected for the CHS Athletic Hall of Fame. First, I would like to thank Coach Don Prokes for not kicking me off the team when I was a freshman and doing dumb stuff. Coach Don had a very significant impact on my development as a swimmer. I first swam for him when I was 10 years old. Don was young, innovative, and energetic. His drive to find a better way was evident when we started Lifting Nautilus in 1976 and the long distance (5-mile) runs we used to do as well as the use of flippers. When pool time was not available the sets of jumping jacks, 1000s and push-ups 500+, and sit-ups 500+ were substituted to keep the discipline in check. His desire to motivate his swimmers came out in many different ways. Whether he could bring in a kinesiologist and teach us about the mind. Or when we had a dual meet with Largo and we had not lost in 10 years but the girl's team was going to be a close meet. Coach Prokes would let the teachers know that our entire team was NOT TO TALK THE ENTIRE DAY IN SCHOOL unless a teacher asked us a question, this was to save our energy and it was a great mind game. When we came in for our warm-up

that afternoon Coach Prokes played over the intercom "We Are the Champions and/or We Will Rock You" When LARGO came in Coach Prokes played "Here Comes the Clowns". The good old days...

Also want to give a shout-out to my US Swimming coach Scott Thomas with his loud whistle that I could always hear when I was racing and his ability to add excitement and focus to my world. Thank You!! I also want to thank my brother Ray for all the time and memories we made driving to and from CHS, I have always looked up to you and I am blessed to be your brother. Next, my good friend Scott Anderson who has always been there for me through thick and thin, good and bad. It all started in 1976 in a very cold pool with Scott and I committing to not shiver. Most importantly, a very special thanks to my parents who made this possible. When we moved to Tarpon Spring in 1974 our parents started to work on what we needed to do to for Ray and me to have this opportunity in swimming and they figured out that Clearwater High with Coach Don Prokes as the coach was the place to be and they made it happen. All we had to do was drive 18 miles each way, each day, very early to make the morning practice.

Below are the fruits of the efforts that were poured into me.

### Clearwater High School 1976 -1980

- 1978 State Champion team member
- 1978 Junior National Record 100 meter breaststroke
- 7 Time State Champion with 1 state record:
  - 1978 - 200 Medley relay w/ Mike Dean, Marc Mulburger, Boyd Chrisler
  - 1978- 100 Breaststroke-
  - 1979 - 200 Medley Reley w/ Keith Byington, Marc Mulburger, Boyd Chrisler
  - 1979- 100 Breastroke-
  - 1979- 200 Individual Medley - State Record, Current CHS school record
  - 1980- 100 Breastroke - Current CHS school record
  - 1980 - 200 Medley relay w/ Keith Byinton, Scott Anderson, Kevin Becker
- 1980 Co-Captain with Scott Anderson and Laura Cassels Hall
- 1980 Olympic Trial qualifier
- 1980 Dare Me, award winner
- 8 Time High School All-American

With the support I received at Clearwater High School, I was able to earn a scholarship at:

The University of Florida, Where I was able to accomplish:

- 9 Time NCAA Division 1 All-American
- 1981 USA Club American Record holder
- 1981 USA Club US Open Record holder
- 1981,82,83,84 top 25 in World Rankings
- 1981,82,83,84 USA National Team Member
- 1981 USA Pan Pacific team member - Gold&Bronze medalists
- 1981,82,84, Southeastern Conference (SEC) Championship Team Member
- 1982 National Sports Festival team member
- 1983 US Swimming All Star All American
- 1983 World University Games selected team member
- 1983 USA Pan American team member- Bronze Medalist
- 1983 Member of Men's NCAA Division1 National Championship Team
- 1983 & 84 United States Swimming National Champion 200 breaststroke
- 1983 & 84 United States Swimming National Champion 400 Medley Relay
- 1984 US Swimming ALL Star All American
- 1984 Co-Captain of Men's NCAA Division1 National Championship Team
- 1984 Olympic Training Camp member
- 1984 Olympic Trial qualifier in 4 events and First Finalist in 200 Breastroke
- 1984 USA National Swimming Athletic Representative
- 1984 University of Florida Presidential Outstanding Contribution Award

- 1984 Clearwater High School Mr. Taz. Award
- 1988 Olympic Trial qualifier
- 1988 USA Master Swimming National Champion
- 1988 USA Master Swimming American Record