

Trip Hedrick Hall of Fame Story – 2015

Trip Hedrick has an outstanding Minnesota Masters swimming and coaching career spanning more than 30 years, including perhaps the single greatest year in MN Masters history. We welcome Trip Hedrick to the MN Masters Hall of Fame!

Born in Newton KS, Trip Hedrick was introduced to swimming at age 2 or 3 and immediately took to the water. Although swimming came easily, Trip did not swim competitively until joining the team at Bemidji State University. It was during these years at BSU that Trip cemented his desire to center his life on swimming and coaching. He was a 9-time All American at BSU, but was really just beginning to show the potential that would lead to a truly spectacular Masters career.

Following college in the late 1970's, Trip served for more than a decade as the Head Coach at Winona Sr. High. During this time, he also started the Winona Masters club and quickly grew it to the limit of 40 members. While living in Winona, Trip began competing in Masters meets including a very memorable trip to Tokyo in 1986 to participate in the first ever FINA Masters World Championship.

In 1989, Trip began a new phase in his career as the Head Coach at Iowa State University (where he was twice Big 8/Big 12 Coach of the Year). Trip continued to train regularly, constantly adapting new techniques, and getting faster as the years progressed. After suffering from a heart attack in his late 40's, Trip took swimming to a new level at age 50 in 2004, achieving lifetime best times and accomplishing perhaps the single most magical year in Minnesota Masters history. That spring, Trip set three national records (50 Fly, 100 Fly, 100 Free) and earned four national Championships at the SCY Spring Nationals. His time in the 100 Fly at the MN State meet broke the previous national record by over 2 seconds, and in the 50 Fly at Nationals, a race that Trip describes as his "perfect" race, his time of 23.19 has still never been bested. A few months later at the LCM Summer Nationals, Trip again claimed four championships and this time set three world records! His 100 Fly time was once again more than two seconds faster than anyone his age had ever swum! Following that amazing stretch, he was named by Swimming World as one of the Top 12 Masters Swimmers in the World.

Through the decades, Trip credits many people with helping him stay motivated and achieving high levels of success. First and foremost, Trip acknowledges his wife and best friend L' Louise for being his strongest supporter, biggest fan, and greatest facilitator for his success. He also calls out personal stroke technique coach and lifetime friend Duane Sorenson, and Olympic Gold medalist and relay partner Jim Montgomery.

Trip refers to swimming as an avenue to friendships, camaraderie and relationships. He considers swimming to be an essential part of his being and is way more at peace in the water than on land. He also has many fond memories of his experiences as a Masters Swimmer and considers one of the best to be the first time he saw Minnesota legend (Hall of Famer) Ray Hakomaki compete. Trip refers to Ray as his first Masters swimming hero.

While representing Minnesota Masters for the past two decades, Trip has amassed 85 National Top Ten listings - 27 of which are first places, 7 National records, and 29 current MN LMSC records spanning four age groups. But more importantly, Coach Trip can always be seen sharing his enthusiasm, helping others with technique, and spreading his love for the sport of Masters Swimming.