

INSIDE THIS ISSUE of

SwimmingWORLD

magazine



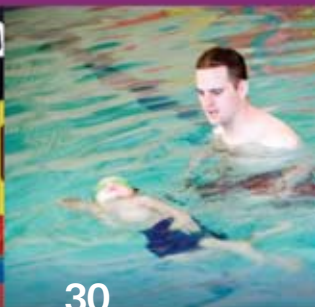
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ON THE COVER:

Randall Bal was nicknamed "Blackjack" after winning all 21 of his backstroke races in the FINA/Arena World Cup circuit last fall. Between Oct. 19 and Nov. 25, he traveled to five continents and competed in seven meets. Bal received a check for \$100,000 as the men's top performer. (See story, page 8.)

[PHOTO BY BILL COLLINS]



3 NIKE TECHNIQUE TIP: Butterfly Breath by Glenn Mills

8 WORLD CUP: Ain't Nuthin' Like It! by Jason Marsteller
There's nothing in competitive swimming quite like the FINA/Arena World Cup circuit, which had plenty of world, regional and national records.

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The American record book required a significant edit after some very fast short course yards meets at the end of the year.

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Having strong abs is crucial in taking your athletic ability to the next level and beyond.

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If swimmers give back to the sport by teaching swimming and safety skills, they can improve their own swimming as well!



32 HIGH SCHOOL ROUNDUP: Setting a High Standard by Brian Savard
Swimmers who will be competing in their state championships between now and May will have to swim fast just to keep pace with early-season performances.

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34 NATIONAL AGE GROUP RECORD SETTER: Ella Eastin

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