

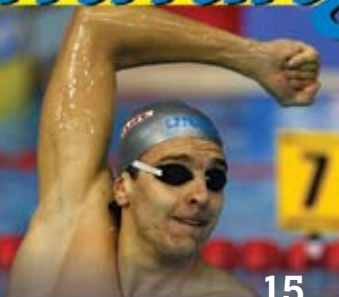
INSIDE THIS ISSUE of

SwimmingWORLD

magazine



12



15



35



51



ON THE COVER:

Brenda Villa, who is from the City of Commerce, a suburb of Los Angeles, has played for the U.S. women's Olympic water polo team at Sydney, Athens and Beijing. Team USA won the silver medal in China, marking the third straight time it had medaled—a feat unequaled by any other women's water polo team. (See story, page 10.)

[COVER PHOTO BY TONY DUFFY; SNIPE PHOTO BY NIKOLA SOUK, REUTERS]



6 CELEBRATING 50+ YEARS IN AQUATICS: 1960-64 by John Lohn
As we celebrate 50+ years in aquatics, *Swimming World Magazine* will be taking a trip through history, highlighting some of the top moments of the magazine's existence.

8 OUR FOUNDING FATHERS by John Lohn
Robert Kiphuth and Peter Daland not only made their mark as two of the most esteemed swimming coaches in history, but they are also the two men responsible for starting what would eventually become today's *Swimming World Magazine*.

10 MAKING A DIFFERENCE by Greg Mescall
Brenda Villa is one of the most decorated women ever to play the game of water polo, but it is her position as a role model and ambassador for the sport that sets her apart from others.

12 WINTER INVITATIONAL ROUNDUP by Jason Marsteller
There were many notable short course performances in the U.S. during December, including USA Swimming's senior and junior nationals, the Texas Invitational and Husky Invitational.

15 ENDING 2008 WITH A BANG by Jason Marsteller
December's European Championships put an exclamation point on a year that saw more than 100 world records broken.

54 NAG TOP 10 (LONG COURSE)

17 THE POOL'S EDGE: Backstroke as Easy as 1-2-3 by Karlyn Pipes-Neilsen

19 LANE LEADERS: Erik Hochstein by Emily Sampl

20 THE WORKOUT CARD: Energy-Conscious Swimming by Terry Laughlin

22 DRYSIDE TRAINING: Dryland Tips for Better Freestyle by J.R. Rosania

24 Q&A WITH COACH CHUCK BATCHELOR by Michael J. Stott

26 HOW THEY TRAIN: Elizabeth Beisel by Michael J. Stott

27 DEPTH OF SWIMMING PERFORMANCES IN THE USA by Genadijus Sokolovas

30 USSSA: Experience the Magic by Marla Blauman
Everybody can learn to swim—and love the water with magical help!

32 THE BENEFITS OF OFF-EVENT SWIMMING by Michael J. Stott
Swimming off events can help swimmers stay mentally and physically fresh.

34 DVD REVIEW: Richard Quick's "Faster Fast Sprint Freestyle"
reviewed by Michael J. Stott

35 HIGH SCHOOL ROUNDUP: Off to a Fast Start by Sarah Eckersley

36 SPEEDO AMERICAN RELAY by Judy Jacob

37 TYR AGE GROUP SWIMMER OF THE MONTH: Madison White

DEPARTMENTS:

4 A VOICE
for the SPORT

38 CAMP DIRECTORY

51 FOR THE RECORD

59 CALENDAR



SWIMMING WORLD MAGAZINE (ISSN 0039-7431). Note: permission to reprint articles or excerpts from contents is prohibited without permission from the publisher. The publisher is not responsible for errors in advertisements. Microfilm copies: available from University Microfilms, 313 N. First St., Ann Arbor, MI 48103. *Swimming World Magazine* is listed in the Physical Education Index. Printed in the U.S.A. © Sports Publications International, February 2009.