

Swimming WORLD m a g a z i n e



7



12



14



28

ON THE COVER:

Japan's Keijiro Nakamura led all of the male candidates for Swimming World Magazine's 2008 World Masters Swimmers of the Year award. At 85, Nakamura trains an average of 1,000 meters a day, five times a week. Last year, he set 10 Masters world records in the men's 85-89 division as well as Japanese Masters marks in all 21 of his races. (See story, page 19.)

[COVER PHOTO PROVIDED BY SWIMMING MAGAZINE TOKYO]



- 7 THE NEXT WAVE** by Jason Marsteller
At the Junior Pan Pacific Championships in Guam, the USA's Dagny Knutson led an impressive showing of junior-level swimmers who represent the next wave of world-class swimming.
- 10 CELEBRATING 50+ YEARS IN AQUATICS: 1969-72** 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.
- 12 THEN AND NOW** by John Lohn
Although they competed some 30 years apart, Americans John Naber and Aaron Peirsol are both considered two of history's best backstrokers.
- 14 RUSH TO ROME** by Eric Velazquez
The U.S. diving squad is assembled and ready for this year's World Championships to be held this summer in Rome.

DEPARTMENTS:

- 6 A VOICE**
for the **SPORT**
- 40 FOR THE RECORD**
- 43 CALENDAR**
- 46 PARTING SHOT**



- 19 THE WORLD'S BEST MASTERS** by Emily Sampl and Jason Marsteller
Swimming World Magazine's Top 12 World Masters Swimmers of 2008 hail from four countries and range in age from 31 to 95.
- 25 THE POOL'S EDGE: Life Skills Learned at the Pool**
by Karlyn Pipes-Neilsen
- 26 THE WORKOUT CARD: My Favorite Workouts** by Carolyn Boak
- 28 LANE LEADERS: Dave Sims** by Emily Sampl



- 29 Q&A WITH COACH KATHY ASPAAS** by Michael J. Stott
- 31 HOW THEY TRAIN: Dagny Knutson** by Michael J. Stott
- 32 KEYS TO MORNING QUICKNESS** by Michael J. Stott
The common denominators for swimming fast in the morning are setting expectations as well as modeling consistency in practice and meet management behavior.
- 34 EVALUATING ENERGY ZONES IN SWIMMING** by Genadijus Sokolovas



- 36 NATIONAL AGE GROUP RECORD SETTER: Arthur Frayler**
- 37 SPEEDO AMERICAN RELAY** by Judy Jacob

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, April 2009.