

# Swimming WORLD magazine



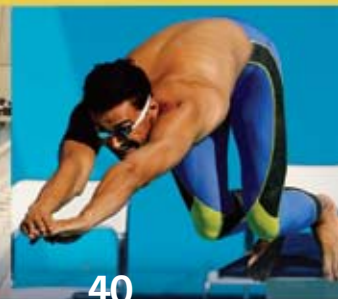
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**ON THE COVER:**

There's always a tendency in sports to look ahead, to search for that next generation of standouts who will carry the torch forward and keep it burning brightly. Caitlin Leverenz, the 2007 Pan Am Games gold medalist in the 200 breast and one of the premier medley swimmers in the U.S., could very well be one of America's future stars. (See story, page 7.)

[COVER PHOTO BY PETER H. BICK; SNIPE PHOTO BY DON ADAMS, JR.; INSET PHOTO PROVIDED BY KENYON COLLEGE]



- 7 CLIMBING THE LADDER** by John Lohn  
Here's a look at some of the rising stars who could carry the American banner in the years to come, perhaps as early as this summer's World Championships in Rome.
- 10 CELEBRATING 50+ YEARS IN AQUATICS: 1977-80** by Jeff Commings  
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 Jeff Commings  
Russian Vladimir Salnikov and Australian Grant Hackett are two of the most outstanding distance swimmers ever, with both swimmers accomplishing an undefeated streak in the 1500 meter free of more than 10 years—still standing as the longest winning streaks in men's swimming.
- 14 COLLEGE ROUNDUP** by Jason Marsteller and Judy Jacob  
Drury (NCAA-II), Kenyon (NCAA-III) and Indian River (NJCAA) women's and men's swimming and diving teams swept their respective collegiate championships, while Cal Baptist's men won their fourth straight NAIA title and Savannah College of Art and Design won its first-ever NAIA women's title.
- 22 A TROPICAL PARADISE** by Steven Munatones  
Competition and camaraderie. Beaches and beauty. Coral and coconuts. Fiji Swims has it all.
- 24 SYNCHRO GOES TO COLLEGE** by Eric Velazquez  
Synchronized swimming is slowly, but surely, taking a foothold in collegiate athletics, perhaps paving the way to greater success internationally.

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- 27 THE POOL'S EDGE: 12 Steps to Swimming Success** by Karlyn Pipes-Neilsen  
Whether you are a newbie or a veteran of the sport, here are 12 simple steps to help you achieve swimming success.
- 28 LANE LEADERS: Trina Radke-Gerry** by Emily Sampl
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More than 600 athletes took part in the YMCA Masters Nationals, some of whom have only recently learned to swim.
- 32 THE WORKOUT CARD: Training with St. Petersburg Aquatics** by Fred Lewis



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- 37 CHANGES OF SWIMMING VELOCITY DURING THE SWIM CYCLE** by Genadijus Sokolovas
- 40 UNPOPULAR WISDOM** by Ron Johnson  
Rather than swimming in a straight line, the best method of moving effectively from one point to the next is moving in symmetrical waves.



- 42 USSSA: Water Baby Class** by Albert Paliwoda
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Coaches and swim club officials discuss the "when," "where" and "why" of moving age group swimmers to different training groups.
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