

Swimming WORLD magazine



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ON THE COVER:

Olympic gold medalist Rebecca Soni of Trojan Swim Club bettered two world records at the Duel in the Pool, Dec. 18-19, in Manchester, England. The 22-year-old clocked 1:02.70 in the 100 meter breast (short course) and 2:14.57 in the 200 breast to help the United States beat Europe, 185-78. Earlier in the month, she swept the SCY breaststroke events at the U.S. senior nationals. (See stories, pages 20 and 24.)

[COVER PHOTO BY SHALIN BEST, REUTERS; SNIFE PHOTO BY ALESSANDRO BIANCHI, REUTERS]



8 THE NEXT DECADE by John Lohn

Here's a short list of things we can expect to see—or hope to witness—in the world of swimming in the next decade.

10 SUIT YOURSELF

Effective Jan. 1, 2010, FINA banned the new-and-improved polyurethane speed suits from being used in competition. Did FINA make the right decision?

20 U.S. SWIMMERS BID FAREWELL TO 2009 by Jason Marsteller

USA Swimming provided national competition for its senior and junior swimmers on two successive weekends in December.

23 THE TRUE "LAST HURRAH"? by Jason Marsteller

Ten world records were bettered at the European Short Course Championships in December.

24 A DISAPPOINTING DUEL by Jason Marsteller

The new format for the Duel in the Pool in which there would be two meets—Australia vs. Japan and the United States vs. Europe—didn't meet expectations at the competition in Europe.

37 NAG TOP 10 (LONG COURSE)

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25 THE POOL'S EDGE: Similarities in Training by Karlyn Pipes-Neilsen

Being mindful of the similarities with freestyle, here are 10 suggestions on how to improve your technique for butterfly and breaststroke.

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28 LANE LEADERS: Lauren Welting by Emily Sampl



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31 HOW THEY TRAIN: Nelson Silva by Michael J. Stott

32 USSSA: Survival First, Swimming Second by Antony White

The British Swim School, based in South Florida, believes that for the very young, the back-float method affords the best possible chance for survival.



34 NATIONAL AGE GROUP RECORD SETTERS: Irvine Aquazot Swim Club 11-12 Boys 400 Yard Medley Relay

35 AMERICAN RELAY by Judy Jacob

36 TYR AGE GROUP SWIMMER OF THE MONTH: Max Montour, Moon Valley Aquatic Club

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