

Swimming WORLD magazine



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ON THE COVER:

Julia Smit is the top returning point scorer at this year's women's NCAA Division I Swimming and Diving Championships, March 18-20, at Purdue. The Stanford senior won both individual medley races in 2009 and took third in the 100 free. She also swam on four point-scoring relays. The Cardinal is ranked No. 2 in Swimming World's pre-season poll, right behind Georgia and ahead of Texas. (See story, page 8.)

[COVER AND SNIFE PHOTOS BY PETER H. BICK]



8 GEORGIA GETS NOD AS NO. 1 by Jason Marsteller
Should Georgia win the women's NCAA Division I Championships, it will move the Southeastern Conference back into a tie with the Pac-10 for the most national titles with 11.

12 TEXAS TARGETS 10th TITLE by John Lohn
After finishing runner-up at the men's NCAA Division I Championships the last two seasons, 2010 looks to be the year that Coach Eddie Reese's Longhorns will win their 10th team title.

16 THE TOP 5 MOST AMAZING WOMEN'S COLLEGIATE PERFORMANCES IN THE LAST DECADE by Jeff Commings
The first 10 years of the 21st century—2000-09—saw some swims at the women's NCAA Division I Swimming and Diving Championships that will likely be remembered in the 22nd century.

19 HOLIDAY CUP: PAST AND PRESENT by Eric Velazquez
The Holiday Cup, from its chaotic beginnings, has grown into one of the most exciting and competitive women's water polo tournaments in the world.

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If you're looking for a new way to achieve optimum performance, you might add something old to your program: yoga.

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30 HOW THEY TRAIN: Giordan Poglioli and Scott Usher by Michael J. Stott



32 A STRONG FIRST HALF by Sarah Eckersley
Although the high school swimming season is only halfway over, three national records highlighted the fall high school state championships.

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