

# Swimming WORLD magazine



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**ON THE COVER:**

Historically, no one has dominated the breaststroke discipline like Japan's Kosuke Kitajima, a multi-time world record holder in the 100 and 200 breast. At the 2012 Olympics in London, he could have the opportunity to become the first man in history to win the same event at three consecutive Olympiads. (See story, page 18.)

[COVER PHOTO BY PETER H. BICK]



**8 THE YEAR IN REVIEW** by Jason Marsteller

**18 SWIMMING UNDER THE RADAR**

by John Lohn

Japan's Kosuke Kitajima is one of the world's greatest swimmers—just like Phelps, Thorpe or Lochte—but for whatever reason, the double Olympic gold medalist in the 100 and 200 breast just hasn't received similar recognition.

**20 2011: THE FINAL STEPPING STONE** by Steven Munatones and Emily Sampl

The major aquatics competition this year is the World Championships, which will mark the final major international competition before the 2012 Olympics. Here's a short preview of what to watch for in the coming months.

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This month's exercises will help you burn some calories, gain some strength and condition your heart.



**29 Q&A WITH COACH TONY BATIS, PALO ALTO STANFORD AQUATICS** by Michael J. Stott

Through swimming, University of Southern California graduate Tony Batis met his wife and found a business life and coaching career that now has him working with some of the country's brightest young stars.

**30 DVD REVIEW: "Coaching the Developing Swimmer"**

by Michael J. Stott

This four-DVD instructional video set offers fundamental step-by-step approaches to the four basic competitive strokes as well as starts, turns and racing strategies.



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