

# SwimmingWORLD

magazine



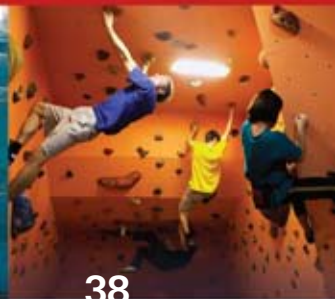
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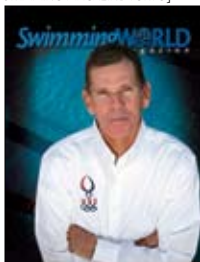


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**ON THE COVER:**

Frank Busch, who has coached at the University of Arizona for the past 22 years, is USA Swimming's new national team director. For a country loaded with talent and long defined as the premier swimming power in the world, Busch was the choice to maintain what the United States has developed, and to develop its prominence further. (See story, page 7.)

[COVER PHOTO BY LUKE ADAMS, J AND L PHOTOGRAPHY; SNIPE PHOTO PROVIDED BY SWIMMING MAGAZINE TOKYO]



**7 HAIL TO THE (NEW) CHIEF** by John Lohn  
University of Arizona's Frank Busch is the man who will lead the Stars and Stripes into this summer's World Championships, next year's Olympic Games and beyond as USA Swimming's new national team director.

**9 DOWN TO THE WIRE** by Emily Sampl  
Diving fans witnessed world-class competition and several nail-biting battles among the country's top divers at the 2011 USA Diving Winter Nationals.

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Swimming World Magazine's list of the Top 12 World Masters Swimmers of 2010 was dominated by the United States and Japan, with the swimmers ranging in age from 34 to 95.

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Doug Grooms has produced academic and athletic excellence at the Missouri University of Science and Technology and wonders what the long-term effect of capping athlete attendance at the NCAA meet will do to D-II swimming.

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Many benefits can be gained with an individualized periodized resistance training program.

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Even with the best conditions and training, an instructor will only produce great results if he understands how to use the flow zone.



**35 NATIONAL AGE GROUP RECORD SETTER: Becca Mann, Academy Bullets Swim Club (Illinois) and Clearwater Aquatic Team (Florida)** by Judy Jacob

**36 AMERICAN RELAY** by Judy Jacob

**38 GOLDMINDS: The 5 "Abilities" Every Swimmer Needs** by Wayne Goldsmith

If you spend time developing your "abilities"—specifically, mo-ability, st-ability, flex-ability, adapt-ability and me-ability—you will be well on your way to enhancing your swimming performance.

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 2011.