

SwimmingWORLD

magazine



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ON THE COVER:

Hungary's Katinka Hosszu came to the United States three years ago to swim collegiately at USC with Coach Dave Salo. She was named the Swimmer of the Meet at this year's NCAA Championships, where she won both medley events and the 200 fly. Hosszu should also be a multi-medal threat at this summer's World Championships in Shanghai. (See story, page 10.)

[COVER PHOTO BY LASZLO BALOGH, REUTERS]



- 8 HOLIDAY TRAINING TRIPS** by *Tiffany Elias*
Training during the winter months can be challenging and intense, but taking a holiday training trip can not only be beneficial for the team, but a lot of fun as well.
- 10 NEXT IN LINE** by *John Lohn*
Following in a long list of exquisite performers from Hungary, Katinka Hosszu has established herself as one of the world's premier female swimmers.
- 12 THREE STRAIGHT FOR OHIO STATE** by *Emily Sampl*
Ohio State won the U.S. Collegiate Synchronized Swimming Championships for the third straight year and 27th time in the program's history.

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for the **SPORT**
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- 15 POOL'S EDGE: It's A Rock, Not A Roll** by *Karlyn Pipes-Neilsen*
Smooth and effortless swimming should be the focus of every swimmer. Once you master the art of smooth shoulder swimming—and stop over-rotating—you'll be well on your way to fast swimming.
- 16 DRYSIDE TRAINING: IM Stroke Series (Breaststroke)** by *J.R. Rosania*
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Greg Fastrich has coached three Olympic Trials qualifiers since moving to Hershey, Pa. His latest protégé, David Nolan, recently set four national high school records, including a 1:41.39 200 yard IM clocking that would have won NCAAs.
- 23 HOW THEY TRAIN: David Nolan** by *Michael J. Stott*
- 24 SCIENCE OF PERFORMANCE: Shoulder Warm-up** by *G. John Mullen*
Shoulder exercises are provided that can help you improve your strength and flexibility, which can ultimately enhance your swimming performance.
- 26 DRILL TO THRILL** by *Michael J. Stott*
Looking for the pathway to swimming excellence? Former Olympian Jeremy Linn sums it up best: "Drills is where it's at."



- 29 NATIONAL AGE GROUP RECORD SETTER: Michael Domagala, Asphalt Green Unified Aquatics (New York, N.Y.)** by *Judy Jacob*
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Here are some tips to help you become mentally tough.
- 38 DEFINING MOMENTS: YMCA Nationals** by *Jason Marsteller*
Sarasota YMCA captured its fifth straight combined team championship at the YMCA Short Course Nationals in Fort Lauderdale, Fla., April 5-8. The meet featured 15 YMCA national records.

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