

Swimming WORLD

magazine



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ON THE COVER:

Already decorated with multiple medals from elite international competitions, Tunisia's Ous Mellouli, 27, believes his best days are ahead, with the London Olympics his primary focus. He's confident the longest-standing world record on the books—the men's 1500—can be his. (See story, page 10.)

[COVER PHOTO PROVIDED BY LE PRESSE AND SHANDREW PR]



8 DAY IN THE LIFE: JOSH SCHNEIDER

photo story by Garrett McCaffrey
Swimming World followed SwimMAC Team Elite member Josh Schneider as he prepared for the intriguing 50 yard freestyle-only tournament (Jax50) that was held in Jacksonville, Fla. last April.

10 THE COMPLETE PACKAGE by John Lohn

Ous Mellouli is one of the world's finest distance freestylers. Yet, the Tunisian star knows there are things much more important than lapping the field.

14 PREPARING FOR THE FUTURE by Jason Marsteller

USA Swimming has successfully identified young talent and has supported their development in the National Youth Team program.

16 JUNIOR HOPEFULS by Jason Marsteller

Northern Kentucky Clippers' Ellen Williamson and the Aquajets' Van Donkersgoed are just two of USA Swimming's Junior National Team that is loaded with talent.

18 USA READY FOR SHANGHAI by Emily Sampl

With the 14th FINA World Championships in Shanghai, China just a few weeks away, the United States' diving contingent appears ready to give the rest of the world all it can handle.



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28 HOW THEY TRAIN: Karlee Bispo by Michael J. Stott

29 WINNING CHAMPIONSHIPS THROUGH RECOVERY by Michael J. Stott

All coaches agree: recovery is extremely important for their swimmers to be able to perform consistently and better.

32 USSSA: Leaving A Legacy That Counts by Ron Sciarro

Swim coaches and swim teachers have the opportunity to pass on the gift of knowledge and encouragement to the next generation.



34 NATIONAL AGE GROUP RECORD SETTER: Edward Kim, Bellevue Club Swim Team (Bellevue, Wash.)

35 AMERICAN RELAY by Judy Jacob

36 TYR AGE GROUP SWIMMER OF THE MONTH: Vivian Wang, Sunnyvale Swim Club (Sunnyvale, Calif.)

37 GOLDMINDS: Super Starts! by Wayne Goldsmith

Here are some tips on how to get faster—sooner—and leave your competitors languishing in the slow lane.

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