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SwimmingWORLD magazine

FEATURES

- 8 U.S. Olympic Trials: The Best is Yet to Come**
by John Lohn and Jason Marsteller
- 19 Olympic Predictions: Bring It On!** by John Lohn
Eight days of swimming action will unfold at the London Aquatics Centre, July 28-Aug. 4. During that time, dreams will be both realized and crushed. What we do know is this: the Olympics will feature heated, spectacular battles in all distances and strokes.
- 23 Male High School Swimmer of the Year: A Bright Future** by Jason Marsteller
Not only did Jack Conger have a record-setting high school season on his way to being named *Swimming World's* Male High School Swimmer of the Year, but the junior from Our Lady of Good Counsel in Maryland went on to final in both backstroke events at the U.S. Olympic Trials.
- 24 Female High School Swimmer of the Year: The Right Choice** by Jeff Commings
After deciding to keep her amateur status, Missy Franklin, a junior at Regis Jesuit High School in Aurora, Colo., was named *Swimming World's* Female High School Swimmer of the Year.
- 26 Nutrition Choices of the Stars** by Jeff Commings
This is the second of a three-part series on nutrition choices by some of swimming's elite athletes. This month's focus: nutrition during workout.
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ON THE COVER: Michael Phelps (left) and Ryan Lochte stood highest among the 1,800 athletes at the U.S. Olympic Trials in Omaha. Meeting four times, Phelps had the edge with three wins. But it was apparent that both swimmers—arguably the best in the world—saved a considerable amount of “pop” for the XXXth Olympiad in London. (See story, page 8.) [COVER PHOTO BY PETER H. BICK]

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