Welcome to Volume 23 of JSR On-Line

Welcome to the fifth on-line issue of JSR. As we widen our readership, we continue to receive manuscript submissions from both national and international authors and researchers. As will be evident, from this issue, the topics of interest remain diverse, a most encouraging sign.

Our continued thanks to the tireless members of our two Editorial Boards. While we rely on their invaluable expertise, we also thank them for remaining a wonderful source of encouragement to our authors, from start to finish, during the review process.

In Memorium

Tim Heinrich was a active member of the Editorial Board of JSR from its inception as an on-line publication. We are thus very saddened at the news of his unexpected passing away a few months ago. He was a member of several different national and international swimming organizations and presented and published research related to swimming science at many different research conferences and in national and international scholarly swimming journals. An active coach for many years, he was certified as an elite international coach by the World Swimming Coaches Association ... RIP.

Contributors

In this issue, we have two review articles and three manuscripts that present original research.

Timothy Richmond, Jackie Buell, Sheryl Pfeil, and Michael W. Crowder, provide an updated, and well-documented discussion of the physiological factors that play a critical role in swimming training. Titled “Evidence-based recommendations for maximizing competitive swimming performance”, the manuscript does a fine job of applying the energy systems to training, as well as discussing the risks associated with overuse, and the current views on optimizing nutrition.

Johnson Soh Khong Leong’s paper on stroke mechanics titled “The Fundamentals behind a Curvilinear vs. a Straight-Line Pull” provides a different perspective on selected parts of Freestyle stroke mechanics. Although based on his own simple experiments, he nevertheless provides a different perspective of how to view the pull patterns of the Freestyle.

We have three original manuscripts, each of which deals with a different area of interest.

With “shoulder pain” so much an occupational hazard in our business, Shawn M. Drake, Brian Krabak, George T. Edelman, Erin Pounders, Sharmon Robinson, & Brittany Wixson, have designed a self-administered questionnaire for coaches and swimmers to better monitor when to consult a clinician. Their
manuscript is titled “Development and Validation of a Swimmer’s Functional Pain Scale”. Coaches will do well to read and act on their recommendations.

Keisuke Kobayashi, Koji Kaneoka, Hideki Takagi, Yasuo Sengoku, and Masahiro Takemura, our friends from Tsukuba University in Japan, present their findings of a study of “Lumbar Alignment and Trunk Muscle Activity during the Underwater Streamline Position in Collegiate Swimmers”. Their findings relate to changes in the spine when pushing off the walls.

Jacquelyn A. Nagle, James L. McMillan, Barry A. Munkasy, A. Barry Joyner, Alexander Roorda, Mindy K. Scott, and Stephen J. Rossi complete this issue with an excellent study titled “Changes in Swim Performance and Perceived Stress, and Recovery in Female Collegiate Swimmers across a Competitive Season”. Their study covers the often delicate balance between training and performance, and how monitoring stress levels and recovery could have far-reaching consequences.

We thank these authors for their fine contributions, and continuing to invite similar manuscripts for publication in J.S.R.

Sponsor
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