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SWIMMING WORLD MAGAZINE is the leading independent resource for aquatic sports. Every month features insightful articles, training tips and interviews with athletes, coaches and trainers. With the 2012 Olympics only months away, subscribe at *SwimmingWorld.com* and get access to content online for only \$39.⁹⁵.

MAY MAGAZINE FEATURES

WOMEN'S NAAs : THIS BEARS REPEATING

The University of California Golden Bears won their second straight women's NCAA Division I title and third in the last four years.

BY JASON MARSTELLER

MEN'S NAAs : NO TIME LIKE THE PRESENT

The University of California, expected to be in a rebuilding mode after last year's men's title, enjoyed a wire-to-wire victory at the men's NCAA Division I Championships.

BY JOHN LOHN

COLLEGE ROUNDUP : RISING TO THE OCCASION

From down-to-the-wire, one-point team victories to record-breaking streaks, there's nothing like the college national championships for excitement!

BY JASON MARSTELLER & JUDY JACOB

LANE LINES TO LONDON SPONSORED BY COMPETITOR

This month's regional Olympic spotlight features Oceania.

BY JASON MARSTELLER

OLYMPIC PREVIEW : OPEN WATER

The women's and men's 2012 Olympic 10K Marathon Swim will be held in the Serpentine, a 28-acre recreational lake in London's Hyde Park.

BY STEVE MUNATONES

OLYMPIC FLASHBACK : 1976-84

BY JEFF COMMINGS WITH SPECIAL CONTRIBUTIONS BY STEVE JOHNSON

DEFINING MOMENTS : CONSISTENTLY AT THE TOP Curl-Burke captured its second straight combined team championships at the NCSA Junior Nationals, its fifth title in the last 10 years.

BY JASON MARSTELLER

DRYSIDE TRAINING : SIX GREAT MEDICINE BALL EXERCISES

BY J.R. ROSANIA

Q&A WITH COACH YURI SUGIYAMA

BY MICHAEL J. STOTT

HOW THEY TRAIN : KATIE LEDECKY

BY MICHAEL J. STOTT



INSIDE

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JUNE MAGAZINE FEATURES



WOMEN'S NCAAs

[PHOTO BY: PETER H. BICK]



COLLEGE ROUNDUP

[PHOTO PROVIDED BY:
WINGATE UNIVERSITY]



DEFINING MOMENTS

[PHOTO BY: PETER H. BICK]



LANE LINES TO LONDON

[PHOTO BY:
TIM WIMBORNE, REUTERS]



OLYMPIC PREVIEW

[PHOTO BY: ALESSANDRO
BIANCHI, REUTERS]

2012 U.S. OLYMPIC TRIALS PREVIEW Who will make the United States Olympic swimming team that will compete in London this summer?

BY JASON MARSTELLER & JOHN LOHN

CLUB FEATURE : CURL-BURKE SWIM CLUB

BY MICHAEL J. STOTT

LANE LINES TO LONDON SPONSORED BY COMPETTOR June's regional Olympic spotlight will feature North America.

BY JASON MARSTELLER

OLYMPIC FLASHBACK : 1988-96

BY JEFF COMMINGS WITH SPECIAL CONTRIBUTIONS BY STEVE JOHNSON

2012 OLYMPIC PREVIEW : SYNCHRONIZED SWIMMING

BY EMILY SAMPL

DEFINING MOMENTS : YMCA SHORT COURSE NATIONALS

BY JASON MARSTELLER

DISTANCE PER STROKE How it works...and why it matters.

BY MICHAEL J. STOTT

GOLDMINDS : POWER AND PRESSURE How to improve your distance per stroke—and swimming performance—by improving your feel of the water.

BY WAYNE GOLDSMITH

Q&A WITH COACH TIM MURPHY, HARVARD

BY MICHAEL J. STOTT

HOW THEY TRAIN : CHRIS SATTERTHWAITE

BY MICHAEL J. STOTT

A photograph of swimmer Nathan Adrian, shirtless and wearing goggles, leaning over the edge of a swimming pool. He has water on his skin and is looking down with a focused expression. In the background, there are blue flags and a crowd of spectators.

MORNING SWIM SHOW

Interviews with top athletes, coaches and personalities from around the world!

[PHOTO BY: PETER H. BICK]

NATHAN ADRIAN

“I’ve been really fortunate in having coaches that have guided me and taught me to control what I can control. ... (James Magnussen’s swim) is not something I can do anything about, so at this point, I don’t.”

April 6, 2012

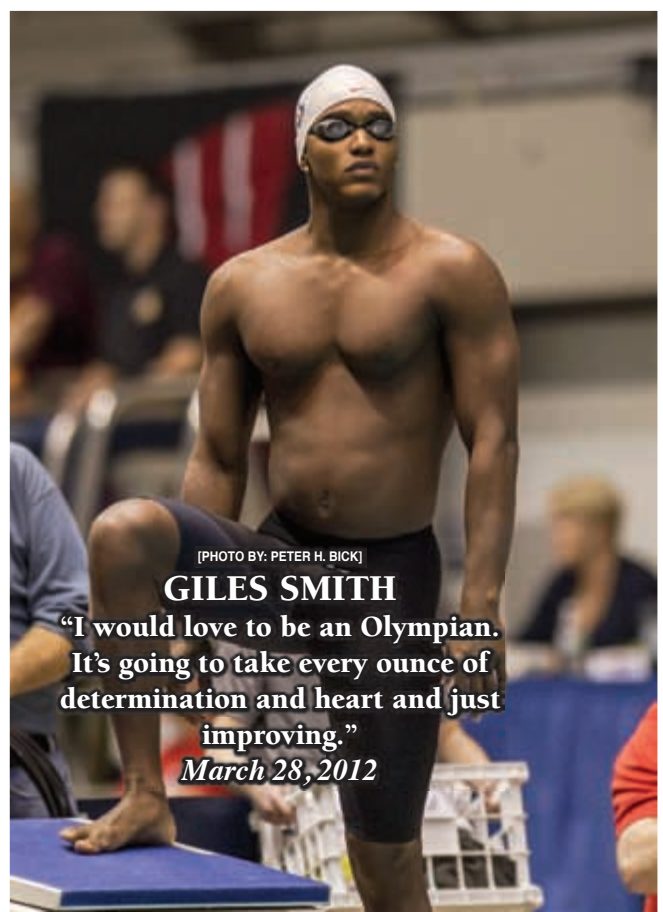
A close-up photograph of Frank Busch, a man with short brown hair, wearing a maroon polo shirt. He is looking off to the side with a serious expression.

[PHOTO BY: PETER H. BICK]

FRANK BUSCH

“I’m certainly proud of what I’m seeing here (at the NAAs). College swimming is a great asset to swimming in general, but I can’t really make any (Olympic) predictions off of this meet.”

March 24, 2012

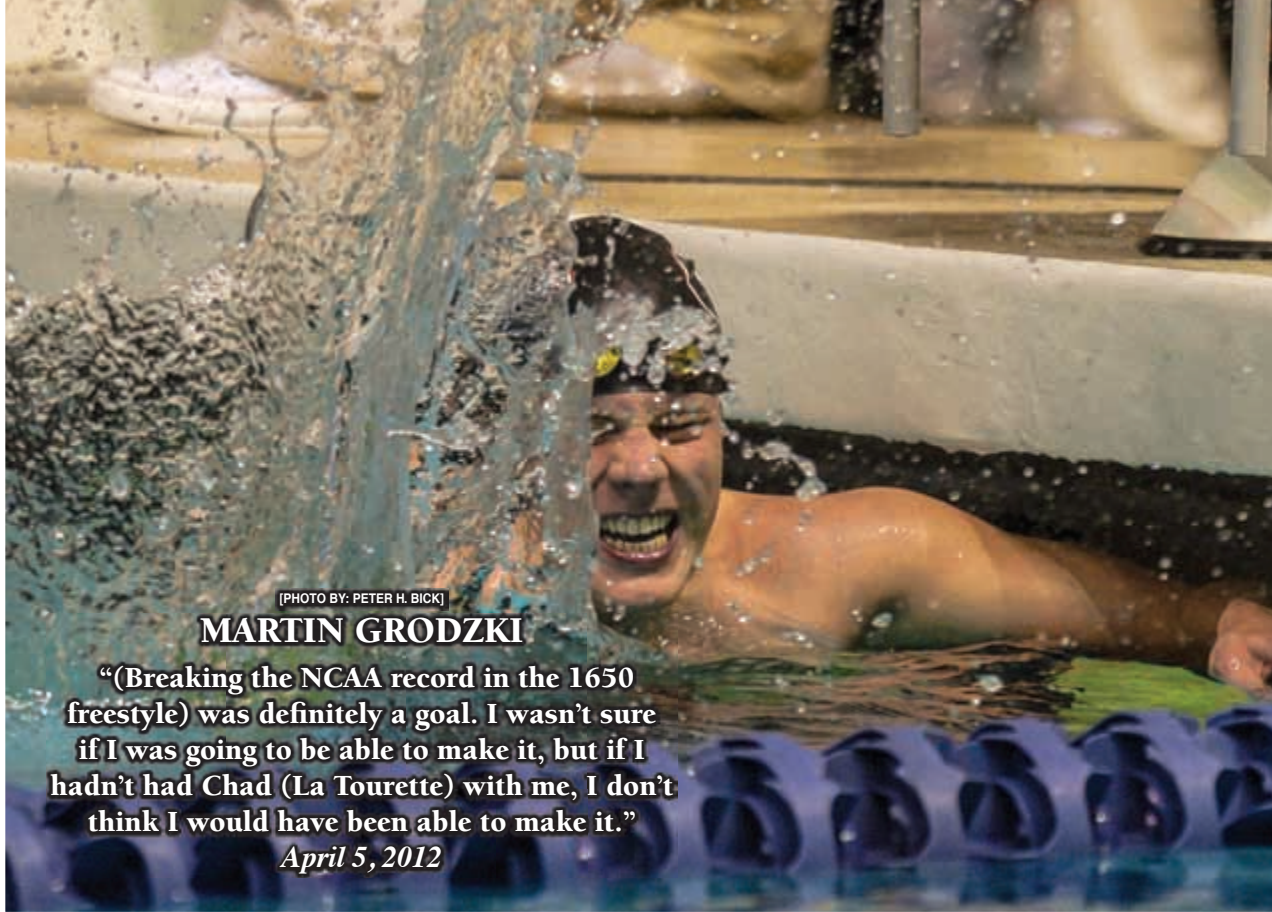
A photograph of swimmer Giles Smith, shirtless and wearing a white swim cap and goggles. He is standing on a blue platform, looking forward with a determined expression. The background is slightly blurred, showing an indoor pool setting.

[PHOTO BY: PETER H. BICK]

GILES SMITH

“I would love to be an Olympian. It’s going to take every ounce of determination and heart and just improving.”

March 28, 2012

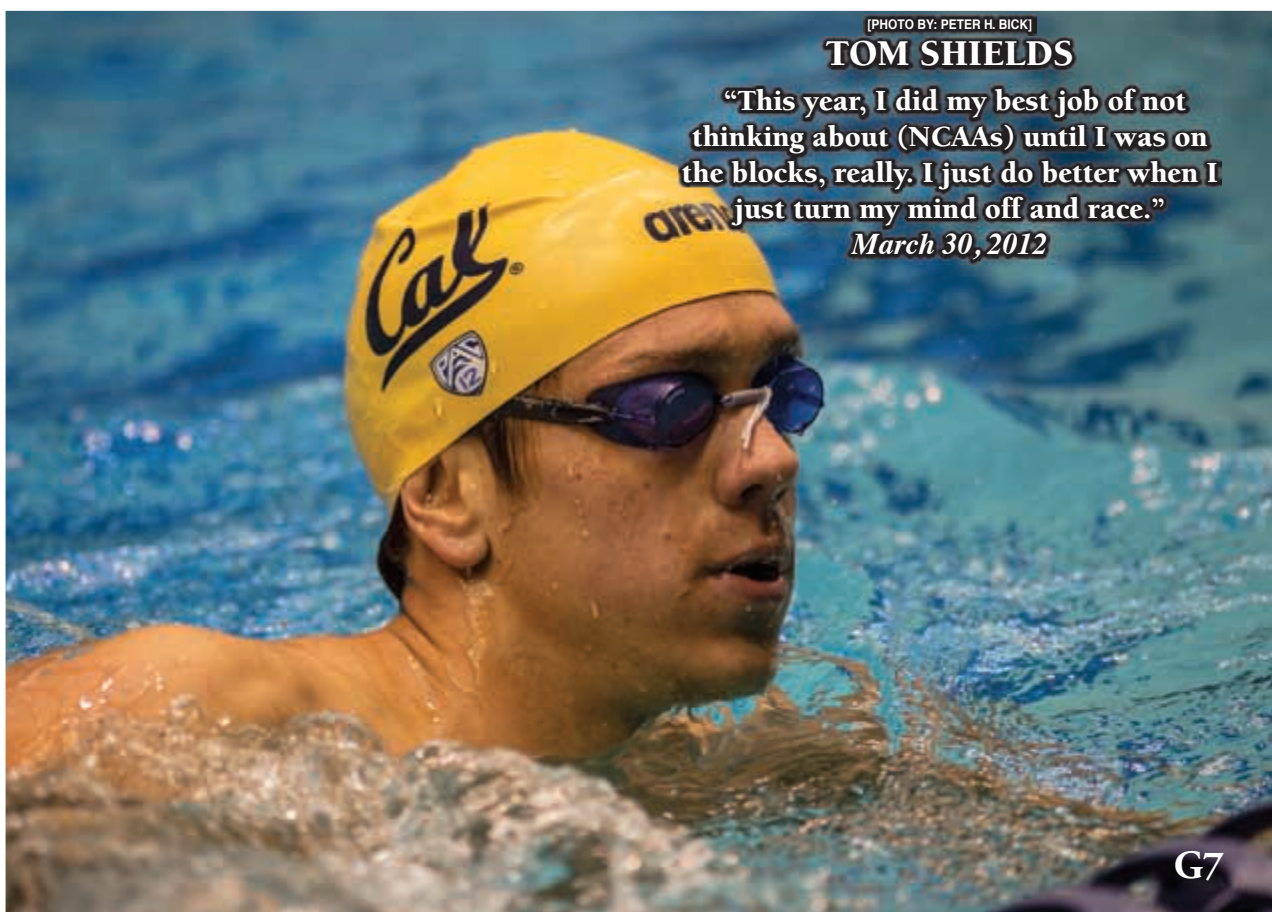


[PHOTO BY: PETER H. BICK]

MARTIN GRODZKI

“(Breaking the NCAA record in the 1650 freestyle) was definitely a goal. I wasn’t sure if I was going to be able to make it, but if I hadn’t had Chad (La Tourette) with me, I don’t think I would have been able to make it.”

April 5, 2012



[PHOTO BY: PETER H. BICK]

TOM SHIELDS

“This year, I did my best job of not thinking about (NCAAs) until I was on the blocks, really. I just do better when I just turn my mind off and race.”

March 30, 2012

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AMERICAN, NCAA RECORD
MARKS **SWIMMINGWORLD.COM'S**
30,000TH POST!

Since the inception of **SwimInfo.com** in the '90s, *Swimming World* has worked feverishly to cover anything and everything aquatics-related. **SwimmingWorld.com**, the newest iteration of SwimInfo.com, posted its astonishing 30,000th online article in support of aquatic sports. It seemed fitting that the article informed the world about an American, U.S. Open and NCAA record set by the University of California at the 2012 Women's NCAA Division I Swimming and Diving Championships. The foursome of **Cindy Tran**, **Caitlin Leverenz**, **Colleen Fotsch** and **Liv Jensen** won the women's 200 yard medley relay in 1:34.24, bettering the previous record of 1:35.03 set by the same quartet at the 2011 Women's NCAA Division I Championships.



(PHOTO BY: PETER H. BICK)

JAMES MAGNUSSEN POSTS TEXTILE BEST AT AUSSIE TRIALS

James Magnussen rocked the world yet again with a textile best in the men's 100 meter free at the Australian Olympic Trials at Adelaide in March. Magnussen, who upended favorite **Cesar Cielo** of Brazil at the 2011 World Championships, eclipsed his textile best time of 47.49 from that meet with a scorching 47.10 at Trials. That swim jumped Magnussen to fourth all time in the event, with only a trio of techsuit-fueled performances ahead of him.

MICHAEL PHELPS, MATT GREVERS STRONG AT COLUMBUS GRAND PRIX

At the USA Swimming Grand Prix in Columbus, Ohio, Michael Phelps and Matt Grevers both turned in strong in-season outings. Grevers snared the men's 200 meter backstroke with a 1:57.59, while Phelps won the men's 100 meter free in 48.49. Both moved to second in the world at the time of their performances.

DAVID KARASEK DOWNS 200 IM SWISS MARK

A third national record fell during the Swiss National Championships when David Karasek turned in a 2:01.79 in the men's 200 meter IM during prelims. That effort blasted the previous mark of 2:03.91 set by Stephan Bachmann back in 2008.



(PHOTO BY: PETER H. BICK)



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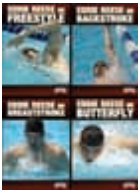
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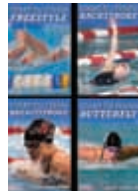
Designed for great resistance training for sprinters and distance swimmers!



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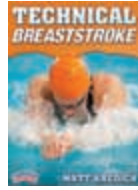
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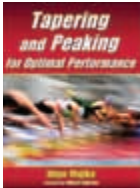
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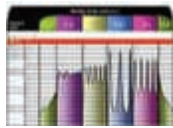
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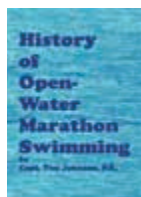
"Amazing Pace" provides the most revealing look at a young man who became a world-class athlete before he had the chance to grow up.



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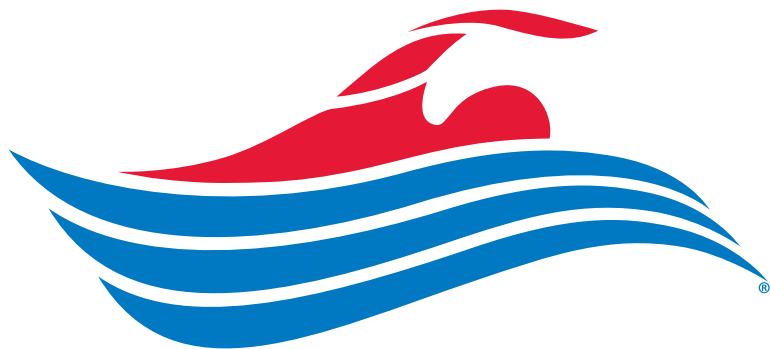
for the fan...

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