

Swimming WORLD

Magazine



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ON THE COVER:

It can be argued that Aaron Peirsol is the finest backstroker in history: the current world record holder at both 100 and 200 meters is a seven-time Olympic medalist and 10-time world champion who has continuously rewritten the record book throughout his career. Come 2012, he could have a chance to make history by becoming the first man ever to win gold in the same event (100 back) in three consecutive Olympiads.

(See story, page 8.)

[COVER PHOTO BY PETER H. BICK; SNIFE PHOTO PROVIDED BY SWIMMING MAGAZINE TOKYO]



8 STILL GOING STRONG by John Lohn

Although Aaron Peirsol has etched a legacy that can be considered among the greatest in swimming's history, the man who many consider to be the best backstroker the world has ever seen is still finding ways to become even better.

10 THE TOP 5 MOST AMAZING MEN'S COLLEGIATE PERFORMANCES IN THE LAST DECADE by Jeff Commings

Last month, *Swimming World Magazine* brought you the five best moments of the past decade from the women's NCAA Division I Swimming and Diving Championships. This month, the focus is on the men.

13 A GOOD MIX by Emily Sampl

Youngsters and veterans alike dove well at the USA Diving winter nationals, as the United States selected its 2010 FINA World Cup team.

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As your major competition looms in the future, here are a few tips that may help you travel smarter and better prepare for the meet.

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30 USSSA: Learning to Have Fun! by Margee Charron

32 GETTING IT RIGHT by Michael J. Stott

Getting a taper right involves sufficient training base, coach experience, an understanding of general and specific individual physiology, recognition of athlete needs, plenty of rest and two-way communication.



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36 AMERICAN RELAY by Judy Jacob

37 TYR AGE GROUP SWIMMER OF THE MONTH: Kathleen Baker, STAR Aquatics

38 GOLDMINDS: The Future of Swimming Is a MESS!

by Wayne Goldsmith and Helen Morris

Multi-event stroke swimmers (MESS) have more options, more choices, more strokes and more fun!

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