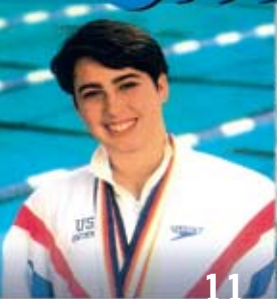


Swimming WORLD magazine



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ON THE COVER:

Nick Thoman, 24, who has been working under the watch of David Marsh at SwimMAC Carolina since late 2009, has established himself as one of the premier backstrokers in the world, his status rising from world-ranked performer to a contender for international acclaim. (See story, page 14.)

[COVER PHOTO BY PETER H. BICK; SNIPE PHOTO BY BOBBY YIP, REUTERS]



8 STORYLINES AND SUBPLOTS by Jason Marsteller

Everybody already knows what to expect from swimmers such as Michael Phelps, Leisel Jones, Kosuke Kitajima and Brent Hayden, who should be competing at this summer's Pan Pacific Championships. But what can be expected from some of the less well-known names in the sport?

11 4 WORLD RECORDS IN 6-1/2 HOURS! by Jeff Commings

Aug. 20, 1989 marked the first time four different swimmers broke world records in four different events on the same day.

14 THE RIGHT FIT by John Lohn

During the last several years, 24-year-old backstroker Nick Thoman has been looking for the best place for him to train. It appears he found it with Coach David Marsh at SwimMAC Carolina.

16 A NEW QUEEN IS CROWNED by Emily Sampl

UCLA's streak of five straight NCAA women's water polo titles came to an end as crosstown rival USC edged top-seeded Stanford 10-9 in the championship game.

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25 GOING FOR THE WIN: When Athletes Who Can, Don't...and Why by Michael J. Stott

28 USSSA: The Use of Play in a Swim Lesson by Nikki Miller
Play is the international language of children.



30 NATIONAL AGE GROUP RECORD SETTERS: Aquajets (Minn.) 11-12 Girls 200 Yard Free, 200 Medley and 400 Medley Relays and Olivia Anderson

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32 TYR AGE GROUP SWIMMER OF THE MONTH: Annie Kyriakidis, Nashville Aquatic Club (Tenn.)

33 GOLDMINDS: Tip-Top Tapering by Wayne Goldsmith

Here are twenty-two tricks, tips and tales toward a terrific taper!

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