

Welcome to Volume 26 of JSR On-Line

Welcome to the eighth on-line issue of The Journal of Swimming Research (JSR). We continue to receive manuscript submissions from both national and international researchers, and, as is evident from this issue, the topics of interest continue to remain diverse.

We want to acknowledge the tireless members of our two Editorial Boards. As we rely on their invaluable expertise, we also thank them for remaining a source of encouragement to our authors during the review process.

Contributors

In this issue, we have five manuscripts that cover important topics.

The first is a study by **Katrina G. Ritter**, and her colleagues **Cailee Welch Bacon, Ian McLeod, Keenan Robinson, Danny Mistry, Scott Rodeo, and Tamara Valovich McLeod**. We can hardly amplify on the seriousness of the topic, which focuses on increasing the awareness of concussion injuries, and need for immediate early intervention.

The second paper is by **Regina (Jeanie) Subach, Stephen Mazurek, and Lori Klein**. The focus of the study gives us a useful perspective on how college swimmers view Vegetarian and Vegan diets. Given the overwhelming anecdotal evidence of how little collegiate swimmers pay attention to their diet, which should be viewed as an essential part of their training, the study is certainly timely.

Sean Kao, Ai Ishida, and Barbara Ainsworth examine an area of training that coaches have intuitively known is vital in the training of sprinters. Their paper examines the correlation between selected exercises in the weight room, and how strength and power training contribute to sprint Freestyle swimming at the Division I level of collegiate swimming.

Trever Gray, Robert Pritchett, Kelly Pritchett, and Tim Burnham present an interesting study on race preparation. Their results are both practical and surprising, since there appears to be a limit to how much deep breathing may assist in sprint preparation. An excellent reminder of when “too much” can be counterproductive.

The final paper in this volume was conducted in our laboratory, here at the University of Hawaii. The principal author is **Susan Ward, assisted by Bret Freemyer, and Jan Prins**. We examined what is now a definite focus of interest in sprint Breaststroke, which is the question of when the kick should be initiated, i.e. when feet should be first drawn up, with respect to the pull. We hope this study will be duplicated in intent, if not scope, because the results have important ramifications for what is now the new mechanics of “Sprint Breaststroke.”

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

Sponsor

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