

Welcome to Volume 25 of JSR *On-Line*

Welcome to the seventh on-line issue of The Journal of Swimming Research (JSR). We continue to receive manuscript submissions from both national and international researchers, as is evident from this issue, and 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 three manuscripts that cover important topics.

The first is a study by **Joel Stager**, the Director of the Counsilman Center for the Science of Swimming, at Indiana University, and his colleagues **Andrew Cornett, Dave Tanner, and Erica Slaughter**. The study is both interesting and of practical value as it examines the demographics of participants at the U.S. Long Course Swimming National Championships for the past 47 years, particularly the ages of the better performers.

Andrew Cornett, Alan Duski, Sierra Wagner, Brian V. Wright, and Joel M. Stager examine the relationship between maturation and performance of 273 swimmers at the NCAA championships in the second manuscript. As they point out, there appears to be a difference between performances of swimmers who reach maturation later, compared to those who don't ... a factor that coaches would do well to keep in mind, when working over periods of years with individuals in their formative years.

In the third manuscript, **Konstantinos Papadimitriou and Stratos Savvoulidis** examine a number of studies, across a spectrum of sports, including swimming, that used "High Intensity Interval Training (HIIT) as part of the training regimen. Their report continues to add to our base of knowledge concerning the on-going debate of whether early training should emphasize training volumes, or edge more towards shorter training loads performed at higher intensities.

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

Sponsor

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