

Welcome to the 1st edition of JSR On-Line

With this issue we commence Volume 18 of the Journal of Swimming Research. JSR serves as a venue where we can report on how biomechanics, exercise physiology, and the other branches of scientific study can help coaches and swimmers excel. The intent of the journal remains the same as when it was inaugurated in 1984: to spread knowledge pertinent to competitive swimming and its many allied fields of study.

Our sport has progressed through the decades because of ideas and theories. However, if these flashes of intuition are to be nurtured and, with application and luck, translate to faster swimming, they should be able to stand the test of scientific scrutiny.

Contributors

We have decided to dedicate the first two of our JSR On-Line issues to review articles and we are delighted to start with a distinguished team of contributors. Ernie Maglischo offers the first of two parts of an in-depth look at how muscle fibers respond to training, with suggestions as to how this information can help coaches tailor workouts. Ted Becker provides invaluable information on the clinical aspects of “swimmer’s shoulder,” an on-going occupational hazard of our sport. Ross Sanders and his team provides us with what we think is the first in-depth examination of the implications of “asymmetry in swimming,” a previously little-examined factor in stroke mechanics.

We thank them for their contributions and hope it will be the first of a steady stream of manuscripts, making JSR essential reading for all who are interested in the science of swimming.

Format

The electronic format offers unique advantages. It will now be accessible to both the membership of the American Swimming Coaches Association and the general swimming public. In addition, the digital publication format will allow us to make good use of the multimedia capabilities of the web, such as the inclusion of color pictures and even video clips, which are essential to disseminating scientific information.

Review Boards

We have two Review Boards. The Journal Review Board will be responsible for scrutinizing the manuscripts and deciding on their suitability for publication as technical submissions. The Coaches Review Board is unique in that the task of its members will be to make JSR more reader-friendly. (*See the “Author Guidelines” section for more details.*) We have been fortunate to recruit a worldwide group of

distinguished swimming researchers and an equally distinguished group of swimming coaches to serve on these Boards. We are delighted to have them.

Appreciation

We would like to acknowledge the contribution of Dr. Joel Stager, immediate past Editor-in-Chief, and his associate Dr. Dave Tanner, both of the Counsilman Center for Aquatic Research, at Indiana University. The swimming community and those who benefit from the research reported in JSR are indebted to these two individuals for overseeing publication of JSR over the past decade.

Sponsor

JSR is sponsored and supported by the American Swimming Coaches Association. John Leonard, in his role as Executive Director of ASCA, has been both encouraging and supportive of the new format. He and his fine staff, Technical Director, Guy Edson in particular, can take credit for making *JSR On-Line* a reality.

Design Team

Credit for the design and look of *JSR On-Line* goes to web designer Santa Moreno-Gonzalez. Marci Prins, in her role as Editorial Assistant, will finalize manuscript formats, and ensure manuscript continuity. Hiley Schulte, web master for ASCA, will be responsible for making sure each volume is accessible on-line.

Having been instrumental in helping get the first issue of JSR off the ground, my task as current editor is doubly gratifying. I join all of you in what we hope will be a most rewarding endeavor.

Jan Prins
Editor-in-Chief