

## **Welcome to the 2<sup>nd</sup>. issue of JSR On-Line**

With this issue we start the New Year with the first issue of Volume 19 of the Journal of Swimming Research. We are delighted to report an enthusiastic response to both the new format and the “open” availability of the journal for all swimming enthusiasts. What has been most encouraging is the steady stream of inquiries and submittals for possible publication.

A large number of the readers commented favorably on the inclusion of the separate “Coaching Applications” manuscript that accompanies each of the scientific manuscripts. Their overwhelming response was that having a separate version of the research or review article, addressing the subject from a coaching perspective was important and easy to understand. This allows us to maintain intent of the journal, which is to spread knowledge pertinent to competitive swimming and its many allied fields of study.

### **Contributors**

In this issue, Ernie Maglischo, continues Part II of his review on Fast-Twitch muscle fibers discussing the effects of high intensity training on aerobic and anaerobic endurance development on these fibers. Ross Sanders and his team, outline the causes, effects, and possible means of identifying “asymmetries” in swimming stroke mechanics. The third article is a contribution from Bill Siders of the University of North Dakota, investigating the efficacy of a standardized approach to practicing relay exchanges.

We thank them for their contributions and hope it will encourage contributions of similar quality and usefulness.

### **Sponsor**

JSR is sponsored and supported by the American Swimming Coaches Association.

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