

Welcome to the 4th issue of JSR On-Line

Welcome to our fourth on-line issue. As noted, this is also our 20th volume, and we are proud of JSR's contribution to the knowledge base of competitive swimming since its inception in 1984. As we know only too well, in our business, pure research, can either be useful or confusing. Consequently, we view Review articles as an invaluable adjunct to research and welcome the opportunity to publish them in JSR.

Our current issue is an excellent example of JSR's mandate to provide a platform for well-conceived manuscripts in varied form.

Contributors

In this issue, we have no fewer than three review articles and two manuscripts that contribute original research

Ernie Maglischo gives us a two-part discussion on the Breaststroke Pull. In it he poses the timely question as to whether the arm motions constitute a formal pull or whether they incorporate more sculling motions.

Ross Sanders has provided a detailed discussion of how "symmetry" applies to swimming in the immediate past issues of JST. In this issue he examines the effect of "symmetry" on swimming performance.

Rod Havriluk's contribution to this issue deals with the variations in the forces exerted by swimmers over the course of a season. He uses the data from his patented measuring device to provide us with an alternate method of examining the propulsive forces exerted by swimmers in training.

The first research manuscript is an intriguing contribution by **Luc Collard** and his colleagues at the Université Paris Descartes, France. In it they propose viewing the underwater dolphin kick as a "5th stroke," discussing their findings from working with novice swimmers. Of particular value and interest is their detailed review of the historical evolution of the underwater dolphin kick.

The second original manuscript in this issue is from **Jamie Arroyo-Toledo** and his colleagues at the University of Castilla-La Mancha, Spain. Their study continues the on-going examination of the effects of Block and Reverse Periodization training on swimming performance and body composition.

We thank all these authors for their fine contributions. We continue to invite similar manuscripts for publication in J.S.R.

Sponsor

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