

Welcome to Volume 22 of JSR On-Line

Welcome to the fourth on-line issue of JSR. We are delighted to report a widening national and international readership, a most encouraging indication that our worldwide swimming community continues to stay interested in swimming research, regardless of whether we are between the quadrennial Olympics calendar and the cyclic media attention.

Contributors

In this issue, we have two review articles that present original research.

Ernie Maglischo, in his fourth contribution in as many on-line issues, poses an important and insightful question, "*Is it Time to Consider a Different Way of Swimming Backstroke?*" With current changes in which elite backstrokers are modifying their underwater pull patterns, this is most timely and practical.

Matthew Wagner, Emily Roper, and Adrienne Langelier do an excellent job of listing the primary areas we need to focus on to improve performance. Their review titled "*Performance Improvements in Swimming: A Multi-Disciplinary Approach*" makes for easy and useful reading of where our focus should be when devising an overall plan.

We have four original manuscripts, two of which come from our international colleagues.

Continuing the focus in this issue on Backstroke, **Karla de Jesus, Kelly de Jesus, Alexandre Medeiros, Ricardo Fernandes, and João P Vilas-Boas**, examine the starts from the 2012 Olympic Games, and the 2013 World Swimming Championships. Their study, titled "*The Backstroke starting variants performed under the current swimming rules and block configuration*," examines the different hand and foot positions used by elite backstrokers.

Tim Henrich, Robert Pankey, and Greg Soukup have investigated the possible shortcomings of conscious, excessive trunk muscle contractions that may interfere with lung function when swimming. Their study titled "*The Unintended Consequences of Tension in the Abdominal and Lumbar Musculature on Swimmers' Ventilatory and Metabolic Indices*," introduces an element of caution when coaching swimmers to contract their abdominal and lumbar musculature.

Michael Moran, James Whitehead, Joshua Guggenheimer, and Ronald Brinkert, present a well-designed and well-illustrated study that examines the effects of stretching before sprinting. Their study titled "*The Effects of Static Stretching Warm-up Versus Dynamic Warm-up on Sprint Swim Performance*" addresses the question of whether to include both static and dynamic stretching before performance.

Rounding out this issue, **Bård Erlend Solstad and Pierre-Nicolas Lemyre**, present a study titled "*Why Coaches should Encourage Swimmers' Efforts*." It examines "Achievement Goal Theory" and its connection to the motivation process.

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

Sponsor

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

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