

Welcome to Volume 24 of JSR On-Line

Welcome to the sixth on-line issue of JSR. We continue to receive manuscript submissions from both national and international as is evident from this issue, and that the topics of interest remain diverse.

Our continued thanks to the tireless members of our two Editorial Boards. While we rely on their invaluable expertise, we also thank them for remaining a wonderful source of encouragement to our authors, from start to finish, during the review process.

Contributors

In this issue, we have two manuscripts that present original research, and three case studies.

Gian Mario Migliaccio, Andrea Di Nino, Francesco Avaldi, Alberto Bazzu, John Mullen, and Johnny Padulo, provide an updated discussion on the important area of circadian rhythms, and how they affect swimming performances. Titled *“Effects of circadian rhythms on night-time swimming during the Olympics: The results of a pilot study in preparation for Rio 2016”*, the manuscript does an excellent job of detailing the important factors that need consideration when competing at varying hours of the day, particularly in unfamiliar time zones.

Maegan E. Olivos and Angela Tate take a multi-dimensional approach to tackling a perennial problem in our sport, overuse injuries. Titled *“Coaches' Education and Practices Regarding Overuse Injury in Youth Swimming”*, they have polled a large number of coaches who work at the advanced levels of our sport, and cover in detail the yardages and dry-land training that are the causative agents.

Three excellent case studies are also presented in this issue.

The first by **Torsten Buhre**, examines the manner in which swimmer's pace their races, in this case over 100 meter events at a European Championship Meet. The paper is titled *“Difference in speed at fixed reference points, and changes in speed between fixed reference points, during 100 meter swimming races at the European Championships, 2010”*, and provides excellent detail on how these swimmers split their races, and the necessity for individual attention being paid to each swimmer's race plan.

Thomas J. Nuckton, Stephen P. Schatz, Brendan T. Crow, Michael A. Matthay, and John A. Nogue examine the effects of competing in cold water. With the fast-increasing participation in open-water races and triathalons, most of which take place in water that is considerably colder than the average swimming pool, the paper titled *“Characteristics of a Polar Bear Swim Champion: The Challenges of San Francisco Bay Winter Swimming”* provides sobering insight into the physiological and clinical ramifications of cold-water swimming.

The third case study, **Christopher Bacon and Carl Petersen** have conducted a detailed analysis of the performances at the recently concluded Games. Titled "*Analysis of the Personal Best Swim Times: 2016 Rio Olympics*", the statistics presented in their manuscript is the type of information that coaches will find both interesting and of immediate practical value.

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

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