

Editor's Note

Change



We have some exciting changes planned for *SWIMMER* this year, not the least of which is the newly redesigned magazine you are holding. Annie Sidesinger and the design team at Anthem Communications have done a fantastic job updating the look and feel of the publication. They'll also be working with us to create a digital edition of *SWIMMER* in the near future.

But changing only the look would be like working on your high-elbow recovery without paying attention to your catch. So look for changes in Training and Technique and Swim Bag. Additionally, we'll be introducing a nutrition column in The Healthy Swimmer starting in the March-April issue.

How do changes make it to the pages of *SWIMMER*?

Well, I'd like to say it is all part of a precise, brilliant master plan, perfectly researched and executed, but that wouldn't be accurate. Many changes are inspired by reader feedback. Sometimes we use the spaghetti method and whatever sticks, stays.

Sometimes the little suckers sneak into the pages and before you know it, they've multiplied. Two years ago New England Masters swimmer Ed Colley, whom I had never met, sent me a caricature of ... me. He started rendering the USMS volunteers we profile in Inside USMS. This led to illustrations for feature articles ["Early Masters Swimmers," March-April 2011, among others] and for The Healthy Swimmer. Colley (in a self-caricature below) started swimming Masters at the age of 73.

Inspiration for change comes from you. In the November-December issue, we published a word cloud based on your feelings about swimming. We received so many letters asking for reprints, we decided to use it for our annual poster and it is included in this issue.

I'm grateful for the gift of all the people who have inspired change in *SWIMMER* and look forward to another year of striving to be your favorite swimming publication on the planet.

Laura Hamel, *SWIMMER* editor



Colley, 75, an award-winning retired editorial cartoonist for the *Boston Globe*, doesn't remember a time when he couldn't swim.

"My father won the Peaks to Portland swim when he was 17. I think the youngest to do this at the time ... [He] would put me on his back and swim with us before I could walk. He later coached the high school team my brother and I swam for in Maine. ... Even now, at 75, I still thank him for this gift."

THE SOCIAL SWIMMER

Top 5 Videos on our YouTube Channel:

1. We Are U.S. Masters Swimming Promotional Video (16,087)
2. *SWIMMER* Magazine Fin Testing (8,511)
3. Wetsuit Review - *SWIMMER* Magazine (6,134)
4. 2011 U.S. Masters Swimming Spring Nationals Day 2 (4,867)
5. USMS New England Masters Swimming SC Championships (4,848)

SWIMMER

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Favorite new
feature of the
magazine redesign:
these little stickies.

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Likes Swim Bag's
new look the best.

USMSSWIMMER.ORG

Jim Matysek
Luke Shaheen

Hates the stickies.
Likes the old
design better.

ON THE COVER

Mary Kahn of Davis Aquatic Masters demonstrates the People Paddle Progression, as coached by DAM head coach, Stuart Kahn. Photographed by Peter H. Bick.

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