

January 2022 – Year In Review

- Swimming Record Progression
- 2021 Athletes of the Year: Diving, Water Polo, Artistic Swimming, Paralympic
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Top 5 stories from 2021 (14-18, Parent, Coach)
- The 10 Greatest World Records in History
- Training Strategy: College Coaching Post-COVID (14-18, Parent, Coach)
- Q&A: Brent Arckey, Sarasota Sharks; How They Train: (16-22, Coach)
- Nutritional Series (14-18, Parent, Coach)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Moms at Meets (14-16, Parents)
- Before the Beep (Mental Prep) (14-16, Parents)
- GutterTalk (All Ages)
- Goldminds - Motivational Tips (14-18, Parent, Coach)
- Special Sets, Dryside Training, Technique Concepts: Letitia Sim (Masters, Coach)
- Parting Shot

February 2022 – Water Polo; College Preview

Special Insert: Camp Directory

- Water Polo Feature
- NAIA, NJCAA College Previews
- Off Deck (Featuring an inside look of an Olympic Medalist and his or her lifestyle) **NEW**
- The Missed Turn (Featuring an athlete who may not have received his/her proper recognition) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Weight Training for Age Groupers: Yes or No (14-18, Parent, Coach)
- Q&A: Jimmy Tierney – McKendree University; How They Train: (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts: Chas Morton (Masters, Coach)
- Parting Shot

March 2022 – NCAA Preview Issue

Special Inserts: Camp Directory

- 2022 NCAA D I Men's and Women's Preview (Coach, Parent, 16 and Over)
- 2022 NCAA D II, III Previews (Coach, Parent, 16 and Over)
- World Record Flashback **NEW**
- Athletes Making Waves (Best of Social Media) **NEW**
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Training Strategy: Coaches Conundrum: Problematic Teammates (14-18, Parent, Coach)
- Q&A: Jordan Wolfrum -- UCLA; How They (16-22, Coaches)
- Nutritional Series (14-18, Parent, Coach)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty High Pointers (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Goldminds - Motivational Tips (14-18, Parent, Coach)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts: Charlotte Crush (Masters, Coach)
- Parting Shot

April 2022 – World Masters of The Year Issue

- World Masters of the Year (28 and Up, Masters)
- Press Time Results Links to NCAA (16 and Up, Coach, Parent)
- Off Deck (Featuring an inside look of an Olympic Medalist and his or her lifestyle) **NEW**
- The Missed Turn (Featuring Athlete who may not have received his/her proper recognition) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Reverse Periodization: What is It? (14-18, Parent, Coach)
- Q&A: Norm Wright – NOVA of Virginia; How They Train: (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- GutterTalk (All Ages)
- Before the Beep - Mental Prep (14-16, Parents)
- Dads on Deck (14-16, Parents)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

May 2022 – NCAA ISSUE; World Championships Preview

- 2022 NCAA Men's and Women's Division Coverage (Coach, Parent, 16 and Over)
- 2022 NCAA Division II, III, NAIA, NJCAA Coverage (Coach, Parent, 16 and Over)
- NCAA Personality Profile
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- World Record Flashback **NEW**
- Athletes Making Waves (Best of Social Media) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Supporting Athletes After Disappointing Performances (14-18, Parent, Coach)
- Q&A: Carle' Fierro – Westchester Aquatics; How They Train (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Goldminds - Motivational Tips (14-18, Parent, Coach)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

June 2022 – International Swimming Hall of Fame

- Exclusive Look into the Future of the International Swimming Hall of Fame
- Personality Profile: TBD
- Off Deck (Featuring an inside look of an Olympic Medalist and his or her lifestyle) **NEW**
- The Missed Turn (Featuring an athlete who may not have received his/her proper recognition) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: The Case for D-III Swimming (14-18, Parent, Coach)
- Q&A: Abi Liu – Bellevue Swim Team; How They Train (16-22, Coaches)
- Before the Beep - Mental Prep (14-16, Parents)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- GutterTalk (All Ages)
- Special Sets Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

July 2022 – World Aquatic Championships; Special Insert: Aquatic Directory

- World Swimming, Diving, Water Polo, Artistic Swimming World Championships Coverage
- Personality Profile of Headliner Athlete from World Championships
- Personality Profile of Breakout Performer from World Championship
- World Record Flashback **NEW**
- Athletes Making Waves (Best of Social Media) **NEW**
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Covering the Bases: Effective Coaching Via Visual, Aural, Tactile Cues (14-18, Parent, Coach)
- Q&A: Doug Lennox – Chelsea Piers Aquatics Club; How They Train (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Goldminds - Motivational Tips (14-18, Parent, Coach)
- Moms at Meets (14-16, Parents)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

August 2022 – High School Swimmers of the Year

- Male and Female High School Swimmer of the Year (14 – 18, Parents, Coaches)
- Off Deck (Featuring an inside look of an Olympic Medalist and his or her lifestyle) **NEW**
- The Missed Turn (Featuring an athlete who may not have received his/her proper recognition) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- High School Top 2022 Recruits (14 – 18, Parents, Coaches)
- Training Strategy: The Importance of ‘Why’ in Coaching (14-18, Parent, Coach)
- Q&A: Meg Sisson French – MIT; How They Train (16-22, Coaches)
- Before the Beep - Mental Prep (14-16, Parents)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty High Pointers (12-16, Parents)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

September 2022 – High School National Champions

- National High School Championships (14 – 18, Parents, Coaches)
- Mythical High School National Championship Heat Sheet
- Runners-up for Boys’ and Girls’ High School Swimmer of the Year
- World Record Flashback **NEW**
- Athletes Making Waves (Best of Social Media) **NEW**
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: The Fine Art of In-meet Coaching (14-18, Parent, Coach)
- Q&A: Bill Roberts – Navy (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Goldminds - Motivational Tips (14-18, Parent, Coach)
- Dads on Deck (14-16, Parents)
- GutterTalk (All Ages)
- Hasty High Pointers (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

October 2022 – International Swimming Hall of Fame**Special Inserts: Holiday Gift Guide, Prep School Directory**

- International Swimming Hall of Fame Induction, Aquatic Center Grand Opening
- Off Deck (Featuring an inside look of an Olympic Medalist and his or her lifestyle) **NEW**
- The Missed Turn (Featuring an athlete who may not have received his/her proper recognition) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Epiphanies: Best learnings from Colleagues (Part I) (14-18, Parent, Coach)
- Q&A: Bill Whatley – Blue Ash (Cincinnati); How They Train (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Before the Beep - Mental Prep (14-16, Parents)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

November 2022 – Open Water Issue**Special Inserts: Holiday Gift Guide**

- Open Water Swimmers of the Year (22 and Up, Masters)
- Top Open Water Moments of Year (16-22, Coaches)
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- World Record Flashback **NEW**
- Athletes Making Waves (Best of Social Media) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Epiphanies: Best learnings from Colleagues (Part II) (14-18, Parent, Coach)
- Q&A:-Tim McCormick -- Sierra Marlins; How They Train (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty Excellence Award (Coach, Parents, Officials)
- Goldminds - Motivational Tips (14-18, Parent, Coach)
- GutterTalk (All Ages)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot

December 2022 – Swimmers of the Year Issue**Special Inserts: Holiday Gift Guide**

- World Swimmers of the Year (22 and Up)
- American, Pacific Rim, European, African Swimmers of the Year (22 and Up)
- Top 10 Performances of the Year (22 and Up)
- Off Deck (Featuring an inside look of an Olympic Medalist and his or her lifestyle) **NEW**
- The Missed Turn (Featuring an athlete who may not have received his/her proper recognition) **NEW**
- Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Swim Fast, Train Fast: No Exceptions (14-18, Parent, Coach)
- Q&A: Ian Murray – Dynamo Swim Club; How They Train (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty High Pointers (14-16, Parents)
- Before the Beep - Mental Prep (14-16, Parents)
- GutterTalk (All Ages)
- Moms at Meets (14-16, Parents)
- Special Sets, Dryside Training, Technique Concepts (Masters, Coach)
- Parting Shot