

SWIMMINGTECHNIQUEEDITORIALGUIDELINES

Swimming Technique is a multi-disciplinary, science based, quarterly journal focused on the training, education and development of swimming coaches who are coaching swimmers for high performance, i.e. national and international level swimming competition.

The Magazine is organised in seven sections:

- Technical (e.g. ... Swimming stroke technique, Swimming skills)
- Training (e.g. Physical training, Physiology, Strength Training, Recovery Practices)
- Strategy and Tactics (e.g. Pacing, Prelims to Finals, Race Tactics)
- Mental (e.g. Emotion management, Confidence, Mindfulness, Mental Toughness)
- Environment (e.g. Culture, Team Dynamics, Leadership)
- Nutrition (e.g. Hydration, Supplements, Peak Performance Diet and Nutrition management plans)
- Science and Innovation (e.g. Current scientific research, Literature reviews)

All contributions are welcome however, we ask that all contributors observe the following editorial guidelines:

1. All contributions should be between 500 words and 1500 words in length. They should be submitted as Word Documents or in an email. Contributions should fall within one of the above section categories.
2. All contributions should be submitted along with the contributor's personal details and a short bio of no more than 100 words, e.g.

John Smith
15 Main Street
NEWYORK 57368
Cell phone:
Email address:
SKYPE address:

Article Title: Mindfulness and its role in enhancing the performance of national level swimmers

Swimming Techniques section: MENTAL

About John: John has worked in the field of exercise science for the past 15 years. He is also a dedicated swimming coach and coach at the New York Marlins swim team. John holds a Bachelor's Degree in exercise science from Columbia and a Masters in Sports Physiology from UCLA.

3. Contributors are encouraged to integrate current, peer-reviewed research with practical applications and implications for coaches. The magazine aims to help coaches to access the latest ideas, innovations and concepts in sport science and sports medicine and apply them to the development of swimmers preparing for national and international level competitions.
4. All contributions should include a minimum of 3 independent, i.e. not the author's own work, references. All references and citations should be listed at the end of the contribution using the Harvard referencing method.
5. Where appropriate, contributions may be independently reviewed and assessed for their appropriateness for publication.
6. Contributors may promote products and services within their contributions but must declare their association with any product or service mentioned or promoted in the contribution.
7. The editorial staff may choose to invite appropriately qualified and experienced professionals, e.g. sport scientists, researchers and coaches to comment on contributions particularly where their input may help readers apply the information to their coaching programs.
8. All contributions remain the intellectual property of the author. Swimming Technique will use the contribution solely for publication in the Swimming Technique magazine and will not re-use the contribution in any other format or for any other purpose without the expressed written consent of the contributor.

Wayne Goldsmith

MANAGING EDITOR

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