

January 2021 – ISHOF Yearbook Insert Issue NEW!

- Record Progression
- Takeoff to Tokyo: Competitive Swimming
- Top 5 stories from 2020 (14-18, Parent, Coach)
- Training Strategy: How Swim Coaches Sell Process (Part 1) (14-18, Parent, Coach)
- Q&A: Katie Robinson, Northwestern; How They Train: (16-22, Coach)
- Special Sets
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Goldminds (Motivational Tips)
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Before the Beep (Mental Prep)
- GutterTalk
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

February 2021 – Water Polo Issue**Special Insert: Camp Directory**

- Water Polo Feature
- Takeoff to Tokyo: Water Polo
- NAIA, NJCAA College Previews
- NCAA Diving Feature
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: How Swim Coaches Sell Process (Part 2) (14-18, Parent, Coach)
- Special Sets
- Q&A: Joe Plane, Iowa Central; How They Train: (16-22, Coaches)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- GutterTalk
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

March 2021 – NCAA Preview Issue, Olympic Artistic Swimming Preview**Special Inserts: Camp Directory**

- 2021 NCAA D I Men's and Women's Preview (Coach, Parent, 16 and Over)
- 2021 NCAA D II, III Previews (Coach, Parent, 16 and Over)
- Olympic Artistic Swimming Preview
- Takeoff to Tokyo: Competitive Swimming
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Training Strategy: A Coaches Guide to Energy Systems (14-18, Parent, Coach)
- Q&A: Megan Oesting; EISL How They Train (16-22, Coaches)
- Special Sets
- Goldminds (Motivational Tips)
- Around the Table 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)
- GutterTalk, Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

April 2021 – World Masters of The Year Issue; Olympic Diving Preview

- World Masters of the Year (28 and Up, Masters)
- Olympic Diving Preview
- Feature Profile: TBA
- Takeoff to Tokyo: Competitive Swimming
- Press Time Results Links to NCAA (Need First Day Photo) (16 and Up, Coach, Parent)
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: The Power of Positive Coaching (14-18, Parent, Coach)
- Q&A: Matt Barany, Richmond; How They Train: (16-22, Coaches)
- Special Sets -
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- GutterTalk
- Before the Beep (Mental Prep)
- Moms at Meets (14-16, Parents)
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

May 2021 – NCAA ISSUE; Olympic Open Water Preview

- 2021 NCAA Men's and Women's Division I Recap (Coach, Parent, 16 and Over)
- 2021 NCAA Division II, III, NAIA, NJCAA Recaps (Coach, Parent, 16 and Over)
- Olympic Open Water Preview
- Feature Profile: TBA
- Takeoff to Tokyo: Competitive Swimming
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: The Ins and Outs of Maximizing Turn Speed 14-18, Parent, Coach)
- Q&A: Steve Haufler, Orinda Country Club; How They Train (16-22, Coaches)
- Special Sets -
- Goldminds (Motivational Tips)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- GutterTalk
- Dryside Training: JR Rosania, Rod Havriluk: Technique Concepts (Masters, Coach)
- Voice for the Sport

June 2021 –USA Swimming Olympic Trials Preview Issue; Olympic Water Polo Preview

- Preview on USA Olympic Trials
- Olympic Water Polo Preview
- Feature Profile: TBD
- Takeoff to Tokyo: Competitive Swimming
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: The Do's and Don'ts of Dryland League (14-18, Parent, Coach)
- Q&A: Katherine Kase, U.S. Olympic Open Water Coach, How They Train (16-22, Coaches)
- Special Sets
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- GutterTalk
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

July 2021 – Olympic Preview Issue

Special Inserts: Aquatic Directory

- Olympic Preview Competitive Swimming
- Takeoff to Tokyo: 8 Pages of Competitive Swimming
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Coaches Conundrum: When Teammates Don't Get Along (14-18, Parent, Coach)
- Q&A: Coley Stickles, Alabama; How They Train (16-22, Coaches)
- Special Sets
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Goldminds (Motivational Tips)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Before the Beep (Mental Prep)
- GutterTalk
- Dads on Deck (14-16, Parents)
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

August 2021 – High School Swimmers of the Year

- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Male High School Swimmer of the Year (14 – 18, Parents, Coaches)
- Female High School Swimmer of the Year (14 – 18, Parents, Coaches)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Mini-features on High School Top 2021 Recruits (14 – 18, Parents, Coaches)
- Training Strategy: What Coaches Wish Prospects Knew About Recruiting (14-18, Parent, Coach)
- Q&A Sid Cassidy, St. Andrew's School; How They Train (16-22, Coaches)
- Special Sets
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty High Pointers (12-16, Parents)
- GutterTalk
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

September 2021 – Official Olympic Results Issue

- Tokyo Takeaways: 24 Pages
- National High School Championships (14 – 18, Parents, Coaches)
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Reverse Periodization: What Is It and Is It for You? (14-18, Parent, Coach)
- Q&A: A Canadian Coach of Canada's choosing; How They Train (16-22, Coaches)
- Special Sets
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Goldminds (Motivational Tips)
- Moms at Meets (14-16, Parents)
- GutterTalk
- Hasty High Pointers (14-16, Parents)
- Hasty Official Word and Excellence Award (Coach, Parents, Officials)
- Dryside Training, Technique Concepts (Masters, Coach)
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**October 2021 – Next Quadrennium,
Special Inserts: Holiday Gift Guide, Prep School Directory**

- Reflecting the Past Four Years and Forecasting the Next
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Motivating, Training & Recruiting in Changing Environment (14-18, Parent, Coach)
- Q&A:-Jeff Julian, Rose Bowl Aquatics; How They Train (16-22, Coaches)
- Special Sets
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Before the Beep (Mental Prep)
- GutterTalk
- Dryside Training, Technique Concepts (Masters, Coach)
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**November 2021 – Open Water Issue
Special Inserts: Holiday Gift Guide**

- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Open Water Swimmers of the Year (22 and Up, Masters)
- Top Open Water Moments of Year (16-22, Coaches)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: Weight Training for Age Groupers: Yes or No? 14-18, Parent, Coach)
- Q&A:-Nick Askew, Howard; How They Train (16-22, Coaches)
- Special Sets
- Goldminds (Motivational Tips)
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty Excellence Award (Coach, Parents, Officials)
- GutterTalk
- Dryside Training, Technique Concepts (Masters, Coach)
- Voice for the Sport

**December 2021 – Swimmers of the Year Issue
Special Inserts: Holiday Gift Guide**

- World Swimmers of the Year (22 and Up)
- Hall of Fame: Did You Know; A Look at History (14- 22, Coach, Parents)
- Voice: 10 Most Impactful People of 2020 (22 and Up)
- American, Pacific Rim, European, African Swimmers of the Year (22 and Up)
- Top 10 Performances of the Year (22 and Up)
- Around the Table Nutritional Series (14-18, Parent, Coach)
- Training Strategy: College Swimming Post-COVID: What Coaches Think Today (14-18, Parent, Coach)
- Q&A:-Katie Robinson, Northwestern; How They Train (16-22, Coaches)
- Special Sets
- Up-and-Comers: Showcase of Young Talent (14-16, Parents)
- Hasty High Pointers (14-16, Parents)
- GutterTalk
- Dads on Deck (14-16, Parents)
- Dryside Training, Technique Concepts (Masters, Coach)