“**Science in Swimming**”

**Instruction for Manuscript Preparation.**

After a positive review, the articles received will be published in the scientific monograph “Science in Swimming”. “Science in Swimming” is a cyclic monograph written in English. It contains original scientific concepts and describes physical activity in the aquatic environment extensively and comprehensively in physiological, biomechanical and pedagogical aspects. For published research authors don’t not receive any remuneration. The Editorial Board reserves the right to lingual, graphical and text flow adjustments.

* The article must be written in English.
* The volume of the whole text body should be large than six pages
* Pages should be numbered.
* The title page should contain:
- The title of the article;
- the name and surname of the author (s);

- affiliations (the name of the Department, Faculty, University, for example: Department of Swimming, Faculty of Physical education, The University School of Physical Education in Wroclaw, Poland);

- e-mail address of the author (s);
- abstract (approximately 250 words);

- keywords (not more than five);

* The main text should be divided into the following sections:

- Introduction, Materials and Methods, Results, Discussion, Conclusion, References.

Bibliography has to be alphabetized. Bibliography references has to be marked and put into brackets in text with author’s surname and publication date (e.g.: Toussaint, Truijens 2005). If there are two authors you have to put all two names in brackets, if there are three or more you have to write down only one and use a short form „et al” for the rest of them, e.g.: (Chollet et al, 2000). If the title of the article is in a language other than English, the author should translate the title into English, and then in square brackets indicate the original language; the journal title should be left in its native name, for example:
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Bibliographic citations of books should include: the author (or authors') or editor's (or editors') surname, first name initial, book title translated into English, publisher, place and year of publication, for example:
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**Wydawnictwo AWF**
51-684 Wrocław
ul. A.Mickiewicza 98

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