

## Thrilling Moments

Four years and a month ago Carl Foster reflected on an “interesting time” for him.<sup>1</sup> One reason for his excitement then was the takeover of the editor’s responsibilities for the *International Journal of Sports Physiology and Performance (IJSP)* from Founding Editor David Pyne. Carl’s résumé of David’s tenure was that *IJSP* had accomplished everything and more than what had been put forward and anticipated at its foundation.<sup>2</sup> This even included the rather swift but all-important recognition of maturity as a journal, *IJSP*’s very own impact factor.

Carl’s excitement was combined with the confession of slight fear at undertaking the challenge to move *IJSP* into its adult period. Like in many highly competitive athletes, the combination of excitement and increased alertness drove Carl’s performance. His impressive success as editor of *IJSP* is indicated by an explosive growth in the number of submissions, which more than tripled since his takeover, and in the quality and recognition of our journal.<sup>3</sup> Irrespective of the limitations of the impact factor as a measure of journal quality, *IJSP* has established a mature platform for presenting science, as indicated by our most recent impact factor of 2.25. This accomplishment puts *IJSP* within the 20 highest-ranked journals in sport science and into the upper half of the physiology subject category.

This success came with a “but,” or qualification. The process of reviewing and publishing manuscripts within a reasonable period after acceptance required some drastic actions. Carl was able to convince our publisher, Human Kinetics, to extend the team of associate editors step by step from 3 to 7. This expansion nicely reflects the journal’s multidisciplinary focus on high-performance sport and related science. Human Kinetics has committed additional resources to the publishing process needed to move from four to six issues per year. In 2014, *IJSP* will feature even bigger issues. This is great news for all authors, as accepted papers will now be rescheduled to an earlier publication date.

So, my utmost thanks go to Carl for handing over the baton of the editor’s responsibilities with *IJSP* in very good shape for the near future. However, I must confess that similar to the feelings Carl expressed when he succeeded David, my thrill to take over from Carl is somewhat ambivalent. It reflects absolute excitement

and pleasure about being offered the chance to serve our thriving journal in such a privileged way within a brilliant team, and *IJSP* will continue to be served by Founding Editor David Pyne and Consulting Editor Carl Foster. However, I am aware of the natural performance-development curves of athletes that flatten with maturation, in spite of the possibly best exploitation of existing resources. This makes me share Carl’s previous slight fear about undertaking the challenge to fully utilize and develop the potential of our journal during my editorship.

For a journal dedicated to sports physiology and performance, 2014 offers 2 highlights that are bound to capture the attention of many of our readers and contributors, the Winter Olympic Games and the Football World Cup. Initially the option of thematic issues related to these events was discussed with some reservation, given our substantial backlog of accepted papers. However, our editorial team took the opportunity with a target of 16 papers, edited by Stephen Seiler and myself. This goal was in keeping with the number of papers published per issue at the time. The fact that this special issue contains 7 additional papers may be taken as a bonus and an indication of the commitment of our publisher to support science in the field of sports physiology and performance. I hope that this first special issue of *IJSP* encourages authors to look for corresponding future issues, particularly our second special issue, dedicated to the Football World Cup, edited by Iñigo Mujika and Franco M. Impellizzeri.

Spontaneously reflecting on these and other opportunities for our journal, my thrill about the upcoming challenges as editor of *IJSP* should be fulfilled.

*Ralph Beneke, Editor*

## References

1. Foster C. Growing up. *Int J Sports Physiol Perform.* 2009;4(4):417-418.
2. Pyne D. Welcome! *Int J Sports Physiol Perform.* 2006;1(1):1.
3. Foster C. Explosive growth: the good news and the bad news. *Int J Sports Physiol Perform.* 2013;8(3):225-226.