

The Swim Coaching Bible The Coaching Bible Series

The Swim Coaching Bible Volume I The Swim Coaching Bible Volume II The Swim Coaching Bible, Volume I, The The Swim Coaching Bible The Swim Coaching Bible The Swim Coaching Bible, Volume II The Swim Coaching Bible The Swim Coaching Bible Coaching Swimming Successfully The Swim Coaching Bible Be a Fish A Coach's Guide to Maximizing the Youth Sport Experience Coaching Better Every Season Swimming Fastest The Swimming Coach's Bible The Triathlete's Training Bible Great Athletes The Publishers Weekly Writer's Guide to Book Editors, Publishers and Literary Agents, 2002-2003 Adapted Physical Activity Quarterly *Dick Hannula* Dick Hannula Dick Hannula Editors Dick Hannula And Nort Thornton Dick Hannula Dick Hannula Sam Humphries Mary Fry Gilbert, Wade Ernest W. Maglischo David Bentz Joe Friel Jeff Herman

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the swim coaching bible offers you an all star international cast of swimming experts sharing their knowledge on producing the most successful individual athletes and teams in the sport this book is sure to be a classic one that swimming coaches reach for again and again specifically the swim coaching bible covers the key principles of coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event endorsed by the world swimming coaches association the book shares the wisdom of the world's best coaches who address the topics they know best contributors include richard quick believing in belief jean freeman putting fun into the swimming experience peter daland coaching with integrity john leonard tailoring your approach to specific competition levels jack bauerle administering and marketing a winning program skip kenney developing a successful team bill sweetenham maximizing a swimmer's talent development jill sterkel long and short range planning bruce r mason putting science into practice deryk snelling applying the art of coaching rick demont freestyle technique *Dick Hannula* backstroke technique pablo morales butterfly technique david salo breaststroke technique john trembley and gary fielder starts turns and finishes michael bottom freestyle sprint training doug frost freestyle middle distance training dick jochums freestyle distance training eddie reese backstroke and butterfly sprint training bill rose backstroke and butterfly 200

meter training jon urbanchek breaststroke training dick shoulberg individual medley training david marsh relay training randy reese power training don gambril preparing to excel in competition this is without question the most prolific and authoritative group ever assembled in a single swimming book the swim coaching bible is a book that will be treasured for many years to come

for more than a decade top coaches have turned to one resource time and time again collecting the wisdom insights and advice from the sport's legendary instructors the swim coaching bible immediately established its place in the libraries of swim coaches around the globe coaches it's time to make room alongside that classic for a new resource the swim coaching bible volume ii picks up where the original left off providing more instruction guidance and expertise on every aspect of the sport inside you'll learn the secrets strategies and philosophies of 27 of today's most successful coaches including these legendary leaders jack bauerle george block mike bottom bob bowman sid cassidy john urbanchek bill rose vern gambetta david durden brett hawke gregg troy john leonard dick shoulberg david marsh teri mckeever bill sweetenham from developing swimmers to building a winning program teaching the nuances and refining stroke techniques to applying the latest research to training and conditioning programs it's all here endorsed by the world swimming coaches association this new collection is another landmark work in competitive swimming if you coach the sport or want a competitive edge the swim coaching bible volume ii is a must own

covers the key principles and coaching and program administration conducting effective practice sessions teaching techniques for every stroke and training programs for every event

the swim coaching bible volume ii presents the wisdom of 27 top collegiate and high school coaches from around the world who cover every key to building a successful swim program with experience coaching world record holders and olympic champions each contributor addresses a topic in which they have expertise and shares successful coaching experiences with readers these world renowned coaches are among the extensive lineup of contributors bob bowman coach of michael phelps vern gambetta performance training consultant to a variety of professional and amateur teams and swimming clubs brett hawke 2009 ncaa co coach of the year in swimming john leonard executive director of the american swim coaches association swimming for fitness and competition has experienced an 18 percent increase in overall participation since 2000 with coaching techniques constantly evolving this all new volume of the swim coaching bible focuses on developments in the sport during the past 10 years building on the knowledge contained in the first volume by presenting the latest advances in training the swim coaching bible volume ii covers it all from establishing priorities and leading a program to its full potential to teaching stroke technique and training for optimal performance photos charts and graphs supplement the text for easy instruction coaches from various backgrounds from age group to collegiate ranks as well as competitive and fitness swimmers will find the swim coaching bible volume ii to be an ideal resource for improving performance this new volume is a wonderful complement to the 2001 title the swim coaching bible isbn 978 0 7360 3646 7 both volumes offer expert advice for producing the most successful individual athletes and teams in the sport

in the swim coaching bible volume ii 27 of the world's leading coaches cover the keys to a successful swim program from establishing priorities and leading a program to its full potential to teaching technique and training for optimal performance this is the ideal guide to competitive swimming for coaches and swimmers alike

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coaching foundation stroke technique coaching plans meets evaluation

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how to get really good at swimming in a fraction of the time from beginner to expert our easy to read pages teach you the techniques you need to progress and enjoy your swimming experience this easy to read guide will teach you all the fundamentals of swimming so you can be a top notch swimmer in no time with clear concise guidance be a fish is perfect for beginners and novice alike whether you're looking to improve your techniques or learn new ones be a fish has everything you need to take your swimming to the next level with our instructional content and drills you will not only be able to improve your swimming skills but also have fun doing it so swimmers of the world rejoice let this book take your swimming to the next level in this book you'll learn about nutrition pre workout nutrition post workout nutrition training team dynamics heart rates planned courses of study breathing techniques swimming and breathing with a flutter set learn how to balance underwater recovery kick strengthening phase backstroke freestyle crawl the butterfly breaststroke take a direct line of attack underwater learn to dive in a pool approved for competitive diving crawl drills exercises for forward launching and much much more order your copy now and get started on your path to becoming a master swimmer

this book guides sport coaches parents and administrators in creating a caring and task involving sport climate that helps athletes perform their best and have an enjoyable and meaningful sport experience it introduces the concept of a caring and task involving climate and provides a how to guide to creating this climate in sport firstly this guide introduces the caring and task involving climate and summarizes research highlighting its many benefits secondly the five features of this climate are presented along with the reflective exercises for developing them within a team coaches will see strategies in action sample conversations and a variety of ways to implement the features of a caring and task involving experience by describing how it may be implemented and methods for overcoming possible challenges this book finally highlights how parents and sport administrators can support the creation and preservation of caring and task involving climates by helping teams develop caring climates that optimize athletes sport experience and performance this book is essential reading for coaches sport administrators parents and sport psychology practitioners it will also be of great interest to those who have minimal training in sport psychology but who are involved in sport at many levels such as youth and high school

presents the best coaching methods and practices for each season on the sport calendar pre season in season post season and off season and offers specific actions tools and guidelines for coaches to create a cycle of continuous improvement for themselves their athletes and their teams

an illustrated guide to competitive swimming containing detailed overviews of the four primary

strokes racing strategies and the most effective training methods and the science behind why they work

coach joe friel touts the benefits of creating a scientific self coached training plan to refine your skills and improve your triathlon performance you will learn how to train smarter not harder and apply proven techniques for increasing endurance without overtraining friel equips you with the know how to build a personal training plan based on your individual needs and goals for the next racing season in addition to the physical aspect of training friel addresses the importance of mental preparation and training from attitude to zealousness whether you are an amateur professional or training for your first triathlon event you will find comprehensive information to help you achieve your goals and reach your maximum potential page 4 cover

this one of a kind reference provides critical information on securing publishing contracts

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