



Swim Coaching Bible

Sam Humphries

Swim Coaching Bible:

The Swim Coaching Bible Volume I Dick Hannula, Nort Thornton, 2001-07-02 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 BreaststrokeTechnique 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 The Swim Coaching Bible Volume II Dick Hannula, Nort Thornton, 2012-04-09 For more than a decade top come 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 Urbancheck 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 The Swim Coaching Bible ,2012 Swim Coaching Bible Editors Dick Hannula And Nort

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