
The Swim Coaching Bible The Coaching Bible Series

Coaching Swimming Successfully

The Swimming Drill Book

Total Immersion

Workouts in a Binder for Swimmers, Triathletes, and Coaches

A True Story of Faith, Hope, and Victory

The Golden Rules

Lore of Running

Swim Speed Secrets for Swimmers and Triathletes

Mind Training for Swimmers

Splash!

Master the Freestyle Technique Used by the World's Fastest Swimmers

The Revolutionary Way To Swim Better, Faster, and Easier

Coach's Guide to Game-Winning Softball Drills

The Swim Coaching Bible

The 100 Best Swimming Drills

Swim Coaching Bible

She Can Coach!

An Expert's Survival Guide for Triathletes and Open Water Swimmers

Thinking Volleyball

Triathlon Science

Rookie Coaches Swimming Guide

Master Open-Water Swimming with the Tower 26 Method

Swim Smooth

The science of winning

Measure What Matters

Science of Swimming Faster

Swim Coaching Bible, Volume I, The

Swimming for Freedom

The Football Coaching Bible

Developing the Essential Skills in Every Player

How Google, Bono, and the Gates Foundation Rock the World with OKRs

The Complete Coaching System for Swimmers and Triathletes

The Total Immersion Way for Any Swimmer to Achieve Fluency, Ease, and Speed in Any Stroke

Upstream

The Swim Coaching Bible, Volume II

planning, periodizing and optimizing swim training

Open Water Swimming Manual

Swimming Made Easy

The Swim Coaching Bible The Coaching Bible Series

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Coaching Swimming Successfully

Penguin

Choose a stroke and get paddling through the human history of swimming! From man's first recorded dip into what's now the driest spot on earth to the splashing, sparkling pool party in your backyard, humans have been getting wet for 10,000 years. And for most of modern history, swimming has caused a ripple that touches us all--the heroes and the ordinary folk; the real and the mythic. Splash! dives into Egypt, winds through ancient Greece and Rome, flows mostly underground through the Dark and Middle Ages (at least in Europe), and then reemerges in the wake of the Renaissance before taking its final lap at today's Olympic games. Along the way, it kicks away the idea that swimming is just about moving through water, about speed or great feats of aquatic endurance, and shows you how much more it can be. Its history offers a multi-tiered tour through religion, fashion, architecture, sanitation and public health, colonialism, segregation and integration, sexism, sexiness, guts, glory, and much, much more. Unique and compelling, Splash! sweeps across the whole of humankind's swimming history--and just like jumping into a pool on a hot summer's day, it has fun along the way.

The Swimming Drill Book McGraw Hill Professional

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 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.

Total Immersion Human Kinetics
Coaching foundation - Stroke technique - Coaching plans - Meets - Evaluation.

Workouts in a Binder for Swimmers, Triathletes, and Coaches VeloPress
Covers the fundamentals of coaching and swimming, and provides information designed for inexperienced youth swimming coaches

A True Story of Faith, Hope, and Victory VeloPress

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.

The Golden Rules Human Kinetics

Bob Bowman, best known as the coach for the record-breaking run of Michael Phelps, is one of the most successful coaches in sports history. He is lauded for his intense personality, incredible dedication to his athletes, and his ability to nurture talent in athletes who have the heart and drive to win. This is his motivational book about winning in all walks of life and what you have to do to get there. He presents ten key concepts that all people should live by.

Illuminating his lessons with spirited anecdotes, Bowman will teach you how to get gold out of every day by setting goals and getting motivated to achieve them. He will explain that taking risks is the key to success in any pursuit, and coach you on how you can become more risk-tolerant. By following *The Golden Rules*, you will learn to visualize in order to achieve your goals, and that above all else, dedication to your training, your job, or whatever area it is you are seeking to triumph in is paramount for success.

Lore of Running Simon and Schuster
 Publisher: Bellissima Publishing, LLC
 Imprint: Bellissima Publishing ISBN/SKU: 0977191680 ISBN Complete: 0-9771916-8-0 Title: Mind Training For Swimmers Publication Date: 11/25/2005 Language: English Book Description (formally called "Annotation"): "Mind Training For Swimmers" is truly everything you ever could want to know about positive thinking and how to improve your swim or sport performance. Written by Craig Townsend, Australia's Swim Guru, it is filled with examples and teaching points that are sound, thorough, and based upon solid scientific thinking. The author is the Director of It's Mind over Matter in

Sydney, Australia; and he has worked in the area of mental training for swimming, sports and personal development for over fifteen years! He possesses a Diploma in Clinical Hypnosis, and for over twenty years he has researched and experimented with various methods of tapping the potential of the human mind. His program has received world recognition, and has now been put into book form. Bellissima Publishing, LLC is proud to have Craig Townsend among its writers. This is a must read book that should be required reading for every swim coach and swimmer! It is a book that can help anyone move towards positive thinking and self-recognition.

Swim Speed Secrets for Swimmers and Triathletes Simon and Schuster

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

Mind Training for Swimmers Human Kinetics

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers. But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops skills, and nurtures success. *Developing Swimmers* is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to distinguished champions. *Developing Swimmers* will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-

term goals for your athletes; -assess and refine strokes for greater power and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, *Developing Swimmers* covers it all. It is the guide every coach should have on the shelf. With *Developing Swimmers*, you will improve the performance of your swimmers—and your entire team.

Splash! *Wiley Nautical

Tera Bradham was born to prove people wrong. The fastest swimmer her age in the United States by age ten, many believed "Tera the Terror" was destined for the Olympics. Her fiercely competitive spirit and unmatched intensity knew no limits until Tera suffered a sudden, devastating shoulder injury that derailed her promising career. Although she trusted in God, she also wrestled with doubts of his goodness throughout subsequent years of misdiagnoses, chronic pain, and crippling disappointment. Her injury finally forced her to fully surrender to God. Then her miracle came, or so she thought. Her shoulder was successfully reconstructed, and after two more years of grueling recovery, Tera found the courage to swim again and pursue her dreams with renewed faith. *Swimming for Freedom* tells the story of Tera's unconventional comeback and shows that through God, all things are possible. What started as an Olympic dream ended in her true miracle: the freedom of a life in Christ. Tera's story will inspire you to rise up, dream again, and fight for his calling on your life.

Master the Freestyle Technique Used by

the World's Fastest Swimmers Human Kinetics

"Mastering these drills will arm your players with one of the biggest intangibles necessary to perform well--confidence." --Michele Smith Two-time Olympic gold medalist and Hall of Fame pitcher Michele Smith throws one right down the middle with this big collection of more than 250 skill-building drills developed especially for coaches of fast-pitch recreation league, travel ball, and high school softball players, ages eight to eighteen. Straight from the Michele Smith Gold Camps and Clinics, these drills are designed to give you all the tools you need to teach the entire range of offensive and defensive softball skills. With Michele's expert guidance and instruction, you'll coach your players to: Master the mechanics of footwork for fielding with hustle Swing for the fences and hit the fastest pitches Catch the ball proactively and throw it quickly and accurately to its target Defend the infield and outfield with speed and confidence Run the bases swiftly and strategically Refine fast-pitch skills so they can windmill like Michele And much more

The Revolutionary Way To Swim

Better, Faster, and Easier Velopress
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 f.

Coach's Guide to Game-Winning

Softball Drills Human Kinetics Publishers

As a coach, your main job is to provide your swimmers with an appropriate stimulus that will create long term growth and improvement. This book is designed to give coaches an in depth

look into the how and why's behind writing a season plan. The purpose in presenting this information is to provide insight into different approaches and concepts to consider when setting goals, developing team structures, and gathering pertinent information. This book will work to educate the reader on the different types of meets and season plans before laying out a recommended planning process for College, 15-18, 13-14, and 11-12 year old athletes.

The Swim Coaching Bible Total Immersion Swimming, Inc.

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 Urbanek: 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.

The 100 Best Swimming Drills

Bellissima Pub Llc

Written by two former coaches for the U.S. National Swim Team, "Workouts in a Binder for Swimmers, Triathletes, and Coaches" extends beyond freestyle to include other strokes for masters and collegiate swimmers and coaches, as well as triathletes seeking skill-building in the off-season. The workout categories, which are more diverse than "Swim Workouts for Triathletes" (the previous book in this series), include distance, middle distance, sprint, individual medley, and stroke. Competitive swimmers and coaches can build a training plan using a variety of workouts from each category to improve speed and skills. Recreational swimmers, on the other hand, can realize new fitness levels by introducing greater variety to their swimming routines. Printed on large, durable cards, this new entry in the popular "Workouts in a Binder" series was specially designed for

swimmers to use at the pool and can be easily read, even through foggy goggles and flip-turn splashback.

Swim Coaching Bible Human Kinetics
The Swim Coaching Bible Human Kinetics
She Can Coach! BroadStreet Publishing Group LLC

Provides expertise for triathlon athletes seeking to raise their game by fine-tuning their physique, developing a race strategy, and setting personal goals.

An Expert's Survival Guide for Triathletes and Open Water Swimmers Meyer & Meyer Verlag

Triathlon Swimming reveals the rewarding and rigorous Tower 26 program for mastering open-water swimming by the world's leading open-water swimming coach Gerry Rodrigues and former pro triathlete Emma-Kate Lidbury. Triathlon swimming is unique in its challenges and physical and mental limits. Over his lifetime of over 100 open-water swim race wins and over 30 years of coaching, Rodrigues has perfected the art and science of open-water swimming. His famed Tower 26 swimming program trains athletes in both the pool and in rough open water conditions, making triathletes and swimmers skilled, confident, capable, and fast in any condition. In Triathlon Swimming, Rodrigues and Lidbury break down open-water swimming technique and show how triathlon swimming requires different form. From kicking to sighting, Triathlon Swimming describes the best technique for swimming in open water. This guide shares the best gear for open-water swimming, shows how to create your own effective open-water swim workouts, and shares a plan for race prep and taper. Tower 26 offers the best open-water swimming technique. With Rodrigues' coaching approach and Lidbury's first-hand experience and

insight, Triathlon Swimming can help you become a master open-water swimmer for faster, fearless racing.

Thinking Volleyball The Swim Coaching Bible

Thinking Volleyball goes beyond the Xs and Os and skill instruction by offering in-match strategy and insights from legendary coach Mike Hebert. It encourages coaches to challenge conventional wisdom to arrive at creative solutions and innovative methods for getting the most out of their teams.

Triathlon Science Human Kinetics Publishers

Achieving better swimming is a matter of swimming efficiently. While proper technique is the foundation of good swimming, it is often difficult to isolate a technique problem by simply swimming laps. Stroke flaws can slow a swimmer's progress and can even lead to injury if continued over time. For these reasons, swimming drills have become a fundamental part of training at all levels of the sport. Drill practice is a swimmer's primary tool in developing better stroke technique. Drills allow a swimmer to concentrate on a single aspect of a stroke at one time. By providing specific, repetitive practice, and immediate feedback, drills teach a swimmer to maximize efficiency while minimizing effort. In *The 100 Best Swimming Drills*, Blythe Lucero has compiled the most effective swimming drills gathered from more than 20 years of working with swimmers. The book is organized into sections covering the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Each drill is explained step by step and accompanied by comprehensive diagrams. Drill feedback charts are included to help swimmers identify problems and make

modifications. Underwater and surface photographs give swimmers optimal images to emulate as they practice. The

100 Best Swimming Drills is an excellent resource for swimmers at any level in the quest for better swimming.

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