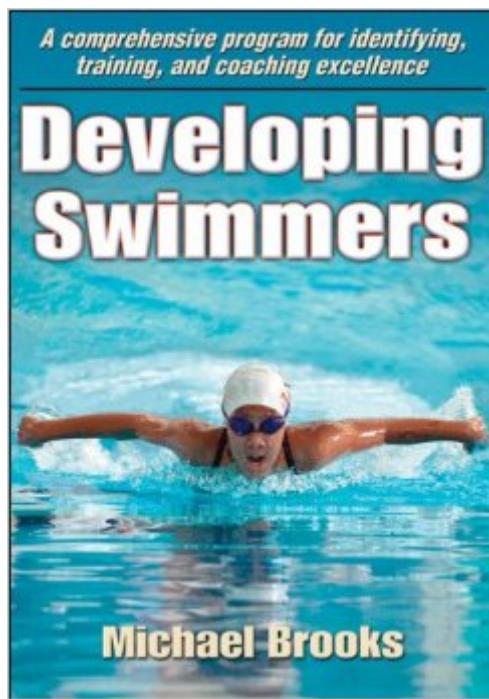


The book was found

Developing Swimmers



Synopsis

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—a 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. v

Book Information

Paperback: 240 pages

Publisher: Human Kinetics; 1 edition (May 6, 2011)

Language: English

ISBN-10: 0736089357

ISBN-13: 978-0736089357

Product Dimensions: 0.5 x 6.8 x 9.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #182,489 in Books (See Top 100 in Books) #32 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #70 in Books > Sports & Outdoors > Water Sports > Swimming #361 in Books > Sports & Outdoors > Coaching > Training & Conditioning

Customer Reviews

I love this book. The writing style is clear, organized and more than informative. It is influential and inspiring. Not a lot of new information in the technical department, though I did pick up some gems in descriptive vocabulary on some difficult to teach skills. As a technique first coach myself, What I find most appealing in this book is his approach to coaching philosophy. It is more to my taste than most

things I've read previously. I will incorporate many of his suggestions in practice organization and set building this upcoming season.

This is the best book on Age Group swimming that I've read since Howard Firby's book. A must have contribution to any swimming coaches library. After reading mine, I ordered 10 more copies so my staff (present and future) can all have their own copy. Thanks, Mike.

This book is a great resource book for swimmers as well as coaches. It is very well-written and easily understood, with many pictures included throughout. It includes sections on stroke-specific technique, drills, how to race certain events, stretching, and even the psychological aspects of swimming. Highly recommend this book for coaches and swimmers alike.

5 Stars,... a great read and covers age group coaching from all angles, motivation, parents, race tactics, technique and best of all the author conveys his wealth coaching experiences. Recommend for all coaching levels specifically the junior coach and anyone just starting out in their coaching career.

A great resource for any swimmer or coach to read. Michael Brooks is an extremely talented gifted brilliant man who wants the best and gets the best out of his swimmers. He is respectfully feared and lived by his swimmers and coaches.

Parents, if you are new to the sport or wonder why coaches do the things they do this is tool for you. This book explains the process/journey you and your child will experience. Great book!

This book offers experienced coaches a blueprint to a new idea of hard work and consistency. It is the ultimate challenge and path forward for coaches that like to understand why they do what they do. I love this book.

Among the best on swimming, it reveals the most helpful principles and technique for smooth, effortless, controlled and graceful swimming. It tells about maximizing momentum, something which many swimmers are not aware of though it is of the utmost importance. The author's clear explanation clears us of all the doubts that we might have as swimmers or coaches. Personally, after reading the book, my swimming has improved by leaps and bounds. Amazing! It's most

recommended for all swimmers and coaches!

[Download to continue reading...](#)

Swim Speed Secrets for Swimmers and Triathletes: Master the Freestyle Technique Used by the World's Fastest Swimmers (Swim Speed Series) Developing Swimmers Piano Sonatinas - Book Three: Developing Artist Original Keyboard Classics (The Developing Artist) Developing Gestalt Counselling (Developing Counselling series) Workouts in a Binder for Swimmers, Triathletes, and Coaches Swim Speed Strokes for Swimmers and Triathletes: Master Freestyle, Butterfly, Breaststroke and Backstroke for Your Fastest Swimming (Swim Speed Series) The Waterproof Coach: The Waterproof Workout Book for Fitness Swimmers and Triathletes Swim Smooth: The Complete Coaching System for Swimmers and Triathletes Open Water Swimming Manual: An Expert's Survival Guide for Triathletes and Open Water Swimmers Swimming: Swimming Made Easy- Beginner and Expert Strategies For Becoming A Better Swimmer (Swimming, Swimmers Guide, Swim Strokes, Swimming Better) Champions: The Making of Olympic Swimmers Swim Smooth: Improve your Swimming Technique with The Complete Coaching System for Swimmers & Triathletes Challenge Workouts for Advanced Swimmers Mind Training for Swimmers Swim Speed Workouts for Swimmers and Triathletes: The Breakout Plan for Your Fastest Freestyle (Swim Speed Series) Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun Activity Books) Developing the Leaders Around You: How to Help Others Reach Their Full Potential Hearing God: Developing a Conversational Relationship with God Adobe Dreamweaver CS5.5 Studio Techniques: Designing and Developing for Mobile with jQuery, HTML5, and CSS3 Sacraments: A Way of Life: Director's Manual (Developing Faith)

[Dmca](#)