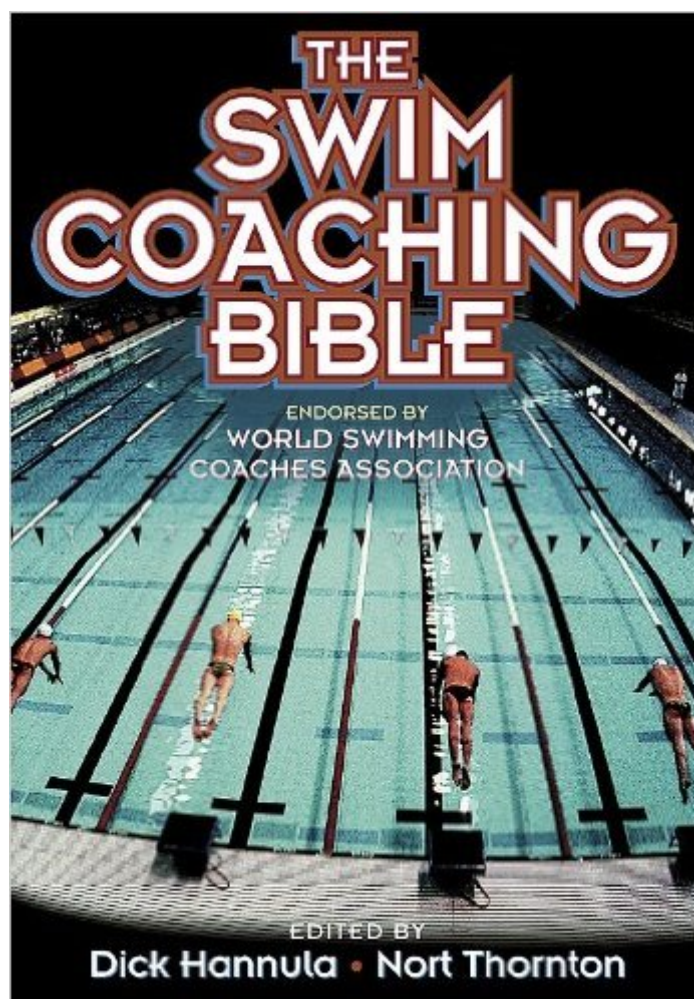


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# The Swim Coaching Bible, Volume I (The Coaching Bible Series)



## Synopsis

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.

## Book Information

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## Customer Reviews

This is my first year as being head coach of the girl's swim team where I work and one of my co-workers bought this book for me and I loved it! Whether you're beginning your swim/diving coaching career, or you're an Olympic coach, this book comes it great handy! I learned a lot from this book, and at every meet, it's under my arm or right next to my split or heat sheets! I'd recommend it to any one who wants to coach, is a coach, or wants that extra edge!

I have coached for seven years and I found this book to be a good reminder of what I want to do, and a good start to improving on my faults. This book gives some good work out ideas, and planning, but the strongest section is how each coach should relate themselves to the kids. I found that alot of the ideas that are in the book can directly relate to so many of my kids. A must for new coaches, and a useful tool for us old heads who think we know everything.

A very good book, you can learn from the experiences of the top coaches in the world from this book! Each chapter is written by a world class swimming coach, this however, in my opinion, makes the book a little confusing for less experienced coaches, because although all coaches apply the same principles of training, each one presents them in a different way.

This book is great for anyone who works with kids in sports or education alike. The ideas are developmentally appropriate and versatile enough for anyone to utilize to create successful programs. A successful program builds successful kids who are confident and prepared to enter the world after sports, and/or to continue on for a lifetime of fitness. I highly recommend this book!

I'm halfway through the book and just about to start coaching. Although it is meant for more experienced coach up to the Olympic level, I find it useful. Lots of knowledge from levels of swimmers and their expectations, responsibilities of coaches in terms of psychology and facility management, and even technic explained in detail, coming from the experts. This book explained the differences between the 2 types of freestyle so clearly and I hope it will help me in sprint training.

One of the most influential books I ever read on swimming. I've re-read it every couple years for the last 6 or 7 years. Some of the best minds in swimming drop knowledge in each chapter. Strongly recommend for any coach, wherever they are at in their coaching careers.

Every Swim Coach needs this book. I am a head high school swim coach and I buy this book for all of my assistants. If there is one book to buy for coaching swimming it IS THIS ONE!!!

I have been coaching swimming for a long time and even I learned a few new tricks. I can highly recommend this book to any one involved in competitive swimming and coaching. The only complaints and reason it didn't get 5 stars: With many authors there was some over lap / repetition of information. I also found the different writing styles occasionally interrupted the flow of the book. Finally, after reading it more than once through and going back to some chapters occasionally the pages of my copy are falling out. The material in the book is great and although there was a little over lap, it can be beneficial to see another coaches perspective on a similar topic. Coaches, you will gain a lot from reading this book especially if you're a newer coach.

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