

# THE SWIM COACHING BIBLE VOLUME II

ENDORSED BY  
WORLD SWIMMING  
COACHES ASSOCIATION



Dick Hannula • Nort Thornton  
EDITORS

# Swim Coaching Bible

**Phillip Whitten**



## **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 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 Swim Coaching Bible ,2012 **The Swim Coaching Bible Volume II** Dick Hannula, Nort

Thornton, 2012-04-09 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 Urbanek 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 **Swim Coaching Bible, Volume I, The**

Dick Hannula, 2001 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 ,2012 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      Swim Coaching Bible Editors Dick Hannula And Nort Thornton, 2001      **The Swim Coaching Bible, Volume II** Dick Hannula, Nort Thornton, 2014-09-11 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      **The Swim Coaching Bible** ,2012 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

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Humphries,2022-12-25 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

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This book delves into Swim Coaching Bible. Swim Coaching Bible is a crucial topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Swim Coaching Bible, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Swim Coaching Bible
- Chapter 2: Essential Elements of Swim Coaching Bible
- Chapter 3: Swim Coaching Bible in Everyday Life
- Chapter 4: Swim Coaching Bible in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Swim Coaching Bible. The first chapter will explore what Swim Coaching Bible is, why Swim Coaching Bible is vital, and how to effectively learn about Swim Coaching Bible.
3. In chapter 2, the author will delve into the foundational concepts of Swim Coaching Bible. The second chapter will elucidate the essential principles that need to be understood to grasp Swim Coaching Bible in its entirety.
4. In chapter 3, the author will examine the practical applications of Swim Coaching Bible in daily life. This chapter will showcase real-world examples of how Swim Coaching Bible can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Swim Coaching Bible in specific contexts. The fourth chapter will explore how Swim Coaching Bible is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Swim Coaching Bible. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Swim Coaching Bible.

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In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to

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