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The Swim Coaching Bible (Paperback)

By Dick Hannula, Nort Thornton

Human Kinetics Publishers, United States, 2001. Paperback. Condition: New. Language: English . Brand New Book. 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...



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