



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

Dick Hannula, Nort Thornton

Download now

[Click here](#) if your download doesn't start automatically

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.

**Download and Read Free Online The Swim Coaching Bible, Volume I (The Coaching Bible Series)
Dick Hannula, Nort Thornton**

From reader reviews:

James Lapham:

The book The Swim Coaching Bible, Volume I (The Coaching Bible Series) has a lot of information on it. So when you make sure to read this book you can get a lot of help. The book was authored by the very famous author. The writer makes some research before write this book. This specific book very easy to read you can obtain the point easily after looking over this book.

Keisha Kent:

In this period of time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You will observe that now, a lot of publisher that print many kinds of book. Often the book that recommended to you is The Swim Coaching Bible, Volume I (The Coaching Bible Series) this e-book consist a lot of the information from the condition of this world now. This particular book was represented how can the world has grown up. The dialect styles that writer use to explain it is easy to understand. Typically the writer made some exploration when he makes this book. Here is why this book acceptable all of you.

Louise Graham:

As we know that book is significant thing to add our information for everything. By a e-book we can know everything we really wish for. A book is a range of written, printed, illustrated as well as blank sheet. Every year had been exactly added. This publication The Swim Coaching Bible, Volume I (The Coaching Bible Series) was filled about science. Spend your free time to add your knowledge about your scientific research competence. Some people has various feel when they reading a book. If you know how big benefit from a book, you can truly feel enjoy to read a book. In the modern era like currently, many ways to get book you wanted.

Rosemary Lafleur:

As a university student exactly feel bored for you to reading. If their teacher requested them to go to the library or to make summary for some book, they are complained. Just little students that has reading's heart and soul or real their interest. They just do what the professor want, like asked to the library. They go to right now there but nothing reading very seriously. Any students feel that studying is not important, boring as well as can't see colorful images on there. Yeah, it is being complicated. Book is very important for you. As we know that on this period, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. Therefore , this The Swim Coaching Bible, Volume I (The Coaching Bible Series) can make you sense more interested to read.

**Download and Read Online The Swim Coaching Bible, Volume I
(The Coaching Bible Series) Dick Hannula, Nort Thornton
#5BFK3OJDET7**

Read The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton for online ebook

The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton books to read online.

Online The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton ebook PDF download

The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton Doc

The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton Mobipocket

The Swim Coaching Bible, Volume I (The Coaching Bible Series) by Dick Hannula, Nort Thornton EPub