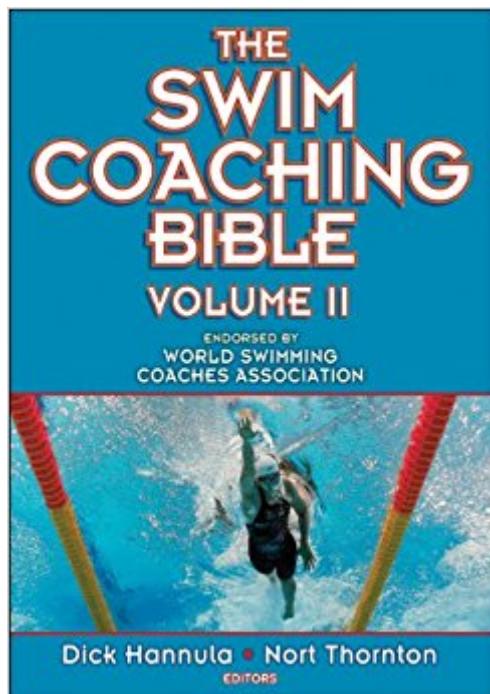


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# Swim Coaching Bible, Volume II, The



## Synopsis

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 Urbanchek, 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.

## Book Information

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## Customer Reviews

The *Swim Coaching Bible, Volume II*, offers essential tactics to make training sessions more successful. It should be on every coach's desk. • Gregg Troy-- Head Swimming and Diving Coach, University of Florida, U.S. Men's 2012 Olympic Swimming Coach "Dick Hannula and

Nort Thornton are two of the most thought-provoking coaches of our time. In The Swim Coaching Bible, Volume II, they have secured a cast of authors second to none to provide an ideal resource for improving swimmers' performance. • John Leonard-- Executive Director, American Swimming Coaches Association

Dick Hannula is one of the winningest high school and club coaches in the history of swimming. Before retiring in 1993, he coached for 41 years—25 years at Wilson High School and 7 years at Lincoln High School, both in Tacoma, Washington. While at Wilson, he racked up the longest high school undefeated streak on record, winning 323 consecutive meets, including 24 consecutive boys' Washington state high school swimming championships. Hannula founded Tacoma Swim Club and served as head coach for 42 years. He has coached four U.S. Olympic team swimmers, including Kaye Hall, Olympic- and world-record holder for the 100-meter backstroke. He has also coached numerous Olympic team members, including one Olympic gold medalist and one world record holder; World University Games swimmers; Pan American Games and World Championship swimmers; several U.S. national champions; and American record holders. Hannula served multiple terms as president of the American Swimming Coaches Association and is a former vice president of the World Swim Coaches Association. He has been inducted into several halls of fame, including the International Swimming Hall of Fame. Hannula resides in Tacoma, Washington.

Nort Thornton served as head men's swimming coach at the University of California at Berkeley before retiring in 2007 after 33 years of service. His teams consistently finished in the top 10 nationally while Thornton was at the helm of Golden Bears swimming. Thornton coached Cal to two NCAA Championships and was named NCAA Coach of the Year in 1979 and 1980. An inductee into the International Swimming Hall of Fame, he has coached the U.S. national team at the Olympics and Pan American Games. Forty-eight of his athletes at Cal have gone on to compete in the Olympic Games, winning 14 gold, 10 silver, and 5 bronze medals. He has also served the swimming community as president of the American Swimming Coaches Association. Thornton continues to remain active on the Cal pool deck as a volunteer coach. His recruits, Milorad Cavic and Nathan Adrian, both earned medals at the 2008 Beijing Olympics. Adrian took home a gold medal as part of the United States' 400-meter freestyle relay. Cavic won a silver medal in the 100-meter butterfly after being out-touched at the wall by Michael Phelps by one-hundredth of a second. Thornton resides in Moraga, California.

Probably interesting for experienced coaches. Not the best book for intermediate swimmers

(swimmers were not a target group). Still worth to be read in my view.

I purchased the Swim Coaching Bible Volume one long time ago. I think it was a wonderful book (I still refer to it regularly). So when I heard of the Volume II from email, I bought it right the way with high expectation. No offense to all these successful coaches, but I am a bit disappointed on this. Overall Volume I is far better than Volume II (sorry coaches). I felt some coaches still have a lot of wonderful stuff being held back and was not covered in their chapters. Well if you did not Volume I, Volume II is still a good book to read (if there is no comparison like Volume I). I am expecting articles like that of Richard Quick in Volume I, but I was disappointed of not finding one.

This book provides a comprehensive update from the old "Swim Coaches' Bible." The sections on underwater kick, sprint, and mid distance are phenomenal and incredibly helpful in designing work outs. The section on distance swimming was not as good as the previous books section. It was not nearly as thorough as the previous books. While they introduced some great new concepts, the authors of that one section did not offer a conclusive report.

The book has some nice material. Specifically, the stroke technique work, and the fact that so many high caliber coaches are represented, but I was disappointed with the overall product. I was hoping for more specifics on energy systems, sets, and what those sets are trying to accomplish. I was hoping for an entire book written in the same spirit as the Bowman article that is available to the public for marketing purposes. The Bowman article talked about training for the 200 fly, lactate buffering, stroke rate and efficiency, etc, etc. I could have even dealt with some more scientific rigor and dry physiological stuff, but what I read was pretty fluffy as an entire package. I didn't want entire sections and chapters devoted to motivating a swim team and reasons that various age groups go into competitive swimming. I bought the book because of what was advertised to me, the Bowman article, and was not happy with the rest of the book.

If you found volume I useful, I strongly recommend you to get this second part of The Swim Coach Bible. Complete your swimming bibliography with this must-have book on your bookshelf.

Great book that is a must read for coaches of all levels and experience/

It was bought as a gift. Recipient liked it.

Daughter is a university swim coach and loved it, she says it should be required reading. Would recommend this provider.

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