



Vol 06 Issue 4

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John Leonard

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The World Swimming Coaches Association

NEWSLETTER

Commanding the Workout SwimTech Seminars

Don Heidary, Orinda Aquatics California - June 2006

The mediocre leader tells. The good leader explains. The superior leader demonstrates. The great leader inspires. – *William Arthur Ward*

“Leadership is all about painting the vision, giving people something worthwhile to follow.”

“There are teachers with a rare ability to enter a child’s mind; it’s as if their ability to get there at all gives them the right to stay forever.” – *Coach Michael Lewis*

Thoughts

- The restaurant (is it the food or the service)?
- If a parent observed your coaching style, how would they define your “presence” on the deck?
- If they (a parent) observed all of the clubs in your area, how would they rate you and your effectiveness on the deck?
- Do you watch every swimmer?
- Does every swimmer know that they are being watched?
- Does every swimmer in the workout “feel” your presence regardless of where they are in the pool or where you are on the deck?
- How would they describe your “command” of the workout?
- Does your appearance foster professionalism and respect?
- Does your “command” change or deteriorate with a larger group? What if it is raining?
- Do you believe that every thought, word, and action, will collectively define the team, the attitude, the work ethic, and ultimately, the workout.
- Do you believe that your command of the workout will ultimately determine your productivity and your team’s success?
- What do you feel is more effective, a great workout poorly presented, or a poor workout presented with motivation and enthusiasm? What about for the long-term?

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Congreso Internacional de Natación (International Swimming Congress)

Mar del Plata, Argentina - August 18-19, 2006

Pan Pacs International Coaching School

Victoria, BC, CANADA - August 17-27, 2006

FMN’s Clinica Internacional de las Actividades Acuáticas 2006

Hotel Emporio, Acapulco, México - August 30 - September 3, 2006

ASCA World Clinic

Washington, D.C. USA - September 6-10, 2006

BSCTA / WSCA (Europe) Conference 2006

The Nottingham Belfry, Nottingham, England, UK - September 29 - October 1, 2006

SNZ School of Coaches

Auckland, New Zealand - September 29-October 8, 2006

Commanding the Workout

- 1) Preparation
- 2) Organization
- 3) Presence
- 4) Evaluation
- 5) Respect!

Preparation

Be Professional

1. Look professional.
2. Speak professionally.
3. Act professionally.

Be Prepared

- Evaluate prior days/weeks workouts to prepare the next practice.
- Commit to create the most motivating, inspiring, challenging workout possible – everyday! Make them think. Make them work.
- Fit the workout into the week, the month, the cycle, the season, and your swimmers' careers!
- Inspire them to come back tomorrow even more motivated. Make the workout an experience and not just a practice.
- Make sure the workout is written, planned, rehearsed, and ready to be presented.
- Arrive early.
- Greet swimmers with the attitude and enthusiasm that you expect from them.
- Plan to present, explain, and sell the workout.

Workout Organization

- Have a workout/group meeting prior to every workout to review;
 1. The workout or main set
 2. The objectives and purpose
 3. Organization and equipment needed
 4. Administrative issues
- Team cheer
- Secret challenge
- Get in as a group/team (*no individuals*)
- Always have each swimmer in the proper lane for the right reason
- Rotate swimmers based on set objective (get them out on the deck)
 1. Heats (drills/technique/speed)
 2. Stroke Groups (match up)
 3. Random (count off – team building)
 4. Mix ages, gender, group (forced separation)
 5. Interval (threshold/endurance)
 6. Game
 7. Challenge

Constantly monitor the swimmers' focus, integrity, work ethic, response to coaches, response to the workout, and response to teammates. Be willing and ready to alter or change the workout to improve quality.

Commanding the Workout: Presence on the Deck

Voice/Communication (*it's not how loud, but how effective*)

- Explain sets from various locations (ONLY with full attention)
- Communicate with everyone from anywhere on the deck

- Communicate during turns, breaths, and between repeats
- Pull swimmers out of the water (individual, lane, group, or workout)

Position on Deck (be visible, change position, don't be predictable)

- Middle, Corner
- Lane by lane
- Across the pool

Standards

- What is not acceptable and why/ "starting over"

Discipline

- Be on time (if one minute late is OK...)
- Never talk/explain when anyone is talking
- Demand legality

Catch phrase (example)

- "Let's be great today"
- "Let's make this the best workout of your life!"
- "Be the athlete you envisioned"

Integrity Should Drive the Individual, the Workout, and the Team

- Respect (of the coach, the team, the goals, everyone!)
- Humility
- Support
- Effort

Shock the system (never allow for complacency – anything is possible!)

- Pizza/Bowling
- "Start over"
- End workout (for visionary reasons)
- Be creative (memorable)

Safety (safety, integrity, productivity)

- No one leaves the pool without talking to the coach
- The coach is made aware of any problem, issue, etc, immediately
- Three point entry/miscellaneous activity

Be a Salesman (not a dictator) Get buy-in. Sell everything – even the bad! Challenge swimmers every day as athletes, as people, and as a team.

Evaluation

1. Integrity: If you asked your swimmers to swim 21x50 Freestyle @ 44 with 12 SPL(strokes per lap), alternate breathing, two lines out in a SL, and you told them that you would be in the office, what would they do? Why?

2. Work Ethic: How would you evaluate the work ethic of your group? Do they like to work hard? Do they embrace it and see the benefit? How do you sell it? Command it? Demand it?

3. Attitude: Monitor the attitude as you would the pool chemicals or temperature. As the chemicals will dictate the quality of the water, so too will the swimmers' attitude dictate the quality of the workout!

4. Motivation/Energy level: Monitor energy level/motivation from the time they walk in the gate/door, as they walk out of the locker room, get in, warm-up, etc. If the group lacks motivation/energy, is it you? Them? The workout? The team?

5. Yourself: Every time you leave the workout, evaluate yourself, your workout, and how the kids responded to you and your workout. Be honest with yourself. Commit to be better tomorrow.

Concepts

- "Be clear why you're here." For you or them, for the individual or the team?
- Your vision must be about the greater good and not about you.
- Putting a penny in a piggy bank (each day, set, lap, stroke, streamline)
- Reinforce the positive. Do not tolerate the negative.
- Empower leaders – engage laggards. This applies to swimmers, coaches, and parents.
- One stitch! (like a shirt can unravel one stitch at a time, so can a team)
- The Power of One! (it only takes one – each one!)
- Support, value, and respect the novice as much as the star.
- The two cancers of a team are ego and negativity.
- Manage the life of an athlete not the season of a swimmer.
- Teach your swimmers to be great the way they walk in the gate, walk on the deck, warm up, cheer, compete, support, deal with disappointment, how to win, and how to lose.
- Life is less about what you do than how you do what you do.
- Train like your "Peak" meet depends on it.
- Begin tactical discipline with the vision in mind, "it's just not how we do things."
- Always be willing to sacrifice friendship and points for a greater cause – the integrity of the team.
- Be willing to do what is in the best interest of the team, even if it is not popular.
- Seek those in need. Show you care about people and not times.
- When disciplining, know your objective. After you discipline step back and assess. See if there is any damage. If so, do damage control to the individual and to the team.
- Get to know the person behind the athlete.
- Younger swimmers are your future leaders. Mold them early.
- Create an environment where people will swim more for the team than for themselves.
- Sell the older kids on giving back and being leaders.
- Find a balance between friendship and discipline. Respect is key.
- Envision the novice as competitive, the good swimmer as a great swimmer and the star.
- Have a sense of urgency when coaching and teaching. What if it had to happen today?
- Goal setting – big picture first. The big three; attitude, effort, and the team!
- Create a WE environment.
- All coaches need to speak the same language and have the same philosophy (continuity/transparency).
- Look beyond a workout. Look at effort, perseverance, and integrity.
- Discipline as an athlete carries over into the rest of their life and vice versa.

- The better you train, the better the lane trains, the workout trains, and the team trains.
- Working smart is as important as working hard. So is working positive.

Sell everything (If you don't believe it with every fiber of our being, no one else will.)

- Discipline – a statement of character
- Technique – a statement of efficiency
- Punctuality – a statement of commitment to the process
- Team attire – a statement of pride
- Humility – a statement of equality and selflessness
- The team concept – have the wind at your back
- The worse it is the better for you
- The glass is ALWAYS half full!

Quotes

"This cannot be a team of common men." "Who do you play for?" – Miracle

- Mediocrity is the path of least resistance.
- "Being average means you are just as close to the bottom as the top."
- "Big things are accomplished only through the perfection of minor details."
- "The best way to improve the team is to improve yourself."
- "He who is good at making excuses is seldom good at anything else."
- "Don't mistake activity for achievement."
- "Pain is temporary. Pride lasts forever."
- "If you don't find the time to do it right, you will find the time to do it over."
- "If your life is too hard, how easy would you like it?"
- "The secret to becoming confident is preparation. By practicing we come to a point of competence. We find ourselves accomplishing our goals gracefully and confidently. It is then that we do things that we never dreamed we could do. We discover powers we never knew existed."
- "Practice makes perfect."
- "Perfect practice makes perfect."
- "Practice makes permanent."
- "You may forget how you behaved when the going got tough, but others won't."
- We find comfort among those who agree with us, growth among those who don't."
- "There are no shortcuts to anyplace worth going."
- "Pay now, play later. Play now, pay later."
- "We first form habits. Then habits form us."
- "Weakness of character is the only defect which cannot be mended."
- "Don't ask for a light load, but rather ask for a strong back."
- "If the going is easy, beware, you may be headed down hill."
- "He who seeks rest finds boredom. He who seeks work finds rest."

Training Concepts

Training

- Have main objective and secondary objective with general themes.
- Monitor workout in every capacity.
- Be creative and challenging every day.
- Always make them think.

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- Will it make their stroke better? Or worse?
- Create an environment where discipline is inevitable.
- Get kids out of the pool to talk about sets, the workout, etc.
- Get kids out of the pool if you sense their focus is diminishing.
- Explain everything. "This is why we are doing this. These are the expectations/benefits."
- Sets and workouts should be designed to reflect a race.
- If it is not working, be flexible, make a change.

Controlled Technique; 20x25 Catch-up Freestyle

- Six Strokes per Lap (SPL)
- Odd – breathe all, even – no breath
- SL through flags with five dolphin kicks (a bullet)
- All-put leg drive through all laps
- Any time during the breath the white water drops – group goes 25 fly swim no breath or vertical SL
- Interval = 25
- Variables can include SPL, BP, interval, SD, legs, pads, fins

Some things we emphasize:

- Five fly kicks off every wall (free, fly, and back) two line SL
- Half way for advanced
- Breaststroke pull downs to half way (with speed)
- Legality (all legal back and two-hand turns)
- Hypoxic (separate and integrated)
- Kicking (separate and integrated)
- UW speed (separate and integrated)
- If you don't count, you don't care
- Every lap/stroke matters

Organize group to maximize workout

- Interval (training/ability)
- Stroke (specialty)
- Partner/match-up (racing/UW)
- Heats (drills or uniform set)
- Random (team integration)

A 500 Freestyle or a better stroke?

- SL two lines
- Half CU
- BP = Rt/alt/Lt/1 breath
- Monitor stroke count
- Kick – Two beat odd, strong legs even
- Elbow "high and to the side" on catch on odd laps
- Elbow "high and to the sky" on recovery on even laps
- Slide to side
- All turns tight and fast (heels to suit)
- Equipment options-pads, anti-pads, snorkel, parachute, fins

Technique Thoughts/Concepts

- Technique is like ironing the wrinkles out of a beautiful shirt.
- Take pride in technique as an individual and as a team.
- Have technique become the foundation of your team's development.
- Make it an every day commitment.
- Make the kids personally responsible for their own technical development.
- Drill the drill, build the stroke.

- Balancing training vs. technique
- A disciplined swimmer will care about technique.
- Strokes change (for better or worse) under fatigue not by merely doing drills.
- Bottom up (build the stroke and train it) or Top down (train the athlete and work on the stroke)?

Build the Stroke

- Do 25's and critique each swimmer, each lap.
- Use progressive teaching with random drills to solidify.
- Gradually increase stress without giving up technique.
- Drill series
- Stroke Keys – general & specific
- Controlled fatigue (previous example of 20x25)
- Teaching new = max rest
- Reviewing = moderate rest
- Training old = min rest
- Integrate technique into endurance training
- Turns – EVERY ONE should be a turn you would put into a race!

Summary: From Vision to Command

Coach Presence/Command

- Vision
- Catch phrase
- Sales pitch

Workout Environment

- Vision
- Catch phrase
- Sales pitch

Training

- Vision
- Catch phrase
- Sales pitch

Technique

- Vision
- Catch phrase
- Sales pitch

Attitude

- Vision
- Catch phrase
- Sales pitch

Integrity

- Vision
- Catch phrase
- Sales pitch

A Practical Demonstration: Sample Workout

- 8-12 Swimmers (we know you have more - the same principles apply.)
- On-deck meeting
 - Workout, emphasis, objectives, specifics, the rest of the week, highlight someone, challenge/motivate/inspire someone, reinforce core values (what you stand for), organize swimmers (see options listed earlier)
- Swimmers should know: stroke keys, drill progressions, personal keys
- Group Cheer
- Get in together (as a team)/Secret Challenge – licorice or vertical SL ●

Set #1: 10x25 Freestyle Drill Progression			
Interval	30 or coach send		Drill Progression
Org. Structure	Heats (free)		Side Kick
Emphasis 1	Technique		One arm
Emphasis 2	UW/speed		Catch-up
Energy System	EN1/SP3		Lift-switch
Other	Lane 1 sets off		Burst 15 yards.

Set #2: 12x25 Main Stroke - Drill Progression					
Interval	30 or coach send	How	Fly	Back	Breast
Org. Structure	Heats (free)	UW	Dolph.	Dolph.	PD/kick
Emphasis 1	Technique	Kick	Side-alt	Side-alt	Back SL
Emphasis 2	UW/speed	Str. Drill	One Arm	One Arm	Pull Dol.
Energy System	EN1/SP3	EZ-Fast	Swim	Swim	Swim
Other	Lane 1 sets off				

Set #3: Kick and chat 300 with Board		
Interval	NA	
Org. Structure	Random-count	
Emphasis 1	Integration	
Emphasis 2	Warm down	
Energy System	EN1	
Other	Topic-peak meet	

WSCA Notes from Around the World

Compiled by John Leonard

1. American Coaching Great George Haines has passed away, and was honored in late June at the Santa Clara swim meet and complex that honors his name and contributions to our sport.

2. WSCA concerns have been received from coaches around the world on the following topics for WSCA follow up:

- A) Proliferation of meets on the world calendar.
- B) Need for a revised and revitalized World Cup series.
- C) Continued need for high throughput doping testing to catch designer drugs.
- D) The Dolphin Kick Rule on Breaststroke starts and turns.
- E) The use of underwater cameras for confirmation of judging calls on starts and turns.

These topics and others remain high on the priority list of the Board of Directors.

3. Discussions have begun with the London Olympic Organizing Committee and others in the UK to host the Gold Medal Clinic in 2009 in the London area, thanks to Brian McGuinness.

4. Congratulations to Terao Award Winner Coach Eddie Reese as the Coach of the Quadrennium 2000-2004. Coach Reese received his award at the International Swimming Hall of Fame Honoree Ceremonies in Fort Lauderdale in May. The Award was presented by former WSCA President Peter Daland. ●

The time will come when winter will ask what you were doing all summer.

Henry Clay – American Statesman

Passionate Believer

Values / Teamness

Brett Naylor, New Zealand - May, 2006

Values

- Worth-desirability of a thing. Qualities that are the basis of this.
- Worth estimated in money or other equivalent.
- The Cassell Concise English Dictionary

Why should We?

- Are we on the same Team?
- Do we understand the mission?
- WIT?
 - What it takes
- This is your moral compass.

Values

- What are They?
- Who determines them?
- Who supports
- Why would you have Team values

What are Team Values?

- Core Principles (statements) that we agree will help us work towards our goals in a structured – healthy and understood way.

Who Determines Team Values

- Coach
- Team
- Supporters
- National Organisation

Who supports Team Values?

- Team – Swimmers
- Coaching staff
- Club
 - Board / Executive
 - Managers
 - Parents
 - Friends Supporters
 - Supporting Organisations / Bodies

What's in it for you

- Security – belonging
- Tradition
- Develop Leaders
- Respect
- Results
- Camaraderie

AquaGym Swim Team – Process

- Culture
- How will people see the TEAM?
- How will people see me?
- Qualities I will contribute to the TEAM
- My role @ the pool
- Training
- My role at Meets
- Away from the Team.

Team

- A number of persons working together
 - To harness or join together in a Team
- The Cassell Concise English Dictionary*

Teamness

- Stand together – Synergy
 - Army
 - Very positive NRG
 - Empathy
- Tradition – Perceived performance.
- Core values
 - Rock Solid!

We are AquaGym

We have powers no one even dreams of.

We are the fastest improving team in the nation. We will be NUMBER 1. Our Squad is made up of Olympians. We are invincible, feel no pain. Our dexterity is beyond belief. We are so hot that not even an oven could comprehend. We rule the pool In and Out. We love to swim fast. We are so determined nothing can stand between us and success. We love and strive on a challenge. We look forward not back.

We Will Succeed

I always swim strong and fast. Whether I am training or competing, I always hold my head high. I show good sportsmanship. I love recognition. I am a valuable member of my team. My dreams are not fantasy they are reality. My individual strength has no limit. I eat, drink and worship my swimming. I obey the Coach. My middle name is Success. I shall succeed.

We are the AquaGym Olympians.

Summary Team



Summary values – Teamness

- Set Values – Get buy in
- Live by your values
- Develop Teamness

AquaGym Swim Team

Culture

- Unity - being one, common understanding
- Support - mutual, unconditional, omnipresent
- Strength - integrity, mentally tough
- Focus - Common goals, omnipresent
- Determination - Intense, perceived invincibility, commitment
- Motivation - each other, self, success, network, (Source)
- Dedication - team and individual -omnipresent
- Discipline - Self/ team
- Desire - To be the best / passion
- Success - know what it takes - KWIT
- Consistent - everything = high level win, rules, standards
- Loyal - Team, self, buddy, programme, Coach
- Honesty - Team, self, buddy, Coach, programme, intentions, omnipresent
- Respect - Omnipresent, self, team, programme, Coach, buddy
- Pride - As above
- Respect Everyone - Fear No One

How will people see the TEAM?

- Privileged
- Intimidating
- Respect
- Disciplined
- Fearless
- Elite
- Approachable
- Confident
- Successful
- United Team
- Motivated
- In Control
- Proud

How will people see me?

- Tough
- Strong
- Punctual
- Honest
- Confident
- Aggressive
- Consistent

Qualities I will contribute to the TEAM

- Tough
- Fearless
- Leadership
- Friendship
- Support
- Discipline
- Determination
- Passionate
- Communication
- Empathy
- Athleticism
- Committed
- Motivation
- Success
- Loyalty
- Integrity
- Respect
- Pride
- Consistency
- Generosity
- Talent

My role @ the pool

Training

- Be on time
- Supportive of all
- Being happy and Positive
- Prepared to work hard
- Organization
- Commit to the programme
- Presentable
- Look and act like the winners we are.
- Respect Teammates and Coach
- Be different
- Go the extra mile

My role at Meets

- Presentation
- Encouragement
- Punctuality
- Focused team work - Cheering, warm up, stretching, etc.
- Dominate in a confident way
- Confident
- Humble and friendly - outwardly
- Responsible
- Prepared
- Skilled - Highly skilled
- Perform to your highest capabilities.
- Challenge yourself

Away from the Team

- Promote the TEAM and its qualities- culture.
- Transfer team qualities to day to day situations
- Act appropriately
- Self-respect

Team AquaGym

Senior Team Culture

Affirmation...

Culture

- Unity -being one, common understanding
- Focus - Common goals, omnipresent
- Discipline - Self/ team
- Desire - To be the best / passion- dedication, determination
- Success - know what it takes - KWIT- successful
- Loyal - Team, self, buddy, programme, Coach - Omnipresent & unconditional
- Respect - Omnipresent, self, team, programme, Coach, buddy
- Enjoyment
- Respect Everyone - Fear No One

How will people see the TEAM?

- Elite
- Confident
- Successful
- Proud - Fearless - Respected
- Approachable
- Privileged
- Intimidating
- Disciplined

How will people see me?

- Successful Elite
- Confident
- Aggressive
- Consistent
- Honest
- Recognized
- Strong - Tough
- Punctual

Qualities I will contribute to the TEAM

- Honesty - Integrity - communication
- Punctuality
- Commitment - discipline
- Leadership
- Success
- Loyalty - Friendship - unconditional support - respect
- Pride
- Passionate
- Consistency

contintued on page 8 >>>

My role @ the pool Training

- Punctual
- Supportive of all
- Being happy and Positive
- Prepared to work hard
- Skilled - highly skilled
- Commit to the programme - be prepared to work hard
- Presentable
- Respect Teammates and Coach

My role at Meets

- Presentation
- Encouragement

- Punctuality
- Focused team work - Cheering, warm up, stretching, etc.
- Humble and friendly - outwardly
- Prepared
- Perform to your highest capabilities.
- Challenge yourself - confident

We are AquaGym
We have the ability
We have the courage
We have the pride

I am AquaGym
I believe... ●

WSCA

WORLD SWIMMING COACHES ASSOCIATION



WORLD SWIMMING COACHES ASSOCIATION

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You may apply or renew: **BY FAX** with MasterCard, VISA or American Express; **BY PHONE**; or **BY MAIL** send this completed form with payment

Last Name _____ First Name _____

Name of Team _____

Address Home/Work (please Circle) _____

City/State/Postal Code _____

Province _____ Country _____

Phone _____ Fax _____ Email _____

My Primary Language is _____

Please list any swimming associations of which you are a member. _____

"A Rising Tide Lifts All the Boats!"

Be a part of the rising tide of the World Swimming Coaches Association

The World Swimming Coaches Association exists to elevate the profession of coaching in swimming in the international sporting arena, to a position of influence and to improve swimming. WSCA also provides and develops international friendship and support of coaches, elevates the level of coaching in all nations, and increases public awareness of the good work that swimming coaches perform in all nations. Coaching Education is a primary function of the Association.

Make Checks Payable to :
WSCA
 5101 NW 21st Avenue
 Suite 200
 Fort Lauderdale, FL 33309 USA

If Submitting Bank Draft, amount must be in US dollars drawn on a United States Bank
 I would like to contribute to the WSCA fight against drug use in swimming. I have enclosed an additional amount to be used in the Fight Against Drugs...

\$5.00 \$10.00
 \$20.00 \$ _____

MC / VISA / AMEX # _____ Exp. _____

SIGNATURE _____

MEMBERSHIP OPTIONS

Individuals with current membership in National Organization (must supply proof of membership)	Individuals who do not belong to a WSCA Organization Member
WSCA (U.S.) \$35.00 <input type="checkbox"/>	\$50.00 <input type="checkbox"/>
WSCA (non-U.S. Americas) \$20.00 <input type="checkbox"/>	\$35.00 <input type="checkbox"/>
WSCA (non-Americas) \$50.00 <input type="checkbox"/>	\$60.00 <input type="checkbox"/>
LIFE MEMBERSHIP (one time payment) \$500.00 <input type="checkbox"/>	\$600.00 <input type="checkbox"/>
<i>Joint Memberships (with American Swimming Coaches Association)</i>	
ASCA/WSCA (U.S.) \$100.00 <input type="checkbox"/>	
ASCA/WSCA (non-U.S. Americas) \$125.00 <input type="checkbox"/>	
ASCA/WSCA (non-Americas) \$150.00 <input type="checkbox"/>	

(All Amounts Are US Dollars)

Thank You!

EN ESPAÑOL!

Le gustaria enriquecer sus habilidades de entrenamiento en su propio idioma?

ASCA le puede ayudar!

Ahora disponible en español:



Curso Nivel 1
Fundamentos del Entrenamiento
del USA Swimming

Nivel 1 Fundamentos del Entrenamiento: Diseñado para enseñar el papel y actividades de entrenador de natación. Aplicando énfasis en las filosofías apropiadas, valores y éticas de entrenamiento. Cubre los principios de comunicación, educación y motivación. También secciones en entrenamiento y leyes, y como trabajar efectivamente con otros profesionales. Incluye copia de: Progreso para el Atleta y Desarrollo de el Entrenador de USA Swimming.



Nivel 2 La Escuela de Estilo: Desarrollado primeramente en 1986 y desde entonces a sido acogido por mas de 3000 entrenadores alrededor del mundo. Esta es la 5ta edición, escrita por John Leonard. Diseñada para ayudar a entrenadores en la enseñanza y corrección de estilos de nadado. El proposito de la escuela de estilos es dar al entrenador herramientas practicas y útiles para construir y en una menor amplitud corregir estilos de nadado. Este manual es un texto práctico para enseñar. Nosotros le damos una base de ciencia para que tenga la fundación necesaria.

22 presentaciones de la Clínica Mundial de ASCA del 2004 y de la Conferencia anual de la Asociación Australiana de Entrenadores e Instructores de Natación del 2005. 280 paginas que incluyen presentaciones de Entrenadores Olimpicos de los Estados Unidos y Australia.



Dryland Core Training: Este es un video producido por la Asociacion de entrenadores de natacion Americana (ASCA), con el material e informacion otorgados por el entrenador y experto en acondicionamiento fisico Vern Gambetta, la ejecucion de los ejercicios es realizada por el nadador Pedro Moros.



Tambien puede ordenar en nuestro sitio cibernetico www.swimmingcoach.org o llámenos al (800) 356 2722

- ___ Nivel 1 Fundamentos del Entrenamiento - \$30
- ___ Nivel 2 La Escuela de Estilo - \$40
- ___ Anuario de ASCA 2004 y Australiano 2005 - \$50
- ___ Dryland Core Training - \$19.95

Forma de Ordenar

\$20.00 adicionales por correo aereo postal para destinos internacionales.

Nombre _____
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