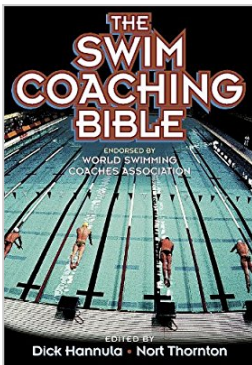


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The Swim Coaching Bible, Volume I (The Coaching Bible Series)

By Dick Hannula, Nort Thornton

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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

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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.

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Dick Hannula is one of the winningest high school and club coaches in the history of swimming. While serving as the boys' swimming coach at Wilson High School in Tacoma, Washington, from 1959 to 1983, Hannula racked up the longest high school undefeated streak on record, winning 323 consecutive meets without a loss including 24 consecutive boys' Washington state high school swimming championships.

Hannula is a former multiple-term president of the American Swimming Coaches Association and is on the World Swimming Coaches Association board of directors. He is in the American swim coaches' hall of fame and the International Swimming Hall of Fame. Hannula also authored the Human Kinetics book *Coaching Swimming Successfully*. He resides in Tacoma, Washington.

Nort Thornton is the head men's swimming coach at the University of California at Berkeley. Thornton's Cal teams have consistently finished in the top 10 in the nation over the past 30 years. Thornton has coached Cal to two NCAA Championships and was named the 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. He has also served the swimming community as the president of the American Swimming Coaches Association.

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