Swimming

Never before has one book taken such a comprehensive look at the evolution, science, and coaching application of competitive swimming. In Breakthrough Swimming, legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics, training methods, and racing techniques. Accompanied by richly detailed illustrations, this engaging text is one of the most insightful written works on the sport. It makes clear sense out of the scientific principles and puts into context the historical changes in the sport. Not only will you gain a greater understanding of competitive swimming through its origins and evolution, but you ' ll also gain these valuable skills: • Improve your stroke technique, starts, and turns. • Improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water. • Understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke. • Improve your conditioning and develop a better training program by understanding the principles of training. • Learn how to design different types of workouts to produce specific physiological effects. • Learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim. The book includes a chapter contributed by Dr. David Pyne, sport physiologist to the 2000 Australian Olympic swimming team. Pyne covers the physiology of modern swimming training and the preparation of swimming teams for top-flight international competition. Breakthrough Swimming covers every aspect of competitive swimming from its spawning ground in early 19th-century England to the present day, including the profound changes that occurred in the last decade of the 20th century. The book also explains the societal changes of recent years, such as the advent of professional swimming and the specter of performance-enhancing drugs. Combining history with the latest innovations, Breakthrough Swimming is the definitive work on the past, present, and future of competitive swimming.

High Performance Youth Swimming provides an in-depth view of the physiological, biomechanical, and multifaceted underpinning of swimming success, with a focus on youth. Considerations of both growth and maturation processes and the intricacies of the swimming training environment are core throughout the book. Divided into sections on physiology of swimming, motor control, biomechanics, and long-term well-being, the book also includes chapters from international contributors on: Strength and conditioning Skill acquisition Overtraining Burnout Respiratory health This volume is for those interested in enhancing their art of coaching through a deeper understanding of the science of swimming, including swimming coaches, those who wish – and question how – to best support youth swimming performance, or anyone interested in swimming science more generally.

A memoir from the open-water swimmer in which "we see Cox finding her way, writing about her transformative journey back toward health, and slowly moving toward the one aspect of her life that meant everything to her--freedom, mastery, transcendence--back to open waters, and the surprise that she never saw coming: falling in love"--Dust jacket flap.

DOES RITA HAVE WHAT IT TAKES TO SWIM WITH THE SHARKS? Rita's times aren't good enough to swim with the Sharks—the team where all her friends compete. At first she's determined to improve, but is Rita ready to attempt complicated flip turns? Or is there another way for Rita to join the Sharks? Early readers will eagerly dive into this latest book in the GYM SHORTS series—sure to make a splash with new readers. Swimming with Sharks is a 2009 Bank Street - Best Children's Book of the Year.

"This book looks at swimming and diving, pitting elephant seal against kingfisher in diving and dolphin against pilotfish in synchronized swimming"--Back cover.

The Will to Succeed

The Revolutionary Way To Swim Better, Faster, and Easier

Swimming Pools

My Unexpected Pilgrimage from Physician to Healer

The Complete Book of Swimming

Provides water lovers with a host of fun destinations Includes swimming gems from drive-ups to hike-ins, in-city to out in the country Appeals to all ages, fitness types, and income levels—admission fees not required Finally a guidebook for swimmers! There is no shortage of guides for places to hike, climb, and paddle in Western Washington, but not much on how to find perfect places to swim. Now Swimming Holes of Washington fills that, er, hole. It’s the ultimate list for water lovers who want to find gorgeous and fun places to make a splash. Everyone from hardcore hikers to families out for a picnic and plunge will enjoy this guide to a universally loved activity. Authors Anna Katz and Shane Robinson literally dove into their research to find the best swimming holes to share. They set the bar high: cleanliness and clearness of the water is paramount, but the beauty of the surrounding area, the company (or wonderful lack thereof), and the effort involved in getting there are also taken into account. This lavishly illustrated, full-color guide includes: 70 prime swimming holes, mainly in the Cascades and Olympics, with an emphasis on natural swimming locations Description of each location, including insider’s tips, type of swimming hole, best season to go, and the features and amenities found there Directions via car, bike, public transport, and/or foot Trail maps to the more remote holes Information on swimming safety, etiquette, types of water holes, gear, and more

Born in a landlocked town in the center of Kansas, Pip is tall, flat, smart, funny, and supernaturally buoyant. On land, she has her share of troubles: an agoraphobic mother, a lost father, and a school full of nuns who just want her to sit still. But in the water, Pip is unstoppable. Swimming her way from a small Midwestern team to the Barcelona Olympics, Pip’s journey is the story of a young girl with an unsinkable spirit, struggling to stay afloat in the only way she can.

Winner of the 2012 National Book Critics Circle Award, Autobiography Swimming Studies is a brilliantly original, meditative memoir that explores the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager to enjoying pools and beaches around the world as an adult, Leanne Shapton offers a fascinating glimpse into the private, often solitary, realm of swimming. Her spare and elegant writing reveals an intimate narrative of suburban adolescence, spent underwater in a discipline that continues to inspire Shapton’s work as an artist and author. Her illustrations throughout the book offer an intuitive perspective on the landscapes and imagery of the sport. Shapton’s emphasis is on the smaller moments of athletic pursuit rather than its triumphs. For the accomplished athlete, aspiring amateur, or habitual practicer, this remarkable work of written and visual sketches propels the reader through a beautifully personal and universally appealing exercise in reflection.

Swimming is a widely popular sport and activity with great health-related fitness benefits. Yet, a significant percentage of children are unable to swim with any degree of skill—meaning not only are they missing out on health benefits, but they also are at risk when in water. Part of that risk comes from receiving either no instruction or no differentiated instruction. Children receiving swimming lessons are commonly grouped by age or grade, and many lack the basic skills required for their age levels. Assessments and Activities for Teaching Swimming solves this problem by offering differentiated instruction for every participant in your class or program, based on each participant’s aquatic developmental level. Through this illustrated book, you will be able to • use an assessment tool to evaluate the initial skill level of every participant, • place each participant in the appropriate level, and • teach skills through fun activities and monitor each participant’s skill acquisition along the way. Assessments and Activities for Teaching Swimming will help you accommodate nearly all of your participants’ abilities. With the six-level tool you will be able to assess initial aquatic performance levels for children with and without disabilities and provide appropriate activities to help participants develop their skills. The book is presented in two parts. Part I offers teaching strategies to help you maximize the aquatic experience for swimmers with and without disabilities. It also guides you in selecting the assessment and activity level so that you can provide a fun and successful experience for all swimmers. Part II lays out six distinct levels, from developing and building on initial skills to learning and refining specific strokes. Some skills are introduced early on and then repeated in a more difficult form at a later level. The final level focuses on longer-distance swimming, flip turns, competitive swimming, and prerequisite skills for lifeguard training. These six levels, along with the assessment instruments, accommodate most participants’ abilities. You’ll find the assessment instruments and activities very easy to use. Even those who have not been trained as instructors or teachers can implement the activities regardless of the swimmers’ levels. Assessments and Activities for Teaching Swimming can help all participants take part in safe, fun aquatic activities that will improve their health-related fitness and well-being.

From the best-selling, award-winning author of The Buddha in the Attic and When the Emperor Was Divine comes a novel about what happens to a group of obsessed recreational swimmers when a crack appears at the bottom of their local pool--a tour de force of economy, precision, and emotional power. The swimmers are unknown to one another except through their private routines (slow lane, medium lane, fast lane) and the solace each takes in their morning or afternoon laps. But when a crack appears at the bottom of the pool, they are cast out into an unforgiving world without comfort or relief. One of these swimmers is Alice, who is slowly losing her memory. For Alice, the pool was a final stand against the darkness of her encroaching dementia. Without the fellowship of other swimmers and the routine of her daily laps she is plunged into dislocation and chaos, swept into memories of her childhood and the Japanese American incarceration camp in which she spent the war. Alice's estranged daughter, reentering her mother's life too late, witnesses her stark and devastating decline. Written in spellbinding, incantatory prose, The Swimmers is a searing, intimate story of mothers and daughters, and the sorrows of implacable loss: the most commanding and unforgettable work yet from a modern master.

Swimming, Flying, and Sliding

A Straightforward System for Making Beginner Triathletes Comfortable and Confident in the Water

The Swimming Strokes Book

High Performance Youth Swimming

A Guide to Developing a Self-Directed Swimming Program

An American History

Updated October of 2019, this is Swimming Ideas' latest training workbook for new and veteran swimming instructors and coaches. In this latest edition, you'll see an all-new format focusing on pictures and key points. There are discussion items to talk about with peers in a group training session, or one-on-one if reviewing with a manager. We learn through visual references and this book is full of custom-drawn illustrations and pictures directly addressing the most important skills in swimming. Teaching swimming lessons and running a swim team can be difficult. There are so many variables and things to consider. Getting new staff and veteran instructors all on the same page can be a struggle. Run your swim program using this book for every member of your staff to teach a standard range of skills and speak the same words. You might have ten children in the water or five adults. Knowing how to communicate, which skills to work on, and how to follow an effective incremental progression is hard. Swimming Ideas is here to help. I've trained hundreds of new staff on how to teach swimming, and have compiled a long list of skills, terms, and techniques to make swimming instruction more effective in a new teacher's hands. Want to teach your 16-year-old novice how to teach a swim lesson so you aren't cringing and biting your nails as you watch? Give them this book to review the discussion items together, and evaluate their understanding with four included worksheets. Not sure how you describe the nuance and importance of using command language in your classes? Use this training workbook and discuss how to be a better communicator. Did you just hire a swim instructor that has never taught a lesson before and doesn't even know what a front glide is? Maybe they've never heard of streamline. Give them a copy of this training workbook and they'll learn the 15 essential swim skills and how to teach them. From language, scripts, pictures, and guides, this training guide has it all. For more information check out www.swimminglessonsideas.com

Technique is critical in swimming performance. In the pool or open water, coaches and athletes alike know that efficiency in entering the water and in moving through it equates to milliseconds of improvement—milliseconds that make all the difference in a competition. That’s where The Swimming Drill Book continues to deliver. The first edition quickly became the best-selling drill book in the sport. Now, this second edition ups the ante with more drills, new variations, and expanded coverage to help every swimmer. Inside, you’ll find more than 175 drills for refining strokes, correcting faults, and improving your feel for the water. In addition to mastering all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly—you’ll learn the essentials of body position, sculling, starts, turns, and finishes. You’ll even find all-new coverage of open-water drills and strength band workouts to be performed poolside. See for yourself why The Swimming Drill Book is on the shelf of every serious swimmer and coach. It delivers every stroke, every skill, and everything you need for swimming success.

Learning how to swim can be a frustrating experience sometimes, especially for an adult. Kick with your legs, pull with your arms, breathe in, and breathe out and do it all at the right time. Before you know it you’ve got a hundred and one things to think about and do all at the same time or in the right sequence. The Swimming Strokes Book is designed to break each stroke down into its component parts, those parts being body position, legs, arms, breathing and timing and coordination. An exercise or series of exercises are then assigned to that part along with relevant teaching points and technique tips, to help focus only on that stroke part. Although it is not the same as having a swimming teacher with you to correct you, this book perfectly compliments lessons or helps to enhance your practice time in the pool. The 82 exercises form reference sections for each swimming stroke, complete with technique tips, teaching points and common mistakes for each individual exercise. Clear, concise and easy-to-follow.

One of the most fascinating aspects of aquatic locomotion is the remarkable sets of adaptations that have been evolved for different purposes. This volume brings together research on a wide range of swimming organisms, with an emphasis on the biomechanics, physiology and hydrodynamics of swimming in or on water.

In recent years, water resource management in the United States has begun a shift away from top-down, government agency-directed decision processes toward a collaborative approach of negotiation and problem solving. Rather than focusing on specific pollution sources or specific areas within a watershed, this new process considers the watershed as a whole, seeking solutions to an interrelated set of social, economic, and environmental problems. Decision making involves face-to-face negotiations among a variety of stakeholders, including federal, state, and local agencies, landowners, environmentalists, industries, and researchers. Swimming Upstream analyzes the collaborative approach by providing a historical overview of watershed management in the United States and a normative and empirical conceptual framework for understanding and evaluating the process. The bulk of the book looks at a variety of collaborative watershed planning projects across the country. It first examines the applications of relatively short-term collaborative strategies in Oklahoma and Texas, exploring issues of trust and legitimacy. It then analyzes factors affecting the success of relatively long-term collaborative partnerships in the National Estuary Program and in 76 watersheds in Washington and California. Bringing analytical rigor to a field that has been dominated by practitioners' descriptive accounts, Swimming Upstream makes a vital contribution to public policy, public administration, and environmental management.

Animal Swimming and Diving

Swimming to Antarctica

10,000 Years of Swimming

Swimming

In the Swim

Just Keep Swimming (Disney/Pixar Finding Nemo)

Audisee® eBooks with Audio combine professional narration and text highlighting for an engaging read aloud experience! The Land Sharks take on the Algae Eaters in a dino-swimming showdown! Raptor and Stegosaurus start it off in the individual medley, while the Ptero twins battle it out in the butterfly race. Then Galli and Diplo wow the crowd with their flips and tricks off the diving board! But which team will win the swim meet? It comes down to the last event: the backstroke. Both Stego and Galli think they'll take the prize. Let's hope these dinos remembered their goggles—this swim meet is bound to make a splash!

This volume developed from a Workshop on Natural Locomotion in Fluids and on Surfaces: Swimming, Flying, and Sliding which was held at the Institute for Mathematics and its Applications (IMA) at the University of Minnesota, from June 1–5, 2010. The subject matter ranged widely from observational data to theoretical mechanics, and reflected the broad scope of the workshop. In both the prepared presentations and in the informal discussions, the workshop engaged exchanges across disciplines and invited a lively interaction between modelers and observers. The articles in this volume were invited and fully refereed. They provide a representative if necessarily incomplete account of the field of natural locomotion during a period of rapid growth and expansion. The papers presented at the workshop, and the contributions to the present volume, can be roughly divided into those pertaining to swimming on the scale of marine organisms, swimming of microorganisms at low Reynolds numbers, animal flight, and sliding and other related examples of locomotion.

INTRODUCTION Swimming is one of the compulsory courses in the joint honours study programme "Physical Education and Coaching" at both Bachelor and Master degrees. The aim of the Swimming 1 course is to learn and practice the correct technique of the front crawl stroke and breaststroke and to master basic starts and turns of these swimming techniques. The main criteria required to obtain credits for completing this subject include mastering the correct technique as well as swimming 50 metres front crawl and 100 metres breaststroke in given time limits. Monitoring of swimming competence in pupils at elementary schools, students at secondary schools and university students provides us with information on the actual efficiency of teaching swimming. Application requirements for students of physical education and sport continually keep getting less strict. Future students can pursue their admission process even if they do not score any points in swimming. It is sufficient if they can swim 100 m swimming stroke without a pause. New students often enter the compulsory course "Swimming" with incorrect movement habits and wrong swimming technique. In such cases, the correction of errors is difficult and their elimination during the course is not always successful. Constant decrease of performance level and the quality of swimming technique of applicants have been researched by numerous university teachers (Bence, 2010; Bence – Mandzáková, 2006; Chebeň, 2010; Kalečík – Benčúriková, 2011; Macejková, 1996). Mandzák, 2010, Mandzáková, 2012; Popelka, 2010 and Tonhauserová – Mandzák, 2010 observed the swimming technique of university students in the long run. Swimming technique assessment in terms of quality and efficiency of stroke execution and swimming performance provides us with feedback on efficiency of education. Identifying the most common errors in students’ technique can provide a better understanding of the causes of error adoption and within teaching apply appropriate exercises to correct identified deficiencies. Our study is focused on the front crawl stroke. At the beginning of the research we used diagnostic methods to identify the level of mastering the swimming techniques by students in their first year of university studies. At first, the students took a one-semester course "Swimming 1", and then they took a selective course focused on the improvement of their swimming techniques. Corrective swimming programme constituted a part of both courses. The traditional course was enriched by a system of effective exercises aimed at the correction of the wrong technique. During the output testing, we determined the effectiveness of this programme in terms of changes in quality indicators of the front crawl technique. Apart from the main objective, we also partially aimed at determining the direct relationship between the level of technique and its effectiveness in terms of performance in 100 m front crawl standard discipline.

"A fascinating, amusing, and wise account of how someone born with a shaman's predilections, raised in a rationalist culture, finds her way back to her true self." – Martha Beck, The New York Times bestselling author After 2 decades in the study and practice of medicine, Sarah Seidelmann took a 3-month sabbatical to search for a way to feel good again. Having witnessed human suffering early in her career and within her own family, she longed for a way to address more than just the physical needs of her patients and to live in a lighter, more conscious way. Swimming with Elephants tells the eccentric, sometimes poignant, and occasionally hilarious experience of a working mother undergoing a bewildering vocational shift from physician to shamanic healer. During that tumultuous period of answering her call, Sarah met an elephant who would become an important spirit companion on her journey, had bones thrown for her by a shaman in South Africa, and traveled to India for an ancient Hindu pilgrimage, where she received the blessing she had been longing for. Ultimately, she discovered an entirely different way of healing, one that she had always aspired to and that enabled her to help those who are suffering. "From the lakes of Minnesota to the Ganges River in India, Sarah Seidelmann's transformative journey from MD to shamanistic healer is a refreshingly honest and very funny tale of spiritual growth." – Matt Adrian, author of The Guide to Troubled Birds "This is an exceedingly vulnerable, beautifully written book and the most genuine spiritual memoir I have ever read. It is also – in many hilarious moments – laugh out loud funny." – Maria Bamford, Comedian and star of Netflix Original Series Lady Dynamite

In a sport where victory is often determined by a fraction of a second, it’s obvious why one of the most sought-after secrets is how to swim faster. However, as the world’s most renowned coaches, athletes, trainers, and researchers know, there is no secret—just science. Science of Swimming Faster is a remarkable achievement—one that embraces, explains, and applies the latest science and research that has and continues to set new performance benchmarks in the sport. It is a one-of-a-kind resource: • An easily understood repository of swimming research • Insights distilled from great sport and exercise scientists, coaches, and swimmers • A do-it-right reference for a host of techniques and tactics • The most credible and widely used training principles and programs • An analysis identifying key factors contributing to elite and world-record swimming performance • An insider’s access to the strategies for training, tapering, fueling, recovery, and mental preparation being used with some of the world’s most successful swimmers. With editors Scott Riewald and Scott Rodeo and a who’s-who list of international experts on the sport, Science of Swimming Faster offers you an unprecedented wealth of advanced yet accessible information on excelling in the sport.

Leo Can Swim

Perfect Places to Play

Total Immersion

A Memoir

Swimming Upstream

Natural Locomotion in Fluids and on Surfaces

For use in schools and libraries only. A Native American girl's feelings are hurt when schoolmates make fun of the children who live at the lake, but then her grampa tells her a Seneca folktale that reminds her how much she appreciates her home and her place in the world.

Nothing beats a natural swimming hole for cooling off on a scorching summer day in Texas. Cold, clear spring water, big old shade trees, and a quiet stretch of beach or lawn offer the perfect excuse to pack a cooler and head out with family and friends to the nearest natural oasis. Whether you're looking for a quick getaway or an unforgettable summer vacation, let The Swimming Holes of Texas be your guide. Julie Wernersbach and Carolyn Tracy highlight one hundred natural swimming spots across the entire state. The book is organized by geographic regions, so you can quickly find local places to swim—or plan a trip to a more distant spot you'd like to explore. Each swimming hole is illustrated with an inviting color photo and a description of what it's like to swim there, as well as the site's history, ecology, and conservation. The authors include all the pertinent info about admission fees and hours, parking, and on-site amenities such as showers and restrooms. They also offer tips for planning your trips and lists of the swimming holes that are most welcoming to families and pets. So when the temperature tops 100 and there's nothing but traffic in sight, take a detour down the backroads and swim, sunbathe, revel, and relax in the swimming holes of Texas.

Of all three disciplines in triathlon, swimming is the one dreaded the most by age-group triathletes, many of whom have had little formal experience in the water. Fortunately, of the three sports, swimming might be the easiest in which to make improvements. "Triathlon Swimming Foundations" provides a simple, straightforward system developed BY a triathlete FOR triathletes, allowing them to become comfortable and confident in the water using a system of triathlon-specific drills and techniques. Triathletes who follow this program are sure to breathe easily in the water without panic, eliminate sinking legs, gain previously elusive speed, and swim smoothly in a triathlon from the start line right into transition, with plenty of energy left to take on the rest of the race. "Triathlon Taren" Gesell is a triathlete who has become known for his wildly popular Triathlon Taren YouTube page, Instagram account and podcast, where he shares tips, tricks, hacks and time-tested knowledge to help age-groupers get to their start lines confident and their finish lines strong. Based in Winnipeg, Canada, Triathlon Taren is also the head coach of Team Trainiac, a training platform supporting a growing community of triathletes from all around the world.

"An introduction to swimming, including techniques, rules, and the training regimen of professional athletes in the sport"--Provided by publisher.

Total ImmersionThe Revolutionary Way To Swim Better, Faster, and EasierSimon and Schuster

Swimming for Fitness

Fish Swimming

Tales of a Long-Distance Swimmer

Teaching Swimming

Swimming, Swimming

Swimming with Sharks

"Among the topics covered are competition development, development around the United States, rules and technical changes, and leadership (from volunteers to a National Office). Four appendices list major award winners, U.S. National Champions, the results of major international competitions, and U.S. participation in international events"--Provided by publisher.

“A blistering plot and crisp writing make The Night Swim an unputdownable read.” –Sarah Pekkanen, bestselling author of The Wife Between Us In The Night Swim, a new thriller from Megan Goldin, author of the “gripping and unforgettable” (Harlan Coben) The Escape Room, a true crime podcast host covering a controversial trial finds herself drawn deep into a small town’s dark past and a brutal crime that took place there years before. Ever since her true-crime podcast became an overnight sensation and set an innocent man free, Rachel Krall has become a household name—and the last hope for people seeking justice. But she’s used to being recognized for her voice, not her face. Which makes it all the more unsettling when she finds a note on her car windshield, addressed to her, begging for help. The new season of Rachel's podcast has brought her to a small town being torn apart by a devastating rape trial. A local golden boy, a swimmer destined for Olympic greatness, has been accused of raping the beloved granddaughter of the police chief. Under pressure to make Season 3 a success, Rachel throws herself into her investigation—but the mysterious letters keep coming. Someone is following her, and she won’t stop until Rachel finds out what happened to her sister twenty-five years ago. Officially, Jenny Stills tragically drowned, but the letters insist she was murdered—and when Rachel starts asking questions, nobody in town wants to answer. The past and present start to collide as Rachel uncovers startling connections between the two cases—and a revelation that will change the course of the trial and the lives of everyone involved. Electrifying and propulsive, The Night Swim asks: What is the price of a reputation? Can a small town ever right the wrongs of its past? And what really happened to Jenny?

Choose a stroke and get paddling through the human history of swimming! From man's first recorded dip into what's now the driest spot on earth to the splashing, sparkling pool party in your backyard, humans have been getting wet for 10,000 years. And for most of modern history, swimming has caused a ripple that touches us all--the heroes and the ordinary folk; the real and the mythic. Splash! dives into Egypt, winds through ancient Greece and Rome, flows mostly underground through the Dark and Middle Ages (at least in Europe), and then reemerges in the wake of the Renaissance before taking its final lap at today's Olympic games. Along the way, it kicks away the idea that swimming is just about moving through water, about speed or great feats of aquatic endurance, and shows you how much more it can be. Its history offers a multi-tiered tour through religion, fashion, architecture, sanitation and public health, colonialism, segregation and integration, sexism, sexiness, guts, glory, and much, much more. Unique and compelling, Splash! sweeps across the whole of humankind's swimming history--and just like jumping into a pool on a hot summer's day, it has fun along the way.

Swim better—and enjoy every lap—with Total Immersion, a guide to improving your swimming from an expert with more than thirty years of experience in the water. Terry Laughlin, the world’s #1 authority on swimming success, has made his unique approach even easier for anyone to master. Whether you’re an accomplished swimmer or have always found swimming to be a struggle, Total Immersion will show you that it’s mindful fluid movement—not athletic ability—that will turn you into an efficient swimmer. This new edition of the bestselling Total Immersion features: · A thoughtfully choreographed series of skill drills—practiced in the mindful spirit of yoga—that can help anyone swim more enjoyably · A holistic approach to becoming one with the water and to developing a swimming style that’s always comfortable · Simple but thorough guidance on how to improve fitness and form · A complementary land-and-water program for achieving a strong and supple body at any age Based on more than thirty years of teaching, coaching, and research, Total Immersion has dramatically improved the physical and mental experience of swimming for thousands of people of all ages and abilities.

The two-time United States men's Olympic swimming coach details the basics of swimming, the movements of the crawl, backstroke, breast stroke, and butterfly, and programs for in-water and dry-land training

Swimming Holes of Washington

82 Easy Exercises For Learning How To Swim The Four Basic Swimming Strokes

Splash!

No Limits

Swimming in the Sink

A Guide for Beginners and Swimmers

The fourth edition of this classic book provides a comprehensive treatise on the design and construction of swimming pools, both public and private. Significantly revised, it covers planning, materials, design, construction and finishing, water circulation and treatment, energy conservation, maintenance and repairs. This is a standard book for all civil engineers who need to design and construct swimming pools, and a useful reference on the design of water-retaining structures.

Among the fishes, a remarkably wide range of biological adaptations to diverse habitats has evolved. As well as living in the conventional habitats of lakes, ponds, rivers, rock pools and the open sea, fish have solved the problems of life in deserts, in the deep sea, in the cold antarctic, and in warm waters of high alkalinity or of low oxygen. Along with these adaptations, we find the most impressive specializations of morphology, physiology and behaviour. For example we can marvel at the high-speed swimming of the marlins, sailfish and warm-blooded tunas, air-breathing in catfish and lung fish, parental care in the mouth-brooding cichlids and viviparity in many sharks and toothcarps. Moreover, fish are of considerable importance to the survival of the human species in the form of nutritious, delicious and diverse food. Rational exploitation and management of our global stocks of fishes must rely upon a detailed and precise insight of their biology. The Chapman & Hall Fish and Fisheries Series aims to present timely volumes reviewing important aspects of fish biology. Most volumes will be of interest to research workers in biology, zoology, ecology and physiology but an additional aim is for the books to be accessible to a wide spectrum of non-specialist readers ranging from undergraduates and postgraduates to those with an intrerest in industrial and commercial aspects of fish and fisheries.

Leo, Lola’s little brother from Leo Loves Baby Time, is back in a new adventure at the pool. Leo loves the water! Leo and Daddy go to swim class where they kick, bounce, splash around, and dive like little fish. Joining other babies and their caretakers in the pool is a guarantee for unforgettable fun. This sweet story full of action and sound effects is a gentle introduction to pool facilities and parent-child swim lessons with a cast of diverse families who love to splash and play together. Keep an eye out for Leo's other adventures!

Never before has one book taken such a comprehensive look at the evolution, science, and coaching application of competitive swimming. In Breakthrough Swimming, legendary swimming coach and researcher Cecil Colwin provides a rich perspective on the development of the sport and explains major advances in stroke mechanics, training methods, and racing techniques. Accompanied by richly detailed illustrations, this engaging text is one of the most insightful written works on the sport. It makes clear sense out of the scientific principles and puts into context the historical changes in the sport. Not only will you gain a greater understanding of competitive swimming through its origins and evolution, but you'll also gain these valuable skills: - Improve your stroke technique, starts, and turns. - Improve your feel of the water by learning to anticipate and effectively manipulate the reacting flow of the water. - Understand the hydrodynamics of swimming and learn how water reacts to the forces you apply with each swimming stroke. - Improve your conditioning and develop a better training program by understanding the principles of training. - Learn how to design different types of workouts to produce specific physiological effects. - Learn how to plan a seasonal program and how to relate your training to the pace of the race you intend to swim. The book includes a chapter contributed by Dr. David Pyne, sport physiologist to the 2000 Australian Olympic swimming team. Pyne covers the physiology of modern swimming training and the preparation of swimming teams for top-flight international competition. Breakthrough Swimming covers every aspect of competitive swimming from its spawning ground in early 19th-century England to the present day, including the profound changes that occurred in the last decade of the 20th century. The book also explains the societal changes of recent years, such as the advent of professional swimming and the specter of performance-enhancing drugs. Combining history with the latest innovations, Breakthrough Swimming is the definitive work on the past, present, and future of competitive swimming.

Swimming is one of the most beneficial and refreshing ways to exercise. However, many swimmers miss the greatest benefits of the sport. These swimmers train by swimming continuously for an allotted time or for a specified distance. By organizing and structuring their time in the pool, swimmers can greatly increase the benefits and enjoyment they derive from their workouts. Swimming for Fitness is a complete guide to developing a swimming program. Topics include goal setting, choosing a facility, structuring a program, equipment, organizing workouts, open water swimming, tips on stroke mechanics, pool etiquette and dealing with minor ailments. The book includes sample workouts for swimmers of all levels, from beginners to experienced swimmers. Also included are examples of swimming drills, stretching exercises and tips on staying motivated. Swimming for Fitness is a complete guide to designing a swimming program to get in shape, stay in shape and feel great!

CORRECTION OF ERRORS AND INCREASING THE FRONT CRAWL SWIMMING TECHNIQUE EFFICIENCY OF STUDENTS OF PHYSICAL EDUCATION AND SPORT

Muskrat Will Be Swimming

Collaborative Approaches to Watershed Management

Breakthrough Swimming

The Mechanics and Physiology of Animal Swimming

A Novel

Nemo the clownfish is worried that he's not a strong enough swimmer to compete on his school's swim team. But when his friend Dory encourages him to just keep swimming, Nemo realizes that he can do anything he puts his mind to. Based on Disney/Pixar Finding Nemo, this Step 1 Step into Reading leveled reader is perfect for children ages 4 to 6 who are just learning to read on their own.

NATIONAL BESTSELLER • In this extraordinary book, the world’s most extraordinary distance swimmer writes about her emotional and spiritual need to swim and about the almost mystical act of swimming itself. Lynne Cox trained hard from age nine, working with an Olympic coach, swimming five to twelve miles each day in the Pacific. At age eleven, she swam even when hail made the water “like cold tapioca pudding” and was told she would one day swim the English Channel. Four years later—not yet out of high school—she broke the men’s and women’s world records for the Channel swim. In 1987, she swam the Bering Strait from America to the Soviet Union—a feat that, according to Gorbachev, helped diminish tensions between Russia and the United States. Lynne Cox’s relationship with the water is almost mystical: she describes swimming as flying, and remembers swimming at night through flocks of flying fish the size of mockingbirds, remembers being escorted by a pod of dolphins that came to her off New Zealand. She has a photographic memory of her swims. She tells us how she conceived of, planned, and trained for each, and re-creates for us the experience of swimming (almost) unswimmable bodies of water, including her most recent astonishing one-mile swim to Antarctica in thirty-two-degree water without a wet suit. She tells us how, through training and by taking advantage of her naturally plump physique, she is able to create more heat in the water than she loses. Lynne Cox has swum the Mediterranean, the three-mile Strait of Messina, under the ancient bridges of Kunning Lake, below the old summer palace of the emperor of China in Beijing. Breaking records no longer interests her. She writes about the ways in which these swims instead became vehicles for personal goals, how she sees herself as the lone swimmer among the waves, pitting her courage against the odds, drawn to dangerous places and treacherous waters that, since ancient times, have challenged sailors in ships.

An illustrated version of the song which describes four friends who swim together.

In No Limits, Michael Phelps - perhaps the greatest Olympic competitor the world has ever seen - will show us the secrets to his remarkable success, from training to execution. Behind his tally of Olympic gold medals - more than any athlete throughout history - lies a consistent approach to competition, a determination to win, mental preparation, and a straightforward passion for his sport. One of his mottos is 'Performance is Reality', and it typifies his attitude about swimming. No Limits goes behind the scenes to explore the hard work, sacrifice, and dedication that catapulted Phelps into the international spotlight. Phelps will share remarkable anecdotes about family, his coach, his passion for the sport, and the wisdom that he has gained from unexpected challenges and obstacles. Highlighting memorable races and valuable lessons from throughout his career, Phelps offers candid insight into the mind and experiences of a world champion. No Limits will inspire anyone to follow their passion straight to the finish line.

A collection of humorous poems about such underwater creatures as the starfish, piranha, and clam.

Science of Swimming Faster

Synchronized Swimming

Triathlon Swimming Foundations

Fun and Effective Instruction

Design and Construction, Fourth Edition

The Night Swim

If you're new to swimming or just want to swim better, then this book is for you!Here are a few reasons why you should swim: ? You get a serious workout? You can get a killer Olympic swimmer body? You have a survival skill that can save you or someone else from drowning ...and more!And her

The Swimming Drill Book

The Swimmers

Assessments and Activities for Teaching Swimming

Swimming with Elephants
The Swimming Holes of Texas
Swimming Studies