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Developing Swimmers



Synopsis

Talent, skill, and a passion to compete: These are the characteristics that define elite-level swimmers. But as the sport's best coaches know, even the most gifted of athletes won't develop these traits without a plan—one that recognizes talent, develops skills, and nurtures success. *Developing Swimmers* is the only book to offer a comprehensive, long-term plan beginning at an age-group level. Renowned coach Michael Brooks shares the insights, secrets, and strategies that have transformed his athletes and swim teams from novice competitors to distinguished champions. *Developing Swimmers* will show you how to -evaluate and identify talent in even the youngest swimmers; -establish realistic yet challenging short- and long-term goals for your athletes; -assess and refine strokes for greater power and efficiency; -improve starts, turns, and finishes for faster times; -structure positive and productive practices for swimmers and swim teams; and -foster your swimmers' passion, bolster commitment, and instill winning attitudes. From motivation to meet management to race-day tactics, *Developing Swimmers* covers it all. It is the guide every coach should have on the shelf. With *Developing Swimmers*, you will improve the performance of your swimmers—and your entire team.

Book Information

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Customer Reviews

“Coaches will find *Developing Swimmers* an invaluable resource in their efforts to evaluate talent, define realistic goals, and establish performance measures. Use this guide to set a successful plan for each swimmer.” Jim Schmutz -- Executive Director, American Sport Education Program
“In *Developing Swimmers*, Michael Brooks delivers more than two

decades of proven results with athletes. Coaches will use this book time and again to improve their swimmers' performances. • Chuck Batchelor -- Head Coach, Bluefish Swim Club

Michael Brooks is the veteran of more than 20 years of year-round club, high school, summer league, and country club swim coaching. He has worked with all levels, from novice to Olympic Trial athletes. He coaches swimmers ages 8 to 18 so that he can keep the beginning, middle, and end of swimmer development in mind at all times. Since October 2006 Brooks has been head coach of the York YMCA swimming team in York, Pennsylvania. Before that, he spent two years as the head age-group coach of the Brophy East swimming team in Phoenix, Arizona, and five years as head coach of the York site of the North Baltimore Aquatic Club (Michael Phelps' home club), where he worked with renowned coaches Murray Stephens and Bob Bowman. Brooks was named both the state Age-Group Coach of the Year and the High School Coach of the Year two times, as well as Coach of the Meet at the YMCA National Championships. His swimmers have raced to well over 150 national top 16 and top 10 rankings, scores of Far Western and zone championships, and hundreds of state championships in all events on the program. Brooks resides in York, Pennsylvania.

A great resource for any swimmer or coach to read. Michael Brooks is an extremely talented gifted brilliant man who wants the best and gets the best out of his swimmers. He is respectfully feared and loved by his swimmers and coaches.

Very good book for coaches. It is a great place to start for beginning coaches and gives good ideas for those who have been coaching for years.

5 Stars,... a great read and covers age group coaching from all angles, motivation, parents, race tactics, technique and best of all the author conveys his wealth coaching experiences. Recommend for all coaching levels specifically the junior coach and anyone just starting out in their coaching career.

I would recommend this book to anyone who is serious about their coaching or swimming career. Excellent

Very good book. Lots of information to learn from. Recommend it.

Parents, if you are new to the sport or wonder why coaches do the things they do this is tool for you. This book explains the process/journey you and your child will experience. Great book!

Best book out there for coaching, period!

This book is detailed, yet concise. The author gives excellent insight in the opening chapters with detailed descriptions of all strokes and technique in the later chapters. Worth the money.

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