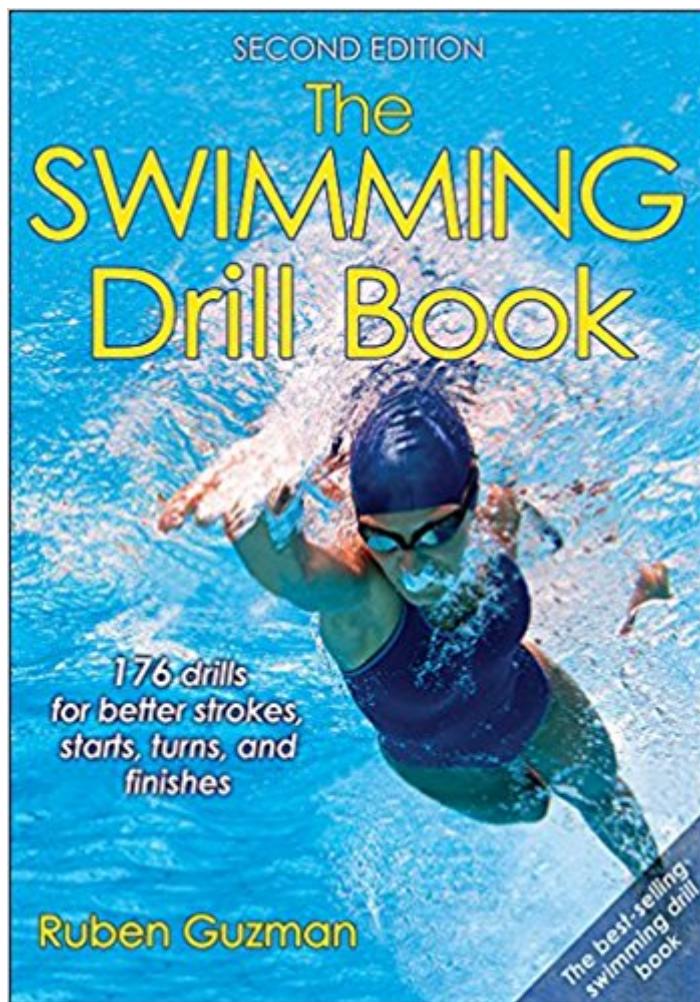


The book was found

Swimming Drill Book 2nd Edition, The



Synopsis

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.

Book Information

Paperback: 368 pages

Publisher: Human Kinetics; 2 edition (March 30, 2017)

Language: English

ISBN-10: 1492508365

ISBN-13: 978-1492508366

Product Dimensions: 6.9 x 0.8 x 9.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #638,469 in Books (See Top 100 in Books) #147 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #1461 in Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment #1608 in Books > Sports & Outdoors > Water Sports

Customer Reviews

Ruben Guzman is a United States Swimming (USS) coach for age-group swimmers. He has coached swimming for over 35 years at the summer recreational, high school, collegiate, and competitive year-round USS levels. Over the years, Guzman's teams have won numerous championships, and dozens of his swimmers have gone on to compete at the collegiate level. His athletes have advanced to nationals and Olympic trials. Recognized worldwide as an expert in

stroke technique, Guzman served as the stroke specialist for the California Capital Aquatics team and worked closely with retired head coach Mike Hastings, an assistant coach on the 1992 U.S. Olympic team. In 2008, what was to be his final year of coaching at the high school level, Guzmanâ™s swim team at Christian Brothers High School (Sacramento, California) qualified 22 of its 33 swimmers for the state championships. Ever the teacher, in 2016, Guzman came out of retirement to coach his sonâ™s high school team. He continues to conduct clinics and trainings for swim teams and coaches. Guzman holds a bachelorâ™s degree in biological sciences from California Lutheran University and a masterâ™s degree in public health from UCLA, specializing in behavioral sciences and health promotion. In addition to his swimming expertise, Guzman is author of the book *Evolving Health* and is a professional speaker and consultant specializing in leadership development, communication, health promotion, and productivity for leaders and their organizations.

Straight forward and to the point, great resource for skills and drills that slip away over time.

[Download to continue reading...](#)

Survival Swimming: Swimming Drills to Learn and Improve on the Five Best Swimming Strokes for Survival (Survival Fitness Series Book 4) Swimming Drill Book 2nd Edition, The The Baseball Drill Book (The Drill Book Series) The Women's Basketball Drill Book (The Drill Book Series) The Hockey Drill Book (The Drill Book Series) The Tennis Drill Book (Tennis Drill Book, Paper) The Tennis Drill Book (The Drill Book) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Drill Here, Drill Now, Pay Less: A Handbook for Slashing Gas Prices and Solving Our Energy Crisis SWIMMING: The Ultimate Guide to Mastering the Four Major Swimming Strokes The Swimming Triangle: A Holistic Approach to Competitive Swimming Teaching Swimming: Teach & Coach Swimming The Swimming Psychology Workbook: How to Use Advanced Sports Psychology to Succeed in the Swimming Pool Swimming: Swimming Made Easy: Beginner and Expert Strategies for Becoming a Better Swimmer Triathlon Swimming Made Easy: The Total Immersion way for anyone to master open-water swimming The Hockey Drill Book - 2nd Edition Hockey Drill Book 2nd Edition, The Tennis Drill Book-2nd Edition, The Wrestling Drill Book-2nd Edition, The Volleyball Drill Book, The

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help