

SYAC Lending Library

Books

Swimming(History of Sports Series)

Pub. Date January 2003, 96 pgs.

Describes the origins of swimming and the evolution of the strokes and rules of competition, and highlights stars of the sport.

DVDS AND CDS

Successful Sport Parenting CD (Windows OS)

This is an interactive CD with unique sections for parents, coaches and club administrators. The CD is aimed at enhancing the parent-coach-club triangle of support. Watch interviews with coaches, parents and athletes, learn from presentations and download documents on every topic involved in sport parenting. Parents: learn the “do’s and don’ts” of sport parenting as well as how to support your athlete through all stages of athlete development and how to communicate with your child’s coach. Coaches: learn how to develop a healthy and productive coach/parent relationship and get tips on handling difficult parents. Club: learn how to engage parents in all aspects of club organization.

OFFICIATING SWIMMING

2008 USA SWIMMING training video in which athletes demonstrate correct and illegal execution of all strokes.

Philosophy Of Swimming Officiating DVD

This video is a must in training officials on the philosophy of being a professional while working with coaches and athletes. Dr. Mallery has developed this philosophy over the years and given many presentations at workshops around the country with great success. Filmed at the Lake Placid Officials Training Clinic in May 2000. DVD .

Officially licensed

Running time: 58 minutes

Core Body Strength Training DVD

20 minute video emphasizes the importance of core strength in swimming and demonstrates a series of excellent exercise progressions that athletes can use to improve this area. Includes commentary by Jonty Skinner (USA Swimming National Team Technical Support Director), discussion of useful equipment, and demonstrations of more than 20 safe exercises that can be added to a dry land program. (DVD)

Officially licensed

Running time: 19 minutes

Shoulder Injury Prevention

Coaches Quarterly contains a number of exercises to develop the shoulder for optimal shoulder function. CD or booklet (19 pages)

Swim Fast Series:

Tips and Techniques from USA Swimming Star Athletes and Top Coaches

Swim Fast Freestyle with Lindsay Benko and Mark Shubert

Swim Fast Butterfly with Michael Phelps and Bob Bowman

(as of June 17, 2010)