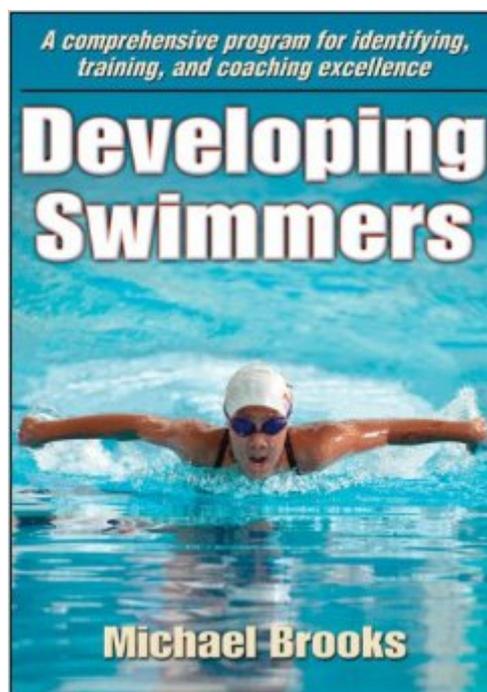


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# Developing Swimmers



## 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. v

## Book Information

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## Customer Reviews

I love this book. The writing style is clear, organized and more than informative. It is influential and inspiring. Not a lot of new information in the technical department, though I did pick up some gems in descriptive vocabulary on some difficult to teach skills. As a technique first coach myself, What I find most appealing in this book is his approach to coaching philosophy. It is more to my taste than most

things I've read previously. I will incorporate many of his suggestions in practice organization and set building this upcoming season.

This is the best book on Age Group swimming that I've read since Howard Firby's book. A must have contribution to any swimming coaches library. After reading mine, I ordered 10 more copies so my staff (present and future) can all have their own copy. Thanks, Mike.

This book is a great resource book for swimmers as well as coaches. It is very well-written and easily understood, with many pictures included throughout. It includes sections on stroke-specific technique, drills, how to race certain events, stretching, and even the psychological aspects of swimming. Highly recommend this book for coaches and swimmers alike.

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.

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 lived by his swimmers and coaches.

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!

This book offers experienced coaches a blue print to a new idea of hard work and consistency. It is the ultimate challenge and path forward for coaches that like to understand why they do what they do. I love this book.

Among the best on swimming, it reveals the most helpful principles and technique for smooth, effortless, controlled and graceful swimming. It tells about maximizing momentum, something which many swimmers are not aware of though it is of the utmost importance. The author's clear explanation clears us of all the doubts that we might have as swimmers or coaches. Personally, after reading the book, my swimming has improved by leaps and bounds. Amazing! It's most

recommended for all swimmers and coaches!

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