

Competitive Swimming

Lisa Bier

Below the Surface John Lohn,2021-06-09 This book is the first complete history of swimming that looks at multiple aspects of the sport, including the top swimmers, major moments, controversies, developments, innovations, and more. Leading up to the 2020/2021 Olympic Games, it is the most up-to-date resource on competitive swimming.

Competitive Swimming: an Insider's Guide Lunn Lestina,2012-05-03 A retired world class swimmer gives you an insider's secrets on competitive swimming. Tips and techniques for better starts and turns Detailed explanations of optimal form for all strokes and how to achieve it Find your hidden strengths based on your body type and features Race day nutrition, warm up, and general preparation How to get goggles that fit perfectly and don't fall off or leak Compensating for different pool sizes, types and temperatures Preventing ailments, from swimmer's ear to tendonitis These tips and many more will help you to swim faster, better, and more effectively. Improve your form, avoid injuries, and shave seconds off your times.

Historical Dictionary of Competitive Swimming John Lohn,2010 Historical Dictionary of Competitive Swimming examines the sport since its inception as an athletic event through a chronology, an introductory essay, a bibliography, and appendixes that detail Olympic and World Championships medal winners. The dictionary section contains more than 500 cross-referenced entries on individuals, major competitions, competitive strokes, and countries that have enjoyed significant success in the sport. --Book Jacket.

Competitive Swimming David H. Robertson,Athletic Institute,Bruce Harlan,1958

The 100 Greatest Swimmers in History John Lohn,2018-08-24 In *The 100 Greatest Swimmers in History*, John Lohn profiles some of the biggest names the sport has ever seen, from Mark Spitz and Tracy Caulkins to Katie Ledecky and Michael Phelps. Each swimmer is ranked based on achievements such as Olympic medals, world and European championships, and world records. Lohn provides insight into how these swimmers became the best in their sport by detailing their accomplishments, finest performances, records, and noteworthy biographical information. This new, updated edition contains results from the two most recent World Championships and the 2016 Olympic Games, and while many athletes further cemented their top-100 status, some newcomers also made their way into the rankings—including Katie Ledecky, who launched herself high up the list with her dominating performances. *The 100 Greatest Swimmers in History* also features a new section highlighting the top coaches in the sport and includes multiple appendixes that serve as wonderful references for information such as world and Olympic medal counts of the profiled swimmers. Fans, coaches, athletes, and sport historians alike will find this an indispensable resource.

The Most Memorable Moments in Olympic Swimming John Lohn,2014-08-14 This book brings to life the most memorable Olympic swimming moments in history, ranging from the early days of the games to the present. It describes in detail the best races and rivalries as well as the best stories of the Olympic Movement.

Sports Illustrated Competitive Swimming Mark Schubert,1989

Pooling Talent Matthew De George,2014-07-02 *Pooling Talent* highlights relay teams, squads, and programs spanning nearly a century of competitive swimming. From the 1976 U.S. Women's 400 Freestyle relay to the 2001 Australian squad, and even including the North Baltimore Aquatic Club that has trained some of swimming's top athletes, Matthew De George details these amazing assemblages of talent. De George delves into the intricate interplay between team and individual success, how four opponents can mesh quickly into a team and meet the challenges of performing as one. Certain accomplishments, even by some of the most illustrious names in the lexicon of swimming greats, can only be explained through the lens of the teams supporting them—Michael Phelps would never have earned a record eight gold medals in the 2008 Olympics were it not for his teammates' world-record setting efforts in the 400 freestyle. Each chapter in *Pooling Talent* examines a separate relay team, national squad, or program, profiling the top swimmers, detailing their best moments, and examining what made that team so successful. Extensively researched, this book takes a novel look at swimming accomplishments old and new, casting the accolades of individuals in a fresh light.

Duels in the Pool Matthew De George,2013-07-05 An individual sport at its core, swimming is defined by iconic rivalries such as those between Ian Thorpe and Grant Hackett, Michael Phelps and Ryan Lochte, and Jenny Thompson and Dara Torres. Spanning nearly 100 years, this book highlights the best of these contests, including individual showdowns, team battles, friendly competitions, and heated political rivalries. From their early beginnings through the highlights of their careers, this book follows the top athletes in the sport and the rivals who pushed them to the pinnacle of swimming. Exhaustively researched, *Duels in the Pool* includes original interviews and rich details, shining a light on some of the sport's finest athletes and the rivalries that propelled them to greatness. This book will appeal not only to sports historians and researchers but also to fans of swimming at every level.

Breakthrough Swimming Cecil Colwin,2002 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.

Competitive Swimming Mark Schubert,1996

Competitive Swimming Hamilton Bland,1979 Schwimmsport, Wettkampf, Start, Wende, Schwimmart, Trainingsplanung.

Breakthrough Swimming Cecil M. Colwin,2002-02-20 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

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The Swimming Triangle Nick Baker, 2012-10-08 The Swimming Triangle: A Holistic Approach to Competitive Swimming is a unique, innovative, and essential guide to achieving superior mental, technical, and physical fitness in one of the world's greatest sports. Whether you're a coach or a swimmer, former Olympic coach Nick Baker's wholly integrated approach can help you maximize your true potential. In this book Coach Baker offers proven, results-oriented methods for gaining—and keeping—a competitive edge, including: 75 winning mental concepts to use in training and competition 75 elite-level technical concepts A complete breakdown of all starts, strokes, turns, and finishes More than 100 stroke errors to avoid 100 progressive stroke drills 30 sample practices for novice-, junior-, and senior-level swimmers Intensive dry-land training circuits More than 100 strength and flexibility exercises

Competitive Swimming as I See it Steve Clark, 1967 Schwimmen, Training, Trainer.

Fighting the Current Lisa Bier, 2011-09-07 In 1926, Gertrude Ederle became the first female to swim the English Channel—and broke the existing record time in doing so. Although today she is considered a pioneer in women's swimming, women were swimming competitively 50 years earlier. This historical book details the early period of women's competitive swimming in the United States, from its beginnings in the nineteenth century through Ederle's astonishing accomplishment. Women and girls faced many obstacles to safe swimming opportunities, including restrictive beliefs about physical abilities, access to safe and clean water, bathing suits that impeded movement and became heavy in water, and opposition from official sporting organizations. The stories of these early swimmers plainly show how far female athletes have come.

The Swimming Drill Book, 2E Guzman, Ruben, 2017-03-01 The best-selling drill book in the sport is now updated, expanded, and improved. More than 175 drills, accompanied by detailed illustrations, will help coaches and swimmers master every skill. Drills for strokes, starts, turns, and finishes, as well as for buoyancy and body balance, breathing and kicking, and sculling, are bolstered by new chapters on poolside strength training and open-water swimming.

The Medical Aspects of Competitive Swimming for Coaches, Parents and Swimmers James Todd Allardice, 1972

Swimming for Women Louis de B. Handley, 1924

Swimming Studies Leanne Shapton, 2016-05-24 A collection of autobiographical sketches that explore the worlds of competitive and recreational swimming. From her training for the Olympic trials as a teenager, to meditative swims in pools and oceans as an adult, Shapton contemplates the sport that has shaped her life.

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