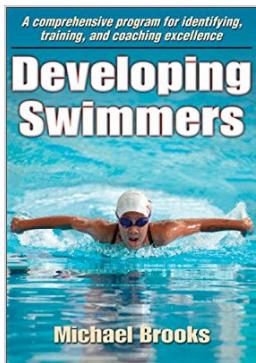


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## Developing Swimmers

By Michael Brooks

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### Developing Swimmers By Michael Brooks

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.

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*“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

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