

Housekeeping: Print your ISCA Membership Certificate (1)

SKILLS, DRILLS

Swim Drills

Breastroke

Breastroke Drills and Technique

Breastroke Coaching with Nort

How to Analyze Breaststroke Swimming

Breaststroke Pullout Rules

Backstroke

Backstroke Flashback: Stand-up starts, underwater kicking rules, Berkoff and Bernal

Butterfly

Butterfly with Hand Paddles

Hirofumi Shimojo Discusses Dolphin Kick Frequency

Motor Learning the Dolphin Kick

Finishing the Freestyle Swimming Stroke

Freestyle

Body Torque in Freestyle and Backstroke

Swimming Turns and Starts Guide to Glide and Depth

3 Tips for Elite Swimming Turns

Relay Starts: Technique and Championship Implications, Part II

SSP 005: College Swimming, Starts, Turns, Nutrition, and Much More with Brett Hawke

Clone of Freestyle

Paddles

SSP 012: Correcting Biomechanics, Louisiana Swimming, and Swimming Mentorship with Braden Holloway

SSP 014: Swimming Analysis, Video Recording, GoSwim.tv, and much more with Glenn Mills

SCIENCE, RESEARCH

Thoughts regarding Lactate Tolerance Testing

Swimming Science — Review and Links

Athlete Heart Rate Variability with Dr. Martina Maggioni, Ph.D.

Hydrodynamic Forces During Freestyle

Inertial Sensors in Swimming

Dryland Training, podium talk by JR Rosania

Effects of Oxygen Levels on the Brain

SSP 001: Welcome to the Swimming Science Podcast

Analysis of a swimmer's hand and arm in steady flow conditions using computational fluid dynamics

Swimming Sensory Integration

Placebos and Performance with Dr. Ramzy Ross

Journal Articles

More Research on Altitude Training for Swimmers with Dr. Ferran Rodríguez

Hand and arm acceleration and deceleration

Skill Acquisition and Injury Prevention, podium talk from Rod Havriluk, Ph.D.

PSYCH

Resume practices after Covid-19 with Wayne Goldsmith

Building confidence

10 to 1 countdown from Zen Zone Digital

People and Performance under Pressure by Wayne Goldsmith

Attitude Adjustment

Stay happy and healthy. Wellness tips for coaches from Wayne Goldsmith

Season Planning for Mental Training

Mental Prep for Swim Racing (short video promo)

Motivational gimmicks (1)

Motivation in Swimmers with Francisco Javier Fernandez Rio

Mind Body Readiness, podium presentation from Dr. John Heil

MANAGEMENT, MASTERS

Developmental Program: Transition from lessons to swim team

Common myths about successful training program by Baliaev

Sports Nutrition for Swimmers

Little Rock: A look at club organization, LRRC

Why Water Polo with Bruce Wigo

Tom Jager, 3-time Olympian, interview on his training

SSP 007: Recruiting, Coaching Education, and Coach Development with Ray Looze

Coaching Masters Swimmers, the pros and cons

Changes with the aging faces of swimming

Start a masters swim team

Masters Swimming: 2014 FINA World Top-10

Determinants of Masters Swimming Performance: Part II

SSP 019: Life After Sport, Training Lifetime Champions (TLC), and Long Term Athletic Development with Dr. Shawn Sorenson

Effect of Full Body Suits on Swimming

SSP 020: Learn if Circumin Reduces Inflammation, Whether Inflammation is Helpful, and If Athletes Take too Many NSAIDS with Dr. David Rowlands

SSP 016: USRPT, HCLEF, and Self Experimentation with the Screaming Viking, Shawn Klosterman

Swimming Hopes Dashed

SSP 017: Season Swimming Planning, Swimming Workout Design and Much More with Paul Yetter of T2 Aquatics

Smoke and Mirrors: When a Swimmer has False Expectations

SSP 010: Club Swimming, Swimming Mentorship, Swimming Rehabilitation and Much More with Dynamo Head Coach Jason Turcotte

Notes from Mike Bottom ASCA Lecture (Putting Together a Championship Team) Part II

Notes from Mike Bottom ASCA lecture (Putting Together a Championship Team): Part I

TritonWear: Real Data in Real Time

WHOOP: Improve your recovery skills

Notes from Gregg Troy ASCA Lecture (“Garbage Yards and Other Things that Work”): Part I

5 Hot Swimming Topics for Elite Swimmers

Effect of Strength Training on Shoulder Proprioception

Swim Practice Protein Intake

Looking back, from graduation to an earlier moment in time with the home pool

Comparison of the Short Course Meters Woman’s 100 Breaststroke World Record

Lean Body Mass Predicts Sprint Success in Youth Swimmers

Heart Rate Variability and Sprint Performance

Visual Feedback in Swimming

SSP 022: Coaching Olympians, College Swimming, and Transitioning Elite High School Swimmers into College Programs with Greg Meehan

Australian Success: Observations of Pre-Olympic Preparation by Wayne Goldsmith (2000)

Marketing Your Program

We, not me! Article by Wayne Goldsmith on selflessness making swim teams great.

Coach Owned Club

Effective Use of Video Equipment

Calling USA, is anyone listening?

Swimming Efficiently — Womb to the Tomb

Benefits of Learning to Swim from a Young Age

Benefits of Having a Swim School

Getting Better at Getting Better

Coaching the Team's Parents

Building a great team of swim parents

Leadership. Anyone can lead. Article by Wayne Goldsmith

Balancing Participation and Performance: How to build and grow successful client-focused programs

RACING

Race Analysis of Olympic Events

Middle Distance Swimming

Why Katinka Hosszu Went Out so fast at World Championships in the 200 Butterfly

Summary of Doha 2014 Swimming World Championships

Gracie Belmonte 200 Fly World Record

End of Race Perception in Swimmers

Florent Manaudou 50m Power

Championship Meet Evaluations

Abbey Weitzeil 100 Free American Record Race Analysis and Video

Long Course vs. Short Course Swimming: Part III

Optimizing the use of technology in effective sports coaching

Hannula's Speech at the NISCA Clinic

Bits and pieces

COACHING CULTURE

What Makes a Great Coach?

Back to basics

Coaching Champions

Developing a coaching philosophy

Beyond the Xs and Ys

Culture

Be your coaching best

SSP 018: Swimming Club Culture, Continuing Education, and Dealing with Difficult Swimmers with Chris Plumb of Carmel Swim Club

Building and Growing a client-focused swim program, by Wayne Goldsmith

Choices

Coach Dave Ling: The Art of Making Mistakes

The art of swim coaching: Connecting, Engaging, Inspiring, Changing

Sports Coaching in 2030.

Diversity lesson

Shoulder stress and injury, podium highlight from John Mullen

Goal Attainment form from the Lady Eagles

Coaching Intangibles

Coaching Clinics

Deliberate Practice. Podium presentation from Dr. Rod Havriluk

Paper by David Pyne

Starting again and building a successful coaching career

Communicating with swimmers

Coach and Manager

Swim Coaching 101

TRAINING & EXERCISES

Season planning

Maximizing Tapers from FINA podium talk

Functional Movement Screen for Swimming Performance

SSP 004: Swimmer's Shoulder Rehabilitation, Injury Prevention and Much More with Dr. Tracy Spigelman

Broken 200s. Let's count the ways.

USRPT Science and Standards of Evidence

Notes from Gregg Troy ASCA Lecture ("Garbage Yards and Other Things that Work"): Part II

The Importance of Proprioception Training

Optimizing Dryland Training: Installment 1

Optimizing Dryland Training: Installment 2

25 things you can do to stay in 'The Zone' and get fighting fit when you can't swim

High Intensity Swimming, More Positive Research, Have you Tried it Yet?

Pull-Up Progressions and Regressions, Part II

Heart Rate Variability and Sprint Performance

SSP 006: Dryland, Injury Prevention, Recovery, and Much More with Keenan Robinson

4 Strategies for the Prevention of Swimming Overtraining

Overtraining by Maglischo

Hell Week and Swimming: Part III

Expectations of swimmers ages 13 to 18, from Mark Schubert

Strongman Training for Swimming Dryland Workouts: Part II

7 Ways to Reduce Swimming Low Back Pain

More Information on High Intensity Swimming Training

SSP 008: Strength and Conditioning for Swimmers with Dr. Lee Brown

HIT for Swimmers

High Intensity Training for Swimmers

Aerobic Training Sets from a number of coaches

All You Need to Know about Partial Squats

4 Fundamental Shoulder Exercises for Swimmers

Aerobic Contribution in Sprint Swimming

Dryland Mistake: V-Ups

Sprint Training with Paul Blair

ETHICS, WARNINGS FROM THE BAD, NEGATIVE AND HORRIBLE REALM, INJURIES, PAIN

Injury Rates in College Swimmers

Dealing with hypermobility in swimmers

SSP 013: Injury Screening, Progressions and Regressions, and Dryland for Swimmers with Allan Phillips, CSCS

A Swimmer's Guide to Pain: Part II

Abstract: Sport Advocacy: Challenge, Controversy, Ethics & Action

Rohan Taylor, Head Swim Coach, Australian National Team

Drug Busts

Breath Holding Underwater Guide: Metabolic Effects and Safety in Swimming

No Hazing! Never in Sports

INTERVIEWS

Interview with former, celebrated North Dakota Coach, Mike Stromberg

Interview: Mark Schubert

Chad le Clos of South Africa

Jim Steen Interview

Thank You, Coach! Bob Gillett passes away.

Yash Daryanani, Coach in Suriname

New Lesson

New Section Heading

FINAL QUIZZES

Q

Swim Club Survey for building a client-focused program from Wayne Goldsmith