

RESOURCES

The Swimming Expert

www.TheSwimmingExpert.com

The swimming expert provides useful tips, resources and information to help you improve your swimming. The website continues to expand over time and provide plenty of information for swimmers of all ages, coaches and parents.

Swimming for Parents

www.SwimmingForParents.com

Swimming for Parents is an excellent resource for all swimming parents. The book 'Swimming for Parents' has been written for an international audience and is the number one selling book on this topic in the world.

There is also a great resource section www.SwimmingForParents.com/resources that includes information for club websites and how to join the Swimming For Parents affiliate program, where you can make money for your swimming club for every book sold.

Nutrition for Swimmers

www.NutritionForSwimmers.com

All children who participate in the sport of swimming can greatly benefit from sports nutrition. As swimming is based on strength, power, endurance and agility, a swimmer can eat a tailored diet based on their training and competition requirements.

As well as the benefits an athlete will enjoy from improving their sports nutrition habits, adolescence is also a great time to introduce and reinforce good overall nutritional habits for the future years. Nutrition for Swimmers is an ebook that can be used as a guide for families on what to eat when and specifically focuses on eating guidelines around swimming training and competition programs.

Swim Freestyle Fast

www.SwimFreestyleFast.com

The Swim Freestyle Fast website provides information on freestyle technique including tips and drills to swim better freestyle.

There are also a range of DVDs available that look solely at freestyle and provide drills and skills for swimmers, parents and coaches.

Swim Backstroke Fast

www.SwimBackstrokeFast.com

The Swim Backstroke Fast website provides information on backstroke technique including tips and drills to swim better backstroke.

There are also a range of DVDs available that look solely at backstroke and provide drills and skills for swimmers, parents and coaches.

Swim Breaststroke Fast

www.SwimBreaststrokeFast.com

The Swim Breaststroke Fast website provides information on breaststroke technique including tips and drills to swim better breaststroke.

There are also a range of DVDs available that look solely at breaststroke and provide drills and skills for swimmers, parents and coaches.

Swim Butterfly Fast

www.SwimButterflyFast.com

The Swim Butterfly Fast website provides information on butterfly technique including tips and drills to swim better butterfly.

There are also a range of DVDs available that look solely at butterfly and provide drills and skills for swimmers, parents and coaches.