

UTAH SWIMMING LIBRARY

Items are available for 1-month checkout by UTAH clubs, coaches and officials at no charge. Contact Kanani Wells or 801-225-3463

Books

1. Laughlin, Terry and John Delves. Total Immersion. New York: Fireside 1996.
2. USA Swimming. Club Fundraising Idea Book.
3. USA Swimming. Excellence in Club Administration Handbook

DVDs and Videos

1. Australian Swimming Coaches & Teachers Association: Core Body Strength with Coach Scott Volkers Mobility and Flexibility, (VHS) Joben Media Productions
2. Butterfly Technique, Dave Marsh, (VHS - ? minutes) Championship Productions
3. Designing a Sprint Training Program, Dave Marsh, (VHS- ? minutes) Championship Productions
4. Dreams of Glory
5. Freestyle Technique, Dave Marsh, (VHS) Championship Productions
6. Officiating Swimming: Official's Training Video, (VHS – 43 minutes)
7. Sports Mental Training, (VHS 45 minutes)
8. Strength Training and Conditioning for Swimming, Dave Marsh, (VHS – ? minutes) Championship Productions
9. Stroke Techniques for Swimmers From Age 8 to 80, Swim Smarter, Swim Faster with Richard Quick and Skip Kenney, (VHS – 60 minutes) TDC, Ltd, and Paolisso Communications: 1989.
10. Surviving Competition: The Difference Between Female & Male Athletes in Competitive Situations, Kathleen DeBoer, (VHS) Championship Productions
11. Swimalates: Pilates for Swimmers, June Quick, (VHS) Championship Productions
12. Swimmers' Shoulder: Prehab and Rehab, June Quick, (VHS-? minutes) Championship Productions
13. Swimming Down Under: Paralympics 2000, (VHS) USA Swimming
14. Swimming Faster: Backstroke with David Marsh and Kim Brackin, (DVD – 57 minutes) Championship Productions
15. Swimming Faster: Breaststroke with David Marsh, (DVD – 47 minutes) Championship Productions
16. Swimming Faster: Butterfly with Dave March and Dave Durden, (DVD – 67 minutes) Championship Productions
17. Swimming Faster: Freestyle with Dave Marsh, (DVD – 38 minutes) Championship Productions
18. Swimming Faster: Starts for all Strokes with David Marsh, Kim Brackin and Bill Pilczuk, (DVD - 38 minutes.) Championship Productions
19. Swimming Faster the Auburn Way: Training and Race Strategies for Backstroke with Kim Brackin, (DVD – 48 minutes) Championship Productions
20. Swimming Faster the Auburn Way: Training and Race Strategies for Breaststroke and Butterfly, with David Marsh and Dave Durden, (DVD – 55 minutes) Championship Productions
21. Swimming Faster the Auburn Way: Training and Race Strategies for the Individual Medley with David Marsh, (DVD - 51 minutes) Championship Productions
22. Swimming Faster the Auburn Way: Training and Race Strategies for Middle Distance and Distance with Ralph Crocker, (DVD – 52 minutes) Championship Productions

22. Swimming Faster the Auburn Way: Training and Race Strategies for Sprint Freestyle with David Marsh, (DVD – 55 minutes) Championship Productions
23. Training and Race Strategies for the I.M., Gregg Troy, (VHS-? minutes) Championship Productions
24. United States Swimming presents Fun, Fitness and Friends, (VHS - 7 minutes)
25. USA Swimming presents: Swim Fast, Tips and Techniques from USA Swimming Star Athletes and Top Coaches, **Breaststroke** with Ed Moses and Peter Morgan, (DVD - ? minutes) USA Swimming
26. USA Swimming presents: Swim Fast, Tips and Techniques from USA Swimming Star Athletes and Top Coaches, **Butterfly** with Michael Phelps and Bob Bowman, (DVD – ? minutes) USA Swimming
27. Why Be Dry?, USA Swimming
28. World Record Breaststroke: From Start to Finish, Mark Bernardino & Ed Moses, (VHS-? minutes) Championship Productions
29. "Episode 1," Splash TV. VHS Video, USA Swimming.
30. "Episode 2," Splash TV. VHS Video, USA Swimming.
31. "Episode 4," Splash TV. VHS Video, USA Swimming.
32. "Episode 5," Splash TV. VHS Video, USA Swimming.
33. "Episode 6," Splash TV. VHS Video, USA Swimming.
34. "Episode 7," Splash TV. VHS Video, USA Swimming.
35. "Episode 8," Splash TV. VHS Video, USA Swimming.
36. "Episode 9," Splash TV. VHS Video, USA Swimming.
37. "Episode 10," Splash TV. VHS Video, USA Swimming.
38. "Episode 11," Splash TV. VHS Video, USA Swimming.
39. "Episode 13," Splash TV. VHS Video, USA Swimming.
40. "Episode 14," Splash TV. VHS Video, USA Swimming.
41. Ultimate Breaststroke, with Adrian Moorhouse and Nick Gillingham, VHS Video – 20 min, Arena.