

COACH & CLUB RESOURCE MATERIALS

The list of resource materials below is available to all Indiana Swimming Coaches and Club to have access to on a loan basis. Contact the Indiana Swimming office for use of the items listed below.
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BOOKS

- **The Seven Secrets of Successful Coaches: “How to Unlock & Unleash Your Team’s Full Potential”** by Jeff Janssen, L.S. and Greg Dale, Ph.D. – 2 copies
- **The Fullfilling Ride: “A Parents Guide to Helping Athletes Have a Successful Sport Experience”**. By Greg Dale, Ph.D. – 2 copies
- **Teambuilding Activities: “Ideas Every Coach Can Use to Enhance Teamwork, Communication and Trust”**. By Greg Dale, Ph.D.

EDUCATIONAL DVDs by Greg Dale, Ph.D.

- **Goal Setting for Success**
- **An Athlete’s Guide to Building Self Confidence**
- **Developing Confident Athletes: A Coach’s Guide**
- **Mastering Pressure Situations**
- **Coaching the Perfectionist Athlete**
- **Coach’s Guide to Team Building**
- **Coach’s Guide to Team Building: Volume II**
- **The Coach’s Guide to Developing Great Team Captains**
- **Team Captains Guide to Great Leadership**
- **Making Every Practice Count**
- **The Coach’s Guide to Dealing Effectively with Parents**
- **The Parent’s Guide: “Promoting a Positive Athletic Experience”**

STROKE DVDs

- **Posture, Line and Balance: “The Foundation of Championship Winning Swimming”** by Richard Quick & Milt Nelms
- **Walls: Underwater Swimming “The Fifth Competitive Stroke”** by Richard Quick & Milt Nelms
- **Starts:** by Richard Quick & Milt Nelms
- **Turns for all Stokes:** by Richard Quick & Milt Nelms
- **Freestyle:** by Richard Quick & Milt Nelms
- **Backstroke:** by Richard Quick & Milt Nelms
- **Butterfly:** by Richard Quick & Milt Nelms
- **Breaststroke:** by Richard Quick & Milt Nelms
- **Swimalates: “Pilates for Swimmers”** by June Quick
- **Swimmer’s Shoulder: “Prehab and Rehab”** by June Quick

USA SWIMMING VIDEOS

- **Buttteryfly: Michael Phelps & Bob Bowman**
- **Successful Sports Parenting**
- **Open Water Swimming: Out of the Box**
- **Swim Essentials: Teaching the Fundamentals of Age Group Swimming” by USA Swimming & ASCA**

HIGHLIGHT VIDEOS

- **2004: After the Gold Rush**
- **2006: Highlight Video**
- **2007: Highlight Video**
- **2008: Highlight Video**
- **2009: Highlight Video**

- **1992: Olympic Trials**
- **1996: Olympic Trials**
- **Duel in the Pool at the Nat**
- **2005 Duel in the Pool: Irvine California**
- **2006 Pan Pacific Games**
- **2007 Duel in the Pool: Sydney Australia**
- **2008 Mutual of Omaha: Swimvitational: Quest Center Omaha Nebraska**
- **Open Water Trials 2008**

FACILITIES

- **Practical, Profitable, Professional Aquatic Management – Hard Copy Materials**
- **2005 Build a Pool Conference – Hard Copy Materials**
- **2006 Build a Pool Conference – Hard Copy Materials**
- **2007 Build a Pool Conference – Hard Copy Materials**

MISC

BOOKS

- **The Making of a Champion: by Paul J. Meyer**

DVD

- **Doc Counsilman: “Making Waves”**
- **Danger Rangers Waterworks: Safe Kids**

CDs

- **College Swimming 101: The Recruiting Process**