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'Ocean Pines Swim Team Coaches

May 3rd, 2020 - Kristina?s coaching career started when she was 15 both swimming and coaching for South Carroll Serpents She continued to coach the Serpents every summer until the summer after her first year of college After pleting a year of college at Salisbury Kristina began coaching for Ocean Pines Swim Team in the spring of 2013''Swim Coaching Bible Vol 1 American Swimming Coaches

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'Nick de Meyer Triathlon Coach TrainingPeaks

March 26th, 2020 - Alongside his online coaching business Nick also runs Speedy Swimming which specialise in 1 2 1 front crawl technique lessons endless pool swim video analysis swim clinics and group swim sessions Nick has been a Level 3 British Triathlon Coach for 10 years and has been a master endurance coach with Training Bible Coaching UK in that time'

'Han s Paddles

April 29th, 2020 - Han s Paddles are USA manufactured and designed by Coach Dick Hannula Dick Hannula is the author of Coaching Swimming Successfully co editor of the Swim Coaching Bible and inductee coach of ASCA NISCA and International Halls of Fame''3 Anaerobic Swim Sets with Jon Urbanchek

April 29th, 2020 - Note These sets were pulled from one of the best swim coaching books out there the Swim Coaches Bible 2 I?ve included the book within my list of essential books for swim coaches You can also pick up a copy for yourself here via affiliate link Share 146 Tweet Pin 48''Dick Hannula

April 19th, 2020 - Dick Hannula is a swimming coach in Taa Washington who coached for Taa Swim Club also known as TSC During his time coaching his students won 24 consecutive state championships a total of 323 swim meets with no loss In 1980 he was chosen as the National High School Swim Coach of the Year was a 1987 Honor Coach in the International Swimming Hall of Fame and in 1990 was the'

'Superfly Coaching

May 2nd, 2020 - ?Adam Zucco began coaching me when I was an extremely overweight beginner triathlete in 2009 He taught me how to swim bike and run and through his expert guidance I pleted my first Olympic triathlon in 2009 This is a feat that seemed quite impossible less than 12 months prior'

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