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Fundamentals of Competitive Swimming for Coaches, Swimmers and Parents PART 1 Fundamentals of Competitive Swimming a guide for coaches, swimmers and parents.
Coaching Tips: Swimming: STARTS - Dave Durden Episode 1 ~~Competitive Swimming : Activities for Swim~~

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Lessons Swimmers

A young swimmer tries out for the nation's top team, where a militant coach goes to extremes. | SwimCoach Steve Friederang: 400 Swim Specific Dryland Exercises and WHY! Part One - 4-6-20 Breast Stroke Drills for Competitive Swimming Must Have

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~~Book for Swim Coaches How To~~

~~Improve Your Swimming Stroke~~

~~Technique ft. Coach Jack Bauerle |~~

~~Olympians' Tips DAY IN THE LIFE OF~~

~~A COMPETITIVE SWIMMER Olympic~~

~~Swimmer Natalie Coughlin Talks~~

~~Training Mentally and Physically |~~

~~SELF Top 5 Essential Swim Skills To~~

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Master | Triathlon Swimming Tips For
Beginners 5 Worst Breathing Mistakes
Swimmers Make 3 swimmers who did
illegal breaststroke pullout. 5 Biggest
FREESTYLE Mistakes Swimmers
Make!! ~~Smooth swimming step by step~~
~~How To Swim Without Getting Tired |~~
~~Essential Tips For Swimming What~~

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Happens To Your Body When You Swim? 3 Impossible Underwaters by Michael Phelps. 10 Health Benefits Of Swimming | Whiteboard Wednesday ~~Breaking The 100 Breaststroke World Record At ISL *55.49* Caeleb Dressel wins 100m butterfly final at U.S. Olympic Trials | NBC Sports~~ How To

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Swim Freestyle With Perfect
Technique Everything a World Record
Swimmer Eats in a Day | Eat Like |
Men's Health Variable Practice Games
for Swim Practice!

How To Improve Your Starts in
Swimming ft. Coach Jack Bauerle |
Olympians' Tips Beginner Swim Tips

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When Alice Dearing earned her ticket
to Tokyo 2020 as the first Black female

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swimmer to represent Britain at an Olympics, she spoke of "decades and decades of historical and cultural racism" in the ...

Swimming-Black swimmers still under-represented in the pool

LSU swimming coach Rick Bishop

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announced... In addition to coaching NCAA Division I swimmers, she has extensive experience with club and NCAA Division II swimmers. Her competitive experience at the ...

[New LSU swim coach adds assistants Jon Sakovich and Kayla Kumbier](#)

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Ryan Eidelman, 15, of Northbrook will compete in the Move United Junior Nationals, which is a paralympic-style competition. He practices with the Patriot Aquatic Club at Stevenson High School in ...

Cool in the pool: Northbrook swimmer

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headed to national paralympic-style competition

Four Guam swimmers are bringing home some medals after competing in the SSAN Long Course Championships in Houston, Texas along with over 220 swimmers.

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Guam swimmers medal in Texas competition

Thanks to a new partnership, members of the Empire KC Swim Team are teaching students at Boys and Girls Clubs of Greater Kansas City how to swim.

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New partnership teaching KCMO children to swim

The Kerrville C3 Swim Team traveled to New Braunfels on Saturday, July 10, to participate in the Region 3 Regionals Swim Meet.

Kerrville Swim Team sending 19

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And the team has been more competitive. UNK finished seventh in the eight-team field at the Rocky Mountain Athletic Conference championships. "We did great at RMAC. We actually didn't take last and ...

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Coaches Swimmers

Despite pandemic, UNK swim team sees growth

Belgrade High will no longer be the only Class AA school in the state without a competitive swim team after the school board voted this week to approve forming a ...

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BHS to form swim team this fall

Surfing's Olympic debut and the unexpected rise of Brazilians to the top of the game in the past decade highlight ...

Olympic surfing: Can the exclusive

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sport become accessible?

Monroe's Sharks dropped a 381-303 decision in their traditional regular-season finale against rival Paddlers of Granite City Tuesday night in Godfrey. But Monroe was encouraged as her team prepares to ...

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SWIMMING: Sharks fall to Paddlers,
prepare to host SWISA meet

In 2019, Swim England revealed to the BBC that only 668 of its 73,000 registered competitive swimmers identified as Black or mixed race. A 2020 Active Lives survey carried out by Sport England ...

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FEATURE-Olympics-Swimming-Black swimmers still under-represented in the pool

BYU director of athletics Tom Holmoe has named Tamber McAllister assistant coach for the BYU swim and dive team. McAllister was the head

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coach of the Dixie State women's swimming program for the past ...

McAllister returns to BYU as swim and dive assistant coach

Tom Jager will talk about his Olympic career at The Collective at Snowmass Base Village beginning at 7:30 p.m.

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While the discussion is free, there is a suggested donation of \$10 that will go toward ...

[A Q&A with Olympic swimmer Tom Jager, the head coach of the Aspen Swim Club](#)

April, the web site for the Northwest

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CT YMCA Lasers swim team promised Northwest Corner kids from ages 6 through high school and beyond they could look forward to an exciting (summer) season filled ...

Comradery, competitiveness fuel CT Lasers swimmers

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At the Sonoma Aquatic Club in Fetters Hot Springs, the Sonoma Sea Dragons are getting back in the swim with a series of competitions with other clubs that began last week, though they did continue to ...

Sonoma pre-teen sets swim club

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The International Swimming Federation says it will revisit its decision barring a swimming cap designed specifically for natural Black hair from being used ...

A Swim Cap Made For Black Hair Will

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Get A Second Look From Swimming's Governing Body

It's the second Olympics as a coach for Indiana University head swimming coach Ray Looze. Looze has been at Indiana for 18 years, the last 16 as both the men's and women's head coach. In Tokyo this ...

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Coaches Swimmers

Hoosier Olympian Preview: Swimming coach Ray Looze

For the first time, the Pine Bluff Sharks Swim Club won the Arkansas AAU State ... Pine Bluff Aquatic Center and its new director and coach, Farrin Cain. Sharks Coach Troy DeBill was

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