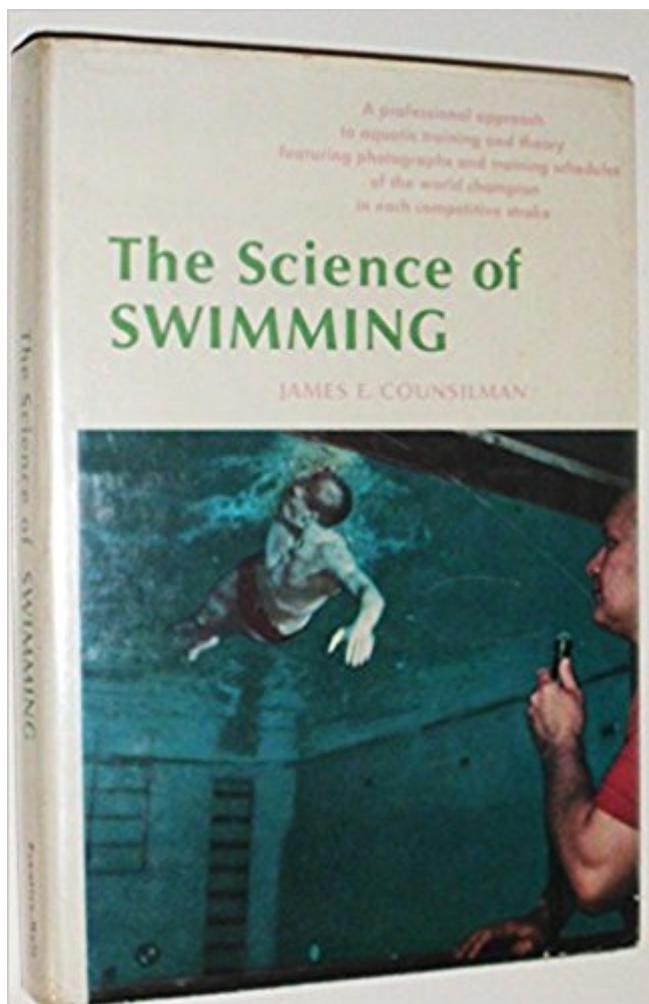


The book was found

# The Science Of Swimming



## **Synopsis**

Hardcover, No DJ, some wear to cover, good condition for age

## **Book Information**

Hardcover: 480 pages

Publisher: Prentice-Hall (June 1968)

Language: English

ISBN-10: 0137953852

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Package Dimensions: 9.2 x 6.2 x 1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.4 out of 5 stars 11 customer reviews

Best Sellers Rank: #562,482 in Books (See Top 100 in Books) #133 in Books > Health, Fitness & Dieting > Exercise & Fitness > Swimming #1417 in Books > Sports & Outdoors > Water Sports

## **Customer Reviews**

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I first found this book as a college student majoring in Kinesiology. It's old, but the diagrams and stroke movement descriptions are perfect. If you want to refine your swim stroke than this is a must have book. The diagrams of step by step arms pulls and legs kicks of freestyle, breaststroke, Butterfly, Backstroke are great for new swimmers to view as they can see just how they should pull their arms, etc. A fantastic resource.

It was as advertised and what I expected. Even though the book was well used, the book serves my needs and I refer to it often. The book was very inexpensive and really deserved a higher price. After I have benefited from the information I will make the book available to others. As such I've given this transaction a 5.

I love this book so much! I have been engaged with swimming in the Czech Republic for many years and this book is like a bible for all coaches of swimming all over the word. So I am very happy to have it now! Although there are new methods of training nowadays, the majority stays the same. Thank you very much!

Very good book

A classic that changed the sport of swimming and who's fundamentals are applicable today. Succinctly written by a great man and coach. If I were to own just one book on swimming, this would be it.

Despite some of the content being dated, the training programs and explanations are top-notch. It's an advanced read, but worth the time if you're into super-technical explanations of sports science.

Counsilman's studies are still quite relevant to-day and the description of strokes, along with the illustrations, help in developing training techniques for competitive swimmers.

love this book no matter how old it is...the principles still apply in today's swimming pool...i read it as a kid

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