



WINNING SPIRIT SWIMMING

Building Swimmers through Skill, Fitness, and Motivation



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Dear Brazilian Coaches;

It was a great time with you last week-end doing the ASCA Levels 1 and 2. Hopefully, you will apply the facts and concepts from the courses and use them to help your swimmers “Be The Best They Can Be”? Remember two things; 1) Attention and Level of Expectation Determines Swimmer Success and YOURS and 2) try new things because you and the swimmer can always go back to the security blanket. If you see someone without a smile, give them yours.

The GAMES-GIMMICKS-CHALLENGES for Swimming Coaches book with over 600 ideas from over 500 coaches is available on-line at www.gamesgimmickschallenges.com. Normally the book is \$29 USD + postage. We checked on several ways to send the book and when one considers international and postage in Brasil the best way is to send individual orders. Therefore, books ordered on the website will be reduced to \$23 (USD) plus postage which is about \$23 (USD) and the book is sent directly to your house. If one person got many books there would be duty and then shipping too. Soooo order the book on-line and we'll take care of the rest.

The attached forms and handouts on the ASCA – Brasil site are for you to use in your coaching. There are also about 100 more on the website. You can also go to; www.swimmingcoach.org since you will be and ASCA member and get many helpful items. Check out the list of Techie Things too, especially www.swimherora.com and www.lcoach.com.

Djan will forward information about team camps I could do around Level 3 (Training Physiology) and making practice challenging and FUN. If several teams share expenses it is more affordable. Over 250 camps have been done worldwide for teams and Federations with both swimmers and coaches experiencing education, skills and motivation like never before. I'll use Google translation to answer questions you might have. Doing a six-day camp in Lima right now focused on skill development, education and challenging training. Total per swimmer cost is negotiable.

I was very impressed with the Brasilain coaches knowledge and passion to be great coaches. Great swimmers come from small teams with great coaches. Go make some great swimmers for yourself and BRASIL.

Yours for FAST swimmin'

Bob Steele

USA Swimming Master Coach

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