

WARRINGAH MASTERS CLUB LIBRARY

BOOKS

AUTHOR	TITLE	Borrower/Date
ASCTO (Australian Swimming Coaches & Teachers Association)	The Physiology of Swimming (home study course)	
Aungst A	Long Strokes – in a short season	
Australian Sports Commission	Beginning Coaching (Level 1 Coaching Principles)	
Australian Sports Commission	Beginning Coaching (Level 1 Manual)	
Australian Sports medicine Federation	Safe Veterans Sport (guidelines for safe participation in veterans sport)	
AUSTSWIM	Teaching Swimming and Water Safety	
Bole G.	Mastering Masters Swimming	
Colwin C. M.	Swimming into the 21 st Century	
Consumer Guide	The Running Book	
Cooper K.H.	The aerobics way	
Cox R. For AUSSI Masters Swimming in Australia	Introduction to Adult Swimming (an aerobic swimming programme) – Level 1 Basic Conditioning	
Cross R.	Superguides Swimming	
Egger G. & Champion N.	The New Fitness Leader's Handbook	
Esso Swim Canada	Instructor Manual	
Evans J.	Total Swimming	
FINA	FINA Handbook 2002 - 2005	
FINA	FINA Handbook 2005 - 2009	
Goldstein M. & Tanner D.	Swimming Past 50	
Guzman R. J.	Swimming Drills for Every Stroke – for competitive swimmers	
Hannula D.	Coaching Swimming Successfully	
Hines E.	Fitness Swimming	
Hines E.	Fitness Swimming (Second Edition) – 60 workouts for speed, endurance, and technique	
Killmier A.	Mastering Swimming – a self help guide for coaches and swimmers	
Killmier A.	Mastering Swimming – a self help guide for coaches and swimmers Revised Edition	
Kirkley G. & Goodbody J.	The Manual of Weight-Training	
Laughlin T.	Extraordinary Swimming for Every Body	
Laughlin T.	Total Immersion	
Lebo F.	The Every Other Day EXERCISE BOOK	
Maglischo E. W.	Swimming Faster	

Maglischo E. W.	Swimming Even Faster	
Montgomery J. &	Mastering Swimming – your guide for fitness, training, and competition	
Mowbray L. & Gaskell J.	The Y Plan – the 12 minute way to total fitness	
Page P. & Ellenbecker T.	Strength Band Training	
Pyke F. S. for Australian Sports Commission	Better Coaching – advanced coach’s manual	
Richards R. J.	Coaching Swimming – an introductory manual	
Shaw S. & D’Angour A.	The Art of Swimming	
Sheehan G.	Dr Sheehan on Running	
Stanley S.	Your Personal Trainer	
Sweetenham B. & Atkinson J.	Championship Swim Training	
Thomas D.	Swimming - steps to success	
Vickers B.J. & Vincent W. J.	Swimming (exploring sports series)	
Westcott W. L. & Baechle T. R.	Strength Training Past 50	
Wickham T.	Swimming to Win	
www.activology.com	Swimming @ Internet Linked	

CD's & DVD's

Laughlin T.	Betterfly for Everybody (DVD)	
Laughlin T.	Backstroke for Everybody (DVD)	
Moses E. & Morgan P.	Swim Fast – Breastroke (CD)	

Magazines

Swimming World	April 2005 – Vol 46 No4	
	May 2005 – Vol 46 No5	
	September 2007 – Vol 48 No9	
	November 2007 – Vol 48 No.11	
	December 2007 - Vol 48 No.12	
	January 2008 – Vol 49 No1	
The International Swimmer	March/April 1986	
	July/August 1986	
	May/June 1987	
	Jun-89	
Swim	Nov/Dec 2002	
	Nov/Dec 2004	
	Jan/Feb 2005	

Sports Coach – Australian Sports Commission	Vol 25 No3 - 2003	
	Vol 28 No3 - 2005	
	Vol 29 No1 - 2006	
	Vol 29 No3- 2007	
FINA Aquatic World	January 2006 – No37	
	March 2006 – No39	
	June 2006 – No42	
	July 2006 – No43	
	August 2006 – No44	
	September 2006 – No45	
	October 2006 – No46	
FINA XII World Masters Championships	2008 – Official Handbook	

Pamphlets

Increasing Shoulder Strength - (from SWIM Magazine)		
Preventing Shoulder Injuries - (from SWIM Magazine)		