

# COACHING RESOURCES

## THIS MANUAL IS NOT INTENDED TO COVER EVERY ASPECT OF THE SPORT OR CYO

Additional resources are provided here and should be researched to provide the necessary tools needed for an excellent Swim Program

**CYO Sports Manual**, General information and Swimming section.

- o The document can be downloaded from the CYO website under Coaches/Forms. **This is required reading**
- o **Must be in the possession of the Head Coach at all events**
  - o General information very important-first 6 chapters.
  - o Sport specific information is also contained in the book

**National Federation of state High Schools Rules Book for Swimming**

One copy is provided by CYO to the club

**This is required reading**

**Must be in the possession of the Head Coach at all events**

**cyocamphoward.org web site**

CYO calendars

Swim Coaches, Swim Commission meeting dates

Training dates for ASEP, Stroke & Turn, etc.

Season Schedule for Meets (posted early October)

Meet/Pool locations

Post championship results

Current Swim records

Other very helpful sites for coaching, teaching, visual aids, and ideas, More are available, search for them.

Swim 2000 (for sample workout schedules) web site

ASCA (American Swim Coaches Association) web site

Very good resource for coaching aids and information

US Swimming web site

Oregon Swimming Inc.website

Swim Clinics for coaches offered by the CYO Office

“Basic and Advanced Stroke Clinics, in October”