

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 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”