

Swim Saskatchewan Library
DVD's VHS Video, Audio Cassettes and Books

DVD's

GO Swim DVD's as follows:	Quantity	Borrowed by & Date	Returned Date
All Strokes with Kaitlin Sandeno Erik Vendt	1		
Backstroke with Margaret Hoelzer	1		
Backstroke with Jeff Rouse	1		
Backstroke with Aaron Peirsol	1		
Breast Stroke Drills with Staciana Stitts & Dave Denniston	1		
Breaststroke with Amanda Beard	1		
Breaststroke with Brenda Hansen	1		
Breaststroke with Dave Denniston	1		
Breaststroke Turns & Pullouts	1		
Butterfly with Misty Hyman	1		
Freestyle and Backstroke Drills	1		
Freestyle with Jason Lezak	1		
Freestyle with Kara Lynn Joyce	1		
Freestyle with Karlyn Pipes-Neilsen	1		
Sprint Freestyle with Roland Schoeman	1		
Mirrors, Tools and Toys with Steve Haufler	1		
Teaching Progressions with Steve Haufler	1		
Go Swim's Drill-of-the Week Volume #5 - A collection of 32 drills for Fly, Back, Breast & Free	1		

Other DVD's

	<u>Quantity</u>	<u>Borrowed by</u> <u>And date</u>	<u>Returned</u> <u>date</u>
Lane Lines to Shore Lines Your complete guide to Open Water Swimming	1		
Flexibility and Specific Exercises for Competitive Swimmers (by Dave Johnson)	1		
Tokyo Olympiad	1		
Michael Phelps, the Inside story of the Beijing Games	2		
Unfiltered Michael Phelps & Ian Crocker	1		

VIDEO'S – VHS TAPES:

	<u>Quantity</u>	<u>Borrowed by</u> <u>and date</u>	<u>Returned</u> <u>date</u>
"COMMIT TO W1N! By Swimming Canada 2003	1		
"COACHING EFFECTIVENESS"	1		
"COACHING THE SPIRIT OF SPORT - Building Self Esteem" Mark Tewksbury	1		
COUNCILMAN'S SWIMMING STROKE ANALYSIS	1		
COUNCILMAN'S SWIMMING STROKE) ANALYSIS AND GETTIN' BETTER)	3		
"CTV SWIM CANADA MARKETING PRESENTATION"	1		
DON GAMBRIL'S GOLD MEDAL SERIES: "BACKSTROKE"	1		
DON GAMBRIL'S GOLD MEDAL SERIES: "BREASTSTROKE"	1		
DON GAMBRIL'S CLASSIC SERIES: "COACHES' DRILLS"	1		
DON GAMBRIL'S GOLD MEDAL SERIES: "FREESTYLE"	1		
DON GAMBRIL'S CLASSIC SERIES: "MEN'S SWIMMING"	1		
DON GAMBRIL'S CLASSIC SERIES: "SWIMMING TECHNIQUES"	1		
ESSO SWIM CANADA - FOR THE PHYSICALLY DISABLED.	1		
"EXCELLENCE IN SWIMMING STROKE TECHNIQUE"	3		

JOHN NABOR'S "GETTIN' BETTER"

1

VIDEO'S – VHS TAPES Continued:

Quantity

**Borrowed by
and date**

**Returned
date**

"MIND OVER MUSCLE"
(THE MENTAL GYM)

1

MOTIVATIONAL SPEECH
BY MARK TEWKSBURY

1

"PASSPORT TO BETTER COACHING"
(NCCP)

1

PUMPED! - Spirit of Sport Foundation -
GET INTO IT!- Swimming with Joanne Malar,
(approximately 3 mins.)

1

SPORTS MENTAL TRAINING
(running time approx 45 minutes)

1

"STRENGTH TRAINING - AN
INTRODUCTION TO METHODS AND
PRINCIPLES"

1

"FLY AWAY" - The Butterfly Stroke
in Swimming. U. of Calgary.
(INCLUDES BOOK).

1

STROKE MODELS FOR
BREASTSTROKE & BUTTERFLY
PROF. REIN HALJAND - OCT. 1999

1

STROKE MODELS FOR
FREESTYLE & BACKSTROKE
PROF. REIN HALJAND - OCT. 1999

1

KINESTHETIC MEMORY POSITIONING
EXERCISES By PROF. REIN HALJAND
OCT. 1999

1

"SWIMMING SKILLS AND DRILLS"
(SWIMMING CANADA)

3

"SWIM SMARTER, SWIM FASTER"
(Original)

1

"SWIM SMARTER, SWIM FASTER"
(Marj Copy)

1

"SWIM SMARTER, SWIM FASTER II"
Starts, Turns, Finishes.

1

"THE FAST AND THE FURIOUS"

1

VIDEO'S – VHS TAPES Continued:

	<u>Quantity</u>	<u>Borrowed by and date</u>	<u>Returned date</u>
<u>OFFICIATING VIDEO'S</u>			
"BACKSTROKE TURNS" (Leslie Mortin, Regina; Bob Cooper, Moose Jaw; Arless Dellow, Yorkton; Sandra Quayle, Prince Albert; Pat Turner, Saskatoon Also Have 1 Copy - January, 1992)	2		
OFFICIATING STROKES AND TURNS	2		
OFFICIATING SWIMMING - USA Swimming Officials Training Video Approx 43 minutes **Also available for purchase \$25.00	1		
Starting: Philosophy and Protocol USA Swimming	1		
S.N.C.OFFICIATING SWIMMING: 1. Breaststroke; 2 Butterfly; 3. Backstroke; 4. Freestyle.	1		

AUDIO CASSETTE TAPES:

	<u>Quantity</u>	<u>Borrowed by And date</u>	<u>Returned date</u>
CANADIAN HOME FITNESS TEST: - MALE/FEMALE	1		
CREATIVE PERFORMANCE INSTITUTE BY DON SWARTZ (3 TAPES)			
Tape #1 SIDE 1: GUIDED IMAGERY FOR RACING SIDE 2: RISK TAKING & RACING	1		
Tape #2 SIDE 1: GUIDED IMAGERY FOR TRAINING SIDE 2: COMMITMENT & TRAINING TODAY	1		
Tape #3 SIDES 1 & 2: RELAXATION/MENTAL REHEARSAL.	1		
"IN PURSUIT OF PERSONAL EXCELLENCE" DR. TERRY ORLICK	1		
VISUALIZATION – DIRECTING THE MOVIE OF YOUR MIND. By Adelaide Bry	1		

<u>BOOKS:</u>	<u>Quantity</u>	<u>Borrowed by And date</u>	<u>Returned date</u>
Coaching Contracts – Contracting for Clubs And Coaches: Defining an Employment Relationship – Swimming/Natation Canada 1992	1		
Directing Youth Sports Programs American Sport Education Program By Rainer Martens Copyright 2001	1		
Intensive Participation in Children’s Sports American Orthopedic Society for Sport Medicine By Bernard R. Cahill & Arthur J. Pearl Copyright 1993	1		
Parent’s Guide to the Proper Psychological Care And Feeding of the Competitive swimmer By Sports Psychologist Dr. Keith Bell Copyright 2001	2		
Sprinting A Coach’s Challenge By Samuel James Freas Copyright 1995	1		
Straight Talk about Children and Sport Advice for Parents, Coaches and Teachers Coaching Association of Canada Copyright 1996	2		
Swimming Even Faster – The serious swimmer’s Standard reference – expanded and updated By Ernest W. Maglischo. Copyright 1993	1		
Swimming Fastest – The essential reference On technique, and program design By Ernest W. Maglischo Copyright 2003 1	1		
Swimming Into The 21st Century Cecil M. Colwin Copyright 1992	1		
Visions of Excellence – The Art of Achieving Your Dreams by Mark Tewksbury Copyright 1992	2		
Tapering and Peaking for Optimal Performance	2		