

Chapter 1 : Swimming Pool World Records

Book Description: Before , scientific research in swimming was poor and anecdotal, and the improvements of performance were linked firstly to the swimmer's experience and, secondly, as a result of permanent research for speed.

After a long, hard practice, curling up with a book is often not as appealing as taking yet another nap. In fact, great books can inspire swimmers to continue to pursue enjoyment as well as excellence in their sport. Here are five books, from a variety of perspectives and genres, which can inspire swimmers to keep loving swimming and plunge into reading:

What to call it: This sensory, insightful book draws the reader in with its powers of description. Shapton, a Canadian who made it to Olympic Trials but narrowly missed the Olympic cut, packs detail into her work that might seem overwhelming upon examining the sheer quantity of superficial detail, but Shapton manages to piece together each detail with an overwhelming beauty that suggests they might be material manifestations of her larger philosophical contemplations. Shapton considers her childhood experiences with swimming, her breaks from swimming, and her rediscovery of the sport as an adult, among many other themes. Readers will finish this book with a newfound desire to explore swimming as an artistic way of life.

Flickr Who should read it: Fans of the underdog. This sports drama charts out the coming of age of a former child phenom, T. Make no mistake; this book is no breezy read. Crutcher wades into the harsh realities of racial prejudice, abuse, violence, and anger, in keeping with his young adult market. However, for the swimming audience, Crutcher has authoritative perspective on sport-specific themes. His protagonist seizes the opportunity of a second chance as a competitor to redeem the lives of others by including them in his success; his team of misfits find unlikely, often humorous community with one another during long bus rides; and his underdogs eventually persevere in achieving their goal, despite having to practice in a gym pool that is too small and dirty for a team. Readers young and old who have faced inner demons and seemingly insurmountable obstacles in life will find much to glean from this book.

Amber Gregory Who should read it: Those who love the aesthetic of swimming. Artistic, inspirational non-fiction, structured in vignettes. Historical timelines span across other pages, precise in dating and wide in scope. Cultural anecdotes tuck into other sections, for curious readers who wonder what pool etiquette is like in Iceland, France, or Japan.

Swimming World Magazine Who should read it: People watchers and photographers. Structured in a similar way to the Humans of New York photojournalism series, this small hardcover allows the reader to draw conclusions for his or her own self. Each photograph features a fully-clothed individual with a minimalist four lines of information below his or her image. Upon flipping the page, the same individual appears in another photograph, in the same setting, but this time is depicted in a swim suit and complemented with a quotation about his or her love of swimming. Waller leaves the reader to ponder the photographs and draw his or her own conclusions. The further appeal of this dove-colored tome is its scarcity; it is produced by an offbeat British publisher whose books are only available stateside in the nooks of the internet and the crannies of hipster bookstores.

Chapter 2 : List of Swimming World Swimmers of the Year - Wikipedia

World Book of Swimming: From Science to Performance (Sports and Athletics Preparation, Performance and Psychology) [Ludovic Seifert, Didier Chollet, Inigo Mujika] on calendrierdelascience.com *FREE* shipping on qualifying offers.

Drawings from the Stone Age were found in "the cave of swimmers" near Wadi Sora or Sura in the southwestern part of Egypt. Written references date from B. In Nicolas Wynman, German professor of languages, wrote the first swimming book, "Colymbetes". Competitive swimming in Europe started around , mostly using breaststroke. The front crawl, then called the trudgen, was introduced in by John Arthur Trudgen, copying it from Native Americans. Swimming was part of the first modern Olympic games in in Athens. In the trudgen was improved by Richard Cavill, using the flutter kick. Butterfly was first a variant of breaststroke, until it was accepted as a separate style in . These pictures seem to show breaststroke or dog paddle, although it may also be possible that the movements have a ritual meaning unrelated to swimming. This cave is also featured in the movie *The English Patient*. An Egyptian clay seal dated between B. More references to swimming are found in Babylonian bas-reliefs and Assyrian wall drawings, depicting a variant of the breaststroke. The most famous drawings were found in the Kebir desert and are estimated to be from around B. The Nagoda bas-relief also shows swimmers dating back from B. The Indian palace Mohenjo Daro from B. The Minoan palace Minos of Knossos in Crete also featured baths. An Egyptian tomb from B. Depictions of swimmers were also found from the Hittites, Minoans, and other Middle Eastern civilizations, the Incas in the Tepantitla House at Teotihuacan, and in mosaics in Pompeii. Written references date back to B. There are also many mentions of swimmers in the Vatican, Borgian and Bourbon codices. The Greeks did not include swimming in the ancient Olympic Games, but practiced the sport, often building swimming pools as part of their baths. The Etruscans at Tarquinia Italy show pictures of swimmers in B. After learning about an impending attack on the Greek navy, he stole a knife and jumped overboard. During the night and using a snorkel made from reed, he swam back to the ships and cut them loose. It was also said that the ability to swim saved the Greeks at the Battle of Salamis, while the Persians all drowned when their ships were destroyed. Julius Caesar was also known to be a good swimmer. A series of reliefs from B. In Japan swimming was one of the noble skills of the Samurai, and historic records describe swimming competitions in 36 B. The Germanic folklore describes swimming, which was used successfully in wars against the Romans. Swimming competitions are also known from that time. Middle Ages to Swimming was initially one of the seven agilities of knights during the Middle Ages, including swimming with armour. However, as swimming was done in a state of undress, it became less popular as society became more conservative, and it was opposed by the church at the end of the middle ages. For example, in the 16th century, a German court document in the Vechta prohibited the naked public swimming of children. Leonardo da Vinci made early sketches of lifebelts. In Nicolas Wynman, German professor of languages, wrote the first swimming book "Colymbetes". His goal was not exercise, but rather to reduce the dangers of drowning. Nevertheless, the book contained a very good and methodical approach to learning breaststroke, and includes swimming aids like air filled cow bladders, reed bundles, or cork belts. Around the same time, E. Digby in England also wrote a swimming book, claiming that humans can swim better than fish. In the first national swimming organization was established in Japan. TEmpperor Go-Yozei of Japan declared that school children should swim. In , the French author Thevenot wrote "The Art of Swimming", describing a breaststroke very similar to the modern breaststroke. This book was translated into English and became the standard reference of swimming for many years to come. In , the first known lifesaving group "Chinkiang Association for the Saving of Life" was established in China. In a still existing swimming club was founded in Upsala, Sweden. Benjamin Franklin is credited with the invention of the swimming fins at the age of ten, in . In Kanonikus Oronzio de Bernardi of Italy wrote a two volume book about swimming, including floating practice as a prerequisite for swimming studies. In Guts Muts wrote another book "Kleines Lehrbuch der Schwimmkunst zum Selbstunterricht" Small study book of the art of swimming for self study , recommending the use of a "fishing rod" device to aid in the learning of

swimming. His books describe a three step approach to learn swimming that is still used today. First, get the student used to the water, second, practice the swimming movements out of the water, third, practice the swimming movements in the water. He believed that swimming is an essential part of every education. More lifesaving groups were established in ? In a humane society was established in the United States. The Haloren, a group of salt makers in Halle, Germany, greatly advanced swimming through setting a good example to others by teaching their children swimming at a very early age. However, the lifebelts took up valuable space on ships, and the United States Navy was worried about the devices being used by sailors to desert. The first German swimming club was founded in in Berlin. A journal mentions "swimming skates" in France, which may be an early version of a surfboard. One watershed event was a swimming competition in in London. Some Native Americans participated in this competition. While the British raced using breaststroke, the Native Americans swam a variant of the front crawl, which has been used by people in the Americas, West Africa and some Pacific islands for generations, but was not known to the British. As the front crawl is a much faster style than the breaststroke, the Americans won against the British competition. Flying Gull won the medal, swimming the feet in 30 seconds; the second place was also won by another American named Tobacco. Their stroke was described as making a motion with the arms "like a windmill" and kicking the legs up and down. As this produced considerably splashing, it was considered barbaric and "un-European" to the British gentlemen, who preferred to keep their heads over the water. Subsequently, the British continued to swim only breaststroke until The first indoor swimming pool was built in England in The main swimming styles were the breaststroke and the recently developed sidestroke. In the sidestroke, the swimmer lies on one side. Initially, the arms were brought forward under water, but this was soon modified to bring the arm forward over water to reduce resistance and to improve the speed, resulting in an overarm sidestroke. The legs were squeezed together in a scissor style. Thayers of England swam yards in a record-breaking 1: In John Arthur Trudgen reintroduced the front crawl to England. Trudgen learned the stroke from Native Americans during a trip to South America the exact date, however, is disputed and may be anywhere between and This stroke, a variant of the front crawl, was then called the Trudgen or Trudgeon. The arms were brought forward, alternating while the body rolled from side to side. The kick was a scissors kick, with one kick for two arm strokes, although it is believed that the Native Americans did indeed do a flutter kick and Trudgen mistakenly used the in Britain more common breaststroke kick. Variants used different ratios of scissor kicks to arm strokes, or alternated with a flutter up-and-down kick. The speed of the new stroke was demonstrated by F. Lane in , swimming yards in 1: This style is the first European version of the front crawl, the fastest swimming style known today. Due to its speed the Trudgen became very quickly popular around the world, despite all the ungentlemanlike splashing. Captain Matthew Webb was the first man to swim the English channel between England and France , in He used breaststroke, swimming No other man or woman swam the channel for the next 31 years. He died in while attempting to swim the Niagara Falls. The first European amateur swimming competitions were in in Vienna. This is believed to be the first artificial wave pool and also featured electrically heated water and light. Six events were planned, but only four events were actually contested: The first gold medal was won by Alfred Hajos of Hungary in 1: Hajos was also victorious in the m event, and was unable to compete in the m, which was won by Austrian Paul Neumann. Another swimming competition of m for sailors included three Greek sailors in Bay of Zea near Piraeus, starting from a rowing boat. The winner was Ioannis Malokinis in two minutes and 20 seconds. A m race was also performed. Henry Sheffield designed a rescue can or rescue cylinder, now well known as the lifesaving device in Baywatch. The pointed ends made it slide faster though the water, although it can cause injuries. The second Olympic games in Paris in featured m, m, and m freestyle, m backstroke , and a m team race see also Swimming at the Summer Olympics. There were two additional unusual swimming events although common at the time: The m freestyle was won by John Arthur Jarvis in under one hour, the longest Olympic swimming race ever. The backstroke was also introduced to the Olympic games in Paris, as was water polo.

Chapter 3 : calendrierdelascience.com – The Ultimate Log Book for Swimmers

For close to two decades, Swimming World Magazine has published an annual Holiday Gift Guide in our October, November, and December issues promoting great gifts for your loved ones. From books to.

She has that spellbinding narrative-momentum talent down as great as all my favorite authors. I purposely pulled myself away to think and reflect. I thought about the first time I left the country. Looking back, I sheltered myself straight-lace as I was at one of the most liberal colleges with colorful street people in the country. So to visit countries like Afghanistan, Pakistan, Turkey, and India I did not come back home the same person. She makes them each interesting and not in spite of their flaws but because of them. She lets her story tell itself. Her three main characters- Tacker Hart - Kate Monroe- and Gaines Townson - each very different people - dealing with their own inner struggles -discover that shared humanity profoundly affects the course of each of their lives. Tacker Hart had finished his five year degree in architecture, school of design at the State College, in North Carolina, in Joshua is a liar and a betrayer. Samuel, Nigerian, on the other hand Tacker and Samuel exchange aerograms- letters back and forth from North Carolina and Nigeria. When I was sitting and reflecting about this story I was remembering how long it took for those aerograms to arrive – it was harder to nourish global relationships compared with today Tacker had a direct experience with Nigeria, and in ways he owned it for himself. I often felt that Tacker was carrying the world on his shoulders. Gaines Townson is African American. Tacker first meets him when he sells him a bottle of milk for a quarter. An unspoken bond develops between them after a disgusting incident. Gaines grew up with racial bigotry all around him And then there is Kate Monroe The girl fixed herself a pimento cheese sandwich. You can laugh now. Kate has her own inner-conflicting messages going on inside her head when we first meet her too. This would be a terrific book for High School kids to read too Young minds will enjoy this novel- as well as old farts like me. Beautiful book cover too.

Chapter 4 : A Book of Swimming by Unknown | World of rare calendrierdelascience.com

This book reviews research on the body of knowledge available for the improvement of sports coaching and training practice in swimming, which seems to be relevant, numerous, and diversified enough.

Chapter 5 : World Records for Swim Mass Relays

Books shelved as swimming: Jabari Jumps by Gaia Cornwall, Swimming to Antarctica: Tales of a Long-Distance Swimmer by Lynne Cox, Swim the Fly by Don Cala.

Chapter 6 : Popular Swimming Books

By Katie Wingert, Swimming World College Intern. Books are not always swimmers' first choice for rest and relaxation. After a long, hard practice, curling up with a book is often not as.

Chapter 7 : World Book of Swimming - - pocket () | Adlibris Bokhandel

Swimming between worlds is a heart wrenching, giggle producing, love finding book that shows the side of the south in the late 50's and early 60's. It is about a white man who doesn't see color he just sees the heart of the person.

Chapter 8 : List of world records in swimming - Wikipedia

*The Complete Book of Swimming [Phillip Whitten] on calendrierdelascience.com *FREE* shipping on qualifying offers. Experts agree that swimming is the best and most complete form of exercise. Here is the most authoritative and*

comprehensive guide to the sport.

Chapter 9 : calendrierdelascience.com - Official FINA website |

The swimming pigs of the Bahamas. A new book, "Pigs of Paradise: The Story of the World-Famous Swimming Pigs" by T. R. Todd, tells the story of an island in the middle of the Bahamas populated by.