



BOOK REVIEW

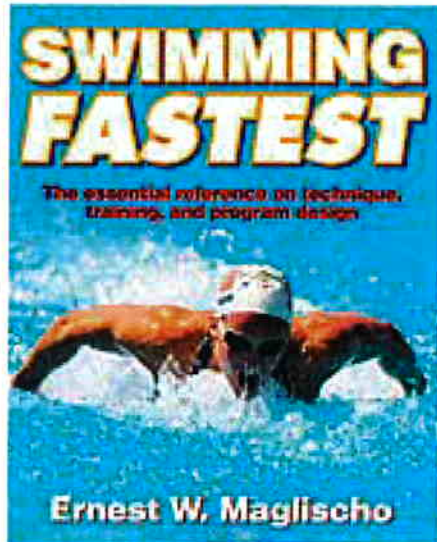
SWIMMING FASTEST

The essential reference on technique, training, and program design

By Ernest W. Maglischo

752 pp., Champaign, IL, USA

Human Kinetics, \$44.95 US, \$69.95 Cdn



Swimming Fastest is the latest book by Ernest Maglischo, and is a revised and updated version of his two previous books (*Swimming Fast*, and *Swimming Faster*). Each of the three books in this series has grown in size and depth of content. The latest edition at 752 pages is a thorough and complete reference tool for a serious swim coach. As well, Maglischo offers an additional 25 pages of references for coaches who would like to review scientific articles on the topics covered in his book.

Maglischo himself says in the preface that most of the new information in the book is contained in Part I, the section on technique, with many new ideas on propulsive forces created by swimmers discussed in depth. Part II covers the training process in detail. At the start of each chapter the author highlights the new material in this edition.

Illustrations and charts describe his theories of technique, photos of world class swimmers from all angles help bring the theory charts and graphs to life, plus sample workouts and training programs of Olympic champions makes this a very thorough and informative book. Many coaches will like the one-stop-shopping aspect of Maglischo's *Swimming Fastest*. This book is a great source of reliable information about training and stroke technique.

All serious coaches should have at least one of Maglischo's books in their library. If you do not have either of his other two books, then *Swimming Fastest* is an extensive reference tool for serious coaches and swimmers looking to improve their performances.

ANOTHER APPROACH

The Ride Home

Judy Goss

One might think, What does the ride home have to do with sport psychology or mental training? Well, in fact, nothing, but on the other hand, a lot. Part of my work with swimmers is spent not just discussing the mental aspects of sport but also the factors outside of the pool, such as confidence, concentration, and even enjoyment of swimming. Unbelievably enough, the ride home is mentioned quite often.

I am sure you can envision it even if you have not experienced it personally. It's just after dusk, a nondescript minivan pulls up outside the local pool and a young swimmer appears from behind the double doors, bundled up and wet-haired, carrying a swim bag and a backpack loaded down with school books. The swimmer gets into the car, the parent asks "How was practice?" The response from beside mom or dad is "Fine." End of conversation? Not a chance, but maybe the end of a two-way conversation.

So what is my point? It seems odd that something so typical or maybe insignificant to some can be and is the start of an unbelievably uncomfortable situation for some parents and swimmers. This encounter can take many different directions but more often it is confrontational, stressful, and hated. The most common responses from athletes that I deal with are as follows:

"My mom wants me to tell her everything."

At the age of about 12 years old, all children start to enter an important developmental phase of growing independence and autonomy from their parents. One method to become more independent is to not share what is going on in the child's life, a difficult thing for many parents to deal with. Often, a parent is just trying to determine

what the swimmer is feeling when the swimmer appears tired, upset, or distressed.

"If I say I had a bad workout, I get yelled at."

After a long day at school and in the pool, getting into the car and seeing your parent, the last thing that a swimmer wants is to be yelled at for telling the truth. Most swimmers don't want to have a bad workout, and having external pressure for performance put on them does not usually increase performance.

"The ride home just consists of them talking swimming and lecturing me on what I did wrong and how to do it right."

One of the best pieces of advice that I ever heard from a parent was "let the coach coach and let the parent parent." And if the parent starts to confuse the jobs, the parent will start to confuse the swimmer. After a long hard day and practice, the swimmer doesn't need to hear more about what he or she needs to do to improve his or her swimming because, more than likely, it is not the same message that the coach is giving the swimmer. In that situation, then, who should the swimmer listen to?

So what does all this mean? Parents need to be sensitive and aware of their child's needs.

What are my suggestions for the discussion to make the ride home better? Parents should ask their swimmer what he or she wants for dinner or tell them about the parent's day. Let them ask the parent the questions. Try it for a change. There might be some quiet rides home for a while, but give it time.

Judy Goss, Ph.D., is a Sport Psychology Consultant with the Canadian Sport Centre Ontario.

OBITUARY

Betty Lou Dean passed away on 14 April

Dean, 73, died from complications of ALS (Lou Gehrig's disease). She is survived by her husband David, and sons Gordon, Rob, Darrell, and Lee, and numerous grandchildren.

Dean was involved with aquatics for over 60 years, as an athlete, coach, builder, and administrator.

She was involved in founding competitive programs at the YM-YWCA. The club would become the Regina Optimist Dolphins, still active.

In 1973 she became executive director of Swim Saskatchewan, a position she retired from in 1998.

Betty Lou and David were Master Officials and mentored other officials across the country.

In January of this year, Betty Lou and David were presented with a commemorative medal for the Golden Jubilee of Queen Elizabeth II. The medal is awarded to those persons who have made a significant contribution to Canada, to their community, or fellow Canadians.

Ann Schulman passed away April 30

Schulman, 61, mother of three, earned wide recognition for her contributions—both professionally and through sport.

Schulman, a pediatric oncology nurse, is survived by former husband Mayer, daughters Margot and Paula. Son David died some time ago.

Six years after her son David suffered severe brain damage after being struck by a car, Schulman took over as executive director of Saskatchewan Institute for Prevention of Handicaps in 1987.

She was inducted in the Saskatoon Sports Hall of Fame as a builder because of her volunteer efforts in swimming, and was an officer of the Order of Canada.

She volunteered with both local swim clubs, the Lasers and the Goldfins.

Schulman was involved with team management at the Pan Pacifics, World Championships, Commonwealth Games, and at the Olympics in 1992 and 1996.