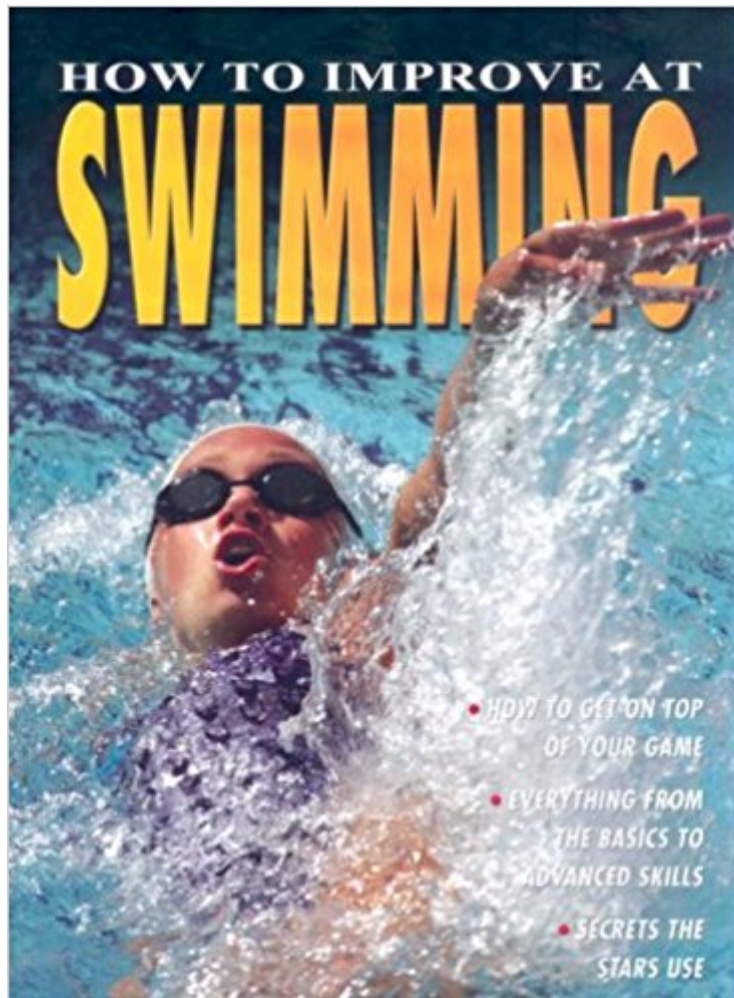




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How To Improve At Swimming



Synopsis

For young athletes who want to learn how to improve their swimming skills and become an advanced swimmer, this exciting guide is the answer! Detailed photographs take readers through step-by-step drills on starts, turns, freestyle, backstroke, breaststroke, butterfly, and more. Clear text outlines the rules of competition and discusses diet and staying fit. Young athletes will also be inspired by fact boxes about current swimming stars and the secrets to their success.

Book Information

Lexile Measure: IG860L (What's this?)

Series: How to Improve at. . .

Paperback: 48 pages

Publisher: Crabtree Pub Co (February 28, 2008)

Language: English

ISBN-10: 0778735923

ISBN-13: 978-0778735922

Product Dimensions: 0.2 x 8 x 11 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 3 customer reviews

Best Sellers Rank: #836,449 in Books (See Top 100 in Books) #106 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #179 in [Books > Children's Books > Sports & Outdoors > Water Sports](#) #12037 in [Books > Children's Books > Activities, Crafts & Games](#)

Age Range: 10 - 13 years

Grade Level: 5 - 8

Customer Reviews

Paul Mason is an English Pagan artist, photographer, and illustrator best known for his stunning photomontage images and book jacket designs. He has worked previously with Franklin as illustrator of "The Sacred Circle Tarot" and co-author of Lammas. Mason lives in the English Midlands. --This text refers to the Library Binding edition.

I bought this for my 9-year-old son, who is about to try out for his school swimming team. I asked the coach for advice on suitable books, and he told me there was not much choice for younger swimmers - most of the books are aimed at adult swimmers or coaches and are too dry for a

child. This book seems to be at about the right level - it is not for beginner swimmers - it is for beginner competitors - it has basic information on the strokes - but it is not a 'how to swim' book - it is (probably) assumed that the readers can swim. It has information on racing dives, racing turns, starting instructions, what equipment is found in a competition pool (eg lane markers, false start rope etc), nutrition, stretching, cross training, and some information on water safety etc. It is all at a basic level, but provides the fundamental information required by a novice competitor. It is nicely illustrated with specially taken photographs and short sentences. I'm pleasantly surprised - there is no 'see inside function' so I was not sure quite what I would be getting. I am now looking at some other titles in the 'How to improve at...' series.

I have never owned an actual bread product before but since I have started making my own bread, none of the knives I had were long enough to do a good job so I ordered this one. It is amazing. It's long enough for any loaf you may need it for and absolutely no difficulty is creating a smooth, even slice of bread. I would recommend it to anyone who is thinking of getting a good bread product. professional service. as a gift to Tommy, as the price. delivery on time receive it next day .

My kids have been poring over this book -- using excellent photographs and visuals, it SHOWS kids how to work on their starts, their flip turns, their body position in the water, and their breathing technique. It talks about race strategies and preparation. It will bring out that little competitive streak in your child -- race ya!

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