

High Performance Youth Swimming: Routledge Research in Paediatric Sport and Exercise Science

Swimming is a demanding sport that requires a high level of physical fitness, technical skill, and mental toughness. For young swimmers, it is important to develop these qualities in a safe and supportive environment. *High Performance Youth Swimming: Routledge Research in Paediatric Sport and Exercise Science* provides detailed insight into key areas of youth swimming development and identification, and performance optimization for young swimmers.



High Performance Youth Swimming (Routledge Research in Paediatric Sport and Exercise Science)

by Whitney Stewart

★★★★☆ 4 out of 5

Language : English

File size : 20972 KB

Screen Reader : Supported

Print length : 308 pages



This book is written by leading experts in the field of paediatric sport and exercise science. It covers a wide range of topics, including:

- Talent identification
- Skill acquisition

- Technical development
- Training planning
- Monitoring and evaluation

Audience

High Performance Youth Swimming is a valuable resource for coaches, parents, and athletes who are involved in youth swimming. It is also a useful reference for researchers and students in the fields of paediatric sport and exercise science.

Benefits of Reading

There are many benefits to reading *High Performance Youth Swimming*, including:

- Gaining a deep understanding of the key factors that contribute to success in youth swimming.
- Learning how to identify and develop talented young swimmers.
- Developing effective training plans for young swimmers.
- Monitoring and evaluating the progress of young swimmers.

High Performance Youth Swimming is a comprehensive and up-to-date resource for anyone who is involved in the development of young swimmers. It provides detailed insight into the key areas of youth swimming development and identification, and performance optimization. This book is a must-read for coaches, parents, and athletes who are serious about achieving success in youth swimming.

Reviews

"High Performance Youth Swimming is an essential resource for anyone involved in the development of young swimmers. It provides a wealth of evidence-based information on talent identification, skill acquisition, technical development, training planning, and monitoring and evaluation. This book is a must-read for coaches, parents, and athletes who are serious about achieving success in youth swimming." - **Dr. Stephen J. Walker**, *University of Bath*

"High Performance Youth Swimming is a valuable resource for coaches, parents, and athletes who are involved in youth swimming. It provides detailed insight into the key factors that contribute to success in youth swimming, and offers practical advice on how to develop and train young swimmers. This book is a must-read for anyone who is serious about achieving success in youth swimming." - **Dr. Michael J. Joyner**, *Mayo Clinic*



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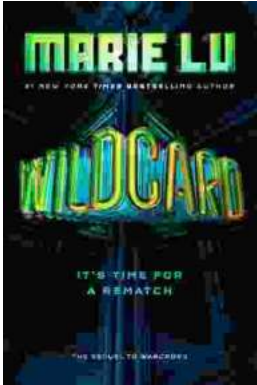
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