



## Tri Swim Coach Newsletter

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### Coaching

Dear Friend,

I get emails from people consistently with questions on stroke technique, training methods, equipment, etc. I do my best to answer these questions, but often times my recommendation is to go out and hire a coach.

Today we will look at what to look for in a swim coach. This can really be a huge step in setting your stroke up for the rest of your life, whether it's for triathlon or just swimming comfortably and enjoying it!

Read on....

[Make Your Training Complete with The Complete Guide to Triathlon Swimming!](#)

**TriSwimCoach**

### SwiMP3 Underwater Swimming MP3 Player

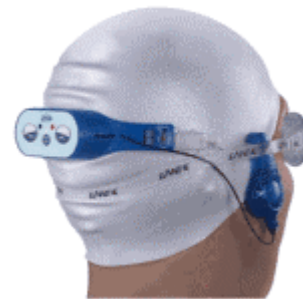
The NEW Finis SwiMP3 player gives you an incredible audio experience in the water. Imagine listening to hours of your own music during your swim workout. The SwiMP3's innovative sound transfer technology offers exceptional underwater sound quality.

The SwiMP3 player (pronounced "Swim-P-3") allows athletes to hear the same high quality music while they're in the water that they're accustomed to hearing while running, biking or at the gym.

The Finis SwiMP3 is fully waterproof and can be used with all competitive swim strokes, water therapy or lap swimming. Its the perfect swimming mp3 player.

Need an MP3 Player that is great on land and in the water? Click below and check out the Oregon Scientific Players.

Tell Me More: Includes Goggles, but you can use your own; carrying case to keep your gear together; and the USB cable to download songs from your computer. And at 128 MB - you can swim up to four hours and have 30 songs for your listening pleasure. 90 Day Manufacturers Warranty.



songs for your listening pleasure. 90 Day Manufacturers Warranty.

"...(Before Finis, I was) still wishing that someone would invent a mechanism that would stir up the boredom of long swims...

The Finis MP3 player is wonderful! Not only can I hear my choice of music without having to change batteries every four hours, the sound comes through loud and clear! "

Never owned an MP3 player before? Don't worry, it's easy to use, when you plug the MP3 player into your computer, it sees it as a removable hard drive, and you can just move your MP3 files to the SwiMP3, just like you would any other drives on your computer.

[Click here for more info and to order today!](#)

## What To Look For in a Swim Coach

By Kevin Koskella  
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You may decide that after reading several swimming books, practicing drills and workouts in the pool on your own, joining a masters swim team, and even ordering *The Complete Guide to Triathlon Swimming* online, that you need a little outside help to get your swim where it needs to be for a tri. You're normal! Unless you have a little swimming experience under your belt already, it may be difficult to make the improvements you need to make without a coach.

I highly recommend hiring a coach, if you are a beginner or just looking to become a better swimmer.

But not all swim coaches are the same!

Here are some ideas on what to look for if you do decide to hire a coach:

1. They should have experience working with adults and not just kids. Many places have countless swim programs for kids, but neglect the beginning or improving adult swimmer. Often, the instructors these gyms or pools hire have very little experience working with an adult triathlete or pre-triathlete. They know the basics but won't help you much with a triathlon swim. They will come cheap, but it's not worth it!
2. Look for some college swimming experience. It doesn't have to be an All American Division 1 college swimmer, but former college swimmers typically will understand a little more about your needs than someone that did not compete at a high level.
3. Masters coaches are often good private coaches. Since many master's teams consist of several triathletes, masters coaches often will be able to help you improve for your next race.
4. The coach should be able to adjust between teaching you as a distance swimmer and an age group kid who wants to improve his 100 Free. I've seen age group coaches who cannot distinguish stroke needs between his 16 year old sprinters and his 40 year old aspiring triathletes. Look for some experience coaching open water swimmers or at the very least distance swimmers.
5. Price can be an indicator. Like anything else in life, you get what you pay for.



5. Price can be an indicator. Like anything else in life, you get what you pay for. First of all, there aren't many good private swim coaches out there! The demand for instruction is always greater than the supply of good coaches. If you are getting instruction from a kid at your local Y where you pay \$15/hour for a lesson, you might not be getting what you need. Prices for coaching vary throughout the country and the world, but mostly you will be looking at the range of \$40-\$100 per lesson. If you find a coach at the top of this range, chances are he or she will be paying very close attention to you and make sure you succeed!

6. Gauge personality. You must have a good relationship with your coach for it to work. Look for patience and someone that is not in a hurry, someone that listens well and will give you feedback and follow-up.

7. Look for a coach on the Tri Swim Coach list. Just click on the link below, and you will find coaches (mostly around the U.S.) that many of which are highly qualified to help you as a triathlete or newbie.

[Click here for the Tri Coach list!](#)

### Coming Soon: Tri Swim Coach Discussion Board

Get ALL your questions answered!  
Discuss Tri Swimming challenges, successes, and overall issues related to our sport!  
More soon!  
[www.triswimcoach.com](http://www.triswimcoach.com)

### More Tri Swimming Mastery in 2 Weeks!

