

asctaSHOP

Member's Prices



Books		Prices including GST		ORDER
100 Best Swimming Drills 2/e	Bly the Lucero	Effective swimming drills for any level	\$ 40.00	
100 More Swimming Drills	Bly the Lucero	Another collection of the most effective drills	\$ 40.00	
And then They Won Gold	Chuck Warner	Stepping stones to swimming excellence	\$ 29.00	
Aquafun – First Steps	Uwe Rheker	Learning by playing	\$ 35.00	
Aquafun – Games and Fun for the Advanced	Uwe Rheker	Having fun in water when you know how to swim	\$ 35.00	
Aquafun – Playing and Training Creatively	Uwe Rheker	Fun, interesting, educational water-based sports	\$ 35.00	
Aquaplay	E Smallwood & A Brown	Babies and Toddlers lesson song book	\$ 18.00	
Aquatic Fitness Professional Manual	AEA	Resource to prepare for Aquatic Fitness Exam	\$ 84.00	
Art of Swimming	Victoria Wood	A new direction using the Alexander Technique	\$ 30.00	
Assessments & Activities for Teaching Swimming	Lepose, Columa, Litzner	Assess aquatic skills of all your students & place them at developmentally appropriate levels	\$ 39.00	
Baby Swimming	Lilli Ahrendt	A handbook for parents & teachers	\$ 30.00	
Basic First Aid	Lippmann/Natoli	Basic guide to some life threatening situations	\$ 13.00	
Challenge Workouts for Advanced Swimmers	Bly the Lucero	100 advanced level workouts	\$ 30.00	
Championship Swim Training	Sweetenham & Atkinson	Workouts and programs	\$ 39.00	
Coaching Essentials - A Swimming Coaches Guidebook	Ralph Richards	text for Silver course	\$ 36.00	
Coaching Swimming – An Introductory Manual (2nd Ed.)	Ralph Richards	text for Bronze course	\$ 36.00	
Coaching Swimming - Introduction to Swimming Coaching (2nd Ed.)	Ralph Richards	text for former JSAC course	\$ 36.00	
Coaching Excellence	Frank Pyke	Practical advice in key areas to enable coaches to excel.	\$ 37.00	
Coaching Swimming Successfully (2nd Ed.)	Dick Hannula	Coaching foundations, Technique, Planning, Meets and self-evaluation	\$ 32.00	
Complete Conditioning for Swimming	Salo & Riewald	Includes DVD with dry land, stroke and injury prevention exercises	\$ 33.00	
Complete Guide to Primary Swimming	John Lawton	Teaching strokes & skills in a safe & fun environment	\$ 59.00	
Conditioning to the Core	Brittenham/Taylor	More than 300 exercises, build your centre of power	\$ 29.00	
Core Training Anatomy	Frederic Delavier	Guide to increasing core strength	\$ 30.00	
CPR	Lippmann/Natoli	Designed as an aid during CPR training	\$ 10.00	
Developing Swimmers	Michael Brooks	Comprehensive program for excellence	\$ 25.00	
Fearless Swimming for Triathletes	Ingrid Loos Miller	Improve your Open Water skills	\$ 35.00	
First Aid and Emergency Care	Lippmann/Natoli	Practical guide for first aid at home, workplace & in the field	\$ 22.00	
Fitness Swimming (2nd Ed.)	Emmett Hines	60 workouts for Speed, Endurance and Technique	\$ 25.00	
From The Pool's Edge	Heather Klieve	Wonderful resource for developing a LTS program	\$ 85.00	
Games, Gimmicks, Challenges for Swimming coaches	Bob Steele	Over 600 ideas from over 500 coaches	\$ 32.00	
Heart Rate Training	Benson & Connolly	A comprehensive guide for endurance athletes.	\$ 25.00	
High Performance Swimming	Alan Lynn	Technical & scientific aspects of high performance swimming	\$ 35.00	
High Performance Training for Sports	D Joyce & D Lewindon	Changing the landscape of athletic conditioning and sports performance	\$ 37.00	
How to be a Swimming Teacher	Mark Young	A definitive guide to becoming a successful swimming teacher	\$ 30.00	
How to Teach your Baby to Swim	Douglas Doman	Complete guide to teaching your infant & toddler to swim	\$ 20.00	
Inside Sport Psychology	Karageorghis & Terry	Discover the relationship between mind, body, and performance	\$ 36.00	
Learn to Swim	Rob & Kathy McKay	Step-by-step water confidence and safety skills for babies and young children	\$ 40.00	
Life is Worth Swimming	Murray Rose	An intimate glimpse into the personal journey of Australian swimming icon Murray Rose	\$ 39.00	
Mastering Swimming	Montgomery & Chambers	A Guide for Fitness, Training and Competition	\$ 29.00	

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Masters Swimming	Blythe Lucero	Provides a comprehensive look at the international phenomenon of Masters swimming	\$ 30.00
Master the Art of Swimming	Steven Shaw	Raise with performance with the Alexander Technique	\$20.00
Mind Training for Swimming Fast	Julie Robinson	Aimed at swimmers and other athletes who want to train their minds for personal success	\$ 16.00
Open Water Swimming	Munatones	Essential guide to open-water environment	\$ 29.00
Physiological Tests for Elite Athletes	Australian Institute of Sport	The most current protocols used for assessing high-level athletes	\$123.00
Pushing Positive Buttons	Harry Gallagher	Provides inspiration in overcoming adversary	\$ 28.00
Science of Swimming Faster	Riewald/Rodeo	Physiology, biomechanics, medicine, psychology and training for swim performance while providing prescriptive advice along the way	\$ 47.00
Secrets of Winning Coaches Revealed	Becker/Hill	Stories & insights of Australia's sporting legends aimed at fast tracking coaching success	\$ 27.00
Shape up!	Blythe Lucero	100 conditioning workouts	\$ 30.00
Smart Swim Teachers Check List	Barb Nolan	Self evaluation, assessment and training tool for swim teachers	\$ 36.00
Sport Nutrition for Coaches	Leslie Bonci	Eating for peak performance as an Athlete	\$ 36.00
Strength Training for Faster Swimming	Blythe Lucero	Swimming-specific strength training gives an edge	\$ 30.00
Stretching Anatomy 2E	Nelson/Kokkonen	Illustrated guide to exercises for flexibility, agility & toning	\$ 26.00
Swim Australia™ Teacher of Adolescents & Adults		Course Manual (with colour photos)	\$ 44.00
Swim Easy (Book and DVD)	John Konrads	For swimmers of all ages as well as their teachers	\$ 48.00
Swimming Anatomy	Ian McLeod	Illustrated guide for swimming Strength, Speed and Endurance	\$ 32.00
Swimming – A Training Program	David Wright	300 swimming & 115 weight schedules	\$ 35.00
Swimming for Parents	Gary Barclay	The Ultimate Education Guide for Swimming Parents	\$ 20.00
Swimming Games and Activities	Noble/Cregeen	Over 200 activities and games	\$ 35.00
Swimming – Technique, Training & Competition Strategy	Alan Lynn	(Crowood Sports Guides) Analyses strokes from beginning to advanced competition	\$ 25.00
Swim Speed Secrets	Sheila Taormina	Swim techniques used by the fastest swimmers	\$ 27.00
Swim Speed Strokes	Sheila Taormina	Master the strokes for your fastest swimming	\$ 32.00
Swim Speed Workouts	Sheila Taormina	16 week swim training plan, incl 50 w'proof workouts	\$ 39.00
Swimstrength	Paul Collins	Australian based comprehensive guide	\$ 30.00
Swim To The Top	David Wright	New ways in swimming training	\$ 25.00
Tapering and Peaking for Optimal Performance	Inigo Mujika	Science, Straegies & Program design to perform	\$ 37.00
Teaching Your Baby To Swim	F Freedman	Introduce your child to swimming, step by step guide	\$15.00
Technique Swim Workouts	Blythe Lucero	75 workouts with specific workouts for comp strokes	\$ 30.00
The Complete Guide to Simple Swimming	Mark Young	Everything you need to know from first entering the water, to performing the four basic swimming strokes	\$20.00
The Edge - The Swimmers Every Day Guide to Excellence	Nathan Manley	Workbook - swimmers are guided through written exercises on goal setting, visualization, reflection, self-talk, nutrition and more.	\$ 15.00
The Masters Athlete	Peter Reaburn	All things to do with Adults in competitive Sport	\$ 50.00
The Science of Wnning	Jan Albrecht	Planning, Periodizing and Optimizing Swim Training	\$ 85.00
The Swim Coaching Bible (Volume II)	Hannula & Norton.	Many coaches contributed to this WSCA endorsed competitive swimming text	\$ 33.00
The Swimming Drill Book	Ruben Guzman	128 Drills for everyday Stroke, Turn, Start & finishes	\$ 29.00
The Winner Within	Pat Riley	The author has earned himself the title of "America's Greatest Motivational Speaker"s.	\$ 20.00
Toddler Swimming	Lilli Ahrendt	Following on from Baby Swimming, Toddler Swimming focuses on children up to 3 years	\$ 30.00
Treading Water (Autographed)	Tracey Wickham	Tracey's life in and out of the pool	\$ 33.00
Triathlon Science	Friel/Vance	Ultimate nexus of knowledge & performance	\$ 37.00

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Water Exercises	Melissa Layne	Fitness and rehabilitation exercises	\$ 26.00	
Water Learning	Susan Grosse	Improving mental, physical and social activities through water activities	\$ 33.00	
Water Fun	Terri Lees	116 fitness and swimming exercises for all ages	\$ 26.00	
Water Fun Book / DVD Package	Terri Lees	116 fitness and swimming exercises for all ages	\$ 61.00	
Waterproof Notebook		Pocket size notebook. Suitable for most writing tools	\$ 7.00	
A4 Waterproof Paper – 100 Sheets		Won't bend, bubble or curl & will go through most laser printers & copiers	\$ 76.00	

Self-paced Home Study Professional Development Courses			Price	ORDER
Full set of Modules 1-7 Home Study Courses			\$270.00	
Module 1	"The Art of Coaching Swimmers Successfully"		\$ 50.00	
Module 2	"The Biomechanics of Swimming"		\$ 50.00	
Module 3	"Learning Skills through Drills & Games"		\$ 50.00	
Module 4	"The Physiology of Swimming"		\$ 50.00	
Module 5	"Coach Management"		\$ 50.00	
Module 6	"Making Champion Men"		\$ 50.00	
Module 7	"Growing Up In Lycra"		\$ 50.00	

Swim Australia™ Teacher Course CD ROMs/ Manuals/Aids			Price	ORDER
Full set of Swim Australia™ Teacher CD ROMs		4 CD ROMs	\$ 99.00	
Swim Australia™ Teacher		Course Theory CD ROM including video	\$ 33.00	
Swim Australia™ Teacher of Babies and Toddlers		Course Theory CD ROM including video	\$ 33.00	
Swim Australia™ Teacher of Competitive Swimming		Course Theory CD ROM including video	\$ 33.00	
Swim Australia™ Teacher of Learners with Disability		Course Theory CD ROM including video	\$ 33.00	
Teaching Doll		Life size newborn plastic training aid	\$ 35.00	

ASCTA Quadrennial Series			Price	ORDER
Full set of ASCA Quadrennial Series			\$230.00	
Freestyle	With Brant Best and James Magnussen		\$ 40.00	
Breaststroke	With Simon Cusack and Christian Sprenger		\$ 40.00	
Backstroke	With Matt Brown and Emily Seebohm		\$ 40.00	
Butterfly	With Bill Sweetenham and Brittany Elmslie		\$ 40.00	
Coaching Swimmers with Disability	With Michael Freney and Jacqui Freney		\$ 40.00	
Squad Training	With Michael Bohl		\$ 40.00	
Open Water Swimming			\$ 40.00	

Various DVDs			Price	ORDER
All Access Butterfly with Matt Kredich	Matt Kredich		\$ 80.00	
Aquababies	Christopher Smith		\$ 40.00	
Aquababies/Aquatots/The Swim Platform – Set of 3	Christopher Smith		\$ 99.00	
David Marsh's Next Wave Technique: Freestyle	David Marsh		\$ 40.00	
David Marsh's Next Wave Technique: Backstroke	David Marsh		\$ 40.00	
David Marsh's Next Wave Technique: Breaststroke	David Marsh		\$ 40.00	
David Marsh's Next Wave Technique: Butterfly	David Marsh		\$ 40.00	
David Marsh's Next Wave Technique: Starts	David Marsh		\$ 40.00	
David Marsh's Next Wave Technique: Turns	David Marsh		\$ 40.00	
David Marsh's Next Wave Technique: Set of 6	David Marsh		\$210.00	

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Various DVDs (Continued)		Price	ORDER
Flexibility for Sports Performance	Ann and Chris Frederick	\$ 33.00	
Fundamentals of Fast Swimming	Gary Hall Snr	\$ 40.00	
Growing up in Lycra	Swimming Queensland (includes Australia-wide postage)	\$ 22.00	
Jan King - Backstroke	Jan King	\$ 40.00	
Jan King - Breaststroke	Jan King	\$ 40.00	
Jan King - Butterfly	Jan King	\$ 40.00	
Jan King - Freestyle	Jan King	\$ 40.00	
Jan King – Set of 4 Free, Back, Breaststroke & Butterfly	Jan King	\$150.00	
John Davis on Everything Swimming	Josh Davis	\$ 40.00	
Kids Alive Do the Five	Laurie Lawrence	\$ 25.00	
Life is Worth Swimming	Gary Hall Sr	\$ 40.00	
Making Champion Men	Swimming Queensland (includes Australia-wide postage)	\$ 22.00	
Pilates for Swimmers	Jade Winter & Tanya Smith	\$ 16.00	
Season Planning, Writing and Running Age Group Workouts	Guy Edson	\$ 40.00	
Swim in Tune CD Rom	Bar Graham	\$ 30.00	
Swim in Tune DVD	Bar Graham	\$ 38.00	
Swimming Down Under: Backstroke	Ian Pope	\$ 40.00	
Swimming Down Under: Breaststroke	Ian Pope	\$ 40.00	
Swimming Down Under: Butterfly	Ian Pope	\$ 40.00	
Swimming Down Under: Freestyle	Ian Pope	\$ 40.00	
Swimming Down Under: Set of 4	Ian Pope	\$150.00	
Swim Like a Champion: Sprint Freestyle	Kara Lynn Joyce and Jimmy Feigen	\$ 30.00	
Swim Like a Champion: Distance Freestyle	Chloe Sutton and Peter Vanderkaay	\$ 30.00	
Swim Like a Champion: Backstroke	Matt Grevers	\$ 30.00	
Swim Like a Champion: Breaststroke	Mark Gangloff	\$ 30.00	
Swim Like a Champion: Butterfly	Claire Donahue and Tyler McGill	\$ 30.00	
Swim Like a Champion: Set of 5		\$130.00	
Technical Freestyle	Matt Kredich	\$ 40.00	
Technical Backstroke	Matt Kredich	\$ 40.00	
Technical Breaststroke	Matt Kredich	\$ 40.00	
Technical Freestyle, Backstroke & Breaststroke – Set of 3	Matt Kredich	\$110.00	
Technical Free, Back, B'stroke & All Access B'fly – Set of 4	Matt Kredich	\$180.00	
Technique First	Rohan Taylor and Grant Stoelwinder	\$ 36.00	
The Swim Platform	Christopher Smith	\$ 40.00	
Water Fun	Links to the Water Fun Book	\$ 50.00	

ASCTA Branded Products		Size ↓	Price	ORDER
2015 Sublimated ASCTA Polo	Mens Sizes S – 5XL Women's Sizes 8 - 20		\$ 35.00	
2014 ASCTA Polo	Mens Sizes S – 5XL Women's Sizes 8 - 18		\$ 35.00	
2013 ASCTA Polo	Limited Sizes available		\$ 35.00	
ASCTA Shorts	Mens Sizes S – 5XL Women's Sizes 8 - 20		\$ 30.00	
Baseball style cap			\$ 15.00	
Drink & Feeding Pole	Open Water Swimming drink and feeding pole		\$360.00	
Jacket	Spray Jacket Unisex sizes XS – 5XL		\$ 45.00	
Travel Mug	Stainless steel and insulated		\$ 7.50	
Turn Sequence Posters	Complete set of 4		\$ 34.00	
Turn Sequence Posters	Freestyle		\$ 9.00	
Turn Sequence Posters	Breaststroke		\$ 9.00	
Turn Sequence Posters	Backstroke		\$ 9.00	
Turn Sequence Posters	Butterfly		\$ 9.00	
Umbrella	Auto opening ASCTA branded umbrella		\$15.00	
Wet Shirt – Long Sleeve (Rashie)	ASCTA branded Men's & Women's Sizes		\$ 48.00	
Wet Shirt – Short Sleeve (Rashie)	ASCTA branded Men's & Women's Sizes		\$ 40.00	

ASCTA Technical Products		Price	ORDER
Finis Swimmer's Snorkel	(Adult) Colour – yellow	\$ 43.00	
Finis Foil Monofin	XS, S, M, L or XL	\$ 73.00	
Finis Agility Hand Paddles	S, M or L	\$ 29.00	
Pool Resistance Training Harness – Standard Pack	1 x 1 point harness; 1 x 2.5m rope; 1 x 2.5m shock cord	\$ 48.00	
Pool Resistance Training Harness – Extra	1 x 2 point harness; 1 x 2.5m rope; 2 x 2.5m shock cords	\$ 57.00	
Pool Resistance Training Harness – Challenge Pack	1 x 1 point harness; 1 x 2.5m rope; 1 x 7.5m shock cord	\$ 59.00	
SAL Affiliated Club ASCTA Journal Subscription	4 Issues JAN –DEC including postage	\$ 40.00	

ASCTA Technical Accessories		Price	ORDER
CPR Mate	Learning & awareness tool for compression only CPR	\$ 19.00	
Waterproof Case – iPad (Class 5) with shoulder strap	100% waterproof, guaranteed submersible to 6m	\$ 55.00	
Waterproof Small Phone Case (compatible for all iPhones, Blackberry and HTC Desires)	100% waterproof, guaranteed submersible to 6m	\$ 28.00	

ASCTA Timing and Monitoring Products		Price	ORDER
AutoCoach SmartWatch	ACS100	\$510.00	
AutoCoach Wireless Speaker	ACS300	\$595.00	
AutoCoach Large LED Display	ACS250	\$1,120.00	
Chrono 100 Finger Timer	Ring style and Water resistant to 50m. Record and recall up to 100 lap or split times. Fastest, slowest and average times, total laps swum etc.	\$ 50.00	
Garmin Swim Watch	Swimming watch designed for pool use that tracks your distance, pace, stroke count and more	\$168.00	
Matador Stop Watch	TWO1 – 898 Sports Timer (100 split times)	\$ 50.00	
Matador Stop Watch	TWO1 – 694 Sports Timer	\$ 25.00	
Polar Heart Rate Monitor FT1	Black	\$ 79.00	
Polar Heart Rate Monitor FT4 (female)	Green	\$139.00	
Polar Heart Rate Monitor FT4 (female)	Pink/Purple	\$139.00	
Polar Heart Rate Monitor FT4 (female)	Bronze	\$139.00	
Polar Heart Rate Monitor FT4 (male)	Silver/Black	\$139.00	
Polar Heart Rate Monitor FT4 (male)	Blue	\$139.00	
Polar Heart Rate Monitor FT7 (female)	Black and Gold	\$169.00	
Polar Heart Rate Monitor FT7 (female)	Red and Silver	\$169.00	
Polar Heart Rate Monitor FT7 (male)	Black and Red	\$169.00	
Polar Heart Rate Monitor FT7 (male)	Black and Silver	\$169.00	
Polar Flowlink USB Adaptor for FT7	External USB transfer device for FT7	\$ 79.00	
Polar Heart Rate Monitor FT60 (unisex)	White	\$229.00	
Polar Heart Rate Monitor FT60 (female)	Lilac	\$229.00	
Polar Heart Rate Monitor FT60 (female)	Black	\$229.00	
Polar Heart Rate Monitor FT60 (male)	Black	\$229.00	
Polar Loop (unisex) (Note: does not work underwater for heart rate monitoring)	Colours: Smokey Black / Misty Blue / Blackcurrent	\$159.00	
T31C Transmitter	Transmits heart rate to wrist unit for FT4, FT7, FT60	\$ 45.00	
Seiko Stopwatch and Printer	S23571J (RRP \$950)	\$780.00	
Seiko Stopwatch	S23593J (RRP \$525)	\$410.00	
Seiko Stopwatch	S23601P (RRP \$250)	\$185.00	
Seiko Stopwatch	S23569J (RRP \$595)	\$475.00	
Seiko Stopwatch	S23605P (RRP \$325)	\$260.00	
Seiko Stopwatch	S23603P (RRP \$275)	\$220.00	
Seiko Stopwatch	S23589J (RRP \$120)	\$100.00	
Seiko Gripswatch	External pushbutton which operates S23571J stopwatch printer	\$ 90.00	
Tempo Trainer Pro	Finis	\$ 59.00	

