asctaSHOP

NON MEMBER's Prices

Books			Prices including GST	ORDER
100 Best Swimming Drills 2/e	Blythe Lucero	Effective swimming drills for any level	$ 50.00	
100 More Swimming Drills	Blythe Lucero	Another collection of the most effective drills	$ 50.00	
And Then They Won Gold	Chuck Warner	Stepping stones to swimming excellence	$ 35.00	
Aquafun – First Steps	Uwe Rheker	Learning by playing	$ 43.00	
Aquafun – Games and Fun for the Advanced	Uwe Rheker	Having fun in water when you know how to swim	$ 43.00	
Aquafun – Playing and Training Creatively	Uwe Rheker	Fun, interesting, educational water-based sports	$ 43.00	
Aquaplay	E Smallwood & A Brown	Babies and Toddlers lesson song book	$ 23.00	
Aquatic Fitness Professional Manual	AEA	Resource to prepare for Aquatic Fitness Exam	$ 98.00	
Art of Swimming	Victoria Wood	A new direction using the Alexander Technique	$ 38.00	
Assessment & Activities for Teaching Swimming	Lepose, Columna, Litzner	Assess aquatic skills of all your students & place them at developmentally appropriate levels	$ 46.00	
Baby Swimming	Lilli Ahrendt	A handbook for parents & teachers	$ 38.00	
Basic First Aid	Lippmann/Natoli	Basic guide to some life threatening situations	$ 16.00	
Challenge Workouts for Advanced Swimmers	Blythe Lucero	100 Advanced level workouts	$ 38.00	
Championship Swim Training	Sweetenham & Atkinson	Workouts and programs	$ 46.00	
Coaching Essentials - A Swimming Coaches Guidebook		Ralph Richards — text for Silver course	$ 44.00	
Coaching Swimming – An Introductory Manual (2nd Ed.)		Ralph Richards — text for Bronze course	$ 44.00	
Coaching Swimming - Introduction to Swimming Coaching (2nd Ed.)		Ralph Richards — text for former JSAC course	$ 44.00	
Coaching Excellence	Frank Pyke	Practical advice in key areas enabling coaches to excel	$ 45.00	
Coaching Swimming Successfully (2nd Ed.)	Dick Hannula	Coaching foundations, Technique, Planning, Meets and self-evaluation	$ 37.00	
Complete Conditioning for Swimming	Salo & Riewald	Includes DVD with dry land, stroke and injury prevention exercises	$ 39.00	
Complete Guide to Primary Swimming	John Lawton	Teaching strokes & skills in a safe & fun environment	$ 69.00	
Conditioning to the Core	Brittenham/Taylor	More than 300 exercises, build your centre of power	$ 35.00	
Core Training Anatomy	Frederic Delavier	Guide to increasing core strength	$ 36.00	
CPR	Lippmann/Natoli	Designed as an aid during CPR training	$ 12.00	
Developing Swimmers	Michael Brooks	Comprehensive program for excellence	$ 31.00	
Fearless Swimming for Triathletes	Ingrid Loos Miller	Improve your Open Water skills	$ 43.00	
First Aid and Emergency Care	Lippmann/Natoli	Practical guide for first aid at home, workplace & in the field	$ 25.00	
Fitness Swimming (2nd Ed.)	Emmett Hines	60 workouts for Speed, Endurance and Technique	$ 30.00	
From The Pool's Edge	Heather Klieve	Wonderful resource for developing a LTS program	$ 93.00	
Games, Gimmicks, Challenges for swimming coaches	Bob Steele	Over 600 ideas from over 500 coaches	$ 37.00	
Heart Rate Training	Benson & Connolly	A comprehensive guide for endurance athletes.	$ 30.00	
High Performance Swimming	Alan Lynn	Technical & scientific aspects of high performance swimming	$ 42.00	
High Performance Training for Sports	D Joyce & D Lewindon	Changing the landscape of athletic conditioning & sports performance	$ 45.00	
How to be a Swimming Teacher	Mark Young	A definitive guide to becoming a successful swimming teacher	$ 36.00	
How to Teach your Baby to Swim	Douglas Doman	Complete guide to teaching your infant and toddler to swim	$ 24.00	
Inside Sport Psychology	Karageorghis & Terry	Discover the relationship between mind, body, and performance	$ 43.00	
Learn to Swim	Rob & Kathy McKay	Step-by-step water confidence and safety skills for babies and young children	$ 48.00	
Life is Worth Swimming	Murray Rose	An intimate glimpse into the personal journey of Australian swimming icon Murray Rose	$ 45.00	
Mastering Swimming	Montgomery & Chambers	A Guide for Fitness, Training and Competition	$ 35.00	

asctaSHOP

NON MEMBER's Prices

Books (Continued)			Prices including GST	ORDER
Masters Swimming	Blythe Lucero	Provides a comprehensive look at the international phenomenon of Masters swimming	$ 38.00	
Master the Art of Swimming	Steven Shaw	Raise performance with the Alexander Technique	$ 24.00	
Mind Training for Swimming Fast	Julie Robinson	Aimed at swimmers and other athletes who want to train their minds for personal success	$ 20.00	
Open Water Swimming	Steven Munatones	An essential guide to maneuvering the open-water environment	$ 35.00	
Physiological Tests for Elite Athletes	Australian Institute of Sport	The most current protocols used for assessing high-level athletes	$145.00	
Pushing Positive Buttons	Harry Gallagher	Provides inspiration in overcoming adversary	$ 32.00	
Science of Swimming Faster	Riewald/Rodeo	Physiology, biomechanics, medicine, psychology and training for swim performance while providing prescriptive advice along the way	$ 56.00	
Secrets of Winning Coaches Revealed	Becker/Hill	Stories & insights of Australia's sporting legends aimed at fast tracking coaching success	$ 30.00	
Shape up!	Blythe Lucero	100 conditioning workouts	$ 38.00	
Smart Swim Teacher's Check List	Barb Nolan	Self evaluation, assessment & training tool for swim teachers	$ 43.00	
Sport Nutrition for Coaches	Leslie Bonci	Eating for peak performance as an Athlete	$ 43.00	
Strength Training for Faster Swimming	Blythe Lucero	Swimming-specific strength training gives an edge	$ 38.00	
Stretching Anatomy 2E	Nelson/Kokkonen	Illustrated guide to exercises for flexibility, agility & toning	$ 31.00	
Swim Australia™ Teacher of Adolescents and Adults		Course Manual (with colour photos)	$ 55.00	
Swim Easy (Book and DVD)	John Konrads	For swimmers of all ages as well as their teachers	$ 58.00	
Swimming Anatomy	Ian McLeod	Illustrated guide for swimming Strength, Speed and Endurance	$ 38.00	
Swimming – A Training Program	David Wright	300 swimming & 115 weight schedules	$ 43.00	
Swimming for Parents	Gary Barclay	The Ultimate Education Guide for Swimming Parents	$ 24.00	
Swimming Games and Activities	Noble/Cregeen	Over 200 activities and games	$ 42.00	
Swimming – Technique, Training & Competition Strategy	Alan Lynn	(Crowood Sports Guides) Analyses strokes from beginning to advance competition	$ 30.00	
Swim Speed Secrets	Sheila Taormina	Swim techniques used by the fastest swimmers	$ 32.00	
Swim Speed Strokes	Sheila Taormina	Master the strokes for your fastest swimming	$ 38.00	
Swim Speed Workouts	Sheila Taomina	16 week swim training plan, incl 50 w'proof workouts	$ 47.00	
Swimstrength	Paul Collins	Australian based comprehensive guide	$ 40.00	
Swim To The Top	David Wright	New ways in swimming training	$ 31.00	
Tapering and Peaking for Optimal Performance	Inigo Mujika	Science, Strategies & Program design to perform	$ 44.00	
Teaching Your Baby to Swim	F Freedman	Introduce your child to swimming, step by step guide	$ 18.00	
Technique Swim Workouts	Blythe Lucero	75 workouts with specific workouts for comp strokes	$ 38.00	
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	$ 24.00	
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.	$ 18.00	
The Masters Athlete	Peter Reaburn	All things to do with Adults in competitive Sport	$ 55.00	
The Science of Winning	Jan Albrecht	Planning, Periodizing and Optimizing Swim Training	$ 99.00	
The Swim Coaching Bible (Volume II)	Hannula & Norton.	Many coaches contributed to this WSCA endorsed competitive swimming text	$ 39.00	
The Swimming Drill Book	Ruben Guzman	128 Drills for everyday Stroke, Turn, Start & finishes	$ 34.00	
The Winner Within	Pat Riley	The author has earned himself the title of "America's Greatest Motivational Speaker"	$ 24.00	
Toddler Swimming	Lilli Ahrendt	Following on from Baby Swimming, Toddler Swimming focuses on children up to 3 years	$ 38.00	
Treading Water (Autographed)	Tracey Wickham	Tracey's life in and out of the pool	$ 39.00	
Triathlon Science	Friel/Vance	Ultimate nexus of knowledge & performance	$ 43.00	

asctaSHOP

NON MEMBER's Prices

Books (Continued)			Prices including GST	ORDER
Water Exercises	Tomihiro Shimizu	Workouts with the AquaNoodle	$ 32.00	
Water Learning	Susan Grosse	Improving mental, physical and social activities through water activities	$ 39.00	
Water Fun	Terri Lees	116 fitness and swimming exercises for all ages	$ 32.00	
Water Fun Book / DVD Package	Terri Lees	116 fitness and swimming exercises for all ages	$ 73.00	
Waterproof Notebook		Pocket size notebook. Suitable for most writing tools	$ 9.00	
A4 Waterproof Paper – 100 Sheets		Won't bend, bubble or curl & will go through most laser printers & copiers	$ 80.00	

Self-paced Home Study Professional Development Courses		Price	ORDER
Full set of Modules 1-7 Home Study Courses		$350.00	
Module 1	"The Art of Coaching Swimmers Successfully"	$ 60.00	
Module 2	"The Biomechanics of Swimming"	$ 60.00	
Module 3	"Learning Skills through Drills & Games"	$ 60.00	
Module 4	"The Physiology of Swimming"	$ 60.00	
Module 5	"Coach Management"	$ 60.00	
Module 6	"Making Champion Men"	$ 60.00	
Module 7	"Growing Up In Lycra"	$ 60.00	

Swim Australia™ Teacher Course CD ROMs/ Manuals/Aids		Price	ORDER
Full set of Swim Australia™ Teacher CD ROMs	4 CD ROMs	$132.00	
Swim Australia™ Teacher	Course Theory CD ROM including video	$ 44.00	
Swim Australia™ Teacher of Babies and Toddlers	Course Theory CD ROM including video	$ 44.00	
Swim Australia™ Teacher of Competitive Swimming	Course Theory CD ROM including video	$ 44.00	
Swim Australia™ Teacher of Learners with Disability	Course Theory CD ROM including video	$ 44.00	
Teaching Doll	Life size newborn plastic training aid	$ 50.00	

ASCTA Quadrennial Series		Price	ORDER
Full set of ASCA Quadrennial Series		$300.00	
Freestyle	With Brant Best and James Magnussen	$ 50.00	
Breaststroke	With Simon Cusack and Christian Sprenger	$ 50.00	
Backstroke	With Matt Brown and Emily Seebohm	$ 50.00	
Butterfly	With Bill Sweetenham and Brittany Elmslie	$ 50.00	
Coaching Swimmers with Disability	With Michael Freney and Jacqui Freney	$ 50.00	
Squad Organisation	With Michael Bohl	$ 50.00	
Open Water Swimming		$ 50.00	

Various DVDs		Price	ORDER
All Access Butterfly with Matt Kredich	Matt Kredich	$ 95.00	
Aquababies	Christopher Smith	$ 48.00	
David Marsh's Next Wave Technique: Freestyle	David Marsh	$ 48.00	
David Marsh's Next Wave Technique: Backstroke	David Marsh	$ 48.00	
David Marsh's Next Wave Technique: Breaststroke	David Marsh	$ 48.00	
David Marsh's Next Wave Technique: Butterfly	David Marsh	$ 48.00	
David Marsh's Next Wave Technique: Starts	David Marsh	$ 48.00	
David Marsh's Next Wave Technique: Turns	David Marsh	$ 48.00	
David Marsh's Next Wave Technique: Set of 6	David Marsh	$250.00	

asctaSHOP

NON MEMBER's Prices

Various DVDs (Continued)		Price	ORDER
Flexibility for Sports Performance	Ann and Chris Frederick	$ 40.00	
Fundamentals of Fast Swimming	Gary Hall Snr	$ 48.00	
Growing up in Lycra	Swimming Queensland (includes Australia-wide postage)	$ 26.00	
Jan King - Backstroke	Jan King	$ 48.00	
Jan King - Breaststroke	Jan King	$ 48.00	
Jan King - Butterfly	Jan King	$ 48.00	
Jan King - Freestyle	Jan King	$ 48.00	
Jan King – Set of 4 Free, Back, Breaststroke & Butterfly	Jan King	$185.00	
Josh Davis on Everything Swimming	Josh Davis	$ 48.00	
Kids Alive Do the Five	Laurie Lawrence	$ 30.00	
Life is Worth Swimming	Gary Hall Snr	$ 48.00	
Making Champion Men	Swimming Queensland (includes Australia-wide postage)	$ 26.00	
Pilates for Swimmers	Jade Winter & Tanya Smith	$ 20.00	
Season Planning, Writing and Running Age Group Workouts	Guy Edson	$ 50.00	
Swim in Tune CD	Bar Graham	$ 36.00	
Swim in Tune DVD	Bar Graham	$ 40.00	
Swimming Down Under: Backstroke	Ian Pope	$ 50.00	
Swimming Down Under: Breaststroke	Ian Pope	$ 50.00	
Swimming Down Under: Butterfly	Ian Pope	$ 50.00	
Swimming Down Under: Freestyle	Ian Pope	$ 50.00	
Swimming Down Under: Set of 4	Ian Pope	$190.00	
Swim Like a Champion: Sprint Freestyle	Kara Lynn Joyce and Jimmy Feigen	$ 36.00	
Swim Like a Champion: Distance Freestyle	Chloe Sutton and Peter Vanderkaay	$ 36.00	
Swim Like a Champion: Backstroke	Matt Grevers	$ 36.00	
Swim Like a Champion: Breaststroke	Mark Gangloff	$ 36.00	
Swim Like a Champion: Butterfly	Claire Donahue and Tyler McGill	$ 36.00	
Swim Like a Champion: Set of 5		$160.00	
Technical Freestyle	Matt Kredich	$ 50.00	
Technical Backstroke	Matt Kredich	$ 50.00	
Technical Breaststroke	Matt Kredich	$ 50.00	
Technical Freestyle, Backstroke & Breaststroke - Set of 3	Matt Kredich	$140.00	
Technical Free, Back, B'Stroke & All Access B'fly – Set of 4	Matt Kredich	$215.00	
Technique First	Rohan Taylor and Grant Stoelwinder	$ 42.00	
The Swim Platform	Christopher Smith	$ 48.00	
Water Fun	Links to the Water Fun Book	$ 54.00	

ASCTA Branded Products		Size ↓	Price	ORDER
2015 Sublimated ASCTA Polo	Mens Sizes S – 5XL Womens sizes 8 - 20		$ 42.00	
2014 ASCTA Polo	Mens Sizes S – 5XL Womens sizes 8 - 18		$ 42.00	
2013 ASCTA Polo	Limited Sizes Available		$ 42.00	
ASCTA Shorts	Mens Sizes S – 5XL Womens sizes 8 - 18		$ 36.00	
Baseball style cap			$ 18.00	
Drink & Feeding Pole	Open Water Swimming drink and feeding pole		$430.00	
Jacket	Spray Jacket Unisex sizes XS – 5XL		$ 50.00	
Travel Mug	Stainless steel and insulated		$ 10.00	
Umbrella	Auto opening ASCTA branded		$19.00	
Wet Shirt – Long Sleeve (Rashie)	ASCTA branded Mens & Womens Sizes		$ 55.00	
Wet Shirt – Short Sleeve (Rashie)	ASCTA and Swim Australia branded Mens & Womens Sizes		$ 48.00	

asctaSHOP

NON MEMBER's Prices

ASCTA Technical Products		Price	ORDER
Finis Swimmer's Snorkel	(Adult) Colour – yellow	$ 50.00	
Finis Foil Monofin	X, S, M, L or XL	$ 85.00	
Finis Agility Hand Paddles	S, M or L	$ 32.00	
Pool Resistance Training Harness Standard Pack	1 x 1 point harness; 1 x 2.5m rope; 1 x 2.5m shock cord	$ 58.00	
Pool Resistance Training Harness – Extra Pack	1 x 2 point harness; 1 x 2.5m rope; 2 x 2.5m shock cords	$ 68.00	
Pool Resistance Training Harness – Challenge	1 x 1 point harness; 1 x 2.5m rope; 1 x 7.5m shock cord	$ 70.00	
SAL Affiliated Club ASCTA Journal Subscription	4 Issues JAN –DEC including postage ($70 overseas)	$ 45.00	

ASCTA Technical Accessories		Price	ORDER
CPR Mate	Learning & awareness tool for compression only CPR	$ 22.00	
Waterproof Case – iPad & iPad 2 Compatible	100% waterproof, guaranteed submersible to 6m	$ 66.00	
Waterproof Small Phone Case (Compatible for all iPhones, Blackberry & HTC Desires)	100% waterproof, guaranteed submersible to 6m	$ 34.00	

ASCTA Timing and Monitoring Products		Price	ORDER
AutoCoach SmartWatch	ACS100	$560.00	
AutoCoach Wireless Speaker	ACS300	$640.00	
AutoCoach Large LED Display	ACS250	$1,290.00	
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.	$ 59.00	
Garmin Swim Watch	Swimming watch designed for pool use that tracks your distance, pace, stroke count and more	$189.00	
Matador Stop Watch	TWO1 – 898 Sports Timer (100 split times)	$ 60.00	
Matador Stop Watch	TWO1 – 694 Sports Timer	$ 30.00	
Polar Heart Rate Monitor FT1	Black	$ 87.00	
Polar Heart Rate Monitor FT4 (female)	Green	$150.00	
Polar Heart Rate Monitor FT4 (female)	Pink/Purple	$150.00	
Polar Heart Rate Monitor FT4 (female)	Bronze	$150.00	
Polar Heart Rate Monitor FT4 (male)	Silver/Black	$150.00	
Polar Heart Rate Monitor FT4 (male)	Blue	$150.00	
Polar Heart Rate Monitor FT7 (female)	Black and Gold	$180.00	
Polar Heart Rate Monitor FT7 (female)	Red and Silver	$180.00	
Polar Heart Rate Monitor FT7 (male)	Black and Red	$180.00	
Polar Heart Rate Monitor FT7 (male)	Black and Silver	$180.00	
Polar Flowlink USB Adaptor for FT7	External USB transfer device for FT7	$ 87.00	
Polar Heart Rate Monitor FT60 (unisex)	White	$260.00	
Polar Heart Rate Monitor FT60 (female)	Lilac	$260.00	
Polar Heart Rate Monitor FT60 (female)	Black	$260.00	
Polar Heart Rate Monitor FT60 (male)	Black	$260.00	
Polar Loop (unisex) (Note: does not work underwater for heart rate monitoring)	Colours: Smokey Black / Misty Blue / Blackcurrent	$170.00	
T31C Transmitter	Transmits heart rate to wrist unit for FT4, FT7, FT60	$ 60.00	
Seiko Stopwatch and Printer	S23571	$950.00	
Seiko Stopwatch	S23593J	$525.00	
Seiko Stopwatch	S23601J	$250.00	
Seiko Stopwatch	S23569J	$595.00	
Seiko Stopwatch	S23605P	$325.00	
Seiko Stopwatch	S23603P	$275.00	
Seiko Stopwatch	S23589J	$120.00	
Seiko Gripswich	External pushbutton which operates S23571J stopwatch printer	$100.00	
Tempo Trainer Pro	Finis	$ 62.00	

asctaSHOP
PO Box 158, Beerwah Qld 4519
www.ascta.com

ASCTA Non Members
asctaSHOP ORDER FORM

TAX INVOICE ABN 72 239 429 765
PO Box 158, Beerwah Qld 4519

ITEM	QTY	PRICE	TOTAL

Postage and Handling (unless otherwise stated)

$11 Australia-wide (per 5 items or part thereof – full set = 1 item)
$35 International (up to 3 items)
$70 International (4 or more items)

No Australian P&H if ordered and paid for at ASCTA/Swim Australia events

Total Payable including GST

NAME:_____

ADDRESS:_____

STATE: _____POSTCODE: _____

PHONE NO: (____)_____MOBILE: _____

EMAIL: _____ DATE: _____/_____/_____

PAYMENT METHOD

Enclosed is ☐ Visa ☐ MasterCard ☐ Direct Deposit ☐ Cheque ☐ Money Order

Cardholder's Name _____ Signature _____

Card Number __|__|__|__| __|__|__|__| __|__|__|__| __|__|__|__| Expiry Date __|__| / __|__|

CCV number (last three digits on the card signature panel) __|__|__| Date _____/_____/_____

Direct Deposit Bank – Westpac Account Name – ASCTA BSB 032 718 Account # 131 567

If depositing into the bank account please email shop@ascta.com with a copy of the order and EFT receipt attached.

Cheques and Money Orders are to be made payable to "ASCTA".

Many privileges including discounts on 98% of the **ascta**SHOP items listed here, discounts at the **ascta**CONVENTION, branch conferences, regional workshops and professional development opportunities and access to the industry insurance scheme is available from only $45 per year for Basic membership of ASCTA.

Applications for insurance and membership may be submitted using a current membership application. Download an application from www.ascta.com today and submit it with our order from and start receiving membership benefits immediately.