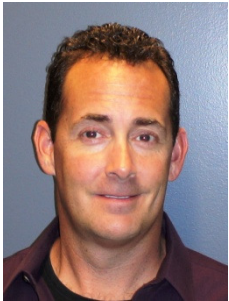




# SPORT PERFORMANCE CONSULTANTS

*We connect coaches to ideas, research, and technology for faster swimming.*



Rick comes to USA Swimming from Jacksonville, Florida where he was the head coach of the Bolles School and Bolles Sharks club team. During his accomplished 20-year coaching career, he experienced success with the Memphis Tiger Swimming, Clearwater Aquatic Team, and Baylor Swim Club. Rick’s teams have won state high school titles in both Tennessee and Florida. His 2007 Bolles Sharks team finished second in combined scoring at the USA Swimming Spring National Championships. Bishop has also coached international teams at the Pan American Games, World Championships as well the Olympics.

## Rick Bishop - Coaching highlights

1995	Pan American Games - Mar del Plata, Argentina	Women’s Coach Brazil
1995	World Championship - Rio de Janeiro, Brazil	Women’s Coach Brazil
1996	Olympic Games – Atlanta, GA.	Women’s Coach Brazil
1999	Pan American Games – Winnipeg, CAN	Women’s Coach Jamaica
2006	High School Dual Meet National Champions	Bolles School
2006	World Championship – Melbourne, Aus	Head Coach Netherlands Antilles
2007	US Spring Nationals Championships	2 <sup>nd</sup> place combined team title

## Presentations for coaches

- The Latest stroke Techniques (BK, BR, Starts, Turns, FR, FLY)
- Effective Use of Video
- Season Planning
- Tapering for Success
- Functional Strength & Conditioning programs
- Swimming Power Development
- Recovery and Nutrition
- Race analysis capture and application
- Lactate Testing

## Presentations for Swimmers

- The Latest stroke Techniques (BK, BR, Starts, Turns, FR, FLY)
- Recovery and Nutrition
- Goal setting
- Race Analysis
- Underwater Video (taping and analysis)