

PHYSIOLOGICAL DEVELOPMENTAL EVALUATION PROTOCOL

This document outlines the testing protocols for the Swimmers and the Coaches for all Groups. The following test sets are designed to provide essential information regarding training abilities and physiological development of the swimmers. The data that it provides will help coaches to determine swimmers readiness to be moved to the next training group.

This testing is important for monitoring training and the learning process. It also provides an opportunity for coaches and athletes to review the training methods for the past session and make changes if required. The information from this testing is specific and will allow us to design and develop a more efficient and successful swim program.

The sets should be completed during the TESTING WEEKS and sent in before the deadline dates (electronic recording sheets will be provided for you). The dates will be published on the web site.

Test Descriptions and Testing Protocol details.

1. **T- 2000 Gold, T-1500(Silver) and T-20(Bronze) Non-stop swim.**
 - Freestyle
 - Record: Time or Distance (for T-20)
 - Measure: Average pace time
 - Indicator of: Aerobic Capacity and General Endurance
2. **5x100m on 3' – dive for Gold and Silver (Short Course).**
4x100m on 3' – dive for Bronze (Short Course)
 - Freestyle
 - Record: Time per each 100
 - Measure: Best average
 - Indicator of: Speed related to Anaerobic Capacity
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3. **6x50m K (Gold and Silver) on 2'- dive 4x50 Kick (Bronze) Short Course.**
 - Free, Fly , Back done on side back front or under water– use wrist band
 - Record: Time per each 50
 - Measure: Best average
 - Indicator of: Kicking speed endurance
4. **400 FL Gold, 200 FL Silver and 100m FL Bronze– dive Short Course.**
 - Fly
 - Record: Time
 - Indicator of: Strength related to Aerobic Capacity
5. **4x50m on 2' Time + Stroke Count – (Long Course for Silver and Gold)**
 - One of each stroke – two hands on the wall. Use Open Turn or flip to begin the test.
 - Record: Time on each 50 and the Stroke Count (The Turn is included in the final time)
 - Measure: Sum of Time and Stroke Count
 - Indicator of current speed abilities and stroke efficiency