Podium Performance Swim Training

Testing & Evaluation
- Trainability Assessment
- Perfromance Indicators
- Medical
- Psychological
- Stroke Analysisi

Events
- Short Course
  - Yards
  - Meters
- Long Course
  - Sprints
  - Middle Distance
  - Distance
  - Open Water
  - Relays

Strokes
- IM
- Freestyle
- Back Stroke
- Butterfly
- Breast Stroke
- Underwater Dolphin

Skills
- Starts
  - Backstroke
  - Relay
- Underwater
- Streamline
- Breakout
- Turns
  - Open
  - Flip
- Individual Stroke Mechanics
- Racing
- Finishing

Psychology
- Focus
- Concentration
- Mindset/Grit
- Cognitive Ability
- Resilience
- Goal Achievement
- Visulaization
- Coachability

Injuries
- Chronic
  - Shoulder
  - Back
  - Knee
- Acute
  - Shoulder
  - Back
  - Knee

Physical Qualities
- Speed
- Power
  - Power Endurance
- Endurnace
  - Short Term
  - Medium Term
  - Long Term
- Strength
  - Strength Endurance
  - Relative Strength
  - Absolute Strength
- Felxibility
  - Static
  - Dynamic

The Swimmer
- Male
  - Prepubscent
- Female
  - Prepubescent
- Anthropometrics
  - Torso:Leg Length Ratio
  - Hand Size
  - Foot Size
- Training Age
- Stage of Development
- Recoverability
- "24 Hour Athlete"
  - Lifestyle
  - Nutrition
- Adaptability
  - Fast Responder
  - Slow Responder

"The Swimmer is a complex neural and sensory amphibian, unnaturally attempting to perform efficiently at speed within the laws of mathematics and physics in a foreign substance of high viscosity" Bill Sweetenham