

USA Swimming National Team Performance Support

Supporting the National Team to achieve 2012 Olympic Gold

There are very few absolute and universal truths in swimming. National Team Performance Support's job is to help coaches and athletes find the right answer that is specific for them. This is achieved by providing knowledge and perspectives to coaches and athletes in order for optimal performance decisions to be made.

National Team Programs and Services for 2009-2012

The programs and services provided to the National Team will be driven by three principles:

- * **Accurate collection** of data
- * **Clear and honest presentation** of results and conclusions
- * **Practical application** of information in training and competition

Lactate Training Feedback

Facilitate the usage of lactate testing as a workout tool that can help identify training paces, and verify intensities and athlete conditioning. Complemented by lactate testing at meets.

Race Data Program

Update the current Race Analysis program. Improved accuracy and presentation of information.

- Accurate stroke counts are essential.
- Tempos will be displayed to show changes over the length. Numerically and graphically.
- Training distances/paces/stroke counts can be extrapolated from race data.

Recovery Table (Post-Race)

Lactate testing as a warm-down check may be limited.

- Recovery food and drink available
- Video playback of races

Performance Support Staff

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