



Please check the appropriate boxes below, if you plan on being tested in 2008:

Post-Race Lactate Testing

Explanation of the Test- Following each race, a blood lancet will be used to puncture the earlobe after the site has been sterilized with isopropyl alcohol. The site will be squeezed gently until a droplet of blood forms on the surface. This droplet will be drawn into an analyzer to determine lactate levels.

Responsibilities of the Participant- Athletes agree to participate in the post-race recovery protocol assigned. Each athlete agrees to commit to *at least* two complete post-race sessions during any one competition.

Benefits to be Expected- The results obtained from this assessment may provide valuable information related to your metabolic response to racing and training status. Data will help in the development of a post-race recovery protocol that is optimal for the athlete. Such information may prove useful in the development of future training habits and in justifying current and future athletic performance.

Land/Water Strength Testing

Explanation of the Test

You will be asked to apply a maximum effort force on a swim bench on dryland and to stretch a rubber cord to its maximum length by swimming, pulling only, and kicking only in the pool.

Responsibilities of the Participant

Athlete agrees to participate in the land/water strength protocol assigned.

Benefits to be Expected

The results obtained from this assessment may provide valuable information related to your strength on land and in the water. Such information may prove useful in the development of an optimal strength training program.

Responsibilities of the Coach and USA Swimming- Coaches agree to pick up results of the post-race lactate testing and/or land/water strength testing directly from the staff performing the analyses. This encourages one-on-one discussion of the results, including a detailed explanation and implications. USA Swimming agrees not to use individual data and names for scientific research. However, results will be available on the USA Swimming website to USA Swimming registered coaches. Only athletes representing the United States in international competition will be permitted to do the testing (no foreign athletes). *This authorization form will expire on December 31st, 2007 unless USA Swimming is notified of an earlier date in writing.*

Inquiries- Any questions about the procedures for this assessment are encouraged. If you have any concerns or questions, please ask the test administrator for further explanation.

Coach Authorization- I am aware that my athlete will participate in this assessment. I understand that he/she is participating in a research/service project performed/provided by USA Swimming. Although copies of data will be provided to me, I understand that all data will remain the property of USA Swimming.

Is participant a foreign athlete? Yes No

Participant's Name (Please Print)

Date of Birth

Participant's Signature

Date

Coach's Name (Please Print)

Coach's Signature

Date

For Athletes of Minority Age

Parent's Name (Please Print)

Parent's Signature

Date

***Please fax form to USA Swimming (Attn: Genadijus Sokolovas) at (719) 866-4669.**