

Abstract

Topic: Mental training in swimming in Slovakia.

Aims: Aim of work was to use questionnaire and guided interview to state a level of information about Slovakian swimmers mental training and it's utilizing in swimming. Work up outcomes and evaluate obtained data into synoptical graphs. Give a survey of presence of mental training in swimming in Slovakia.

Methods: For data collection was used questionnaire investigation and guided interview. In this investigation took part 48 swimmers from Slovak republic,

Results: Results of this investigation approached us real estate of utilizing mental training in swimming in Slovakia. It confirmed, that big part of swimmers don't have enough knowledge of mental training for it's self application. It also confirmed, that coaches are not involved to utilizing mental training as a part of swimming. Contrariwise we overcame presumption, that swimmers are not involved in mental training at all.

Key words: Mental training, swimming , Slovak republic, achievement