

Abstract

Title: Training of young swimmers

Objectives: To find out and evaluate the level of training of young swimmers in Bohemia from point of view coach's securing and organization and content of swimming training and dryland training. To compare these results with training of young swimmers recommended in reference books.

Methods: The method used in this thesis is questionnaire construction followed by processing and assessment, mostly through tables and charts. Questionnaires were filled in by people who provided training of young swimmers in swimming clubs in Bohemia.

Results: We have found out, that coaches of young swimmers mostly have no necessary education in this branch. Most of them had their own swimming career and in the majority of swimming clubs recruitment is under way rather than selection process by in advance determined criterions. The coaches are satisfied with area for training. The content of training and using of aids are comparable with recommendation in reference books. The number of trainings per week rises up gradually. Dryland training is integrated into training plan mostly in third year of training of young swimmers.

Keywords: LTAD, swimming career, training in the water, dryland training, child development, training's parameters