

New strategies regarding selection process in swimming

Luciela Vasile

National Academy of Physical Sport and Education, Bucharest

Abstract

As in any other sport discipline, the selection process in swimming is required to meet certain conditions. In addition to the fact that there is a necessity to select from a large number of swimmers, a process requiring a team of specialists (coach, methodologist, psychologist, physician), the process has to maintain certain requirements related to this specific discipline. The athletes' results depend on the selection and, subsequently, on their involvement in the performance-type training.

Selection aims to orientate the technicians in order to choose the athletes with particular physical and psychological qualities. It has to facilitate their orientation towards different sport branches, depending on their aptitudes.

Key words: strategy, selection, swimming.