

SWIM POWER TEST

The new Swim Power device was developed recently to record the instantaneous velocity (V , m/s) and force (F , kg) at specific points in the stroke. The device has a brake installed to allow a variety of resistances to be applied. Results are synchronized with DartFish software to superimpose velocity and force curves with underwater video in real time and then recorded later into a flash-drive for easy review.

The following information is collected and presented in the flash-drive:

1. Velocity (m/s) measured 60 times/second
2. Force (kg) measured 60 times/second

The testing protocol includes three 25 meters efforts at race pace in various positions unique to the specific stroke analyzed:

1. Pull with buoy
2. Underwater fly kick
3. Swim

All testing positions are combined onto a single video file in protocol order. For a visual reference of the Swim Power test's ability to show the changes of a swimmer's velocity and force in the four aforementioned positions please see the accompanying images.

1. Pull (Figure 1)
2. Kick (Figure 2)
3. Swim (Figure 3)

The vertical green line in the middle of the graph indicates swimmer's position on the video. Real time velocity and force parameters at every point of the swimming cycle are displayed below the graphs.

If you need more details on the Swim Power test, you may reach Dr. Genadijus Sokolovas at the Global Sport Technology, Inc: info@globsport.org, gsokolovas@gmail.com or (719) 321-6975.

Thank you for using our services.

Genadijus Sokolovas, Ph.D.

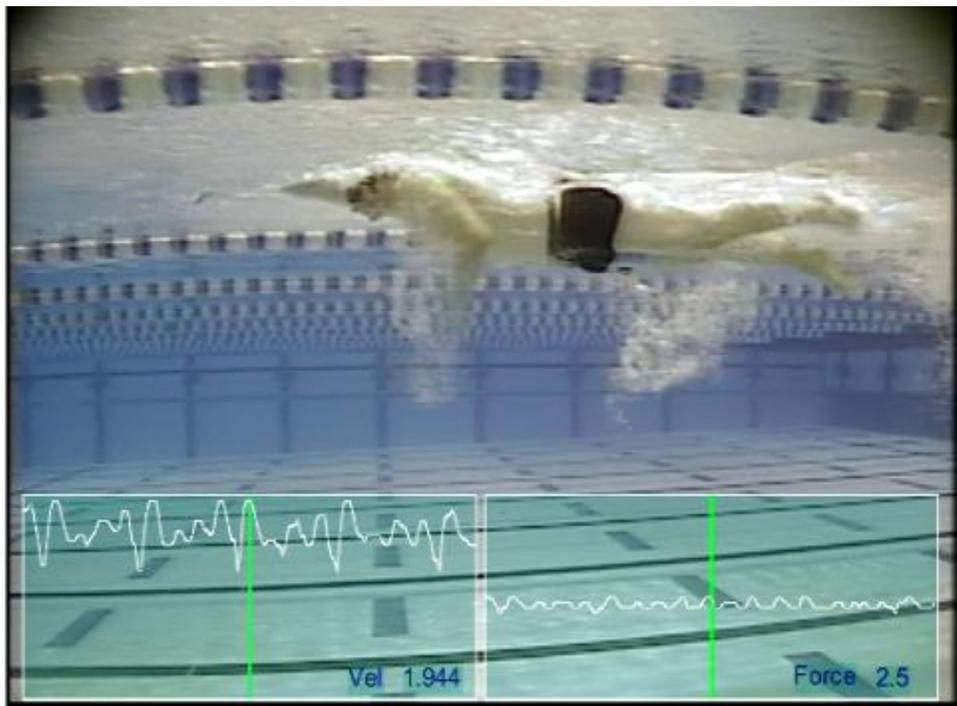


Figure 1. Swim Power test: pull.

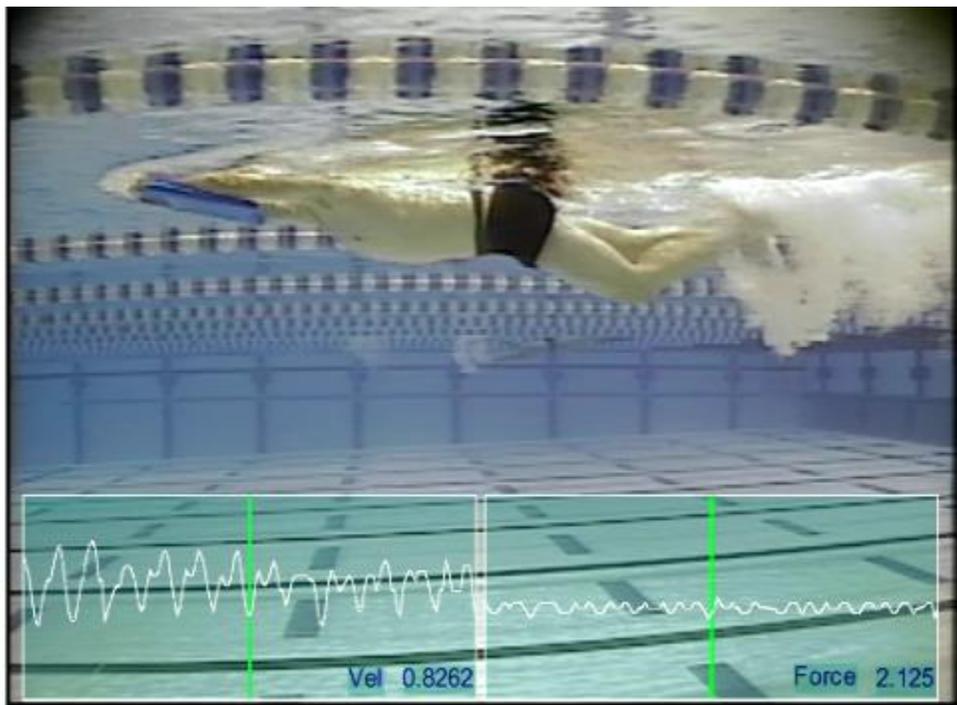


Figure 2. Swim Power test: kick.

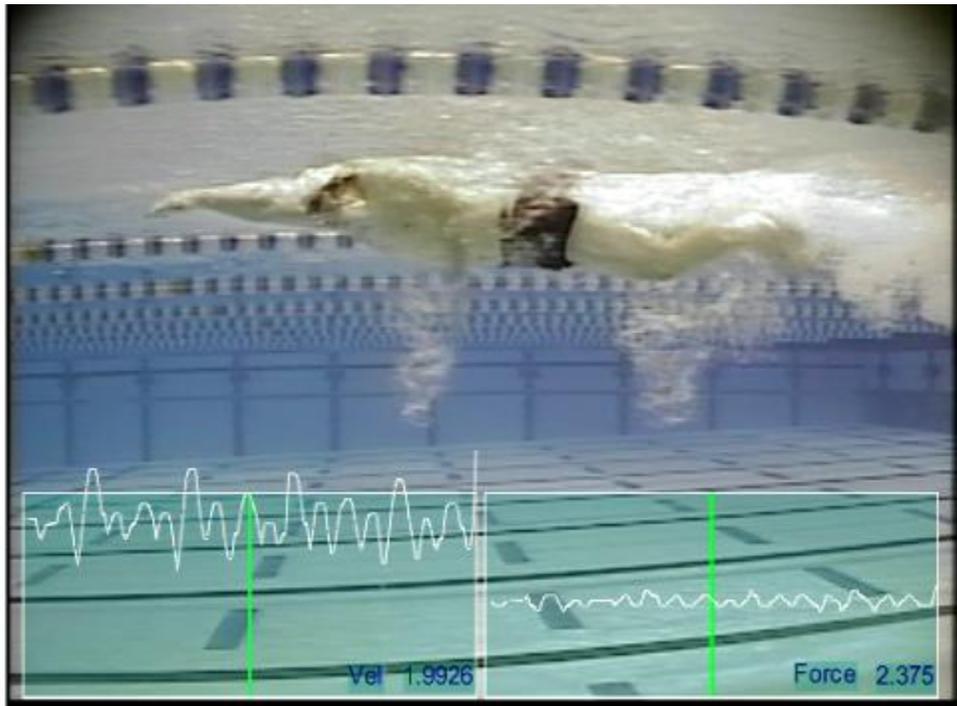


Figure 3. Swim Power test: swim.

Quotes about Dr. Genadijus Sokolovas services

MICHAEL PHELPS (14 Time Olympic Gold Medalist) - "Genadijus, You've Been Such a Huge Help!! Couldn't Do It Without You!!"

DARA TORRES (5 Time Olympian, Multiple Olympic Medalist) - "Having Genadijus work with me throughout my comeback helped so much! The fact that Genadijus took the time to work on even the smallest of things helped me be the best I could be, and reach my goals, and for that I am extremely grateful."

JASON LEZAK (3 Time Olympian, Multiple Olympic Medalist) - "Throughout my many years of working with Genadijus he has helped me in many ways. The lactate testing and analysis both at meets and practice taught me how to maximize my training and performance. Also the underwater video analysis with the velocity curve showed me how I could improve my stroke through the weaker points where my velocity significantly dropped."

PETER VANDERKAAY (2 Time Olympic Gold Medalist) - "Dr. Sokolovas always uses cutting edge technology that is extremely beneficial in stroke refinement and training philosophy. I have worked with Dr. Sokolovas for many years now and I can honestly say that he has helped me reach my potential in the pool. I would highly recommend working with him if you want to be one of the best swimmers in the world."

OUS MELLOULI (Olympic Gold Medalist) - "Working with Dr. G was truly an eye opening experience. With his innovative Underwater video filming and velocity analysis equipment, he helped me detect many defects in my stroke and made great recommendations on how to fix them. I am confident that with his feedback and hard work, I will be a more efficient swimmer. Thanks again G!"



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RANDALL BAL (2 Time World Record Holder, 6-Time American Record Holder, World Champion) - "Genadijus, without your help, I would still be trying to make finals rather than bringing home medals for the USA. You are the best, once I implemented the changes you advised I ended up breaking two World Records! I am fully confident to say that with your knowledge, hands on approach, and attention to the finest details any athlete that works with you will have a chance to see what was holding them back from being at the top level in their sport."