

QUESTION OF SWIMMERS' TRAINING IN MODERN FOREIGN LITERATURE ON SPORT OF HIGH PERFORMANCES

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Annotation. *Purpose:* Opinions of the foreign authors about modern world outlook and moral training of the swimmers are examined. Recommendations regarding improving of training of Ukrainian swimmers are given. *Material and methods:* About 35 articles and books are analyzed. *Results:* Results of the research demonstrate that foreign authors pay attention mostly to world outlook and will power training but not in the least write about technical training of the swimmers. A separate place in the issue of swimmers' training hold questions of sports ethics, Olympic principles, and fair play. Ethical behavior in team and regarding the rivals are cultivated in the athletes with help of the club Fair play codes. Authors emphasize the factor of the coach personality and his special "coaching philosophy" in the question of swimmer's training. *Conclusion:* Ukrainian professionals in competitive swimming have to turn their attention to the modern training of the coaches, necessity of development and implementation of new methods of swimmers' training, to the calling of professionals in sport psychology, as well as to the careful analyzing of the international experience of the swimmers in the countries that show high results in this sport today.

Key words: swimming, coach, competition, motivation, concentration, success.

Introduction

First of all it is necessary to explain, which training is meant in this work. We concentrated on world-vision, psychological and moral-will training of elite swimmers, because, as it was determined by the author earlier, just these kinds of training were paid the least attention by domestic specialists, comparing with such kinds as physical, technical and tactic trainings. [7]. But American, English, Canadian, Australian and European specialists in sport swimming pay great attention to the mentioned above kinds of swimmers' training in their works, intended both for sportsmen and coaches. Authors also quite reasonably pay rather much attention to training and development of swimming coaches as far as in their opinion, personalities of parents and coaches are those primary factors, which influence decisively on formation of formation of sportsman's personality, his world-vision, ideas, values, which he will use in process of trainings, in communication with team-mates, preparation for competitions, in competitions and in life. Just owing to this fact, it is useful to study views on kinds of training in those countries, in which there are outstanding achievements in elite swimming.

As it has been mentioned above, this work is actually a continuation of author's research on world vision and moral-will training as directions of educational work in sport-swimming [7], it is not necessary to render detail analysis of domestic publications and researches on these problems. We call only names of authors, whose works worth to be paid attention to: V.M. Pltonov (Sport swimming: way to success, first part, 2011), L.P. Matveyev (Theory and methodic of physical culture, 2008), V.I. Voronova (Psychology of sports, 2007), G.D. Gorbunov (Psychological pedagogic of sports, 2007), R.T. Rayevskiy and V.F. Petelkaki (Swimming: manual, 2005), V.G. Norakidze (Influence of sport activity on formation of sportsman's personality, 1973). Here we should repeat the remark that unfortunately domestic authors pay quite a little attention to peculiarities of certain kinds of sports, concerning their influence on sportsman's personality. Concerning foreign authors, their opinions are elucidated below in results of the present research.

The research has been fulfilled as per plan of scientific & research works of National university of physical culture and sports of Ukraine for 2011-2015.

Purpose, tasks of the work, material and methods

The purpose of the work is analysis of foreign specialists' views about world vision and moral-will training of sportsman-swimmer, rendering of certain recommendations on improvement of training of domestic sportsmen-swimmers. The research was carried out with the help of analysis of literature sources.

Results of the researches

First of all it is necessary to define more specifically w, which exactly topics of foreign authors will be elucidated. We concentrate on problems of Olympic movement, sport ethic, psychological and moral-will training of swimmers, training of coaches, swimmers' communication with team-mates, with parents and coaches; besides, we regard questions of motivation and concentration of sportsmen-swimmers, their attitude to victories and defeats, to adversaries.

Training of coaches. Great attention is paid in modern literature to comprehensive training of coaches, to improvement of their skillfulness. American researches D, Berton and I, Redek in their work "Sport psychology for coaches" (2008) mark great importance of the so-called "coach's philosophy", which, in their opinion, is a certain benchmark for every coach. It is clear that every coach forms his own philosophy, but common element of all these philosophies is a set of certain values, examples of behavior with sportsmen, settings and aims, which a coach wants to achieve. Without this set, coach can not progress as professional and his sportsmen will not be successful, as far as

coach's philosophy help coach and sportsman to find themselves in the world of modern sports, to set correct aims and achieve them with correct means [12]. Terry Orlich in his work "Striving for perfection" (2008) provides main characteristics of good coach: skillfulness in communication and relations with sportsmen, based on respect and trust; ability to inspire sportsman's belief in own forces and abilities; ability for cooperation with team; ability to control environment and surrounding him and sportsmen's circumstances. Besides, T. Orlich analyzes most typical coach's mistakes: increased anxiety in final stage of training, pressure and intimidating of sportsmen before starts, excessive loading of sportsmen, lack of sportsmen's self assertion, absence of positive response in communication with sportsmen, inability to listen and take decisions and other [25].

Australian researchers Chris Zenter and Jenifer McMahon prove that success of a swimmer depends on peculiarities of relations between sportsman and his personal coach. In their opinion, for swimming personality of a coach, his influence and individual approach are especially important [36]. G. Naber notes great importance of coach's personality and his ability to motivate and inspire a swimmer. Just these qualities, in his opinion, can help coach to train a swimmer up to Olympic level. He provides example of his own cooperation with one of outstanding coaches in swimming Peter Deland (USA), who could motivate and inspire his sportsmen very efficiently [22].

This topic was also elucidated in publications of specialized editions, such as «Aquatics world magazine», which is published by international federation of swimming FINA, and "Swimming", which is issued under promotion of All-Russian federation of swimming. During recent years these editions have been giving regularly interviews with outstanding coaches of the present time and publish materials about principles of their work with sportsmen, with other coaches, their world vision and ideas about development of modern sports and swimming in particular. For example, publication of Mark Shubert, former chief coach and general manager of national combined team of USA in swimming, chief coach of American combined team at Olympic Games 1980-2004, who analyzed activity of all famous swimming coaches at USA in 20th century, videlicet: Peter Deland, Dick Shulberg, Jhonty Skinner, Bob Bowman, Walt Shlueter, Peter Benks, Mike Bottom, Dave Salo and, surely, Jhames Counsilmen [30]. The following publication, which also attracts attention, is work with speculations of Pierre Lafountain, chief coach of Canadian combined team in swimming, about coach's style of behavior with sportsmen and team-mates, relations in team, modern values in sports, coach's mission and etc. Pierre Lafountain thinks that victory is only a collective success, success of all team and in no way the success of only sportsman or his coach [18]. Success of a sportsman depends on how coach builds his relations with surrounding world. Dennis Persly, chief coach of Great Britain national combined team in swimming, also speculates about essence and importance of victory in modern high sport. He thinks that victory is always a result of honest struggle, sport spirit; it is a noble goal which worth to be strived for, answering any challenges. Victory is possible only if "every stone has been overturned" on the way of sport training [28]. Coach of Michael Felpsa Bob Bowman shares his experience about influence of coach-sportsman relations on final result of their cooperation. In his opinion, if swimmer and coach work as partners, they are like-minded persons, it is the main factor of their mutual success, which can last for years [15]. Italian coach Andrea di Nigno, who trained Russian swimmers for Olympic Games in London, is sure that to day specialists in swimming shall absorb all the best that exist in other kinds of sports, because swimming is still a "closed world" and it weakens it in modern globalized world. The main for swimming coach shall be professionalism, capability to think twenty four hours a day how to train swimmers better, whom of specialists to invite for trainings [5].

Researchers from Great Britain studied coach's training by questioning of experienced coaches of eight kinds of sports, including swimming. Coaches were offered to independently estimate necessity and importance of coach's education, to give their recommendations on this problem. Results of the research witnessed that coaches themselves understand necessity and insufficiency of pedagogic approaches to work with sportsmen as well as strive for increasing own qualification in educational work with the help of additional extension courses [24]. The same problem is regarded by researcher David Piggot, who also questioned twelve coaches of different kinds of sports (including swimming), in order to clear up correlation of traditional coach's education and coach's experience. The coaches witnessed that traditional knowledge are mastered worse and used less in practice; on the contrary, information, obtained in discussions of actual situations from coach's practice, is more valuable for their work with sportsmen [27]. Similar researches were conducted by other English scientists, who also came to conclusions that coach shall be able to combine theory with practice with orientation on sport pedagogic [17; 13].

Publications about experience of modern Russian coaches' experience are also interesting. For example, Gennadiy Turetskiy thinks that the sense of any coach's activity is the level of his influence on a sportsman, the extent, to which he can enter in inner world of his swimmer and guide him in required direction. Also, in his opinion, coach and sportsman shall move in one direction in sports, i.e. choose single direction of movement and follow it. Also ability of a coach to create "correct" atmosphere for sportsman in emotional, psychological and informational aspects are very important. Competence of swimmer and his moral-will level depend on such peculiar "adjustment" [2]. Russian coach Valery Shevelev thinks about advantages and disadvantages of democratic and command pedagogic models in the process of training of swimmers. He thinks that individual approach shall be applied to every sportsman; it will permit him to self-realize and will create atmosphere of belief in coach and it is very important element of relations between swimmer and personal coach [3]. O.F. Krasikov, honored coach of USSR and Russia pays great attention to education, to knowledge in many branches of science in process of sportsman's training. He thinks that it is not necessary to force swimmer for trainings and loads, he must understand himself what he requires. While the task of a coach lies in creating of atmosphere, in which champions can be cultivated, i.e. it includes selection, analysis of natural bent and character of

a sportsman, creation of wish to train and strive for success, ability of sportsman to think independently, to gather and analyze required information [8].

Olympic movement and principles of sport ethic

This is one of the most urgent topics in modern elite sports. In all the world much attention is paid to Olympic education of young sportsmen and cultivating of principles of sport behavior to adult athletes. International federation «Panathlon International» issued in 2003-2004 four-volumes of «Sport. Ethics. Cultures» ed. by professor Antonio Daino (Italy), in which problems of modern sports, Olympic education, attitude to Olympic principles in sports and out of it, taking doping and principles of honest sport, commercialization of modern sports and other. Among the most interesting publications of this edition it is worthwhile to mark out article of German sociologist Roland Naul "Perception of honest game among youth" [23]. The author carried out research among 12-15 years old teen agers from five countries in order to determine their attitude to Olympic ideals, declared in Olympic chart. Respondents answered such questions as, for example: "Do you believe in honest game at Olympic Games?", "Is it possible to win competition in honest struggle?", "If your adversary competes doubly, could you respond in the same way?". Results of the questioning witness that in general youth has positive attitude to principle of honest game (50-90%), but most of them doubt greatly in real existence of this principle in Olympic movement (63%). Nearly 80% of all questioned were against violation or perversion of competition rules, though 20% are not against it and it is rather high indicator and a reason for trouble. It is interesting that boys-respondents are more than girls sure in permissibility of "power" methods of victory and influence on adversary. It should be noted that this publication have something in common with the author's questioning of Ukrainian sportsmen-swimmers [6]. The author came to the same conclusions as R. Naul, though in our case the questioned were adult and experienced sportsmen.

Jim Perry, researcher from Karlov University in Prague has been paying much attention to ethical problems in elite sports, in particular in junior Olympic movement last ten years. He is sure that IOC shall pay attention to such problems of junior sports movement as violence, honest competition, victory and defeat, participation and perfection, political, gender and race discrimination, equal opportunities for all sportsmen (for example and Junior Olympic Games 2010 in Singapore, for the first time they realized mixed (girls and boys) swimming relay race); as far as these problems have becoming still more urgent in up-to-date world it is very important to give correct bench marks to junior sportsmen [26].

Experience of foreign specialist in implementation of the so-called "codes of honor" for sportsman and coach in coach's practice and functioning of different sport organization also is interesting. For example, Canadian "Lincoln association lacrosse" propagates codes of honest game of athlete and coach, which consist of eight and seven items accordingly and contain the following: "I shall train my sportsmen to observe rules of game and respect adversaries and referees", "I shall improve my coach's qualification", "I shall not mock at sportsmen and humiliate them, if they make mistakes at trainings", "I shall participate in sport activity because I want it, but not my parents or coach", "I shall observe rules", "I shall control my temper, because fights with pushes are not useful for game", "I shall respect my adversaries" and other (<http://www.lincolnlacrosse.ca/>). Similar code of American sport psychologist and coach Darell Jh. Bernett, who called it "List for self-control for compliance with behavior and sport ethic for junior sportsmen" is also interesting (www.printablechecklists.com/checklist38.shtml). The list includes 10 items with explanations. For example such item: "I give equal chances for all players in compliance with rules". It is explained in the following way: in junior sport the most talented players together with coach encourage less talented ones to maximally open themselves in game. Unfortunately, some coaches take so great interest in victory that they keep less talented players as utility men, in spite of their efforts at trainings. In our opinion, application of such codes (they are placed in halls and dressing rooms, are used as reminders in the process of trainings), positively influences on education of junior sportsmen and in the future can be a reliable for following of principles of honest competitions in elite sports.

Relations between parents, sportsmen and coaches

American psychologist Alan Goldberg, who has been working with Olympic swimmers for many years, thinks that parents' influence is one of determining factors in psychological and moral-will training of sportsmen. In his articles he advises swimmers, coaches and parents how not to damage friendly relations and sport training. For example he advises coaches: "Help parents to determine, what means for their children to be winners, because a winner is not a person who comes first to finish, but a person, who won himself, improved his result and his condition; help parents to have correct attitude to their child's participation in competition, let them to adjust child for participation in compliance with his abilities and level of readiness, for improvement of result, following of coach's recommendations, but not for concentration on adversaries and result; prevent from crisis model of communication with parents, i.e. do not wait until they start to speak emotionally, take excessive interest in child's results; day by day teach parents gradually how to communicate with child-sportsman; determine one mission and purpose of your team, let parents know what you expect and where you drive their children" and so on (<https://www.competitivedge.com/parentscoaches-guides-getting-parents-work-you-not-against-you>). Besides, Alan Goldberg addresses swimmer with appeal not be under pressure of parents, who want to see them as outstanding champions; only their own decision to participate in elite sports or not shall be important for sportsmen (<https://www.competitivedge.com/swim-series-its-your-sport-love-it-or-leave-it>). Parents are recommended to support children-sportsmen, to be their best fans and try not to damage their training by own feelings and advices; for them it is important to be simply parents instead of fulfilling coach's work (<https://www.competitivedge.com/parents-what-does-your-child-athlete-most-need-you>).

Russian specialists share opinion of their American colleague. Olexiy Maslennikov, head of known sport school "Ekran" in Sent Petersburg, thinks that there must be a restriction to parents' and relatives' influence on training of junior swimmer; parents shall be assistants of a coach and their children, their activity and excessive anxiety shall be directed in constructive way; this gives birth to mutual understanding and trust. Nevertheless coach should remember that it is necessary to find mutual understanding with parents as well as with their children. Mutual respect positively influence on moral atmosphere in swimming pool and at stands [1]. The point of view of former coach of Russian combined team in swimming A.R. Vorontsov completely coincides with opinion of American psychologist. He thinks that parents can substantially help to child and coach, if they are attentive to junior sportsman, look after day regime and diet, support junior swimmer. Parents' excessive intervention in training process is strictly inadmissible in his opinion. A. Vorontsov supplies example of swimming centers in USA and Australia, where presence of parents on stands is prohibited during trainings [9]. Collective of American specialists fro university of Northern Carolina and Technical university of Tennessee regards problem of honest competition and sport behavior through parents' attitude to their children-sportsmen and renders examples of parents' rough violations of any codes of honor and giving bad example to their children, who are involved in sport activity. These specialists offer to sport clubs to spend some time for educating of such parents in aspect of sport ethic [16].

Researcher Nikolle La Vau studied relations between 431 swimmers and coaches concerning mutual trust, interconnection, mutual respect and other criteria. She determined clear connection between character of coach-sportsman relations and swimmers' attitude to training and practicing of elite sport: the stronger if this connection, the most inspired are swimmers during trainings in swimming pool [19]. B. Young and Jh. Starks studied how coach's estimation of swimmers influence on their self-appraisal and results on trainings. It turned out that those sportsmen, who were not estimated highly by coach, showed worse results in comparison with other. It proves how important opinion of coach and relations with him are for swimmers [35].

Psychological, world-vision and moral-will training

Let us mention experience of Russians. Known Russian scientists G.D. Gorbunov, author of "Psychological pedagogic of sports" (2007), thinks that swimmers should observe three stages – inspiration, encouragement and admiration. These mental-emotional states permit for sportsmen to relax, control muscular work, manifest higher effort at finish, overcome themselves and achieve success [4]. Sport psychologist Valeriya Sokhlikova thinks that just perception of surrounding world influences on swimmer's mood. She gives specific recommendations on pre-competition, competition and post-competition periods. The main, in her opinion, is ability to control his physical and mental state as well as ability to control circumstances, even if only those, which depend on a sportsman [10].

Psychologist Alan Gorldberg thinks that no perfect technique, years of trainings, coaches' instructions can help swim quicker, if a sportsman is too strained, nervous, has no positive thoughts, is too interested in results and is not able to entertain swimming as process and kind of sports. Psychological training is too important and tiny aspect to be neglected or to be cared of only several months before competitions (<https://www.competitivedge.com/catalog/swimming>).

Mark Shubert, in his well known work "Sport swimming. Techniques for champions" (1990), underlines especially importance of psychological and moral-will training for achievement of swimmer's peak form [29]. He notes that techniques of concentration, relaxation and visualization are key ones in this direction. The author describes in detail methodic of these techniques, stressing that there are long-term and short term psychological trainings of swimmer. Also, in his opinion, factors of encouragement (special music, friendly talks) are very important as well as stressful factors (competition, concentration on swimming movements' technique). Special attention if paid by Mark Shubert to explanation of sense of swimming competitions, i.e.: with whom and with what swimmers compete, what happens after competitions. Swimming competitions have special importance, as far as swimming is such kind of sports, in which most time is devoted to nearly uninterrupted training process; about 10% of swimmer's sport functioning is spent to competitions. Just owing to this fact special and careful swimmer's training and preparation for rare competitions are do important.

In "Reference book on sport psychology" (2005), ed. By Shane Merphy, there are advices and techniques on building of communication between coaches and sportsmen and besides, the problem of sportsman's motivation was regarded, different coaches' techniques, based on theory of achievement of aims, were analyzed [32]. Problem of motivation is one of key problems in sport activity that is why John Elliot, one of authors of this work, pays special attention to long term motivational strategies of sportsmen. He advises, for example, to change thinking, i.e. remember successes longer time and own mistakes shorter time, overlapping them by achievements. One more strategy lies in searching of motivated peers. It means that these teenagers should communicate with people, who already have achieved high successes in sports and are ready to render their experience and have dreams, similar to teenagers' ones. Such communication, in author's opinion, inspires for new achievements. Among all advices there are such as, for example, to think positively, to remember about own dream, to value other people, to vary types of training and etc [32, pg. 16-17].

Motivation of swimmer, its kinds and specific characteristics are described in book, ed. by John Leonard (he is still executive director of American association of coaches in swimming) "Science of coaching in swimming" [29]. The author notes that there are two kinds of motivation: internal and external. Internal motivation origins inside sportsman and is controlled by sportsman internally. External motivation is an opposite one. Internal motivation includes strive for self-appraisal, self-determination, strive for competence. Internally motivated swimmers swim because they like it, they

enjoy with swimming. External motivation comes from other people or from circumstances. For example awards or money can be the source of such motivation. It is desirable for sportsmen to have both kinds of motivation, but internal one is more important, as far as it is more efficient. Also one should remember that every swimmer is individuality and it means that if one factor can be strong motivation for one sportsman and be of no importance for other. The book also deals with problems of communication, setting goals, syndrome of exhaustion, techniques of activation and imagination in context of sport swimming.

Already mentioned above work “Sport psychology for coaches” by American authors D. Berton and T. Redek is also more or less similar by content. The authors divide sportsmen depending on their most effective motivations and on what they want to receive as a result of competition functioning, videlicet: sportsmen, oriented on rising of their sportsmanship, seekers of success, sportsmen, who want to avoid defeats and mistakes. In authors opinion the first type of motivation is the most fruitful, as far as both in case of victory and in case of defeat sportsman is a winner and avoids disappointment, because he receives the planned self-perfection [12, pg. 136-137]. Other researches R. Trents and A. Zusho came to the same conclusion, having questioned 119 junior swimmers and proved that motivation for rising of sportsmanship was the most efficient and the strongest during training for competitions and in competitions [33].

B. Young and G. Starks carried out one more research among swimmers and determined that sportsmen, who are less responsible and disciplined, who constantly are late and miss start of trainings or trainings themselves, can not realize all efforts in the course of trainings, are less initiative and are not able to maximally use their abilities at trainings [34]. I.e., swimmers should not wait passively until they would be taught to swim correctly, or would be given correct moral recommendations; they should have such qualities as self-organization, disciplined behavior, which are also important for sport results.

Already mentioned above book by Terry Orlich also deals with techniques of independent training for sportsmen. In the authors’ opinion independent preparation for competitions consists of three stages: pre-competition training, training and behavior in the period of competitions and training after competitions. Every of these stages has its peculiarities, which differently influence on sportsman’s attitude to himself, his adversaries, to environment of competition. Also recommendations concerning sportsman’s adjustment before competitions are interesting. For example, they may include advice to familiarize in detail with conditions and infrastructure of place of starts; to speak with other athletes and coaches, who have experience in competitions of such level; if possible, to train in conditions of place of starts – all these help sportsman to feel more confidently and be ready for sudden situations and control his physical and mental state [25, pg. 207-208].

At last, it is necessary to attract attention to experience of sportsman and coaches in moral will trainings. For example triple champion of Europe 2010 Kamil Lacour (France) says that the most efficient factor that helps him to adjust for success at competition is his wish to receive enjoyment from skillful passing of distance, strive to penetrate in festive atmosphere of competitions – these charge him positively. In process of trainings he switches off his phone for the whole day and does not communicate with anybody’ it helps him to concentrate on movements and on swimming [11].

Rebecca Sony, (USA), multiple world champion and triple Olympic champion thinks that she must not concentrate on adversaries or compare herself with other; it make her not sure in her forces. She focuses on her inner state and it permits her to control situation. Other known sportswoman Frederica Pelegriny (Italy) also agrees that ability to control situation is a part of a sportsman’s force. She thinks that attention to details and calm atmosphere around her have decisive importance (Italy) [21].

Olympic champion Sezar Syelo (Brazil) thinks that moral-will training is of decisive significance for sport result at competition: “To day, may be only tsunami can defeat me. I feel myself very strong morally... I would not have been confused if my adversary had been I, myself, as I had been four years ago” [21].

Rayan Lohte, multiple Olympic champion and world champion (USA) that they together with his coach (Greg Troy) agreed to do all the best for achievement the best results, but if the results were unsatisfactory, Rayan would never permit himself to disappoint, to be nervous, because, as he says: “I do not permit swimming to control my life. This is just sport, I like to be in water, but on land I spend much more time” [14]. We may say that Rayan is a type of sportsman, who is oriented on increasing of sportsmanship level that is described by D. Berton and T. Redek in already mentioned work.

Actually, we can not but analyze the “secret” of the most titled as on to day swimmer Michael Phelps. His coach Bob Bowman calls him a motivational machine, as far as he can receive motivation for trainings and striving for results from anything: from good and bad news, from good and bad mood, from rumors and talks around himself, from money, mistakes and so on. Besides, Michael has wonderful ability to relax and concentrate in conditions of pressure [21]. Bowman thinks that Michael belongs to exclusive type of sportsmen, whose ability to resist pressure and stress increases with increasing of the pressure and, accordingly, proportionally to pressure, his sportsmanship also increases. Michael himself notes that he always sets goals, which he wants to achieve and it helps him much to prepare for competitions [20].

Conclusions:

Foreign authors in their works, devoted to training of swimmers and other highly qualified sportsmen, pay great attention to moral-will and world-vision training of sportsmen and coaches. Especially they underline formation and importance of the so-called “coach’s philosophy”, motivation of sportsmen, behavioral ethic in team and among adversaries. They analyze main mistakes of coaches and characteristics of their communication with sportsmen. For achievement of desired results in sports, in opinion of swimmers themselves, the following factors are of great significance: ability to cooperate in team, ability to listen to a coach, searching of inner motivation for sport trainings, ability to control situations around him. The process of education of sportsman’s personality is also rather significant and here parents’ influence, personal attitude to their children’s practicing sports are also very important.

On the base of studied works of foreign authors it is purposeful to recommend domestic specialists to pay special attention to training and extension of coaches’ qualification, development and implementation of new methodic of swimmers’ training, to involve sport psychology specialists, to studying of experience of sportsmen’s training in countries, which show permanently high results at international competitions.

The prospects of further researches imply further analyzing of different tactics of sportsmen’s training in elite sports and comparison of experience of different countries, which have been being leaders in world swimming during recent years.

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