

SWIMMING PROTOCOLS

ELECTRONIC TIMING SYSTEM

We offer 2 kind of services with the ALGE TIMING Electronic System:

- **Basic Electronic Timing.** A wall display board is continuously running while showing for a few seconds the split times and the lane number. The coach can check each swimmer's split at any time.

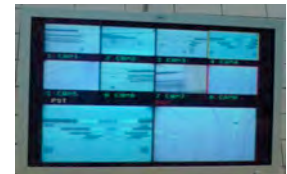
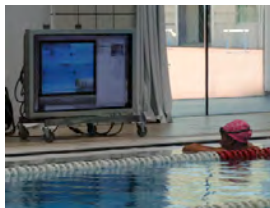


- **Electronic Timing with Report.** A person from the Performance Analysis Department controls the ALGE TIMING UNIT, for giving time information to coaches at the end of each Set. In addition, you could get a paper copy or PDF file at the end of the session: Block-off Times, Split times and Lap times.

- **Individualized Starts and Turns Training** at any length of the pool. An Electronic Touchpad within a mobile structure, allows the training at any length (10m, 15m...) with accuracy times and immediate feedback. Each attempt can be also recorded on video.

AUTOMATIC RECORDING SYSTEM

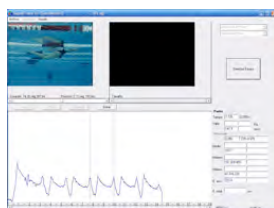
1. **Training Sessions Continuously recorded.** (Max. 2 lanes at the same time). The training session is recorded and handed in to the coaches who can later visualized it with the swimmers. The DVD contains the images from every camera shown into a single screen (Multiplexer).



2. **Monitored Training Sessions.** Alive training sessions displayed by waterproof pool side mobile screens.

3. **Specific Technique and/or Performance Tests:**

- Qualitative Analysis of either Start, Swimming or Turn Technique (frontal and lateral underwater cameras / lateral and above aerial cameras).
- Quantitative Analysis (times and speeds) in: Starts, Turns, Finishes and 50m Test.
- Progressive Tests within any selected distance.



- Swimmer's Displacement Speed Analysis. It is plotted in a graph and synchronized with the video recording. A DVD in which is possible to stop the cursor and observe the swimmer's speed and technique at each moment, is handed in to the coach.

All the mentioned tests at point 3, could be performed at two different levels:

- A. Data Collection and Video Recording at the swimming pool. The Video recordings together with the PDF Result's Report, are later developed and handed in to the coaches in a couple of days.
- B. Training Sessions with Video Recording and Immediate Feedback. Technique Analysis by the 42" screens placed at the pool side. Technique Reports if required, will be handed in subsequently.