

## What Type of Swimmer are you



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## WHAT TYPE OF SWIMMER ARE YOU



Lewis Parnell Ltd. Paperback. Condition: New. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. This book is dynamite! Its going to change you as a swimmer. So, what type of swimmer are you Find out about your ability to apply your genetics, your physical response attributes, physiological types and psychological types in this bookella of the latest research. This book will tell you your key strengths, your weaknesses and blind spots, your value to and impact on the team, your communication needs, suggestions for development, creating your ideal environment (in training and competition) and what motivates and engages you. It is a must for swimmers and coaches. A good understanding of ourselves enables us to develop effective strategies for performance and can help us to better respond to the demands of our swimming career and wider life. Where coaching teams understand swimmers and their profile, they are better able to communicate, engage and motivate, develop effective training plans, work on weaknesses to provide balance and find things that work and can be replicated - all the things they set out to do! Genetic Application - looks at how you apply your genetic gifts. Are you natural or masterful Physical Application - looks at how the body responds to conditions of training and competition. All swimmers will respond in a different way and at different rates. Are you a fast, medium or a slow responder Physiological Application -concerned with how the body carries out physical functions. Systems in the body play major roles in the reception and transmission of signals that provide your functionality. Are you a finesse, speed, strength or power swimmer Psychosocial Application - relates to development and interaction with the social environment. There is no best way of interacting; but understanding how you do will help you achieve. Are...



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