

ABSTRACT

- Title:** Trends in performance of youth Swimmers in selected DRoP tests
- Objectives:** The aim of this thesis is to describe the trends in the performance of DRoP tests focused on freestyle lower limbs based on available data.
- Methods:** In this study, qualitative research was conducted using an analysis of the collected data available online in the statistics of the Czech Swimming Federation. The individual data files were stored and sorted into folders according to the period and gender. A total of 59 files involving 3020 subjects were examined. The data was sorted and graphically processed as needed for individual research questions using graphs and summary tables.
- Results:** Performance in the monitored parameters increased, with the most significant growth observed in median time values for both genders. The average times of the top six athletes generally worsened for one period after the COVID-19 restrictions but tended to improve overall. Most data showed significant improvements between the ages of 12 and 13 and declines following the COVID-19 restrictions. For individual performance, times both improved and worsened, with notable improvements particularly between the ages of 12 and 13.

KEYWORDS

swimming, long term swimmer development, LTAD, tests