

Abstract

Title: Comparison of all-round test results from the project Long-term development of a swimmer between 2017-2023

Objectives: The aim of this thesis is to evaluate the results of versatility tests from the Long-Term Swimmer Development project across the years 2017 to 2023, focusing on the analysis of the performance of swimmers in the 8 x 200 m individual medley test and to compare the numbers of swimmers involved in each test.

Methods: When processing the data for writing the bachelor thesis, the method of comparison was used to compare the individual times achieved. Among the statistical methods used arithmetic mean, lowest value and highest value. For better clarity, the data are arranged in tables with the most important values highlighted.

Results: It was noted that the number of swimmers involved had been declining since the project was introduced in 2017 until the covid 19 pandemic occurred. Thereafter, the number of swimmers involved began to gradually increase with each successive test. Each new younger year involved in the project tended to be better than the previous year and there was almost always an improvement in the average individual times of all swimmers who completed the testing at least 4 times in a row.

Conclusion: In the all-round test, swimmers are gradually improving, but it is not possible to conclude whether the test results are reliable due to the different conditions of individual swimming sections. A large proportion of swimmers participate in the testing, but only a small proportion of swimmers participate regularly, making it difficult to compare whether the project is effective.

Keywords: swimming; comparison; performance; testing