



# The Formation of Groups for Beginners Training in Competitive Swimming

Kostikova Svetlana

National University of Physical Education and Sport, Department of Aquatic Sports, Kyiv, Ukraine

**INTRODUCTION:** Raising of a healthier growing-up generation is one of the most important social tasks. Simultaneously, search for more gifted persons capable of high sports results is a long-term and effortful process. One of the main problems in theory and methods of sport development is a comprehensive selection and preparation of sports reserve. It is a sustained and versatile process of analyzing different morphofunctional and psychological features in young athletes, evaluation of different sides of their physical and athletic condition. The analysis is divided into several stages, which conditional bounds being the formation of a successive sports group, higher in its level of preparation. Those who prefer to select pre-school children should take into account the following: 1) early prediction of athletic abilities is linked to the decrease of its reliability; 2) intensity of modern swimmer's preparation quite often causes an untimely, preceding their optimal age for higher results, termination of training by those swimmers who started training at an early age; 3) training of pre-school children are justified only in case of its health-improving orientation. At the formation of groups of initial swim lessons with young school-age children the selection is not conducted. All the children with a sufficient level of physical development, not having serious health deviations, are allowed to initial swim lessons. At that the most essential thing is the requirement not to force the training and preparation of the swimmer, that is, not to use inappropriate training means and forms intended for elder kids.

**METHODS:** To solve the set tasks, we used the following methods: theoretical analysis and generalization of the data from scientific and methodological literature on the problem, questioning, analysis and generalization of coaches' practical experience; pedagogical experiment; anthropometrical estimation, functional tests, evaluation of the level of physical and swimming preparation. The research data were processed by methods of mathematical statistics. A group of children of 33 boys and 19 girls participated in the research. All the children had a medical examination.

**RESULTS:** The main issue of the initial selection is an evaluation of motor qualities and abilities, which, from one side, are characteristic for swimming, and, from the other side, are to a large degree genetically determined. The conducted study allowed us to determine the formation of swimming training groups of the children having successfully completed initial swim training.

The methods of sports selection at the stage of beginners training is determined by the main task for the first stage of selection – to help the kid to correctly choose a sports event for athletic improvement. Hence, at the formation of swimming training groups one should take into account: 1) absence of serious declinations in health condition and susceptibility to illnesses, which prevent children from doing sports; 2) functional capacities of the body's main systems; biological age; 3) body constitution, morphofunctional features (preference is given to proportioned children, who are comparatively high, have a small weight, light bones, big feet and hands, good flexibility in shoulder, ankle, knee joints) appropriate for swimming requirements; 4) body's resistance to hypoxia; 5) conformity between the level of motor abilities and swimming requirements (preference is given to the children having a good sense of water and water support, a high body position in the water, coordination and easiness of movements at competitive swimming, natural character of movements, a good streamlining and body balance in the water); 6) a low level of separate indices (exception – health level, motor gifts, personal qualities) is not a contraindication to being included in the group if these indicators can be compensated by high level of other qualities development; 7) the properties of the nervous



system and consideration of psychic indices for the predisposition to athletic activity; 8) attitude to swimming lessons; personal qualities of a young swimmer; motives for swimming enthusiasm, scope of interests; school results; 9) registration of the starting age and age features in the development of swimming skills; 10) keeping of a relatively constant composition of the training group; 11) a compulsory course of teaching children to swim, which should consist of 30-40 lessons.

**CONCLUSION:** Thus, at selection of children for competitive swimming it is necessary to pay attention to a range of factors, complex evaluation and approach to the determination of the expediency and prospects of their further long-term involvement in competitive swimming. In the course of beginners selection the easy pedagogical tests can be applied. These tests allow evaluating the level of the development of motor abilities in children and characterize their motor abilities. At the initial evaluation of children's prospects one should rely on the qualities and abilities which call forth the swimming success, since here sports results do not produce information on the prospects of the young athlete. It is particularly important that children acquire an essential skill.