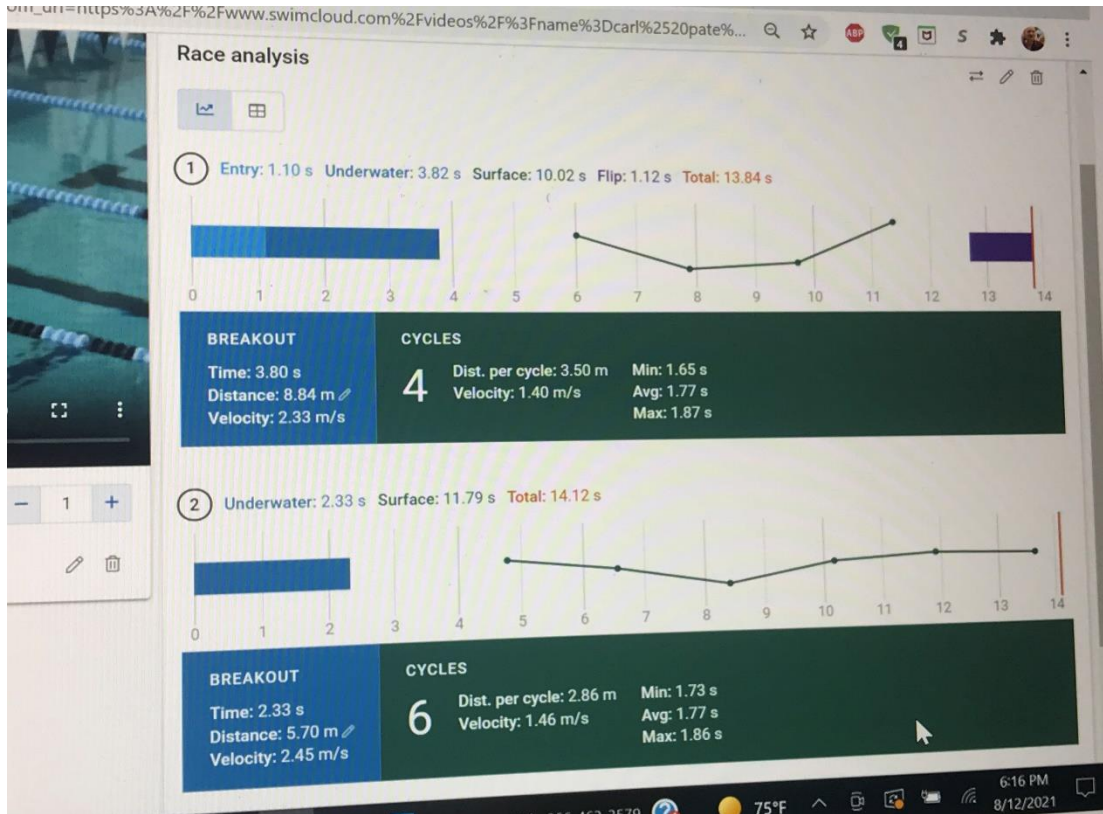


Swim Cloud Video Analysis

Our analysis is primarily concerned with distance per stroke, velocity is less important. If you see a reduction in stroke counts from the pre to post video, that can be an important positive change.



SWIMCLOUD RACE ANALYSIS FOR WOLVERINE SWIM CLINIC

BLUE SECTION: UNDERWATER

1. Start time- Time from start signal to hand entry (entry time)
2. Breakout time : (Seconds) The time from starting signal (start) or feet leaving the wall (turns), to the head breaking the surface.
3. Breakout distance; (meters) The distance traveled from the start to head breaking the surface or on turns from feet leaving wall to head breaking the surface.
4. Underwater Velocity (meters/second) The combination of breakout time and breakout distance gives you your speed underwater .

GREEN SECTION : SURFACE

5. Cycle count: Number of stroke cycles during the length measured , (free and bk, measured by 1 hand entry to same hand entry) (Fly measured by each entry stroke, Breast measured by each time head breaks surface)
6. Distance per cycle: distance covered during one stroke cycle during the length measured in meters. **Distance per cycle measures stroke efficiency, the basis for all fast swimming. This is the most important variable.**
7. Tempo/stroke rate: The time it takes for each full stroke cycle – measured as above in cycle count- Free and Backstroke hand entry (right) to same hand entry (right), Fly each time both hands enter in front, Breast each time the head breaks the surface.
8. Surface Velocity : Swimming velocity in meters per second during the surface portion of the length measured. This is determined by distance per cycle and stroke rate.

PURPLE SECTION: TURN TIME

9. Turn time : Time in seconds to execute the turn. Free and back begin when head drops until feet push off the wall. Fly and Breast hand touch to foot push.