PREFACE

In today’s highly competitive world, where Information Technology is emerging as the new ‘mantra’ of success, every endeavour of life is redefining its future role. The “World of Sports” cannot and should not afford to lag behind in making the best use of new research findings and technologies so as to maintain pace with the advances made by other professions, more so, when this ever advancing and conscious society fully realises the contribution of sports towards mankind.

Achievements in sports provide respect, recognition, and a special status to the winning country. Sports achievements have become a means to decide the best developed society and reflect the general awareness of its citizens towards health and fitness.

When it comes to the winning of more medals at the international level, especially in Olympics and Asian Games, Swimming occupies a very important place. It offers second highest number of medals after Track and Field. Consequently, performances in swimming are continuously improving at international level and records are broken at almost every competition.

Indian Swimming standards, though, have improved with the passage of time but, have not kept pace with the world. In fact, we
PREFACE (Contd.)

presently stand no where as compared to the sport leading nations. The reasons are in plenty for such a sorry state of affairs of Indian Swimming. One of the main reasons, as the researcher feels, is the non-availability of standards which our Indian swimmers should attain at different age levels and different training stages with regard to their swimming performances and physical fitness. Though, fitness norms of swimmers of some leading countries are available but, they are not suitable for our swimmers because of the obvious differences in growth and development of our children.

The norms prepared solely on and for the Indian age-group swimmers, in the present study, will help the Indian swimming coaches to a great deal in meticulously maintaining a record of their swimmers and to compare them with the norms in order to know their level of achievement.

M. S. RANA