ACKNOWLEDGEMENTS

The research scholar wishes to express a deep sense of gratitude to Dr. E. K. Chinnama Reddy, Principal, College of Physical Education, Alagappa University, Karaikudi for providing the opportunity to undertake this study.

The scholar expresses his sincere gratitude and heartfelt thanks to his supervisor Dr. S. Bevinson Perinbaraj, Reader, College of Physical Education, Alagappa University, Karaikudi for his untiring and painstaking guidance and very valuable and timely suggestions for the successful completion of this study.

Dr. A. M. Moorthy, Professor and Head, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi; Dr. R. Thirumalaivasamy, Professor, Department of Physical Education and Health Sciences, Alagappa University, Karaikudi; Dr. M. P. Ganesh, Executive Director (Teams), Sports Authority of India, New Delhi, and Dr. Hardayal Singh Kooner, Senior Scientific officer, N.S.N.I.S., Patiala, were a great source of inspiration from time to time and provided guidance and assistance essential during the course of this research.

The investigator puts on record his sincere thanks to various Swimming Coaches posted at various Training Centres in India namely M/S H. S. Khetwal, Kishan Singh, M. R. Mohite, John Christopher, Amarjeet Singh Sandhy, Pradeep Kumar, Nihar Ameen, C. P. K. Mathew, G. Jagannathan, J. S. Bhullar, Devinder Rana, D. S. Chhikara, Padmanabhan, Girish, Pujari, Manish Gogla, Mathew Lucos, Tomy Jose, M. S. Nair, Rajesh Shukla, M. M. Sharma, Shakti Padak Rajat, Balbir Singh, Kishore Bhagwat, Danke and Mrs. Rajalaxmi for making their swimmers available for this study and also for their invaluable help in the collection of data.

M/S Josepoh Kuok, Sanjay Karandikar, Ramesh Rai, C. P. Singh, D. K. Sharma, Dr. Kewal Krishan, Ravindra Rana, Anand Kumar
ACKNOWLEDGEMENTS (Contd.)

Rana, Satyavir Singh Rana, Sube Singh Rana and Late Mr. Dilip Powle were a great source of inspiration from beginning till the completion of this study.

The researcher shall always remain indebted to and cherish the memories of two Swimming Coaches namely Late Mr. Sandeep Divgikar and Late Mr. Chin Chin who also made their swimmers available for this study and helped in the collection of data but, left for their Heavenly abode before the completion of this research.

The research scholar is extremely thankful to M/S T. L. Gupta, Dr. Saju Joseph, S. K. Yadav, Amit Chhikara, Dr. Rajeev Chaudhary and Dr. Ram Bahadur Biswakarma who helped in feeding and computing the data on computer.

The investigator shall always remain indebted to his mentor, coach, guide and friend Late Mr. N. K. Gounder, who encouraged him to take up the Competitive Swimming in Indian Navy, always reminded of the set targets, guided and moulded the researcher to be a swimmer of this repute.

Special thanks are due to Dr. V. K. Dabas, Reader and Incharge Swimming, Lakshmibai National Institute of Physical Education, Gwalior for his expert advice and final touches to the present study.

Last, but not the least, the research scholar expresses a deep sense of gratitude to his father Mr. Ram Kala Rana; mother Mrs. Bhanti Devi; brothers Bharpur Singh Rana and Surender Singh Rana; sisters Ishwanti Devi, Birmati Devi, Savitri Devi, Rajwanti Devi, Saroj Devi, Kulwanti Devi, and Sudesh Devi; wife Leelamma and son Mirnal for their patience, understanding, encouragement and sacrifice throughout the course of this study.

Lastly, the investigator expresses his sincere thanks to all the young budding swimmers from several Training Centres and States in India who acted as subjects in this study.

M. S. RANA