



Pentaqua's use of technology proves instant success!



'Wow! I never knew I did that' has been heard at the poolside of City of Lincoln Pentaqua's training venues recently. The club is furthering its commitment to swimmer development by application of state of the art video technology. This involves embarking on a full programme of video analysis covering all aspects of swimmer technique throughout the coaching squads. A mix of high definition video cameras on the surface, an underwater camera and high resolution still sequences allow swimmers to see first hand what their coaches are telling them.



Swimmers are given instant feedback on poolside by their coach meaning they can review the visual results of their coaching immediately. Each swimmer also gets a personalised DVD of their session with coaching commentary to allow study of their techniques whilst at home.

Pentaqua has seen instant success from this and other new initiatives the club is running. Most recently, the club's swimmers have beaten their personal best times by significant margins and as a club there has been a vast improvement in squad performance at the 5 team Louth Meridian Gala this month, where the club was narrowly beaten into second place by Louth's A, team but beating an international team from Germany into third place.

Anita Ruffle, Chairman of Pentaqua said "The video based coaching represents another step forward in our commitment to competitive swimmer development. We are using the technology along with other initiatives such as sports psychology, nutrition and motivational training as part of our National Swim 21 accreditation advancement process. We are delighted with the results so far and we are looking forward to a successful season starting with the County Championships next month."

City of Lincoln Pentaqua run a full range of swim coaching from junior and adult beginners to competitive squads through County, Midland and National levels.