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Annotation. In the process of selection in swimming, orientation is aimed at choosing a sports method of swimming, the structure of long-term training, as well as the content of training loads, taking into account the individual characteristics of the athlete's fitness and competitive activity.

Keywords: preparation, individual, swimming, physical culture, sport, pedagogical, children, people, functional.

The main components of success in sports are the level of health of athletes, individual characteristics, properties of the nervous system, the level of development of motor qualities, the functional state of the body, the quality of sports training. In order to search for the most talented athletes who can show high sports results, it is necessary to improve the selection criteria.

Modern approaches to the selection of promising athletes and the individualization of the training process require special attention in the preparation of high-class athletes. Sports selection is the process of finding the most gifted people capable of achieving high results in a particular sport. Sports selection has a long multi-stage character and covers the entire long-term training of an athlete. The selection process should take into account a whole set of criteria that could fairly assess the individual characteristics of children and adolescents.

When carrying out sports selection, it is necessary to ensure the complexity of the assessment of prospects using functional, socio-psychological and other criteria. At the same time, at the first and second stages of long-term sports selection, the main role is played by genetic deterministic traits, which are characterized by small variability under the influence of training.

At subsequent stages, their role decreases and the importance of sports-technical, psychological and functional signs affected by training increases, as well as the level of sports achievements. At each stage of the sports selection, the expediency of further training of the athlete is identified, a detailed assessment of his strengths and weaknesses is given, an analysis of the previous stage of training is carried out. The data obtained are the basis for the orientation of the athlete at the next stage of long-term training.

It is well known that the functional capabilities of a person are largely predetermined by his morphological status. Therefore, persons with certain physique features are the most capable of high achievements in certain sports. The early definition of sports specialization was also associated with the features of the physique, physical performance, and this was one of the urgent problems of sports.

The socio-economic changes taking place in society directly concern the sphere of physical culture and sports and the field of sports science. The constant growth of sports results in swimming, as well as in other sports, is a consequence of the development of scientific foundations for the training of athletes. The long-term training of an athlete is a complex process, the result of which depends on many factors. At the first stage, this is the selection of capable children and further early sports orientation.

Sports selection in the long-term training of an athlete is a complex of organizational and methodological measures that are complex and include psychological, socio – pedagogical, medical and biological research methods, with the help of which coaches determine the abilities of children for further in-depth specialization in a particular sport.

In the process of selection in swimming, orientation is aimed at choosing a sports method of swimming, the structure of long-term training, as well as the content of training loads, taking into account the individual characteristics of the athlete's fitness and competitive activity.

Based on the analysis of scientific literature and data obtained in the course of our research, an attempt was made to identify the functional indicators of swimmers. To solve this problem, we used various methods of scientific research: anthropometry, dynamometry, the method of pedagogical observations and the method of mathematical statistics. The increase in these indicators is uneven: at the age of 12, the increase in indicators is insignificant and statistically unreliable. The highest rates are observed in the period from 12 to 15 years with a peak increase in 13 and 15 years of age. After 15 years, there is a decrease in the growth rate, but the increase in indicators continues.

The intensive increase in total body size at the age of 13 and 15 years is explained by the fact that this period is characterized by the process of puberty. This age period is marked not only by the maximum growth rate of the whole organism, but also of its individual parts.

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