

## COMUNICADO Nº 19-08

08/07/10

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### 1 - NATAÇÃO PURA

#### a) Taça de Portugal

Em anexo, a pontuação da Taça de Portugal.

#### b) III Circuito Open “Comunidad de Madrid”, Madrid (ESP) 04 a 06 de JUL08 (50m)

Participaram 5 Nações + 43 clubes

#### 04/07/08

100 Livres	16(46)	Miguel Saraiva	00:54,22	00:25,83
	35(46)	João Almeida	00:56,80	00:26,61
200 Livres	13(42)	Diana Rocha	02:11,49	01:03,46
	20(42)	Ana Lima	02:14,09	01:04,44
100 Bruços	2(41)	Ana Rodrigues	01:13,03	00:34,59
	16(41)	Ana Pina	01:19,13	00:37,81
400 Estilos	10(21)	Alexis Santos	04:46,96	01:04,40
	11(21)	João Sousa	04:48,80	01:04,42
100 Mariposa	10(43)	Filipa Tiago	01:06,57	00:31,16
	20(43)	Eduarda Neves	01:11,16	00:33,40
100 Costas	13(46)	Gonçalo Gregório	01:02,65	00:30,19
	30(46)	Alexis Santos	01:05,68	00:31,42
200 Estilos	14(42)	Diana Rocha	02:31,15	00:33,10
400 Livres	12(37)	Gustavo Santa	04:15,04	00:28,35-00:59,76-02:05,71
	16(37)	João Almeida	04:17,72	00:29,31-01:01,45-02:06,46
200 Bruços	11(44)	Pedro Agostinho	02:30,36	00:33,87-01:12,93
	12(44)	Ricardo Silva	02:31,25	00:33,96-01:12,79
	15(44)	João Sousa	02:33,57	00:34,30-01:13,47
800 Livres	6(15)	Patrícia Marinho	09:32,14	00:31,56-01:06,31-02:17,94-04:41,69
200 Costas	3(43)	Cátia Martinheira	02:24,42	00:34,42-01:11,84
	7(43)	Inês Agostinho	02:29,83	00:35,21-01:14,10
200 Mariposa	10(28)	Diogo Silva	02:14,49	00:28,93-01:02,74

#### 05/07/08

100 Livres	16	Miguel Saraiva	00:55,92	00:26,31 Final B
200 Livres	13	Diana Rocha	02:13,54	00:31,39-01:04,80 Final B
100 Bruços	3	Ana Rodrigues	01:13,62	00:34,56 Final A

	12	Ana Pina	01:19,29	00:36,93 Final B
100 Mariposa	7	Filipa Tiago	01:06,41	00:30,79 Final A
100 Costas	11	Gonçalo Gregório	01.02,03	00:30,00 Final B
200 Estilos	15	Diana Rocha	02:32,77	00:33,02 Final B
400 Livres	10	Gustavo Santa	04:12,65	00:28,59-00:59,65-02:04,22 Final B
	13	João Almeida	04:19,53	00:28,91-01:00,75-02:06,81 Final B
200 Braços	11	Pedro Agostinho	02:30,98	00:34,17-01:13,23 Final B
	13	Ricardo Silva	02:33,03	00:34,42-01:13,40 Final B
	14	João Sousa	02:33,04	00:34,30-01:13,00 Final B
200 Costas	4	Cátia Martinheira	02:25,96	00:34,37-01:11,90 Final A
	8	Inês Agostinho	02:34,23	00:35,54-01:14,87 Final A
200 Mariposa	9	Diogo Silva	02:13,22	00:30,39-01:04,26 Final B
100 Livres	14(38)	Ana Rodrigues	01:00,71	00:29,10
	19(38)	Ana Lima	01:01,86	00:29,41
	26(38)	Filipa Tiago	01:02,74	00:29,81
200 Livres	12(43)	João Almeida	01:59,23	00:27,94-00:58,50
	24(43)	Miguel Saraiva	02:04,30	00:27,50-00:58,48
100 Braços	6(41)	Ricardo Silva	01:06,99	00:31,39
	9(41)	Pedro Agostinho	01:07,87	00:31,50
400 Estilos	7(25)	Diana Rocha	05:15,21	00:33,94-01:13,23
	8(25)	Patrícia Marinho	05:15,83	-01:10,47
100 Mariposa	13(38)	Diogo Silva	01:00,76	00:28,40
100 Costas	4(40)	Cátia Martinheira	01:07,88	00:33,09
	9(40)	Inês Agostinho	01:09,21	00:33,61
200 Estilos	8(44)	Alexis Santos	02:13,00	00:29,04
	11(44)	João Sousa	02:16,02	00:29,13
400 Livres	8(27)	Patrícia Marinho	04:37,26	00:31,52-01:06,02-02:17,31
200 Braços	4(42)	Ana Rodrigues	02:41,37	00:35,69-01:17,81
	10(42)	Ana Pina	02:50,02	00:38,93-01:22,59
1500 Livres	9(14)	Gustavo Santa	16:42,41	01:00,84-02:06,67-04:20,11-08:51,41
200 Costas	9(43)	Alexis Santos	02:13,30	00:31,05-01:05,10
	13(43)	Gonçalo Gregório	02:14,40	00:31,21-01:05,47
200 Mariposa	11(26)	Filipa Tiago	02:30,18	00:31,82-01:10,49
	12(26)	Eduarda Neves	02:31,61	00:33,44-01:11,67
<b>06/07/08</b>				
100 Livres	11	Ana Rodrigues	01:01,41	00:29,33 Final B
200 Livres	11	João Almeida	01:59,26	00:28,65-00:59,32 Final B
100 Braços	7	Ricardo Silva	01:07,82	00:31,51 Final A
	12	Pedro Agostinho	01:09,29	00:32,22 Final B
100 Mariposa	10	Diogo Silva	01:00,73	00:28,14 Final B
100 Costas	4	Cátia Martinheira	01:08,73	00:33,67 Final A
		Inês Agostinho	01:10,33	00:33,63 Final A
200 Estilos	8	Alexis Santos	02:16,37	00:29,05 Final A
	11	João Sousa	02:17,50	00:29,29 Final B
400 Livres	7	Patrícia Marinho	04:40,35	00:32,07-01:07,61-02:18,90 Final A
200 Braços	7	Ana Rodrigues	02:46,49	00:36,38-01:18,66 Final A
	10	Ana Pina	02:49,59	00:38,99-01:22,54 Final B
200 Costas	7	Alexis Santos	02:14,28	00:31,37-01:05,34 Final A
	11	Gonçalo Gregório	02:16,37	00:30,64-01:04,98 Final B
200 Mariposa	9	Filipa Tiago	02:29,29	00:32,41-01:10,24 Final B
	10	Eduarda Neves	02:29,95	00:33,77-01:11,82 Final B

## 2 - NOVA FILIAÇÃO

Foi aprovada em 09/07/08, a filiação da Associação dos Proprietários da Urbanização Vila de Este, através da ANNP.

## 3 - FORMAÇÃO

### a) Acção de Formação “*Technical Analysis of Paralympic Swimmers*”

No próximo dia 19 de Julho de 2008 decorrerá na Faculdade de Desporto da Universidade do Porto uma Acção de Formação sobre Análise do Rendimento de Nadadores Paraolímpicos.

O prelector é o Professor Daniel Daly, norte-americano há vários anos radicado na Bélgica.

É uma oportunidade única de ter em Portugal uma personalidade eminente na área da Nataação Adaptada, que publica com regularidade artigos em revistas científicas, como o Journal of Cardiopulmonary Rehabilitation and Prevention e o Human Movement Science.

A Acção será conduzida em Inglês.

### b) Acção de Formação para Pais

A FPN vai realizar uma acção de formação para Pais no próximo dia 19 de Julho, durante os Campeonatos Nacionais de Infantis, nas Piscinas Municipais de Vila Nova de Famalicão. Enviamos em anexo o panfleto informativo.

### c) Equivalências

Bruno Miguel Guerreiro Gonçalves – Treinadores de 1º Nível de Nataação

## 4 - RECORDES HOMOLOGADOS

### Piscina 50m

28/06/08	800 L INF B	Isabel Abreu	09.57,05	CFB	Jamor
04/07/08	100 B JUV	Ana Rodrigues	01.13,03	FPN	Madrid
04/07/08	200 C INF A	Cátia Martinheira	02.24,42	FPN	Madrid
05/07/08	100 C INF A	Cátia Martinheira	01.07,88	FPN	Madrid

Pela FPN



Paulo Frischknecht  
Presidente

# TECHNICAL ANALYSIS OF PARALYMPIC SWIMMERS

Faculdade de Desporto · UP  
19 Julho 08 · 14.30–17.30 h



Prof. Dr.  
Daniel J. Daly

FACULTY OF KINESIOLOGY AND REHABILITATION SCIENCES  
KATHOLIEKE UNIVERSITEIT LEUVEN

## CONDIÇÕES DE PARTICIPAÇÃO

Inscrição: 20 euros (dinheiro, cheque  
ou transferência bancária)

A inscrição engloba a participação nas  
componentes teórica e prática e a  
documentação da acção

As inscrições devem ser enviadas para  
a Federação Portuguesa de Natação,  
através do preenchimento e envio da  
ficha anexa, para a morada da FPN:

Morada do Complexo do Jamor  
Estrada da Costa  
1495.688 Cruz Quebrada  
Dafundo



## FICHA DE INSCRIÇÃO *Technical Analysis of Paralympic Swimmers*

Nome

Morada

C. Postal

Tel.

E-mail

*Cheque passado à ordem da Federação Portuguesa de Natação*

Cheque nº

no valor de 20 euros, sobre o banco

Nº de contribuinte

**Swimmers with locomotor disabilities as well as with visual and intellectual impairment will be dealt with:**

- > **Difference in End race results between classes and groups.**
- > **Competitiveness of various classes.**
- > **Starting, turning, finishing and swimming: How do I win the race?**
- > **Stroke Rate and Stroke Length in Paralympic Swimmers in various impairment groups.**
- > **Between race and within race changes in swimming speed, stroke rate and stroke length.**
- > **Should swimmers with Intellectual disability be allowed to compete at the Paralympic Games?**
- > **Integrating swimmers with disabilities in able bodied swimming clubs.**
- > **Some information on arm coordination and passive drag in Paralympic swimmers.**

Swimming is one of the most popular Paralympic sports. At the Paralympic Games in Sydney (2000), 352 men and 216 women from 62 countries competed in swimming. Furthermore, over 200,000 spectators attended swimming events.

Swimming competition for persons with a locomotor disability is organised under a functional and not an impairment based classification system. In fact swimming is the only sport that combines the conditions of limb loss, cerebral palsy, spinal cord injury and other disabilities (such as Dwarfism, major joint restriction conditions) across classes.

Continuous data collection and research takes place, to monitor the validity of this system and eventually to propose changes. Ten classes are allocated to swimmers with a locomotor disability. Higher numbered classes are more functional. In addition, at the Paralympic Games, swimmers with a visual disability are divided in 3 classes and there is 1 class for intellectual disability.

Since 1988 video recording have been made during the swimming events at the Olympic Games and other major swimming competitions. Using these recordings, in addition to the usual end results and lap times, information is obtained on race segment speeds and stroking variables at several points in the race. Start time, Turn in and Turn out time, and Finish time could be measured.

In addition the swimming speed for various mid pool Race sections is determined (e.g. for

a 100m race; section 1 = 10m to 25m; section 2 = 25m to 45m, section 3 = 60m to 75m; section 4 = 75m to 95m). This is the speed of swimming unaffected by start dives or push offs after turning and is sometimes referred to as the mid pool or clean swimming speed.

Some simple movement variables can also be measured on video tapes. The Stroke Rate is the number of arm movement cycles/minute. An arm cycle in freestyle e.g. is the time from right hand entry in the water until the following entry of the right hand. When stroke rate and swimming speed are known one can determine the distance covered per stroke cycle (Stroke Length). Stroke length is highly determinant for the difference in swimming speed between 2 swimmers as well as being responsible for long term performance improvements by the same swimmers.

This type of analysis is not only a direct scientific service to the athletes but is also a significant educational tool for the coaches as well. Shortcomings in race strategy and weaknesses in starting, turning, or finishing are identified in relation to the race winner and/or the direct opponent. If possible, immediate changes can be made and if necessary more extensive specific analysis can be planned so that training time can be efficiently directed to remedial work. When information on the swimmers training background and body characteristics are also available, additional advice can be given the swimmer in question.

# Acção de Formação PARA PAIS

*A importância dos Pais no desenvolvimento  
sustentado do Nadador*



## LUÍS CARDOSO

Licenciado em Ciências do Desporto - Educação Física e Desporto Escolar

Mestre em Ciências do Desporto - Treino em Alto Rendimento

Ex-Director Técnico Nacional Adjunto FPN - responsável pelo escalão Junior

Formador da Federação Portuguesa de Natação



**Piscinas Municipais de Vila Nova de Famalicão**  
**19 de Julho - Sábado**

**No final da Sessão da Tarde - 18h30**  
**Durante os Campeonatos Nacionais de Infantis**

**INSCRIÇÕES GRÁTIS EM [WWW.FPNATACAO.PT](http://WWW.FPNATACAO.PT)**  
**OU DIRECTAMENTE NO SECRETARIADO DA PROVA**

*Esta acção é directamente vocacionada para os Treinadores e Pais de  
Nadadores presentes nos Campeonatos Nacionais de Infantis*



## TAÇA DE PORTUGAL 2007/08

Class Provisória	Clube	Pts. CAP-PC	Pts. Extra	Pts. CNJS	Pts. OPEN	Pts. CAP	Total
1	CNA	220	100	331	566		1217
2	FCP/IB	199		293	606		1098
3	CFV	196		216	389		801
4	CNCVG	171		169	376		716
5	SFUAP	60		175	257		492
7	SCB	89		126	220		435
6	SAD	121		97	235		453
8	GDNVNF	71		133	210		414
9	SCP	90		87	210		387
10	SLB	58		104	206		368
11	CNAC	23		151	156		330
12	CDN	35		85	194		314
13	CNS	63		91	157		311
14	CGA	4	100	72	118		294
15	CFB	37		80	168		285
16	LDC	22		59	185		266
17	LSC	18	100	48	78		244
18	VSC	36		71	111		218
19	CNRM	15	100	29	57		201
20	ASAL	24		93	76		193
21	VNC	27		56	106		189
22	GESL	27		42	112		181
23	EDV	9		44	86		139
24	PORTIN	13		24	98		135
25	CFP	49		20	60		129
26	FOCA	9		49	70		128
27	PDEM	6		34	62		102
28	GCF	3		35	36		74
29	CNMAIA	2		29	31		62
30	CNF	2		15	20		37
31	CNAL	2		10	22		34
32	CL	--		10	19		29
33	ABVE	--		9	17		26
34	CNBE	--		10	4		14
35	GCVR	--		5	6		11
36	CNLA	--		2	6		8
37	ADP	--		7	0		7
38	AAC	--		3	2		5
38	ADF	--		2	3		5
38	GESP	--		1	4		5
41	CAPGE	--		0	4		4
41	CNTN	4		--	--		4
41	PIMP	--		2	2		4
44	CNV	--		0	1		1
45	ABPG	--		0	0		0
45	ADBA	--		--	--		0
45	AHBVCR	--		--	--		0
45	AIRFA	--		0	0		0
45	AMINAT	--		--	--		0
45	ASSSCC	--		0	0		0
45	AVFC	--		0	0		0



## TAÇA DE PORTUGAL 2007/08

Class Provisória	Clube	Pts. CAP-PC	Pts. Extra	Pts. CNJS	Pts. OPEN	Pts. CAP	Total
45	AVQA	--		--	--		0
45	CDE	--		--	--		0
45	CDUP	--		--	--		0
45	CNIN	--		0	0		0
45	CNPD	--		--	--		0
45	CNVR	--		--	--		0
45	EDL	--		--	--		0
45	GCST	--		0	0		0
45	SCE	--		0	0		0
45	TNC	--		--	--		0