

BIBLIOGRAFIA

Alves, F. (1998). *Técnica de viragem do estilo Livre*. Curso de Monitores de Natação IV Grau.

Arellano, R. (2000). *Evaluating the technical race components during the training season*. [online]: <http://www.coachesinfo.com/article/149/> in: R. Sanders and Y. Hong (eds.)

Arellano, R., Sanchez-Molina, J.A., Navarro, F., De Aymerich, J. (2002). *Analysis of 100m Backstroke, Breaststroke, Butterfly and Freestyle Swimmers at the 2001 European Youth Olympic Days*. [online]: <http://www.coachesinfo.com> in: Abstracts from the Swimming Science Congress, 2002

Blanksby, B. (2003). *Gaining on turns*. [online]: <http://www.coachesinfo.com/article/161/> in: R. Sanders and Y. Hong (eds.)

Borges, R. (2003). *Factores determinantes do salto de partida em jovens nadadores de nível regional na técnica de crol. Variáveis condicionantes do rendimento da partida em natação pura desportiva*. Coimbra: Faculdade de Ciências do Desporto e Educação Física.

Cossor, J., Mason, B. (2001). *Swim turn performances at the Sydney 2000 Olympic Games*. [online]: <http://www.coachesinfo.com> in: R. Sanders and Y. Hong (eds.)

Cazorla (1993). *Testes Spécifiques d'Evaluation du Nageurs*. A.R.E.A.P.S. FFN

Daniel, K., Klauck, J., Andreas, B. (2002). *Kinematic and Dynamographic Study in Different Swimming turns*. [online]: <http://www.coachesinfo.com> in: Abstracts from the Swimming Science Congress, 2002

Fernandes, R., Vilas-Boas, J.P. (2002). *Partidas e viragens em natação: descrição e sequências metodológicas*. Documentação do II Seminário de Natação “Novos Horizontes”, Viseu.

Fernandes, R., Marinho, D., Figueiredo, J., Ramos, L., Mota, J., Mourouço, P., Barbosa, V., Soares, D. (2002). *Deslize após partidas e viragens em natação pura*. [online]: <http://www.efdeportes.com>

FINA (2002). *FINA swimming rules. Nem rules 2002-2005*. [online]: <http://www.fina.org/swimrules.html>

FPN (1998). *Estágios Pré-Júniors: Proposta de Regulamento*. Lisboa. FPN Documento não publicado

Haljand, R. (2002). *Model of freestyle turn technique*. [online]: http://www.swim.ee/models/free_turn.html

Haljand, R. (2004). *Results of testing and swimming technique analyses*. [online]: http://www.swim.ee/technique/result_test_swim_tech/fre_turn.html

Kolmogorov, S.V., Klimek, K., Duplisscheva, A., Koigerov, S.V. (1992). *Resistance active, puissance mecanique util e coefficient de force hydrodynamique dans le differents modes de naiges à vitesse machimale*. St. Petersburg: Institut de Culture Physique, pp.115-127

Lyttle, A, Blanksby, B. (2000). *A look at gliding and underwater kicking in the swim turn*. [online]: <http://www.coachesinfo.com/article/157/> in: R. Sanders and Y. Hong (eds.)

Lyttle, A. (2004). *Optimising Swim Turn Performance*. [online]: <http://www.coachesinfo.com/article/281/> in: R. Sanders and Y. Hong (eds.)

Mason, B., Cossor, J. (2000). *What can we learn from competition analysis at the 1999 Pan Pacific Swimming Championships*. [online]: <http://www.coachesinfo.com/article/148/> in: R. Sanders and Y. Hong (eds.)

Mason, B., Cossor, J. (s.d). *Swim turn performances at the Sydney 2000 Olympic Games*. [online]: <http://www.coachesinfo.com/article/144/>

Mason, B., Pilcher, A. (2002). *The relationship of depth under the water to swim start and turn performance in freestyle events at Sydney 2000 Olympic Games*. [online]: <http://www.coachesinfo.com> in: Abstracts from the Swimming Science Congress, 2002

Maglisho, E. (1993). *Swimming even faster*. Mayfield Publishing Company. Mountain View, California.

Gomes Pereira, J. (1980). *Avaliação em Treino Desportivo: análise de eficácia da viragem em natação*. Revista Ludens, vol. 4, n.º 3, Abr/Jun.

Gore, C.J. (2000). *Physiology test for elite athletes*. Australian Sports Commission. Human Kinetics

Rama, L., Cunha, P., Alves, F. (s.d). *Acompanhamento de Jovens Talentos*. Projecto Nacional Pré-Juniores da FPN. FPN. Lisboa.

Rama, L., Alves, F. (2004). *Factores determinantes do rendimento em jovens nadadores*. Actas do 27º Congresso Técnico-Científico da APTN. Lisboa.

Raposo, A.V. (1978). *Factores que influenciam o rendimento dos nadadores*. Revista Ludens, vol.2, n.º4, Julho

Roesler, H. (2002). *Turning force measurement in swimming using underwater force platform*. [online]: <http://www.coachesinfo.com> in: Abstracts from the Swimming Science Congress, 2002

Sanders, R., Byatt-Smith, J. (2001). *Do your swimmers kick too soon in turns?* [online]: <http://www.coachesinfo.com/article/114/> in: R. Sanders and Y. Hong (eds.)

Sanders, R.H. (2002). New Analysis Procedures for Giving Feedback to Swimming Coaches and Swimmers. [online]: <http://www.coachesinfo.com/article/133/> in: R. Sanders and Y. Hong (eds.)

Sobral, F., Silva, M.J. (1997). *Cineantropometria – Curso básico*. Coimbra. Faculdade de Ciências do Desporto e Educação Física.

Vilas-Boas, J.P., Cruz, M., Sousa, F., Conceição, F., Fernandes, R., Carvalho, J. (2003). *Swimming starts and turns: determinant factors of swimming performance*. In: P.Pelayo et M. Sydney (eds.)