

GST Swim Power Test

There is no “perfect stroke”, and even elite level swimmers have plenty of room to improve their swimming technique. By effectively analyzing the changes of swimming velocity, force, acceleration, and power, and identifying individual strengths and weaknesses, the unique patented GST Swim Power Test allows GST and your coaches to develop drills and swimming sets to significantly improve every swimmer’s technique and competitive performance.

What The GST Swim Power Test Does

Measures and analyzes changes in velocity, force, acceleration, and power at each phase of a test subject’s stroke.

Measures and analyzes 24-32 parameters 60 times per second depending on the complexity of the swim stroke.

Synchronizes measured results with digital underwater video for real-time visual analysis and review.

Clearly/visually identifies strengths and weaknesses in a test subject’s technique.

Compares test subject’s swimming technique with a database of the world’s best swimmers.

Provides tailored recommendations, drills and sets to improve technique and competitive performance.

Provides a comprehensive DVD containing test results for easy review.

Protocols & Package Prices for the GST Swim Power Test

The standard GST Swim Power Test protocol for freestyle and backstroke includes three 25 yard/meter efforts at race pace; 1) Pull with buoy, 2) Kick, 3) Swim, and takes approximately 10 minutes per swimmer. Normally, GST Swim Power Test protocols for butterfly and breaststroke do not include a pull position. Individual analysis, discussion and recommendations follow testing.

\$110.00 Pull, kick, and swim tests (1-2 strokes)

\$160.00 Pull, kick, and swim tests (3-4 strokes)

Endorsements

Michael Phelps

14-Time Olympic Gold Medalist

“Genadijus, you’ve been such a huge help! Couldn’t do it without you!”

Dara Torres

5 Time Olympian, Multiple Olympic Medalist

"Having Genadijus work with me throughout my comeback helped so much! The fact that Genadijus took the time to work on even the smallest of things helped me be the best I could be, and reach my goals, and for that I am extremely grateful."

Jason Lezak

Three-Time Olympian, Multiple Olympic Medalist

“Throughout my many years of working with Genadijus he has helped me in many ways. The lactate testing and analysis both at meets and practice taught me how to maximize my training and performance. Also the underwater video analysis with the velocity curve showed me how I could improve my stroke through the weaker points where my velocity significantly dropped.”

Peter Vanderkaay

Two-Time Olympic Gold Medalist

“Dr. Sokolovas always uses cutting edge technology that is extremely beneficial in stroke refinement and training philosophy. I have worked with Dr. Sokolovas for many years now and I can honestly say that he has helped me reach my potential in the pool. I would highly recommend working with him if you want to be one of the best swimmers in the world.”

Randall Bal

Two-Time World Record Holder, Six-Time American Record Holder, World Champion

“Genadijus, without your help, I would still be trying to make finals rather than bringing home medals for the USA. You are the best. Once I implemented the changes you advised I ended up breaking two world records! I am fully confident to say that with your knowledge, hands on approach, and attention to the finest details, any athlete that works with you will have a chance to see what was holding them back from being at the top level in their sport.

Please visit globalsporttechnology.org to learn more about the GST Swim Power Test.