



Evaluation of Achievement Counseling of Swimming Sports in Aquatic Indonesia (AI) OKU Timur Regency

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Abstract

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The study was aimed at evaluating the coaching of swimming sports achievements in AI OKU Timur based on Context, Input, Process, and Product. The study was in the form of descriptive qualitative with interviews, observations, and documentation as data collection. Data analysis was carried out using descriptive techniques. The results of the study; the swimming coaching process in AI OKU Timur Regency is generally still low, both in terms of Context, Input, Process and Product. The implementation of the swimming sports training program in general in AI OKU Timur Regency is in the less category, seen from the Process component. The role of the coach in general in coaching swimming sports in AI OKU Timur Regency is in the Input component. The role of the administrators in general is included in Context. Facilities and infrastructure are in the Process. Swimming sports achievements are in the lowest range in the Product component.



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INTRODUCTION

In recent times, sports have become an inevitable and important element in people's daily routines. As a basic need for many people, sports are now seen as an activity that must be pursued even in the midst of a busy daily schedule. To achieve maximum benefits, sports must be carried out in a structured, measurable, and well-planned manner. With this approach, sports not only function as a means to improve performance, but also as a medium to explore and develop talents and interests, providing a sense of pride in the achievements that have been achieved by each individual (Natal, 2018).

Since its inclusion in the Olympic Games in Athens in 1896, swimming has developed into one of the most popular sports worldwide. Competitive swimming consists of four primary techniques, namely the front crawl, breaststroke, backstroke, and butterfly (Martens et al., 2015). Achieving high-level performance in swimming demands well-developed physical qualities such as muscular strength, power, and optimal body mass through physiological adaptation (Vincent et al., 2023). Previous research has demonstrated that strength training targeting the upper body, lower limbs, and explosive power, as reflected in jump performance, plays a crucial role in enhancing sprint swimming performance (Clemente-Suárez et al., 2021; Keiner et al., 2019; Lopes et al., 2021). Nevertheless, although physical conditioning is a key determinant of performance outcomes, optimal results in young swimmers are achieved when physiological training is integrated with psychological development (Clemente-Suárez et al., 2021).

The development of high-achieving sports in Indonesia must be enhanced as a privilege within the framework of local autonomy to advance the potential of national sports. This must be done holistically by integrating all aspects of sports available in the country in a full, large-scale, and comprehensive manner. This requires the participation of all parties involved in the planning, organization, management, and supervision of this noble initiative (Haryanto, 2020). This is a challenge for each region to continue to make improvements in encouraging and improving sports standards.

Improving the quality of achievement training programs by utilizing all existing aspects effectively is very important. This situation demands a crucial role from local governments to continue to encourage and maximize the potential in their regions, including through improvements in sports such as swimming. The process of coaching and developing achievement sports, as explained earlier, is carried out by the Main Sports Organization at the district/city, provincial, and national levels in accordance with Law Number 11 of 2022 concerning Sports, 2022) (Basaran, et.al., 2021).

Coaching is an effort to develop and realize the goals of planned activities, including in the field of competitive sports. This requires continuous and structured coaching management from an early age so that athletes can achieve success at the national and international levels. Coaching in sports is a crucial component in forming high-achieving athletes, where athletes will receive guidance and direction to achieve the expected targets (Martinus, et al., 2021). Therefore, competitive sports activities must be improved and developed to achieve the desired goals. To improve

sports achievements, the parent organization of each sport must take strategic steps and get support from the government, including in coaching competitive sports such as swimming.

The development of competitive swimming in Indonesia requires structured, evidence-based coaching strategies to optimize athlete performance. Swimming performance is widely recognized as a multifactorial construct determined by physiological capacity, biomechanics, neuromuscular power, and psychological readiness, making it difficult to isolate a single dominant determinant (Barbosa et al., 2010; Clemente-Suárez et al., 2021; Lopes et al., 2021). Recent evidence highlights the importance of integrated strength and conditioning programs, particularly targeting upper-body strength, lower-limb power, and explosive performance, to enhance sprint swimming outcomes (Keiner et al., 2019; Suchomel et al., 2022). Moreover, contemporary training models emphasize a holistic and long-term athlete development approach, integrating physiological and psychological components to maximize competitive performance (Bompa & Buzzichelli, 2019; Mujika et al., 2019; Millet et al., 2021). Therefore, swimming performance should be analyzed within a comprehensive and systematic coaching framework aligned with modern evidence-based training principles. In coaching swimming sports achievements, there are several supporting factors that each play an important role according to their function, including sports organizations, the presence of talented athletes, adequate facilities and infrastructure, the presence of special sports schools, and adequate funding support (Nugrono, Umar, dan Iwandana, 2021). Achievements in sports cannot be

separated from the contributions of athletes, coaches, training plans, and clubs that are coordinated under the auspices of the parent organization of the sport. In Indonesia, the parent organization for swimming, previously known as the All-Indonesia Swimming Association (PRSI), has changed its name to Akumatik Indonesia (AI) since August 5, 2023. AI plays a key role in promoting swimming sports in Indonesia and has branches at the provincial and district/city levels with the aim of regulating swimming progress and developing talented athletes. The effectiveness of this organization depends on the implementation of a solid coaching program and support of factors such as infrastructure, financing, and athlete quality (Sayekti dan Lumintuarso, 2022).

East OKU Regency consists of 20 sub-districts, 7 urban villages, and 305 villages, which are part of the 236 sub-districts, 386 urban villages, and 2,853 villages in South Sumatra as a whole. In 2017, the regency had a population of around 633,810 people, occupying an area of 3,370.00 km² with a population density of around 188 people per km². Located in the upper reaches of the Musi River, the local community is naturally accustomed to the water environment, which ideally forms swimming skills from an early age. However, the reality on the ground shows that swimming has not become popular in this regency, as seen from the number of athletes and swimming clubs which are still small.

The lack of athletes and swimming clubs in East OKU Regency is an issue that requires serious attention. To overcome this, organizational administrators can play an important role by introducing swimming to all levels of society, developing clubs to find and train potential swimming athletes, and improving the achievements of existing

athletes. In accordance with the UURI on Sports, Article 28 Paragraph 2 of 2022, coaching and development of high-achieving sports must be carried out by activating sports associations, building sports training centers at the national and regional levels, and holding structured and continuous competitions.

The lack of swimming clubs in East OKU Regency is one of the main obstacles in the development and regeneration of swimming athletes. This is evidenced by researchers conducting a field survey on March 3, 2024 in preparation for the implementation of the sub-district level selection for the 2024 National Student Sports Olympiad (O2SN). There are only four active clubs, even with minimal equipment and facilities. Without a club that provides special facilities and training, the potential for young athletes to develop and excel in swimming is limited. As a result, the athlete regeneration process is hampered, because there is no adequate forum to hone their talents and skills from an early age. Although efforts to develop swimming athletes are carried out through activities such as O2SN at the school level, without ongoing club support, the potential of athletes at a young age is difficult to optimize. Therefore, the existence of an active swimming club is very important to be a forum for the development and regeneration of swimming athletes in East OKU Regency.

In terms of facilities and infrastructure, it is considered still lacking, because the facilities provided are not sufficient for athletes to carry out routine and continuous training, because the swimming pool used as a training ground is also used as a public swimming pool, and is used by the local community for recreational sports.

Transparency in funding the sport of swimming is still an issue, as seen from the coaching funds that are not distributed properly. In addition, athletes who have won medals have to wait months to receive their bonuses, and the amount received is often smaller than in other regions, even though there has been a previous calculation. This situation certainly affects the motivation of athletes to get up and recover. East OKU Regency in South Sumatra Province has significant potential in swimming, as evidenced by the success of a local swimming athlete who was able to compete in the South Sumatra Provincial Sports Week (PORPROV) in 2019-2023.

However, the process of coaching high-achieving athletes in this district faces various challenges and obstacles that result in a lack of optimization in training and a decline in the achievements of young athletes and athlete regeneration, as seen from the medal results obtained during the last three periods at the National Student Sports Olympiad (O2SN) Provincial Level in South Sumatra. The various achievements that have been achieved show great potential in the swimming sport in East OKU district.

The development of Indonesian Aquatic Athletes (AI) in East OKU Regency has experienced a decline in achievement in the last three events. This certainly causes the achievements of Indonesian Aquatic Athletes (AI) in East OKU Regency to be stuck there. To achieve the highest level of achievement in sports, systematic, structured, and sustainable training is needed. It is important to conduct an in-depth evaluation of performance to assess its effectiveness. A comprehensive evaluation is important so that the results can be used as a reference in assessing the quality of ongoing programs. Evaluation

of all designed programs is the key to understanding how far the goals have been achieved.

Research on the evaluation of sports achievement coaching has been widely conducted and this study refers to research that has been conducted by previous studies. Research conducted by Khairoh, Argantos, Arsi, Gusril (2022), entitled "Evaluation of the Swimming Sports Achievement Coaching Program at PRSI Sarolangun Regency". Research conducted by Khusnul Aswin Sayekti, Ria Lumintuarso (2022), entitled "Evaluation of the swimming sports coaching program at the Yogyakarta Special Region Swimming Club". Research conducted by Ragil Tri Wibowo, Sopingi (2018), entitled "Swimming Sports Coaching for High-Achieving Students in the Swimming Sport Branch at SLB".

Based on previous research and from the real conditions that occur in the field, researchers are interested in conducting an evaluation study of the coaching achievements of the swimming sports branch in Indonesian Aquatic (AI) East OKU Regency. The solution offered through this evaluation study is expected to be able to explain the existing problems, analyze the solutions to the units that are targeted for evaluation so that existing obstacles can be identified, then through theoretical studies and knowledge obtained during the study it is expected to produce a new coaching pattern to be recommended to stakeholders in order to optimize the potential of the swimming branch in East OKU Regency to reach a higher level.

Comprehensive evaluation is the key to determining the effectiveness of a program, which means that the assessment must be carried out comprehensively on all aspects that support the program. The program

discussed is not a simple and quickly completed activity, but rather a series of ongoing activities and related to the implementation of certain policies. In the context of the organization, this program involves cooperation from many people. Based on the description above, the title of this study is "Evaluation of Swimming Sports Achievement Development in Indonesian Aquatic (AI) East OKU Regency".

METHODS

This research was conducted in a detailed and descriptive manner, using words and dialogues to describe phenomena in real everyday contexts, and applying various appropriate techniques. According to Hardani, qualitative methods prioritize descriptions and understanding of social phenomena that occur (Hardani, 2020). In this case, the study focused on observing the evaluation process and development of swimming training programs in East OKU Regency, with the aim of understanding how this process can support the success of athletes in achieving achievements in the field of swimming.

Qualitative research is an approach used to explore and understand phenomena or groups of individuals that are considered important in the context of social or humanitarian problems (Creswell and Creswell, 2014). According to Sugiyono, qualitative research is based on the philosophy of postpositivism and is used to investigate the natural conditions of a research object (Sugiyono, 2015). The researcher acts as the main instrument, the selection of data samples is done purposively, and the data collection technique uses triangulation. Data analysis is inductive or qualitative, with an emphasis on understanding

meaning rather than generalization. The data used comes from information sources that describe the actual state of the research object with a focus on the problem being studied (Zuldfrial, 2012).

This research model adopts the CIPP model, a complex and comprehensive evaluation model involving four aspects: context, input, process, and product. According to Endang Mulyantiningsih in her book on applied research, CIPP evaluation is a type of formative evaluation that aims to assist decision making and program improvement. This model is considered one of the most comprehensive evaluation models, used to assess whether a program is running according to plan or desire and whether the expected results are achieved as planned. In the CIPP model, evaluators are generally not directly involved in the program being evaluated (Mulyatiningsih, 2011). However, evaluators collaborate with individuals who are directly involved in the implementation of the program. This allows evaluators to identify and collect all relevant information and interpret the data for use in decision making.

This study aims to collect data and facts relevant to the evaluation process of the athlete achievement development program in Indonesian Aquatic (AI) East OKU Regency. The qualitative approach was chosen because the data obtained is usually in the form of narratives and interviews, which require comprehensive analysis.

Participants

The data in this study includes all elements that are the focus of the study, namely the AI Swimming administrators/secretaries, club coaches and athletes and former athletes of the PORPROV and O2SN Swimming sports in East OKU Regency for the 2019-2023

edition. The data sources for this study consist of primary and secondary data. Primary data comes from the main source, while secondary data comes from other parties to complete the research data. Sources of information come from people, writings and places and all those who can provide information related to the Development of Swimming Sports Achievements in Indonesian Aquatic (AI) East OKU Regency.

Sampling Procedures

The data sources used in this study were obtained from three objects, namely paper, place, and person. First, paper, namely in the form of documents, books, and other written materials. This data was obtained from management documents, books, activity documentation and others. Second, place, namely the place where the research was carried out and all actions and behaviors of people within that scope. Data related to the place were obtained from the training place, management building, facilities and infrastructure. Third, person, namely the subject of the study. This data was obtained from the East OKU Aquatic Management, Coaches and former Athletes.

Materials and Apparatus

In the context of qualitative research, the techniques used to collect data include observation, interviews, and documentation. Observation is a data collection method that involves direct observation by researchers to gain a deeper understanding of the context of the data in a broader social setting. This allows researchers to gain a holistic perspective on the situation being observed (Sugiyono, 2020). Interviews were conducted in a structured manner in which researchers delivered a series of oral questions to informants regarding the evaluation of the Indonesian Aquatic (AI)

swimming achievement development program in East OKU. This interview aims to complete the data, covering aspects that may have been missed in the observation (Sarosa, 2017). Documentation techniques are implemented by studying and understanding materials from various literature sources, including books, journals, articles, and magazines that are relevant to the research topic. In addition, this technique also involves collecting data from government entities or institutions related to the research.

Procedures

The validity of the data in this study was carried out by data triangulation which includes triangulation of sources, techniques or methods and time. The researcher chose to use source triangulation as a technique to verify the validity of the data. This is done by interviewing more than one source who has a different perspective. The researcher will then check whether the answers from the informants are in accordance with the data that has been collected through literature studies and related documents. The selection of source triangulation is considered suitable for this study because it allows researchers to explore data from various sources and perspectives. Furthermore, the researcher will compare information from various informants to determine whether there is a match between what they express. This approach helps in ensuring the reliability and depth of the analysis of the data obtained.

Design or Data Analysis

Data analysis is an important step that involves finding and organizing data from interviews, field notes, and other sources so that it can be easily understood and the results can be communicated. This process includes organizing data,

dividing it into smaller units, synthesizing it, determining patterns, selecting relevant aspects to study, and formulating conclusions to share. Data analysis in this study uses the Miles and Huberman technique which consists of data collection, data reduction, data display, and verification.

RESULT

Based on the presentation of research data, it is known that the context describes and specifies the program environment, unmet needs, characteristics of the population and sample of individuals served, and the objectives of the program itself. Context evaluation is primarily related to the type of intervention carried out in the program. Context evaluation is basically an assessment of needs, fulfillment of goals, and characteristics of the individuals involved. Therefore, evaluators need to determine the priority of needs and choose goals that support the success of the program. Context evaluation aims to produce information on the various needs that have been prioritized so that goals can be formulated effectively. This evaluation is important in helping to design appropriate programs, projects, and services. This study uses indicators in the context aspect, namely the background of the coaching program, the objectives of the coaching program, and the coaching program itself. Based on the presentation of interview data that has been conducted, it is known that input provides information about selected input, including strengths and weaknesses, strategies, and designs that aim to realize the objectives. The main objective is to assist in decision making, determine alternative sources, plan strategies for achieving needs, and work

procedures to be used. Input evaluation components include human resources, supporting facilities and equipment, funds or budgets, and various procedures and rules needed. The main focus of input evaluation is to assist in a program's approach to creating the necessary changes. Input evaluation involves identifying relevant approaches and supporting decision makers in organizing the selected approach. The methods used include inventory and analysis of existing human and material resources, proposed budgets and schedules, and recommendations for solutions to strategies and procedural designs. The main criteria for input evaluation include relevance, feasibility, advantages of various approaches, and cost effectiveness (Stufflebeam and Shinkrield, 2017). This study uses indicators in the input aspect, namely human resources, training programs, funding, facilities and infrastructure, and parental support. Process evaluation input provides information that allows evaluators to carry out monitoring procedures that may be newly implemented. This information is useful for exploiting strengths and eliminating weaknesses in the process. The main purpose of this evaluation is to facilitate decision making by identifying how far a plan has been implemented, whether implementation is in accordance with established procedures, and what needs to be improved. Process evaluation focuses on three objectives: first, detecting or predicting problems in design or procedural implementation during the implementation phase. Second, providing information that supports programmatic decisions. Third, documenting records of procedures that have been implemented. This study uses indicators on the process aspect that includes program implementation and coordination.

That product evaluation seeks to provide sufficient information to ensure the achievement of objectives, regardless of existing conditions, and determine strategies related to the procedures and methods used, whether the program should be stopped, modified, or continued in the same form. Therefore, the function of product evaluation is to support evaluators or teachers in making decisions regarding the continuation, termination, or modification of the program. Product evaluation aims to facilitate subsequent decision-making by answering questions about the results that have been achieved and what actions need to be taken after the program is running. This product evaluation is important to provide an assessment of the success of the program based on the objectives that have been set, so that it can be decided whether the program will be continued, stopped, or changed.

DISCUSSION

1. Context

Based on the results of the findings, a general outline can be drawn, first that the clubs in Aquatic Indonesia (AI) East OKU Regency have great potential to be developed more widely, and can be improved by expanding the reach to the community to exercise, especially swimming. Community support in swimming sports, there is hope that it can be made a source of pride, Aquatic Indonesia (AI) East OKU Regency can be used as a center of excellence for developing national swimming achievements. The level of public awareness continues to be increased until it becomes part of the life of the community that is proud of swimming

sports and swimming achievements. The support of the local government that continues to promote swimming sports is an interesting thing in Aquatic Indonesia (AI) East OKU Regency. In terms of context, both from the community, government, and geography that exist are very supportive, the potential is especially Aquatic Indonesia (AI) East OKU Regency has achieved glory in swimming sports. So the evaluation of the context is still low, but it can still be improved and developed with various strategies. The support of the management in terms of still needing to be strengthened again, with the existing club conditions showing that it must be stronger to produce many good clubs, fostering with the right process and proper standardization, including old clubs that need to be refreshed again with a touch, if the four important roles in input, namely clubs, government, society, management synergize then in context they will be able to provide a major contribution to producing good and professional input.

2. Input

The evaluation results on the input component are also low, this cannot be separated from the four main components, namely athletes, coaches, facilities and programs. The first is the coach component, if you look at the existing data presentation, it shows several swimming coaches spread across several regencies in East OKU, at least how many people must be able to help develop prospective swimming athletes who can compete at national and international levels. At least from the Institution or Menpora or KONI on a national scale, there should be a target per district/city or province, how

many ideal coaches should there be for levels B and C. If there is an ideal target, then in order to achieve the ideal target, consistent coach certification training is needed, one dimension of coaching is sports ability (Shafiei and Goodarzi, 2009) proven by a certificate, this is open to all coaches, both provincial and city districts. Referring to Criteria 1 to 7 in the coaching of swimming sports in NCCP Swimming Canada (CSCTA (Canadian Swimming Coaches and Teachers Association, 2011)., then criterion 1 is the focus on coach competence, thus coaches in South Kalimantan still need to be improved by increasing the level of coach certificates or refreshing new coaching concepts in swimming. Athlete components, the coaching program for swimming sports in the Regency in East OKU according to the work program, which has been explained to the Provincial Management, Regency and City Management which is integrated with the respective coaching programs. The coaching system activities are sequentially displayed as follows: (1) marketing, (2) breeding, (3) talent guidance, by paying attention to the age group of swimmers, (4) coaching and (5) training system.

The swimming sports coaching system has a sports coaching system based on the sports pyramid. The coaching system based on the pyramid is a tiered coaching from the bottom layer (massage), then continued continuously to the middle layer (nursery continues to tier up to the top of the pyramid (achievement coaching) (Bompa, 1994). The swimming sports coaching program in the Regency in East OKU is focused on early age through schools, to what

extent has it succeeded? With the number of existing coaches and the number of athletes selected to participate in the national level, it shows that athlete coaching, although at the elementary school to university level, is still very lacking. Therefore, it is necessary to carry out cadre formation and increase the number of coaches.

3. Process

Based on the results of the research, the process of the evaluation results is considered low, there are four components, namely, first, the athlete selection system, if referring to the results of the analysis, there must be a cause, the process is considered low, it can be seen from the results in the form of medals in various national competitions and the condition of the coach, from these two things it can be used as an indication of how much a good coaching process is still needed. The program creation component, looking further into the swimming sports coaching program in the Regency in East OKU is actually promising. But unfortunately it has only stopped at the level of quantity, not significantly leading to the quality area. The potential in terms of quantity that exists has not been able to be actualized into potential in terms of quality. It can almost be said that in the midst of the enormous potential of existing resources, the achievements achieved by Indonesian Aquatic (AI) East OKU Regency have not always provided encouraging results. The training program has been prepared using training principles, the direct results of a high-quality training system and program can increase achievement to be higher (Ananda dan Rafida, 2017).

4. Product

Components related to the product are the achievements of coaches, achievements of athletes and achievement of targets. Regarding the decline in swimming achievements in national events, especially in PON, there are several important findings about swimming coaching. The important findings are communication between districts/cities and the objectivity of coaching. Communication between districts/cities has rarely been done so far. In fact, communication is very important to know what needs are desired by the Indonesian Aquatic (AI) of East OKU Regency. The first is the achievement of coaches, from the coach dimension it is greatly influenced by the subjective elements of each individual. In fact, the achievement will certainly have good results with continuous training.

CONCLUSION

Based on the results of the research and discussion, the conclusions in this study are as follows:

1. The swimming coaching process at Aquatic Indonesia (AI) East OKU Regency is generally still low, both in terms of Context, Input, Process and Product.
2. The implementation of the swimming sports training program in general at Aquatic Indonesia (AI) East OKU Regency is in the less category, seen from the Process component. This means that there is a need for changes to the design of a better training program, starting from quality program planning, implementing the program seriously and analyzing it with a scientific approach.

3. The role of coaches in general in swimming sports coaching at Aquatic Indonesia (AI) East OKU Regency in the Input component. This means that the quality of coaches is still far from expectations, improving and developing the quality of coaches by increasing the number of coaches and developing the quality of coaches with certification.
4. The role of administrators in general is included in the Context, meaning that there is still a need for improvement in terms of synergy between administrators and other related components, namely the government, community, and clubs.
5. Facilities and infrastructure are in Process, meaning that there still needs to be a significant increase in the need for swimming sports facilities and other related facilities.
6. Swimming sports achievements are at the lowest range in the Product component, meaning that athlete achievements and coach achievements must be improved again, by implementing more realistic targets according to conditions and other supporters.

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