

TRAINING MULTISTAGE SHUTTLE SWIMMING TEST (MSST) FOR SWIMMER

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ABSTRACT

This study aims to develop a multistage test shuttle swimming test (MSST) swimming in DIY sport. Subjects in this study were taken by purposive sampling technique. Criteria for the sample in this study were: (1) swimmer DIY and PKO FIK UNY students are still actively swimming; (2) Group II until senior age; (3) Participate joint exercises Water Polo Team Polo DIY. The research data was collected by the test and measurement. Implementation of this research was conducted on November 18, 2013. The method used in this study is a test and measurement is multistage shuttle swimming test (MSST) branch Sports Pool. The test results for women athletes show category: 5 athletes poor category (less) and 2 athletes categories: fair (enough). For male athletes show category: 3 athletes superior category (Very nice), 2 athlete categories: excellent (good) and two athletes categories: good (good).

Kata Kunci: *coach, MSST, Swimming Club*