

TOOLS OF THE TRADE

SWIM LOG may be the high-tech answer for keeping a record of times and training sessions, says **Roger Guttridge**

Swim Log 1.2

Swimmers Swim Times Split-Swim Times Targets Split Times Training Sessions Print-Outs Control Help

SWIM LOG
SOFTWARE FOR SWIMMERS

Swimmer Details
Name: **Sam Swimmer**

Logging Details
Number of times recorded in Swim Log: **45**
Date of last swim time logged: **14/02/2006**

Course Type
Shot 25m
Long 50m

Distances logged
This month: **2,900** from **2** sessions. This year: **8,675** from **8** sessions. Total: **226,470** from **154** sessions. Since: **08/01/2005**

Personal Best Times for Sam Swimmer

	Backstroke	Breaststroke	Butterfly	Freestyle	Individual Medley
25 m	00:20.56	00:25.27	00:22.12	00:21.11	*****
50 m	00:43.38	01:10.23	00:45.13	00:58.02	*****
100 m	01:22.13	02:12.12	01:38.43	01:25.12	01:26.13
200 m	03:55.02	04:02.00	02:07.00	02:11.00	03:11.12
400 m	no time	no time	no time	04:54.23	no time
800 m	no time	no time	no time	08:00.00	no time
1500 m	*****	*****	*****	no time	*****

Help Quit

Launch parts of the program using the top menu; click on a time to see history; Quit to exit. 15/02/2006 13:00

If you're one of those swimmers or parents who jots down personal best times in a notebook or scraps of paper, Swim Log may be the answer to your record-keeping needs. It's the brainchild of David Cartwright, a software expert and father of two club swimmers.

'I was scribbling down my children's times at a gala but I had no idea whether they were PBs or not,' he says. 'I searched the net for a suitable tool but found nothing that matched my criteria. I wanted something that was more than a spreadsheet, desktop-based (so the kids didn't have to go online), simple to use and which gave the option of extending what we recorded.'

The result is Swim Log, a software programme developed last year by Twenty Trees Consulting of Derbyshire after consultation with coaches and parents at Stockport Metro. It is now on the market and already being used at several clubs including Stockport, Gallica and Newcastle-under-Lyme.

As well as logging times and highlighting PBs, Swim Log also records full details of

training sets and distances, target times and split times. It also offers weekly and monthly distance graphs and caters for up to four swimmers.

'With just a few times recorded, you may start to see trends in performance,' says Mr Cartwright, a director of Twenty Trees Consulting. 'And your full swim history is only a click away.'

Swim Log's other features include a Best Time File, which can be swapped with other users to compare performances or simply view the swim details. The record of a specific set of training sessions can even be emailed to another person if required.

But Mr Cartwright adds: 'The visual focus of the product has remained the presentation of a swimmer's PBs. It is the recording of these – and the trumpet fanfare that rings out when there's an improvement – that still gets me and the kids excited!'

Swim Log is currently available only for PCs but could be adapted for Apple Macs if there is a demand. It costs £17.99 from the website: **www.swim-log.co.uk**.