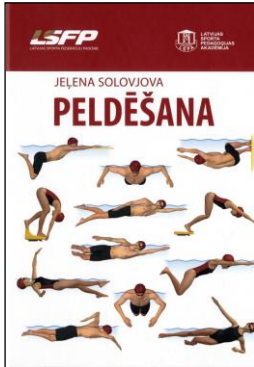


## SHORT COMMUNICATION

**Review of Jeļena Solovjova book „Swimming”**

30 years ago was published the book “Swimming” by Arvils Lielvārds, since then it has been on the list of compulsory literature for the upcoming swimming coaches, it is a teaching and learning tool, that for three decades has been one of the most important sources of knowledge and inspiration for almost all swimming coaches in Latvia. I am really pleased that exactly in this anniversary year teachers, trainers and everyone keen on swimming can obtain a printed work resuming the mission to a new quality. This book gives an opportunity to improve and fulfill the lives of hundreds, even thousands of people, by helping them to learn this supposedly simple thing – swimming skills.

**Aivars Platonovs**

President of Latvian Swimming Federation

Swimming has also practical application, because the ability to swim allows feeling safe when getting in water. People of all ages can go swimming. Consequently, swimming is a physical activity that helps to develop a rapidly growing body, improve athlete physical characteristics and maintain different generation people health throughout their lives. The book examines and analyzes the techniques of various swimming styles, as well as summarizes the exercises for their acquisition. The book is intended for sports teachers, sports coaches and sports instructors in comprehensive schools, professional orientation sports schools and sports clubs, as well as future sports specialists and everyone interested in the acquisition of swimming skills and various swimming styles.

Solovjova

**Jeļena Solovjova**, Dr.paed., Professor,  
Department of Swimming,  
Latvian Academy of Sport Education