



c) Technology is an important factor in increasing the performance or skill of any athlete.

Coaches often promote the use of increased technology in their athletes for it is an ~~increasing~~ excellent way to delay the onset of fatigue in beginners ~~and~~ who are distracted easily and is also ~~an~~ ~~excellent~~ way to train a factor of training that is increasing ~~all the time~~ the performance of athletes all the time.

Coaches now have video games to train the mind of their athletes. For example, the game olympiad 2000 on sony playstation which was released late last year.

There is also performance enhancing suits that athletes may wear in training and competition in events like running and swimming.

For example, Shark skin suits worn by ~~to~~ some of the top swimmers in the world to decrease drag which in turn will increase speed. The makers of this "shark skin suit" have designed it to consist of fabric which represents that of a shark. It is scale like and they say ~~to~~ just by wearing this suit it can reduce your time by seconds.



There is also other products on the market to

Increase co-ordination and reflexes.

These type of skill enhancing technology is ~~the~~ (like the other examples ive used) highly legal and are guaranteed to enhance your skil and performance.