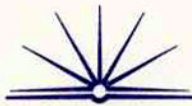


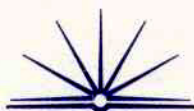


(c) The use of technology in training to improve technique and skill is why nearly all the world records today are from around this era. A feature of this technology is its ability to perform this in slow motion and in freeze frame areas. These allow the athlete and the coach to sit down together and pick faults in technique and performances. This also allows them to see what may have cost them that extra second, or that extra centimetre, ~~to~~ with the help of these technological advances it's now possible to devise new technique also to help improve the athlete. Without these athletes who have a fault in their action for example would never



even know about it or let alone correct it.

Also if you sustained an injury in a ~~throwing~~ event for example, when you came back from that injury your still going to be a bit tender in that area for quite a while, and as a result your technique would suffer but now it can be rectified with no apparent problems. With the technology that's in use today it possible for athletes to also check things such as approach and not just the release of the apparatus or whatever. Freeze frame technology is also of up most importance where you can use slow motion, or very slow motion, if freeze frame is also good because it gets the fault at an exact point to the split second, as know with a split second being so important its not hard to see why athletes now all over the world are using ~~medical~~ ^{video} technology to refine skill. And to also ~~still~~ get the perfect technique, being able to get the technique perfect, to make the most of your whole body.



Is what every athlete strives for. This system is also effective in that it allows the athlete to see themselves, where they are or have been going wrong, and not just relying on the coaches point of view, this is ~~also~~ also effective as it allows two or more brains, both of very good knowledge to work together and to refine the skill. Also if the Athlete sees where there going wrong next time they perform the action it might help in them being able to 'feel' ~~also~~ also where they went wrong. And if they do it right they can "feel" what it's like when they do it right. And know to do it next time like that to insure perfection.