

## BUKTI KORESPONDENSI

### ARTIKEL DALAM INTERNATIONAL CONFERENCE

Judul artikel : Training Load of Para-Swimming Athletes on Preparation Phase:  
National Champion Vs. Not

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Link website` : <https://proceeding.unesa.ac.id/index.php/picah/index>

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1	Bukti Pengiriman Artikel Melalui Email	30 Juli 2022
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## 1. Bukti Pengiriman Artikel Melalui Email dan Sistem OJS IJHMS

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# ICRACOS 2022

## The 4th International Conference on Research and Academic Community Services

September 10-11th, 2022 **Online Conference**

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### #905 SUMMARY

SUMMARY REVIEW

#### SUBMISSION

Authors	Kunjung Ashadi
Title	Training Load of Para-Swimming Athletes on Preparation Phase: National Champion U's Not
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Track	Sciences & Technology
Director	Imami Rahayu (Track Director)

#### STATUS

Status	Paper In Review
Initiated	2022-09-08
Last modified	2022-09-08

#### SUBMISSION METADATA

#### AUTHORS

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Last modified	2022-09-08

SUBMISSION METADATA

AUTHORS

Name	Kunjung Ashadi
Affiliation	Universitas Negeri Surabaya
Country	Indonesia
Bio statement	—
Principal contact for editorial correspondence.	—

TITLE AND ABSTRACT

Title	Training Load of Para-Swimming Athletes on Preparation Phase: National Champion Vs. Not
Abstract	<p>The success of implementing the training program is supported by the role of the trainer in formulating a strategy for changing the training load in the training program, which aims to push the limits of adaptation and avoid overtraining, injury, and detraining. The study aimed to compare the internal training load of a group of para-swimming athletes who received medals vs. those who did not. The research method used in this study was a retrospective cohort (historical cohort). The research data used in this study is secondary data (historical data), which consists of collecting data on weight training swimming athletes for 13 weeks, and data provided by coaches and athletes during the training program. Subjects consisted of seven para-swimming athletes. The data analysis technique used is the mean, standard deviation, and different tests using Mann-Whitney. The results showed that there was a significant difference in the session rate of exertion (SRE) between the two groups (<math>p &lt; 0.005</math>), and there was a significant difference in the Arbitrary Unit (AU) between the two groups (<math>p &lt; 0.000</math>), and there was no e. the difference in exercise duration between the two groups (<math>p &gt; 0.000</math>). In conclusion, swimming athletes who do not get medals have a much higher internal training load than those who get awards.</p>

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[ICRACOS 2022] Inbox x

ICRACOS 2021 <icracos@unesa.ac.id> to me Thu, Jun 16, 2022, 2:06 PM

Dear Colleagues,

We would like to invite you to submit your article to " 2022 4th International Conference on Research and Academic Community Services (ICRACOS 2022) that will be held on 10-11 September 2022. ICRACOS is organized by Universitas Negeri Surabaya (Unesa)

ICRACOS 2022 attracts researchers, scientists, students, lecturers, or government agencies from around the world. The acceptance decisions will take into account paper novelty, technical depth, elegance, practical or theoretic impact, and presentation.

Full paper submission: June 30, 2022 in online/virtual event.

Selected and presented papers will be submitted to the CRC Press or Atlantis Press

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[ICRACOS 2022] Submission Acknowledgement

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ICRACOS Committee<icracos@unesa.ac.id>

to me

Sat, Jul 30, 2022, 11:08 PM

★ ↶ ⋮

Kunjung Ashadi:

Thank you for your submission, "Preparation Phase Training Load of Para-Swimming Athletes: National Champion Vs Not Champion" to International Conference on Research and Academic Community Services (ICRACOS). With the online conference management system that we are using, you will be able to track its progress through the editorial process by logging in to the conference web site:

Submission URL:  
<https://icracos.lppm.unesa.ac.id/conference/index.php/ICRACOS/2022/author/submission/905>  
Username: kunjungashadi

If you have any questions, please contact me. Thank you for considering this conference as a venue for your work.

ICRACOS Committee  
International Conference on Research and Academic Community Services

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## 2. Bukti Artikel Telah diterima Melalui Email dan Sistem OJS IJHMS

The image displays two screenshots of a Gmail inbox, illustrating the acceptance of an article through email and the OJS IJHMS system.

**Top Screenshot:** Shows an email titled "[ICRACOS 2022] Editorial Decision on Paper ID: #905" from [icracos@unesa.ac.id](mailto:icracos@unesa.ac.id) to Kunjung Ashadi. The email content includes:

- Greeting: Dear Kunjung Ashadi:
- Appreciation: First of all, we would like to appreciate you for submitting your article with paper ID: #905 with entitled, "Training Load of Para-Swimming Athletes on Preparation Phase: National Champion Vs. Not" to the International Conference on Research and Academic Community Services (ICRACOS).
- Decision: After a careful review process of your submission, congratulations, your article will be considered for proceed to the presentation stage at the ICRACOS 2022 and will be submitted into Atlantis Press Publication (AP), subject to meeting AP scope and Quality requirements. The International Conference on Research and Academic Community Services (ICRACOS) will be held on 2022-09-10 at with virtually event.
- Note: Please note that the final manuscripts must be uploaded, and the conference fee has to be paid before uploading the pre-recorded presentation. Although the presentation of the paper is recorded before the conference day, the presenter must prepare to present at the designed time slot during the video

**Bottom Screenshot:** Shows a follow-up email from the same sender, providing a WhatsApp contact link (<https://chat.whatsapp.com/JU4nC1vR0Ks1DxZQjapZet>) and a list of review criteria for the article, including relevance, abstract structure, communication skills, scientific contribution, literature review, methodology, and overall rating.

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Good in grammar and communication skill (3)

The article has a scientific contribution, quantifies novelty or originality to the field.:  
Some scientific contribution and novelty or originality found(3)

The Literature review, theory, methodology, result and discussion/analysis for the purposed study given clearly:  
Good presentation (3)

The paper includes a table, graph, figures, and equation reported in good resolution. They have been cited and explained with clarity in the paragraph.:  
Good in resolution. Some of the tables, graphs, figures, and equations are cited and explained clearly (3)

The conclusions consistent with the evidence and the references provide sufficiently:  
Good (3)

Overall Rating acceptance of the article:  
Accept with minor revisions (+1)

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Please check your grammar and table

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