

COACHES CLINIC

Presenting the holistic approach to age group competitive swimming coaching

Swimmers need a good base of SKILLS and EUNDURANCE training to succeed in their performance during the next season and thereafter. This and many other age group swimming related matters are subject of the Coaches Clinic.

INVITED

0 to level 2 (USS certification)
Newcomers

Level 2 and above
Experienced coaches

COVERING

Competitive swimming SKILLS: Stroke mechanics, starts and turns

Physiology of swimming

US success in the World Championship (LC) in Melbourne/Australia in March 2007 and
World Championship (SC) in Manchester/UK, April 2008:
A brief analysis of the elite teams' preparation and performance

DETAILS

Date: August 22 (Friday) – August 24 (Sunday), 2008
Place: Sporthotel Kogler, A-5730 Mittersill/Austria – www.hotel-kogler.at
Cost: Euro 120 per person – **all inclusive**
(beginning with dinner Friday night and ending with lunch on Sunday)
Reservation: Each team/coach should make their reservation through Peter Trummer at the following **TWO** email addresses: alpineswim@t-online.hu and info@hotel-kogler.at - attn. Peter Trummer.

AGENDA

August 22, Friday p.m. Check in at the resort's reception
Dinner at approximately 19.30 h
Followed by welcome, review of agenda and social evening.

August 23, Saturday 8 a.m. AGE GROUP COMPETITIVE
SWIMMING SKILLS & STROKE SCHOOL

This session is designed to teach optimal technical efficiency through the structured method of the “motor learning” process of all segments of the bio-mechanical stroke of the four competitive strokes, turns and starts and specially designed neuro-physiological and bio-mechanical stroke pattern supportive DRILLS.

Approximately 1 – 1.45 p.m. LUNCH

2 – 5 p.m. PHYSIOLOGY OF SWIMMING
TRAINING DESIGN & MANAGEMENT
AND SPORTS PEDAGOGICS

- 1) Constructing and delivering workouts under consideration of the “Energy Metabolism and Power System”
- 2) Four phases of the 2008-2009 SEASONAL TRAINING PLANNING
- 3) Importance of athletic lifestyle, behavior & conduct, mental toughness and nutrition to benefit training and competition performance.

7 p.m. (approximately) Dinner
followed by a social outing to an authentic place in the vicinity.

August 24, Sunday until 8.00 a.m. BREAKFAST

8.30 a.m. POOL PRESENTATION/DEMONSTRATION

Selected EFSL swimmers will demonstrate swimming strokes, turns, starts and stroke assisting drills, accompanied by explanation and with the possibility to ask and answer questions.

11.30 a.m. LUNCH – Clinic ends.

Peter Trummer – League Coach
April 2008

