



Coaches Clinic European federations

24/25. September 2025

GB, GRE, AUT, FFN, EST, GER







Link for the Clinic:

 $https://teams.microsoft.com/l/meetup-join/19\%3ameeting_ZjhkOWNlODctNmVkZi00MTczLTg1OGEtOGIzYWNjZDNjZWU1\%40thread.v2/0?context=\%7b\%22Tid\%22\%3a\%223926e6af-e988-42a7-ab69-21d543bba825\%22\%2c\%22Oid\%22\%3a\%227d587245-85aa-4e09-abc1-1eaf355908be%22\%7d$

Coaches Clinic 24.09.2025 - online

8:55-9:00 Check In to the Coaches Clinics / Hannes Vitense

9:00-10:15 Henri Hein (Estonia; coach of Eneli Jefimova)
Breaststroke Training

Development of Eneli Jefimova from talent to world class Modern principles & progression models

10:15-11:30 Paul Huch & Peter N. Hovland

Starts, Underwaters & Data Tools (The Lightning X & P2H2 Liquid Data)

Optimizing start mechanics

One example of technical aspects & analysis of German Junior National Team

11:30-12:45 **Dr. Craig Robertson (Swim England – Physiology & Performance Analysis)** *The Physiology of Holding Your Breath: Practical Applications for Swim Coaches*Physiological foundation sof breath-hold training. Safe and effective applications for improving swimming & underwater skills.

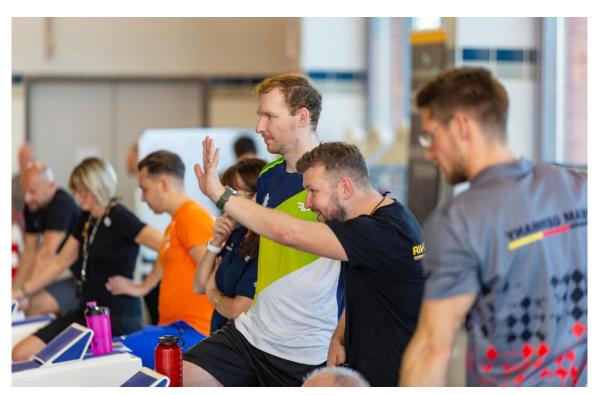
12:45-13.30 Lunch and coffee break

13.30-14:45 **Dr. Athanasios Kabasakalis (Greece)** *vLapeak – Glycolytic Power in Swimming*

Measuring glycolytic power Applications for elite performance Integrating diagnostics into training







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Coaches Clinic 25.09.2025 - online

8:55-9:00 Check In to the Coaches Clinics / Hannes Vitense

9:00-10:15 Eric Rebourg / Eric Dernoncourt (French National Team)

Diagnostic Data & Performance Analysis

Olympic race analysis (50, 100, 200m) – data used & underwater gaps

Focus on underwater skills with juniors (french national team) Expected performance evolution from world-class benchmarks

10:15-11:00 Dr. Jasmin Willer (German junior and youth National Team)

Data Analysis of the german Junior National Team

11:00-12:45 Dr. Marek Polach / Daniel Wartner / Jakub Maly (Austria)

Underwater Kick & Diagnostic Data
Systematic training at clubs & regional centers
Best practice case studies
Youth vs senior data comparison & key success factors

12:45-13:30 Lunch and coffee break

13.30-14:45 Andrea Schneider (DOSB certified youth coach) /
Sabine Büscher (sports management Hofheimer SC)
structure and experience in the multi – sport group at Hofheimer SC (Club program)
successfull youth coaching for the age group 10-12 years
Lecture in German with subtitles