



# 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\\_ZjhkOWNIODctNmVkZi00MTczLTg1OGEtOGIzYWNjZDNjZWU1%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](https://teams.microsoft.com/l/meetup-join/19%3ameeting_ZjhkOWNIODctNmVkZi00MTczLTg1OGEtOGIzYWNjZDNjZWU1%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 of 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*