



FINA GUIDELINES FOR THE CONDUCT OF SWIMMING CLINIC FOR COACHES



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BASIC

TABLE OF CONTENTS FOR A FIVE DAYS CLINIC

DAY 1

Welcome and Introduction

- a) How to develop a swimming team
- b) Leadership and Management for coaches
- c) Communication skills
- d) Training in age groups. Sensitive stage to train the biological qualities at different ages.

DAY 2

- a) Psychological skills for coaches
- b) Relation with the swimmer environment
- c) Technical Development for beginners
- d) Teaching skills and values
- e) FINA Swimming regulations.(basic aspects)

DAY 3

- a) Exercise physiology- Development of the different metabolic capacities.
- b) The four strokes in Competitive Swimming- Factors influencing the movement in the water .Common principles for all strokes. Coordination and body position in crawl, backstroke, breaststroke and butterfly.
- c) Correcting stroke faults. Exercises in all competitive strokes.



DAY 4

- a) Dive and Turns in all strokes and Medley
- b) Skills for improving technical ability
- c) Relays in swimming
- d) General theory of training.

DAY 5

Practice in pool and written exercise

- a) Recognition and application of different drills (practice)
- b) Writing workouts for beginners
- c) Questions by participants.



INTERMEDIATE

TABLE OF CONTENTS FOR A FIVE DAYS CLINIC

DAY 1

Welcome and introduction

- a) Talent Recognition and Identification
- b) Long Term Planification in Swimming
- c) Motivating young swimmers
- d) Mental skills Training

DAY 2

- a) Biomechanics. Basic concepts.
- b) Working all capacities -part 1 (Endurance. Aerobic Metabolism)
- c) Nutrition and Health
- d) Exercise Physiology- Principles

DAY 3

- a) Ethics in coaching
- b) Working all capacities- part 2 .(Anaerobic Metabolism)
- c) Application of Biomechanics in swimming
- d) Analysis of the technique in 4 strokes. Body position, arm and leg action.
Coordination of movements.



DAY 4

- a) Building strength in swimming
- b) Training Flexibility
- c) Analysis of competition- Technique- Tactic
- d) Planning for a multi-year cycle

DAY 5

- a) Practice in pool- Evaluation with swimmers
- b) Constructing workouts for different age-groups
- c) Writing one week workout in different stages of the year. Basic preparation-
Special training- Competitive training
- d) Questions by participants.

ADVANCED

TABLE OF CONTENTS FOR A FIVE DAYS CLINIC

DAY 1

Welcome and introduction

- a) Applying biomechanics in competitive swimming.
- b) Improving speed through drills
- c) Scientific Principles of Elite Swimming Performance. Hydrodynamic concepts
- d) Protocols for the observation of different energy pathways

DAY 2

- a) Race modelling and preparation.
- b) Personal and Professional Welfare and Preparation.
- c) Analysing results through scientific protocols.
- d) Testing physiological capacities
- e) Protocols of observation for starts, turns and relays.

DAY 3

- a) Protocols for technical observation (stroke distance and efficiency, stroke rate)
- b) Protocols for evaluating strength and endurance.
- c) Specific training for different distances.
- d) FINA Doping Rules



DAY 4

- a) Applied psychology in training and competition
- b) Race modelling and preparation.
- c) Planning and control of training for elite swimmers
- d) Nutrition in high performance swimmers.

DAY 5

- a) Individual Project Planning Task- Written and /or Oral
- b) Questions by participants