

Hello Coaches,

Seeing last week's email correspondence in response to the Lignano meets – Neil Higgin's appraisal of the competition – I also fully agree that it was an excellent Swim Gala with professional and very friendly participation of all: support teams, i.e. family members. Coaches and swimmers fully deserved the high level assistance during the three-day competition.

LONG DISTANCE SWIMMING = FUN - FOCUS - DISCIPLINE.

Swimming performance and results of the Lignano Long Distance Championship (and preceding meet) indicate that coaches who stayed on schedule within the Macrocycle of the season by systematically building General Preparatory Phase (i.e. general endurance period) and especially the Mesocycle within the Specific Endurance Phase, were right on target for the Long Distance Championship. Rate of personal bests was very high, technique and endurance level were better than expected.

Sportsmanship and intelligent racing were a very pleasing example of an international age group league making the EFSL so unique in Europe. In all events there were dedicated and talented swimmers in great number.

HEAD COACH CHALLENGE EVENTS

Reminder: There are three Head Coach Challenge events

50 m Butterfly/200 m Backstroke

50 m Backstroke/200 m Breaststroke

50 Breaststroke/200 m Butterfly

(see Coaches Corner)

There are only three meet weekends left before the Christmas vacation and ideally they should be completed by then (if not, there is also a chance in January – see Steve Allan's letter to all teams).

Please consider any of these three weekends to host or attend any of the three events.

If you are interested, preparatory programs (workouts) for the necessary Mikrocycle can be found in my previous notes in the Coaches Corner/EFSL website.

Peter Trummer

November 21, 2011