

**COACHES and SWIMMERS**, based on your performance and achievements, the Championships in Lignano, Kaiserslautern and Berlin turned out to be the BEST in the EFSL's 33-year history. The Championships especially, but also the other competitions held during the season, were a true example of everyone's effort in striving for excellence in performance.

Our EFSL's grand events are the best prototype of a school swim league age group swimming competition in Europe.

We should all express our most sincere appreciation and gratitude to those who put creativity, devotion and ability into action to make these events not only superbly functional, but also very enjoyable and fun.

During the final Championship was a "downpour" of personal bests and league records, even without Speedo's 'magic super suits'.

The avalanche in records was mainly produced by the high point winners and other roll model athletes, to mention some:

Lauren Drake, Hallie Kinsey, Kristin Bender, Kaylynn Donnolly, Tori Bindi, Will Viana, Lilly Thomas, Nathaniel Hull, Dominic and Alaina Scifo, Sarah Mallette, Thomas Drew, Emma Thomas..... their swimming skills and attitude, and their dedication to the sport and their coaches impressed us all. Congratulations!

#### ADVICE FOR THE "OFF-EFSL SWIMMING SEASON"

It would be an error to consider the sport of swimming a seasonal one. To the contrary, swimming, more than any other sport is a very demanding physiological and physical exercise and should be practiced as a year round sport. Being engaged additionally in other sports, especially outdoors, is further enhancing athletic ability and lifestyle. Choose your favored sport and get engaged! Swimmers with their excellent aerobic condition, musculo-skeletal strength and good coordination are usually welcome to other activities.

However, no other sport or exercise can replace the flexibility, muscular, cardiovascular and pulmonary endurance and the "feel" for water than swimming. To maintain a reasonable level of swimming, I advise to arrange for two to three workouts weekly, dedicating a lot of time to the skills of competitive swimming, i.e. stroke mechanics, turns starts and engaging in water games. Play water polo, a great fun way to keep in swimming shape and gain more muscular power and skills for team sports.

Swimmers who earned medals at Champs, especially those with first three places, should join one of the local swim clubs (usually operating under the system of the national swimming federation). In general, clubs do welcome EFSL swimmers. The different approach to swim training and further involvement in mid- and long distance events are an asset to a swimming career. The young athlete also has the opportunity to become acquainted with a different culture, language and new friends. (Please note: as the EFSL

is not part of the international swimming federation, there will be no conflict of interest to join and compete for any of the local clubs.)

One of the best ways to spend part of the summer vacation, is to join a swim camp in order to obtain proper swim technique or to “re-service” the strokes, turns and starts. It is almost indispensable, since over a longer competitive season and after a long training load, strokes often deteriorate. Even every world class swimmer goes through regular technical training camps/clinics. They are fun and social. One meets swimmers from all over the world and makes new friends. Besides swimming, some camps also offer complementary sport activities, working the mind and body and teach many other things, like positive attitude to life long goals in professional career and sports, fitness and a healthy and safe lifestyle.

The AlpineSWIM- tennis and mountaineering camp in Mittersill/Austria has still some openings. Please contact us for information [alpineswim@t-online.hu](mailto:alpineswim@t-online.hu)

Coaches, please plan and organize a program and guide your swimmers now and during the summer so that it benefits their next season and future. If additional advice is needed, contact me by phone 00-36-22-598.020.

COACHES CLINIC to prepare the new season will be held in Mittersill/ Austria, Salzburger Land, August 21-23, 2009.

Peter Trummer