

March 21, 2011

COACHES,

2010-2011 season statistics to consider when planning the new season:

Results of:

EFSL CHAMPIONSHIP, Eindhoven, February 12 and 13, 2011

EFSL LONG DISTANCE CHAMPIONSHIP, Lignano, November 13 and 14, 2010
(EFSL website)

Medal Tally of EFSL CHAMPIONSHIP

EFSL LONG DISTANCE CHAMPIONSHIP

(individual results only, no relays)

(EFSL website – Coaches Corner)

Head Coach Challenge 2010-2011

(EFSL website – Coaches Corner)

EFSL Records broken at Champs Eindhoven 2011

EFSL Championship Eindhoven 2011 – High Points

(Provided by Martin Seidel)

EFSL Pentathlon 2010/2011

(Provided by Martin Seidel)

EFSL Divisionals 2011

(EFSL website- provided by Martin Seidel)

EFSL latest up-date on 2011 records

(EFSL website – provided by Martin Seidel)

Based on the above key results – How do you judge your and your swimmers' seasonal performance?

Take these performance results into consideration and as guidance when drafting/designing your 2011/2012 seasonal training and competition plan.

Can you establish a progressive program for your athletes?

How and with what efficiency?

Answers and other positive alternative suggestions and undertakings to tackle performance improvement will be also subject of the Coaches Clinic August 19 to 21. Plan to attend.

Peter Trummer