

# Coaches Clinic

## Ostia (ITA) - 9-13 January 2017

### Monday 9th January

- 15.00 – 15.30 Accreditation  
15.30 – 16.00 Course Plan  
**Roberto Del Bianco**  
16.00 – 16.45 Swimming organization for high level performance  
**Cesare Butini**  
16.45 – 17.00 Coffe Break  
17.00 – 18.00 Multi year planning of swimming training  
**Cesare Butini**  
18.00 – 19.30 Aquatic education (Fundamental under 7 years):  
**Antonella Beghetto**  
Aquatic skills development  
**Federico Gross**  
19.30 – 20.00 Discussion

### Tuesday 10<sup>th</sup> January – Morning

- 09.00 – 10.30 Developmental Psychology  
**Paola Contardi**  
10.30 – 10.45 Coffee Break  
10.45 – 12.30 Professional training for swimming teachers and coaches  
**Federico Gross**  
12.15 – 13.00 Discussion

### Tuesday 10<sup>th</sup> January – Afternoon

- 15.00 – 16.45 Training for middle- and long-distance elite swimmers. Part I  
**Stefano Morini**  
16.45 – 17.00 Coffee Break  
17.00 – 19.30 *On pool deck* – Guided observation of a training session of middle and long-distance swimmers  
19,30 – 20.00 Questions  
**Stefano Morini, Walter Bolognani**

### Wednesday 11 January – Morning

- 08.30 – 10.30 *On pool deck* – Guided observation of a dryland training session of swimmers  
**Marco Lancissi, Walter Bolognani**  
10.30 – 13.00 *On pool deck* – Guided observation of a training session of middle- and long-distance swimmers  
**Stefano Morini, Walter Bolognani**

### Wednesday 11 January – Afternoon

- 14.30 – 16.00 Training for middle- and long-distance elite swimmers. Part II  
**Stefano Morini**  
16.00 – 17.00 Application of video-based method for swimming analysis  
**Ivo Ferretti**  
17.00 – 18.30 *On pool deck* – Improving aquatic skills for elite swimmers  
18.30 – 19.00 Questions  
**Ivo Ferretti**

### **Thursday 12<sup>th</sup> January - Morning**

09.00 – 10.30 Energy metabolism and energy cost in swimming: Part I

**Marco Bonifazi**

10.30 – 10.45 Coffee Break

10.45 – 12.00 Part II

**Marco Bonifazi**

12.00 – 13.00 Training for short-distance elite swimmers.

**Claudio Rossetto**

### **Thursday 12<sup>th</sup> January - Afternoon**

15.00 – 17.00 Guided visit to Istitute of Sports Medicine and Science - CONI, Roma

**Antonio Spataro, Claudio Gallozzi**

17.00 – 19.00 *On pool deck* – Guided observation of a training session of short-distance swimmers (Roma)

**Claudio Rossetto, Walter Bolognani**

### **Friday 13<sup>th</sup> January - Morning**

09.00 – 10.30 Dryland training for high level swimmers

**Marco Lancissi**

10.30 – 10.45 Coffee Break

10.45 – 12.00 Training for age group swimmers (8-11 years)

**Walter Bolognani, Marco Lancissi**

12.00 – 13.15 Training for age group swimmers (11-14 years)

**Walter Bolognani, Marco Lancissi**

### **Friday 13<sup>th</sup> January - Afternoon**

14.30 – 15.30 Swim school

**Federico Gross, Walter Bolognani**

15.30 – 15.45 Coffee Break

15.45 – 17.45 *On pool deck* – Guided observation of a Swim School: examples of swimming lessons

**Federico Gross, Walter Bolognani**

18.00 – 19.00 Conclusion