

# Swiss Swimming Training Base

Tenero 2008 – 2012



**August 2008**

## **Mission Swiss Swimming Training Base (SWTB) Tenero 2008 - 2012**

**„Center of Crystallisation“**



- Federation center and club-spanning promotion program under federation's lead to accomplish its tasks and goals.
- Highest standards for enhancement of young talents (juniors and elite)
- Lead our athletes to international level
- Remedial instruction for national squads (short-term stays, TL, squad events)
- Remedial instruction for national teams (Open Water, TL, team events)
- Promotion of most capable athletes
- Professional exchanges and support of trainers

**Mission: Best promotion of talented athletes with 100% commitment in a professional surrounding**



## SWTB Activities

- Squad weekends
- Training camps (national squad)
- Preparation camps for national teams
- WK & RS elite sports
- Training facility for squad athletes
- „NLZ intern“ (long-term stay)
- „NLZ light“ (short- and mid-term stays)
- „NLZ international“ (international guests)
- „Open Water“ training base



## **NLZ services & program 2008 - 2012**

### **NLZ Intern (long-term stay) & „NLZ Light“ program :**

- Training and athletic mentoring (ca. 250 days) by Swiss Swimming
- Wide range of education possibilities (HMS SPSE / *Gymnasium Locarno* ...)
- Accomodation and full board in CST
- Accomodation and full board in hostfamilies on request
- Full use of sport infrastructure of CST
- Organisation of training camps und nationale & internationale competitions by Swiss Swimming
- Medical and sports scientific care at Swiss Olympic Medical Base
- Various activities like workshops, fitness sport, leisure time etc.



## Organisation / Structures 2008 - 2012

- **Management & Organisation**

Head of competitive sport & local SWTB Manager (tbc)

- **Athletic education and NLZ program**

1 Head Coach SWTB – Guennadi Touretski

1 Co - Coach & Local SWTB Manager (tbc)

1 Co – Coach – Yannick Rieg

1 Scholarship Coach (Option)

- **NLZ Intern**

max. 8 athletes (juniors and elite), starting at age 15/16

- **NLZ light**

ca. 4 athletes (juniores and elite → students, in education...)

- **International program**

max. 6 athletes (foreign swimmers at international level)

- **Squad swimmers (year-round)**

- **Total: max. 3 coaches & 18 athletes (12 Swiss Swimming, 6 guests)**



Yannick Rieg und Guennadi Touretski



## Swiss Swimming NLZ – Price List

Our offer addresses to athletes which like to hold training camps under a high professional supervision.

### **Premium package for top teams/athletes:**

*Price per day / week: 65.- € day / 390.- € week*

#### **Including:**

- Full board at the CST
- 6 nights at CST or Swiss Swimming House
- Exclusive Training Sessions (appr. 2x2 hours per day) with Swiss Swimming NLZ Team directed by G.Touretski - Head Coach Swiss Swimming
- Access to 50m Olympic pool
- Access to sports facilities used by Swiss Swimming Team

### **Gold package:**

*Price per day / week: 45.- € day / 270.- € week*

#### **Including:**

- Full board at the CST (6 days)
- Exclusive Training Sessions (appr. 2x2 hours per day) with Swiss Swimming NLZ Team directed by G.Touretski - Head Coach Swiss Swimming
- Access to 50m Olympic pool
- Access to sports facilities used by Swiss Swimming Team



## Swiss Swimming NLZ – Price List

### **Silver package:**

*Price per day / week: 25.- € day / 150.- € week*

### **Including:**

- Exclusive Training Sessions (appr. 2x2 hours per day) with Swiss Swimming NLZ Team directed by G.Touretski - Head Coach Swiss Swimming
- Access to 50m Olympic pool
- Access to sports facilities used by Swiss Swimming Team

### **Bronze package (Coaches):**

*Price per day / week: 15.- € day / 90.- € week*

### **Including:**

- Observation and teaching



## Daily routine SWTB intern

NLZ SWISS SWIMMING Tenero							
Weekly schedule season 08/09							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00-6.30	Wake up	Wake up	Wake up		Wake up		
6.30-7.00	Breakfast 6.20	Breakfast 6.20	Breakfast 6.20	Wake up	6.20	Wake up	
7.00-7.30	7.00	7.00	7.00	Breakfast 7.00	7.00	Breakfast 7.00	
7.30-8.00	7.30	7.30	7.30	7.30	7.30	7.30	Wake up
8.00-8.30				8.00		8.00	Breakfast 8.00
8.30-9.00							
9.00-9.30	9.30	9.30	9.30		9.30		
9.30-10.00				10.00		10.00	9.30
10.00-10.30	10.00	10.00	10.00		10.00		10.00
10.30-11.00							
11.00-11.30							
11.30-12.00				11.25			12.00
12.00-12.30						Lunch	Lunch
12.30-13.00	12.45	12.45	12.45	12.45	12.45		
13.00-13.30	Lunch	Lunch	Lunch	Lunch	Lunch		
13.30-14.00	13.30	13.30	13.30	13.30	13.30		
14.00-14.30							
14.30-15.00	14.50		14.50				
15.00-15.30							
15.30-16.00		15.45		15.45	15.35		
16.00-16.30	16.00	16.00	16.00	16.00	16.00		
16.30-17.00			17.00				
17.00-17.30							
17.30-18.00	18.00	18.00	17.30	18.00	18.00		
18.00-18.30			18.30				
18.30-19.00	Dinner						
19.00-19.30	19.15						
19.30-20.30	20.45						
		SWIMMING	Fitness	Danse	Sauna	Massage	SCHOOL

*prelim schedule 2008/2009*



## Goals SWTB Tenero 2008 - 2012

- QUANTITY** - offer high training capacity  
(1000h training /year)
- QUALITY** - High-level expertise with international references  
(high-level qualified trainers with international performance record)
- CONTINUITY** - Continuation on well proven basis  
(long-term programs and education possibilities)
- PROFESSIONALITY** - set high-level standards  
(competitive sport takes center stage for all athletes)
- PERFORMANCE RECORD** - ask for and assist maximal willingness to perform  
(aims for athletes und trainers)



## Advancement of elite sports - swimming

### Athletes Season 2008/09

#### NLZ Intern :

1. Alex Liess (SCUW), Swiss Swimming squad
2. Erik van Dooren (LYN), Swiss Swimming squad
3. Jean-Baptiste Febo (PLAN)
4. Charlotte Dewarrat (GN)

#### NLZ Light :

1. Yoelle Dorthe (TNT)
3. Alexandre Dallenbach (NSL )

#### NLZ International

1. Leon Spector (ISR)



JEM Schwimmer Eric van Dooren & Alex Liess



## **Advancement of elite sports - swimming**

### **possible promotion for squad athletes at SWTB**

- Training camps
- Military and elite sports (RS und WK)
- Coordination of education and elite sports
- Long-term stays
- Short-term stays
- Sports medical care
- Check of stamina and technique
- Technique instruction, technique analysis
- Mental training instruction
- ...



## Swiss Swimming Training Base 2008-2012

### Validity

The SWTB Program 2008 - 2012 is part of  
The competitive sports concept „LANE 4“ starting on 01.09.2008  
It substitutes all previous versions.

For further informations please contact:

### **SWISS SWIMMING**

Leistungssport

**Steffen Liess / Adrian Andermatt / Lorenz Liechti**

Swiss Swimming  
Haus des Sports, CH-3000 Bern 12  
031 359 72 72

[www.swiss-swimming.ch](http://www.swiss-swimming.ch)

[www.ssf-trainingbase.ch](http://www.ssf-trainingbase.ch)

