

# SWIMMING COACHING SEMINAR VIERUMÄKI 19.-20.8.2022

## THEMES

- The road from junior club swimmer to international senior swimmer
- A blueprint for creating a successful swimming club

## TIME | LOCATION

19.-20.8.2022

Vierumäki Sport Institute, Kaskelantie 10, Vierumäki, FINLAND

## REGISTRATION | PRICES

Early Bird registration, until 24th of June 2022: **195€/person**

Registration fee 25.6.-15.7.2022: **235€/person**

Both prices includes the full board and accommodation in double rooms.

[Registration](#)

## MORE INFORMATION

Finnish Swimming Federation

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# PROGRAMME



## FRIDAY 19.8.

13:30-15:30	Presentation by Roland Gaastra
15:30-16:00	Coffee
16:00-17:00	Workshops
17:00-17:30	Presenting the works from workshops and panel discussion (1st part)
17:30-17:45	Break
17:45-18:15	Presenting the works from workshops and panel discussion (2nd part)
18:15-18:45	Questions and summary by Roland Gaastra
19:00	Dinner
20:30	Gala (Finnish speaking event)

## SATURDAY 20.8.

9:30-10:30	Presentation by Brian D. Marshall
10:30-12:30	Presentation by Roland Gaastra
12:30-13:15	Lunch
13:15-14:00	Short introduction and workshops
14:15-15:00	Presenting the works from workshops and panel discussion
14:45-15:15	Coffee
15:15-15:45	Questions and summary by Roland Gaastra
15:45-16:00	End of the seminar

Seminar language is English, but during the Friday evening's Gala Dinner the presenting language is Finnish.



# LECTURERS

## **Keynote speaker: Ronald Gaastra**

He has been coaching clubs and Federation from 1982–2021, so lots of experience at national and international level. He coached at 7 Olympics in which the gold (Frederik Deburghgraeve 100 meter breaststroke men Atlanta 1996) and silver (Pieter Timmers 100 meter freestyle men Rio 2016) were the highlights. All together he and his swimmers got over 30 medals at the major international meets (EJC, EC 25 +50 meter, WC and OG).

## **Brian D. Marshall**

Brian is currently the performance director (swimming) for Parasport Danmark and club manager for Svømmeklubben FREM-Odense. Brian is also leading the Mentor program for the Finnish Swimming Federation. Over the past 30 years, Brian has worked with elite swimmers and developed clubs in England, Iceland and Denmark.

