FINA holds first-ever training camp in Kazan (RUS)

Under its Development Programme, FINA launched this week the first-ever FINA Training Camp in the Development Centre of Kazan (RUS) aimed to bring together some of the best prospects currently taking part in the FINA Scholarships Programme.

The Training Camp is attended by 35 swimmers from 20 National Federations, including a National Team from Korea, and the best swimmers from India, Syria, Pakistan, Montenegro, Northern Macedonia, Latvia, Kyrgyzstan, Madagascar, Malawi, Sudan, Tonga, Federated States of Micronesia, Cook Islands, Brunei Darussalam, as well as the recently added National Member Federation, Bhutan.

Among them, the FINA Scholarship holder Sajan Prakash (personal best: 01:57.73, in the 200m butterfly), from India, who has become the best swimmer in the history of his country by achieving his A qualifying time for the last FINA World Championships in Gwangju (KOR), and aiming to qualify for the Tokyo 2020 Olympic Games.

The programme includes daily training sessions at the pool, as well as dryland and mental training sessions. Another element added to the programme is a number of workshops to help athletes understand more about sports’ physiology and training.

The coaching team includes the Thanyapura - FINA Training Center Head Coach, Miguel Angel Lopez Alvarado, and the Head Coach of the FINA Development Centre in Kazan, Gulnara Garipova. Graham Hill, the Head Coach of Swimming South Africa will also join the Training Camp with one of his star athletes, Erin Gallagher.

The FINA Training Camp in Kazan will end up with a major highlight, the participation of all the swimmers at the FINA Swimming World Cup in Kazan, staged on November 1-3, 2019.