FINA Development Centre in Dakar
Complex of excellence for the development of Aquatics
1. INTRODUCTION

FINA is continuously looking for the best ways to help on the development of our National Federations, and especially for those that have more difficulties in getting access to high level structures and environments.

The programme to establish the FINA Development Centre in Dakar will provide the opportunity to the whole Africa, and concretely to the West and Central National Federations, to have a reachable High-Performance Training Centre in their region.

Furthermore, through the Development centre FINA will put his best efforts to develop the aquatic disciplines in Africa through education, and the promotion of the sport.
DAKAR

- Capital city of Senegal
- 0 meters over the sea level
- Population: 2,396,800 (2011)
- Language: French
- Other International Federations in Dakar: IAAF, FIVB, FILA & FEI
- Airport: Blaise Diagne International Airport
- Next host of the 2022 Youth Olympic Games

Average temperature per month Dakar

<table>
<thead>
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<th>Month</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
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<th>Nov</th>
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<tr>
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<td>25.2</td>
<td>25.4</td>
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<td>28.6</td>
<td>30.0</td>
<td>30.3</td>
<td>30.7</td>
<td>31.0</td>
<td>29.8</td>
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Senegal, and specifically Dakar, is a region of Aquatics, where Swimming plays a very important role. With more than 500 kms of coast and a large number of facilities, clubs and organisations Swimming is a leading sport in the country.

The country also hosts some of the most popular and major events in the region, like the “Traversée Dakar - Gorée” or some African Regional Championships. Among other competitions.
The fourth Edition of the Summer Youth Olympic Games 2022 (YOG) will be held in Dakar, Senegal.

The decision was unanimously taken by the full International Olympic Committee (IOC) membership during its last IOC Session in Buenos Aires.

This is the first time ever that the Olympic Committee Organises one of its major events in Africa.

The main Venue for the Aquatics Disciplines is the FINA Development Center in Dakar.
OBJECTIVE OF THE FINA DEVELOPMENT CENTRE

To create the conditions for the FINA National Member Federations that will allow revealing the maximum potential of every athlete, coach, official or Aquatic Manager.
VENUE

The FINA Development Centre is based at the center of Dakar. At walking distance from the main University, High Schools and a large number of bars, restaurants and supermarkets.

The facilities are owned by the City of Dakar and managed by the Fédération Sénégalaise de Natation et Sauvetatge. All activities related to the FINA Development Center are implemented by FINA.

Among the various items that constitute the center we can highlight:

- 2'500 spectator’s Stadium
- 25m Myrtha pool
- 50m Myrtha Pool
- Omega Timing System
- 10m, 5m, and 3m Diving Tower
- Restaurant
- Gym & Strength and conditioning room
- Meeting rooms
ACCOMMODATION

All programme participants will stay in a renovated accommodation center. Double accommodation is provided for the scholarship holders (two persons in one room). Each room is equipped with everything required: a queen size bed, separate shower and toilet and sufficient space for the personal clothes and others.

One of the main advantages of the accommodation center is its favorable location. The distance to the pool is no longer than 50 meters.

The accommodation center offers the following services:

- Free Wi-Fi
- Recreation area with TV
- Laundry and cleaning service
TRAINING PLAN

The FINA Development Centre operates under the supervision of experienced head coach of the highest level leading the High Performance programme carried out in the center.

The head coach will work closely with each athlete in order to prepare individual training plans for each of them, taking into account physical fitness, abilities and a personal plan for the year as well as in a long term plan.

Upon arrival at the FINA Development Centre, each athlete will undergo a thorough medical examination in order to avoid unforeseen health risks. After this assessment, the athlete will have a number of tests to determine the level of physical fitness. The test results as well as information from the athlete on the specifics of training before arriving at the Centre help the head coach to work out an individual training plan for the athlete during their participation in the scholarship programme.
A day in the life of a scholarship holder

A training week consists of six training days with two cycles of pool training each day. Mondays are days off.

6:00 — morning call
6:15 — 6:45 — breakfast
7:00 — 9:00 — morning training
9:15 — 10:15 — fitness centre or dry hall
10:30 — 13:00 — rest, educational courses or other activities
13:00 — 14:30 — lunch
14:30 — 16:30 — educational courses or other activities
16:30 — 17:30 — Strength & Conditioning
18:00 — 20:00 — evening training
20:00 — 21:00 — dinner
21:00 — 22:30 — free time
22:30 — bedtime
CENTRE SERVICES

The FINA Development Center will offer a number of Educational Activities for Coaches Officials and Administrators.

Besides, the Centre may offers the following services upon the request of the participants and the availability of the service:

- Excursions
- Transport services
- Studies: University, High Institute of Management, High School or other
Thank you