FINA DEVELOPMENT CENTRE IN KAZAN
Welcome to Kazan

Kazan is the capital of the Republic of Tatarstan. As one of the largest economic, scientific and cultural centres in the country, it is considered the “Third Capital” of Russia. It is located in the European part of Russia, 820 km east of Moscow, on the left bank of the Volga River, at the confluence of the Kazanka River with the Volga.

1.2 million people representing more than 100 nationalities live in Kazan in harmony and an atmosphere of cultural, religious and linguistic diversity. In 2005, Kazan celebrated its 1,000th anniversary.

1.2 million people
1,000th anniversary
Kazan is one of the most modern and youth cities in Russia. There are more than 40 higher education institutions with around 150,000 students in the city. The developed hotel network, UNESCO monuments, and a large number of restaurants and cafes make the city one of the most popular destinations for tourists from Russia and the whole world. Great attention is paid to high-tech development. In 2015, a new industry-based city “Innopolis” was built in the vicinity of Kazan. Its goal is to create a high-tech infrastructure for projects related to nanotechnology. A modern IT-park is also operating in Kazan.
Sporting Kazan

Kazan is the “Sports Capital” of Russia that has hosted about 100 world and European championships, world cups and All-Russian high-profile competitions in various sports.

In 2013, the city hosted 27th Summer Universiade.

In the summer of 2015, the FINA World Championship was staged in Kazan. The international federation recognised the championship as the best in FINA’s history. In addition, since 2014 the following aquatic events have been hosted: FINA High Diving World Cup, World Junior Diving and Synchronized Swimming Championships, Legs of the FINA Swimming World Cup and FINA Diving World Series are held annually.

In 2017, along with Moscow, St. Petersburg and Sochi, Kazan staged the FIFA Confederations Cup matches, and in 2018, was among the eleven Russian host cities of the 2018 FIFA World Cup Russia™ matches.

Kazan is home to many award-winning athletes and sports clubs that participate in international competitions. Sintez Water Polo Team, Rubin Football Club, Ak Bars Hockey Team, Zenit and Dinamo Volleyball Teams, and UNICS Basketball Club are the names known.
OBJECTIVE OF THE FINA DEVELOPMENT CENTRE:
To create conditions for scholarship holders that will allow revealing the maximum potential of every athlete, both in sports and personal areas. Each athlete is faced with the task of improving results from the moment they arrive at the Centre and qualify for the world championships and the Olympic Games.
Venue and Infrastructure

The FINA Development Centre is based at the Olympiets Sports Complex of the Kazan Olympic Reserve School. The venue was commissioned in 2013 and a swimming pool was built there in 2015. This is one of the pool basins used during the 16th FINA World Championships in 2015 and in the aftermath moved to the sports complex. The Centre is located 7 km from the heart of the city in an environmentally clean forest zone.
Venue Information in Figures:

Commissioned in 2013

Swimming pool
50m x 26m

4 hectare area

About 300 athletes train daily

About 200 world and European championship medallists came from the Kazan Olympic Reserve School

Infrastructure of the Kazan Olympic Reserve School:

- outdoor playground
- indoor multifunctional hall
- basketball court
- 2 tennis courts
- volleyball court
- 2 fight halls
- taekwondo sports hall
- new campus with a capacity of 45 people

- swimming pool
- gym
- dry hall
- table tennis hall
- ski run
- workout area
- medical room
- sauna
Accommodation

All programme participants will stay in a new campus. 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, TV, kettle and fridge.

The main advantage of the new campus is its favourable location. The distance from the campus to the sports complex and pool is no more than 300 metres.

The campus offers the following services:
- Cafe
- Free Wi-Fi
- Recreation areas with TV
- Laundry
Swimming Pool

The pool is equipped with everything required for effective training. The pool has ten 50 m lanes. Swimming and water polo teams from Tatarstan train in the Olympiets pool. The pool meets all international FINA standards and is maintained by a professional team that has staged a large number of international aquatics sporting events.
Training process

The FINA Development Centre operates under the supervision of experienced head coach of the highest category Gulnara Garipova, who trains a number of athletes that have achieved high results in swimming. Among them are: Ernest Maksumov – Master of Sports of international class, winner of world and European competitions, participant of world championships; Emil Mukhamezyanov – Master of Sports of Russia, winner of world and European competitions.

The head coach works closely with the Russian Swimming Federation, whose experts help to develop individual training plans for each athlete, taking into account physical fitness, abilities and a personal sports plan for the year.

Upon arrival at the FINA Development Centre, each athlete undergoes a thorough medical examination in order to avoid unforeseen health risks. After assessment, the athlete undergoes a test 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 training week consists of six training days with two cycles of 2.5 days each. Sundays are days off. At the request of the scholarship holder, there may be an additional opportunity to use the swimming pool for free swimming on Sunday.
A Day in the Life of a Scholarship Holder

6:30 — morning call
7:00–7:30 — breakfast
8:00–10:00 — morning training
10:15–11:15 — fitness centre or dry hall
11:30–13:00 — rest
13:00–14:00 — lunch
14:00–15:30 — educational courses or other activities
16:00–18:00 — evening training
18:00–19:00 — yoga, pilates
19:00–20:00 — dinner
20:00–22:00 — free time
22:30 — bedtime

The FINA Development Centre employs a number of experts who help the effective growth of each athlete: a massage therapist, nutritionist, gym instructor, yoga and pilates specialist, and sports psychologist. All staff at the Centre do everything necessary for the athlete to help achieve desired results.
Centre Services

The Centre offers the following services:

- Excursions
- Transport services
- Attending international sporting events in Kazan
- Study of Russian and Tatar languages
The FINA Development Centre team is looking forward to participating in the FINA Scholarship Programme. A variety of excursions, international events, modern infrastructure and a continuing entertainment will delight every guest of Tatarstan. We believe that staying in the city of Kazan and at the Centre itself will be an inspiration to everyone!

email: finadevelopment@dspkazan.com