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.

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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 in the Aquatics Palace located on the right bank of the Kazanka River. The Aquatics Palace is one of the largest indoor venues for aquatics competitions in Russia and worldwide. The venue was commissioned in 2013 and thanks to its unique and state-of-the-art infrastructure, it annually hosts no fewer than two large-scale international aquatics competitions.

Under the same roof, the venue comprises two 50 m swimming pools with 10 lanes (competition and warm-up) and a diving pool. The use of movable floor and bulkheads allows adjusting the depth of the diving pool.

The FINA Scholarship Holders will be provided with:

- Diving pool sized 33x25 m, 0-5.5 m adjustable depth (33 m movable floor). The water temperature is maintained at 26°C. The pool basin has 1 m, 3 m, 5 m, 7.5 m, 10 m platforms; 1 m, 3 m (2) springboards; OMEGA Diving system; 5x8 m display board. Next to the diving pool under the platforms, the athletes may avail themselves of the hot tub and shower to get warm during the trainings.

- Dry Land Training hall 330 sq.m., equipped with a tumbling track (15 m), platform (3 m), four springboards (1 m), two trampolines (3x5m), three (3) stretching mats (4 x 2.6 m), spotting rigs.
Accommodation

RELITA HOTEL 4*
Address: 85 Dekabristov Str., Kazan, Republic of Tatarstan, 420034 Phone: 8 (843) 516-9-000

Overall description
All program participants will stay in four stars Hotel – RELITA-KAZAN. Double accommodation is provided for the scholarship holders (2 persons in one room). Each room is equipped with an air conditioner, phone, TV, mini-bar and slippers. The bathroom with a shower unit has a comfortable mirror, a hairdryer and toilet articles.

The hotel offers the following services:
- Large restaurant
- Bar
- Free Wi-Fi
- Laundry

The distance from the Relita hotel to the Palace of water sports is 4 km, 10 min
Training process

The FINA Development Centre operates under the supervision of experienced top-level head coach Pavel MOUYAKIN, who trains a number of athletes that have achieved high results in diving. Among them are Nikita SHLEIKHER – Olympic Games participant (2016), European champion (2018 – 10 m mixed synchro), Aleksands BELEVTSOV – Silver medallist of the European Championship (2017 – 10 m synchro).

The head coach works closely with the Russian Diving Federation, whose experts help to develop individual training plans for each athlete, taking into account their physical fitness and abilities.

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 along with the information from the athlete on the specifics of training before arriving at the Centre allow working 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.
Athlete’s one-day schedule:

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!

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