EUROPEAN AQUATICS®

CLINICS
SWIMMING

19-21 SEPTEMBER 2025
WARSAW, POLAND

CLINICS INFORMATION

WARSAW

Warsaw, the capital of Poland, is a vibrant city blending rich history with modern energy. Situated on the Vistula River, it is the country's largest city with a population of 1.7 million people and a hub for politics, culture, and commerce. Despite its near-total destruction during World War II, Warsaw has risen from the ashes, earning the nickname "Phoenix City."

The city's historical center, the Old Town, is a UNESCO World Heritage Site, meticulously reconstructed after the war. Landmarks such as the Royal Castle, Market Square, and St. John's Archcathedral showcase its storied past. In contrast, modern skyscrapers like the Warsaw Spire dominate the skyline, reflecting the city's rapid development.

Warsaw is also a cultural hotspot, home to world-class museums like the POLIN Museum of the History of Polish Jews and the Fryderyk Chopin Museum. Parks and green spaces, including Łazienki Park and Wilanów Palace Gardens, offer tranquil escapes from the urban buzz.

The city's robust public transportation network, diverse culinary scene, and dynamic nightlife make it an attractive destination for visitors and residents alike. As a symbol of resilience and progress, Warsaw continues to captivate all who experience its charm.

VENUE OF THE CLINIC

Renaissance Warsaw Airport Hotel ★★★★★
Żwirki i Wigury str. 1 H, 00-906 Warsaw, Poland

https://www.marriott.com/en-us/hotels/wawbr-renaissance-warsaw-airport-hotel/overview/

The Hotel is a five-star facility located at the airport, guaranteeing the highest quality of services. Due to its location, the hotel is easily accessible on foot from the airport.

From the airport, one can easily reach the city centre to any visit before and after the Clinic.
Enjoy a coveted location within steps of Warsaw Chopin Airport near Old Town, Śródmieście Business District, Parliament, the National Museum and National Stadium.

REGISTRATION AND PARTICIPATION FEE

- Registration must be done directly in the EA Academy platform: https://www.eaacademy.eu/lms/courses/elite-coach-conference-warsaw
- The onsite and online fees: 145eur
- Onsite attendees:
  - one night at the Renaissance hotel **150eur** (double room) with breakfast
  - one night at the Renaissance hotel **140eur** (single room) with breakfast

HOTEL RESERVATION

Here's your reservation link your guest can use to make reservations.

Book your group rate for International Conferences for Swimming Coaches:

https://www.marriott.com/event-reservations/reservation-link.mi?id=1755779490299&key=GRP&app=resvlink

If you have questions or need help with the link, please do not hesitate to ask. We appreciate your business and look forward to a successful event.

Event Summary:

- International Conferences for Swimming Coaches
- Start Date: Thursday, September 18, 2025
- End Date: Monday, September 22, 2025

Hotel(s) offering your special group

Renaissance Warsaw Airport Hotel

- 583.30 PLN + 8% VAT per night (single room with breakfast)
- 601.90 PLN + 8% VAT per night (double room with breakfast)

Note! The offer is non-refundable, which means no changes or cancellations are possible. The credit card provided will be charged within 48 hours from the time the reservation is made.

If you wish to receive an invoice, please send your company details to res@renaissance.waw.pl within 24 hours of making the reservation. If no information is provided, a personal invoice will be issued.

Room reservations at the special rate are available until September 5, 2025, or until the pre-blocked room allotment has been exhausted.

Book your group rate for International Conferences for Swimming Coaches

INTERNATIONAL CONFERENCE FOR SWIMMING COACHES
WARSAW, POLAND

PROVISIONAL SCHEDULE

European Aquatics Sessions

DAY 1, 19th September 2025	
Main Conference Room ***This session is brought to you in collaboration with European Aquatics and World Aquatics***	
11:00-13:00	Registration
13:00-13:30	Opening ceremony (representatives of Poland Aquatics, European Aquatics, Word Aquatics)
13:30-14:30	**Bernd Berkham (Germany)** Philosophy and key principles of Mid-Distance Training with Example Workouts
14:30-15:30	**Lee Taylor (UK)** Core Temperature Characterisation during European Aquatics Open Water Swimming competitions
15:30-16:00	Coffee break
16:00-17:00	**Alberto Silva (Brazil)** The evolution of sprint training
17:00-17:30	Coffee break
17:30-19:00	**Adrian Radulescu, Bernd Berkham, Bartosz Kieziorowski** Panel Discussion: How to keep young swimmers in our sport
19:00	End of the session
DAY 2, 20th September 2025	
Main Conference Room ***This session is brought to you in collaboration with European Aquatics and World Aquatics***	
09:00-10:00	**Adrian Radulescu (Romania)** Training David Popovic. Challenges and Opportunities
10:00-11:00	**Raul Arellano (Spain)** Smarter Swimming with AI: Using Neural Networks to Improve Swimmers' Technique and Performance
11:00-11:30	Coffee break
11:30 -12:30	**Bernd Berkham (Germany)** Working with Younger Swimmers and Progression in Mid-Distance Training: Best practices for coaches working with age-groups 15 to senior level
12:30-13:30	**Antonio Lutula (Sweden)** The preparation of Sarah Sjostrom for the Paris Olympics

13:30-14:30	Lunch break
14:30-17:00	EA Innovation Hub: Presentation, induction and meeting
17:00-18:30	Networking event (Coffee break)
18:30-19:00	Closing remarks (representatives of Poland Aquatics, European Aquatics)
DAY 3, 21st September 2025	
Practice at swimming pool in Warsaw	
09:00-10:30	**Bartosz Kieziorowski** Start from the starting block and tumble turn
10:30-11:30	**Donek Oleksow, Jan Oleksow, Aleksandra Filipiuk, Eleni Filipiuk** Diversifying swim training with elements of water polo and artistic swimming
11:30-12:30	**Artur Paczynski** Basics of competitive swimming in the breaststroke style

Polish Aquatics Parallel Session

(sessions delivered in English or Polish)

20th September 2025	
Smaller conference Room / parallel session /Saturday	
09:00-9:30	**Zofia and Jacek Krawczyk** Swimming from the First Months: The History and Importance of Water Activities for Infants
9:30-10:00	**Małgorzata Witmanowicz** Swimming from the Cradle (0–6): Laying the Foundations of Sporting Activity from the Earliest Months — Assessing Motor Readiness, Parent Education, Safe and Regular Water Activity, and Diverse Stimuli as the Basis for a Child's Future Swimming Development
10:00-10:45	**Ryszard Szul** Stimulating natural child development through play-based training. The basics of training children and young people in swimming
10:45-11:30	**Jakub Kosowski** Legal aspects of protecting minors
11:30 -12:00	Coffee Break and Q&A with the Speakers
12:00 – 13:30	**Tomasz Wilczewski** New Generation – New Methods: How to Foster Independence and Intrinsic Motivation in Children in Sport
13:30-14:30	Lunch Break
14:30-15:30	**Ryszard Szul** Oxygen endurance as the basis for training children and adolescents: Principles of Periodization (Macro/Meso/Micro Cycle)
15:30-16:00	**Donat Oleksów** Financing Swimming: An Overview of Programs and Effective Applications for Clubs, Coaches, and Instructors
16:00-16:45	**Tomasz Pąchalski** Open Water Swimming as a Comprehensive Pathway for Swimming Career Development
16:45-17:00	Coffee Break and Q&A with the speakers
17:00–17:30	**Artur Paczyński** Methodology of Teaching the Breaststroke Style in Groups

	of Children and Adolescents
17:30–18:30	**Eleni i Aleksandra Filipiuk, Donat i Jan Oleksów** Water Polo and Artistic Swimming in Swimmer Training: Complementary Elements for Children, Youth, and Older Age Groups. Benefits: Eggbeater, Sculling, Breath Control, Coordination, Balance, Mobility, Strength/Endurance, Teamwork, and Technique (Body Position, Leg Work, Rhythm, Breathing…)
18:30-19:00	**Andrzej Skorykow** Women in Polish swimming: the key to the future of the sport. Diversity, professionalisation and a supportive sporting environment as the foundations for development

*The program is provisional and may be subject to change.