

To All:

May 6, 2009

As Head Coach of the League it is much in my interest that we offer the possibility to all swimmers of competing in ALL events/disciplines that the sport offers. It would be of great interest to all of us because many of the young athletes are moving on from the EFSL program to club/college swimming in the US or elsewhere and the experience gained will benefit them in their future.

So I would like everybody responsible to consider the following proposal for introduction during the 2009-2010 season as the "Head Coach Challenge" events:

Sprint events – 50 m Butterfly, 50 m Backstroke and 50 m Breaststroke for 13 and above age groups

Mid-distance events: 200 m Butterfly, 200 m Backstroke and 200 m Breaststroke for all age groups.

The 50's are power sprints and a lot of fun for the 13's and above. The 200's require specialized and more individualized preparation in training, considering age, ability and experience of the swimmer. They also prepare those swimmers physically and mentally who are striving for all around racing and training competence in future swimming careers in clubs, US high school, college, etc.

These above events are not included in the regular EFSL competition program and should be offered only once per season.

This is a suggestion of a time table of when to include the new events into a regular meet shell:

October 17 or 18 – add (as it suits best) 50 m Butterfly and 200 m Backstroke

November 10 or 11 – add (as it suits best) 50 m Backstroke and 200 m Breaststroke

December 8 or 9 – add (as it suits best) 50 m Breaststroke and 200 m Butterfly

The above three dates of the "Head Coach Challenge" events should be each offered for geographical convenience by teams of divisions with the most suitable facilities, and/or could be offered by any other team scheduling meets on the above dates. Ideally, there should be approximately three to four weeks between those dates.

Who should enter these events? – It should be up to swimmers and coaches to decide. Obviously, swimmers who are looking for more challenge in EFSL competition, and of course those, who qualified already for Champs at the time of the meet, or will not have a hard time to qualify, as it is logically the swimmers' main objective to qualify for Champs first, before they would participate in the above events.

I will present more organizational tips/suggestions and attractive alternatives, as well as talk about awards during the forthcoming Presidents Meeting.

Peter Trummer

