

AGENDA

30.9-2.10

Friday 30.9.

Arrival in Ljubljana in and going to the hotel.

19:00-21:00 Tour of Ljubljana. Meeting place at the: Prešern monument

Saturday 1.10.

PostCovid Swim – Seminar for swimming coaches (WP 2) at Faculty of sport:

<https://goo.gl/maps/bvLZAraS4M7LbfNR9>

9:00-9:30

Dr. Boro Štrumbelj: Introductory speech by the President of the Swimming Federation of Slovenia (slo)

9:30-10:15

Tina Jeromen: Mental health of the coach (take care of your coach) (slo)

10:30-11:15

Dr. Robert Marčun: Water exercise and training after Covid-19 (slo)

11:30-13:00

Ivan Petrov: Differences in the coaching of adolescents and adults

13:15-14:45

Ivan Petrov: Practical periodisation - in processing

15:00-16:30

Break



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PLAVALNA ZVEZA
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SLOVENIAN SWIMMING
ASSOCIATION



nATATOR
plivački klub

16:30-18:30

TM Meeting Post Covid SWIM at: Faculty of sports, Ljubljana

19:00

Dinner

20:00

Socialization, see the old town.

Sunday 2.10.

9:00-9:30 A.M.

A trip is planned. There are three options in the selection:

1. Logar Valley
2. Postojna Cave
3. Lake Bled, Bled, Vintgar of Bleach

12.30-14.00

Lunch transnational project meeting: Dissemination activities questions and departures

*2. Transnational project meeting, 1.10. at 16.30

Place: Faculty of sports, Ljubljana

Work-plan: revision of work packages 1-2-3

1. **WP 1- project management and coordination**
 - review, problems
2. **WP2 – sharing knowledge:**
 - brochure, reviving, comments,
 - seminars - presentations of seminars on local/national train the trainer's sessions,
 - questionnaire, - making the electronic way
3. **WP3 - disseminations**
 - presenting example
 - Post COV Swim design, caps, T-shirts, flags
 - Presentation of project on partners' social networks and website
4. **Preparing the Next meeting in Zagreb**
 - Proposing the pilot session, measurements and accessories
 - Post Cov Swim Program Testing in partners organisations
 - Schedule of testing sessions and feedback
 - implement pilot sessions in all countries of partners
 - making a session plan - template
 - Plan of post Cov Program Testing in partners organisations - schedule of testing
 - Sessions and feedback