



SLOVENSKÁ
PLAVECKÁ FEDERÁCIA
SLOVAK SWIMMING FEDERATION

Slovak Swimming Federation and PK ORCA Bratislava invites coaches, swimmers and everyone else to swimming seminar

Middle distance training methods and training for the Individual Medley

by Russel Barber (coach of Richard Nagy, Max Litchfield and Nicholas Grainger)

04.05.2017 13:00-16:00

Language: English with Slovak translator

Entry fee for members of Slovak Swimming Federation is 0€.

Entry fee for everyone else is 10€.

World-class results start with world class technique, world class attitude and a world class work ethic. This is central to Russ Barber's coaching ethos and beliefs. He started coaching at City of Hull Swimming Club in 1990 and moved on to become Head Coach 5 years later. He became Age Group Coach at Kingston Upon Hull Swimming Club in 1996, and soon after City of Leeds Swimming Club in 1997. Russ then moved to become Head Coach at City of Sheffield in 2001 where he still coaches today. He's coached over 100 national medalists, 33 Great Britain internationals, 4 Olympians and 1 Paralympic medalist. He's also coached on over 30 Great Britain teams including the Olympic Games in Beijing and London, World and European Championships as well as the Commonwealth Games. It's fair to say, Russ knows a thing or two about swimming and is committed to helping every swimmer reach their optimum potential.

Russel Barber
Head Coach, Swim Skills and
City of Sheffield Swimming Club

