



# PREPARATION PROJECT OF THE SENIOR NATIONAL TEAM FOR THE 2024/2025 SEASON

The 2024-2025 season is the post-Olympic one, which we firmly believe will continue the trend of top competitions. The season schedule will include the following top events: in December, the SCM World Championships in Budapest, Hungary, in July, the LCM World Championships in Singapore and the Summer World University Games in Germany.

The criteria for inclusion in the national team remain the same as in previous seasons, i.e. 830 points.

The criteria for the TOP TEAM remain 860 points, but the national team is NOT divided into A and B teams.

We are one national team.

## 1. NOMINATION AND COMPOSITION OF THE SENIOR NATIONAL TEAM

Swimmers nominated for the senior national team for the 2024/25 season swam a performance of over 830 points within the period from 01.01.2024 to 31.08.2024.

### 1.1. Performance criteria for inclusion in the national team

#### WOMEN

	860 points	830 points
50FRS	00:24,89	00:25,18
100FRS	00:54,37	00:55,02
200FRS	01:58,80	02:00,26
400FRS	04:08,58	04:11,54
800FRS	08:29,78	08:35,85
1500FRS	16:07,93	16:19,85
50BCK	00:28,37	00:28,70
100BCK	01:00,41	01:01,13
200BCK	02:09,71	02:11,25
50BRS	00:30,81	00:31,17
100BRS	01:07,43	01:08,23
200BRS	02:26,11	02:27,85
50FLY	00:25,69	00:25,99
100FLY	00:58,34	00:59,03
200FLY	02:08,09	02:09,61
200IM	02:12,62	02:14,20
400IM	04:40,09	04:43,42

#### MEN

	860 points	830 points
50FRS	00:21,98	00:22,25
100FRS	00:49,27	00:49,86
200FRS	01:47,25	01:48,53
400FRS	03:51,41	03:54,17
800FRS	07:55,43	08:01,09
1500FRS	15:15,92	15:26,83
50BCK	00:24,93	00:25,22
100BCK	00:54,26	00:54,90
200BCK	01:57,69	01:59,09
50BRS	00:27,28	00:27,61
100BRS	00:59,81	01:00,52
200BRS	02:12,44	02:14,02
50FLY	00:23,41	00:23,69
100FLY	00:52,00	00:52,61
200FLY	01:56,02	01:57,41
200IM	01:59,87	02:01,30
400IM	04:16,41	04:19,46



### 1.2. List of national team members for the 2024/25 season

(the list will be supplemented according to the fulfillment of the limits up until 31.08.2024)

#### Over 860 points

Seemanová Barbora	2000	MoP	945 points
Horská Kristýna	1997	SIPI	905 points
Knedla Miroslav	2005	Zlín	901 points
Gracík Daniel	2004	SCPAP	890 points

#### Over 830 points

Gemov Ondřej	1999	SIPI	859 points
Šefl Jan	1990	ÚAPS	859 points
Zábojník Matěj	2000	KomBr	843 points
Janeček Vojtěch	2001	ÚAPS	838 points
Netrh Vojtěch	2002	PkLit	832 points
Čejka Jan	2001	SCPAP	830 points

### 1.3. Coaching/physical therapy staff

For the upcoming Olympic cycle, the coaching staff of the Czech national team will consist of coaches whose swimmers meet the criteria for the national team of the given season.

- Petra Škábová – coach of the senior national team  
Coaches, physical therapists: (alphabetically)  
(the list will be supplemented according to the fulfillment of the limits up until 31.8.2024)
- Mr. Luka GABRILO
- Mr. Zdeněk KASÁLEK, Ray LOOZE
- Mr. Jan KRENÍK
- Mr. Dušan VIKTORJENÍK
- Mr. Jiří VLČEK

This coaching staff will be supplemented by experts from supporting fields as needed:

- physical therapist; conditioning coach, devoted to swimmers;
- members of the analytical team for technique and performance analysis in competitions;
- mental coach;
- possibly also other experts according to the requirements of personal coaches and swimmers, e.g. biochemist, nutritional expert and/or doctor;



#### 1.4. Offered services

The national team offers the following support to its members, which may or may not be used. They are the following services:

- Nutritionist – Libor Vitek
- Mental coach – Jakub Hrubeš
- Doctor – Jiří Dostal
- Conditioning coach – Marcel Roztočil/ Stanislav Brejcha
- Physical therapy – Jana Minářová/ Matouš Rejman

If national team members prefer to use their own services and experts, they do not have to use the support offered by the national team, the important thing is that they can. We will be happy if every service helps achieve better results. Each national team member will be offered a service in the annual budget, but if they have their own external service and do not want to switch, they CANNOT use the budget for their purposes.

## 2. NOMINATION RULES FOR TOP COMPETITIONS

### 2.1 WC25 Budapest (HUN) 10.-15.12.2024

To participate in the WC25, it is necessary to swim the A limit, which was set by WORLD AQUATICS according to this principle – better performance than 16th place at WC25 2022 and A limit from WC25 2022. B limits only apply to complementary events.

MEN			25m pool	WOMEN		
A Limit	1%	B Limit		A Limit	1%	B Limit
			<b>backstroke</b>			
00:23,38	0	00:24,20	50	00:26,54		00:27,47
00:51,30		00:53,10	100	00:58,08		01:00,11
01:52,66		01:56,60	200	02:05,54		02:09,93
			<b>breaststroke</b>			
00:26,57		00:27,50	50	00:30,45		00:31,52
00:57,63		00:59,65	100	01:05,28		01:07,56
02:06,23		02:10,65	200	02:23,38		02:28,40
			<b>butterfly</b>			
00:22,53		00:23,32	50	00:25,82		00:26,72
00:50,57		00:52,34	100	00:57,40		00:59,41
01:53,61		01:57,59	200	02:08,85		02:13,36
			<b>freestyle</b>			
00:21,40		00:22,15	50	00:24,44		00:25,30
00:47,23		00:48,88	100	00:53,78		00:55,66
01:44,08		01:47,72	200	01:55,60		01:59,65
03:42,50		03:50,29	400	04:06,95		04:15,59
07:45,02		08:01,30	800	08:29,17		08:46,99
14:49,29		15:20,42	1500	16:15,27		16:49,40
			<b>individual medley</b>			
00:52,98		00:54,83	100	00:59,65		01:01,74
01:55,25		01:59,28	200	02:10,16		02:14,72
04:09,19		04:17,91	400	04:37,54		04:47,25



**The exact competition program of World Championship 25m Budapest**



**WORLD AQUATICS SWIMMING CHAMPIONSHIPS - BUDAPEST 2024**



DATES	10/12/2024 Tuesday	11/12/2024 Wednesday	12/12/2024 Thursday	13/12/2024 Friday	14/12/2024 Saturday	15/12/2024 Sunday
VENUE	Duna Arena					
	<b>09:00 -</b> 400m Freestyle W 100m Backstroke W 100m Backstroke M 50m Butterfly W 50m Butterfly M 200m IM W 200m IM M 4x100m Freestyle Relay W 4x100m Freestyle Relay M 1500m Freestyle M (timed final)	<b>09:00 -</b> 100m Freestyle W 100m Freestyle M 100m Breaststroke W 100m Breaststroke M 800m Freestyle W (Final heat) 4x50m Medley Relay MX	<b>09:00 -</b> 50m Backstroke W 50m Backstroke M 200m Butterfly W 200m Butterfly M 100m IM W 100m IM M 400m Freestyle M 4x200m Freestyle Relay W	<b>09:00 -</b> 4x50m Freestyle Relay MX 200m Breaststroke W 200m Breaststroke M 100m Butterfly W 100m Butterfly M 4x200m Freestyle Relay M 1500m Freestyle W (timed final)	<b>09:00 -</b> 400m IM W 400m IM M 50m Freestyle W 50m Freestyle M 50m Breaststroke W 50m Breaststroke M 800m Freestyle M (timed final) 4x100m Medley Relay MX	<b>09:00 -</b> 200m Freestyle W 200m Freestyle M 200m Backstroke W 200m Backstroke M 4x100m Medley Relay W 4x100m Medley Relay M
	<b>17:30 -</b> 400m Freestyle W 50m Butterfly W 50m Butterfly M 200m IM W 200m IM M 100m Backstroke W 100m Backstroke M 1500m Freestyle M (Final heat) 4x100m Freestyle Relay W 4x100m Freestyle Relay M	<b>17:30 -</b> 100m Backstroke W 100m Backstroke M 100m Freestyle W 100m Freestyle M 100m Breaststroke W 100m Breaststroke M 50m Butterfly W 50m Butterfly M 800m Freestyle W (Final heat) 4x50m Medley Relay MX	<b>17:30 -</b> 100m Freestyle W 100m Freestyle M 50m Backstroke W 50m Backstroke M 200m Butterfly W 200m Butterfly M 100m Breaststroke W 100m Breaststroke M 100m IM W 100m IM M 400m Freestyle M 4x200m Freestyle Relay W	<b>17:30 -</b> 4x50m Freestyle Relay MX 200m Breaststroke W 200m Breaststroke M 50m Backstroke W 50m Backstroke M 100m Butterfly W 100m Butterfly M 100m IM W 100m IM M 1500m Freestyle W (Final heat) 4x200m Freestyle Relay M	<b>17:30 -</b> 100m Butterfly W 100m Butterfly M 50m Breaststroke W 50m Breaststroke M 50m Freestyle W 50m Freestyle M 400m IM W 400m IM M 800m Freestyle M (Final heat) 4x100m Medley Relay MX	<b>17:30 -</b> 50m Freestyle W 50m Freestyle M 50m Breaststroke W 50m Breaststroke M 200m Backstroke W 200m Backstroke M 200m Freestyle W 200m Freestyle M 4x100m Medley Relay W 4x100m Medley Relay M
	W - Women M - Men MX - Mixed IM - Individual Medley					
	Heats		Semi-Finals		Final	

**Nomination conditions and competitions:**

- a maximum of 2 swimmers with an A limit or 1 swimmer with a B limit can compete for each country in each event
- only competitions approved by WORLD AQUATICS are recognized for fulfilling the A and B limits for WC25 Budapest, these competitions can be found on the website [Qualifying | World Aquatics Official](#)
- qualified swimmers for the Paris 2024 Olympics in individual events do not have the obligation to confirm the limits in the events in which they were nominated for the Olympics and thereby met the criteria for participation in the WC25.
- swimmers who met the A limit in the nomination period 02/09/2024 - 11/11/2024 cannot "skip" the swimmers described in point c)
- the competition, which can also be one of the two nomination competitions for the WC25 Budapest, is the open Championship of Belgium. Participation in this competition is paid for from RDS resources. In case of non-participation in this competition, the costs of another competition CANNOT be covered.
- swimmers living abroad for an extended time (with permanent residence or studying outside Europe), have the opportunity to choose any two competitions recognized by WORLD AQUATICS and are obliged to inform the national team coach about them.
- swimmers can be nominated for additional events if they have at least met the B limit in the given event in competitions approved by WORLD AQUATICS. The deciding factor is the order of performances, that will be swum in the nomination period (02.9.2024 - 11.11.2024).
- relays will be composed based on the proposal of the national team coach in cooperation with the personal coaches, with the national team coach having the final say



Results swum as splits are not recognized except for the first leg of the relay.

Swimmers who want to meet the limits for WC25 2024 have the opportunity to choose any two competitions within 02.9. - 11/11/2024 approved by WORLD AQUATICS, including swimmers residing abroad.

All personal coaches must notify the national team coach of the competition dates by 02/09/2024 via email: [petra.skabova@czechswimmig.cz](mailto:petra.skabova@czechswimmig.cz)

**This also applies to swimmers not included in the RDS who want to nominate themselves for WC25.**

**Coach nominations:**

- head coach of the event – national team coach
- coach who's swimmer had the best placement at the Olympics + additional coaches according to the percentage exceeding the A limit, 1 coach for every 4 qualified swimmers. The Olympic swimmer's coach is not above the other coaches, they are counted in the total number of team members.
- Coaches nominated for a top event are obliged to be solely part of the Czech team. If they are in charge of more swimmers from other federations, their participation will be paid pro rata.

**Financing competitions:**

- without complicity

## 2.2. **WC 2025 Singapore 13. – 29.7.2025** *(the exact competition programs are not yet known)*

To participate in the WC50 2025 Singapore (SG) it is necessary to swim the A limit, which WORLD AQUATICS set based on a better time than 16th place advancing to the WC 2023 semi-finals and the A limit for WC2023, B limits only apply to complementary events.

- The limits below are the limits from WC Fukuoka 2023, we are waiting for the limits to be published for WC Singapore 2025 and the project will be updated. The program is also unknown, it will be added later.

MEN			50m pool	WOMEN		
A Limit	1%	B Limit		A Limit	1%	B Limit
			<b>backstroke</b>			
00:25,17		00:26,05	<b>50</b>	00:28,22		00:29,21
00:54,03		00:55,92	<b>100</b>	01:00,59		01:02,71
01:58,07		02:02,20	<b>200</b>	02:11,08		02:15,67
			<b>breaststroke</b>			
00:27,33		00:28,29	<b>50</b>	00:31,22		00:32,31
00:59,75		01:01,84	<b>100</b>	01:07,43		01:09,79
02:10,32		02:14,88	<b>200</b>	02:25,91		02:31,02
			<b>butterfly</b>			
00:23,63		00:24,46	<b>50</b>	00:26,32		00:27,24
00:51,96		00:53,78	<b>100</b>	00:58,33		01:00,37
01:56,71		02:00,79	<b>200</b>	02:09,21		02:13,73
			<b>freestyle</b>			
00:22,18		00:22,96	<b>50</b>	00:25,04		00:25,92
00:48,77		00:50,48	<b>100</b>	00:54,25		00:56,15
01:47,06		01:50,81	<b>200</b>	01:58,66		02:02,81
03:48,15		03:56,14	<b>400</b>	04:10,57		04:19,34
07:53,11		08:09,67	<b>800</b>	08:37,90		08:56,03
15:04,64		15:36,30	<b>1500</b>	16:29,57		17:24,20
			<b>individual medley</b>			
01:59,76		02:03,95	<b>200</b>	02:12,98		02:17,63
04:17,48		04:26,49	<b>400</b>	04:43,06		04:52,97

***The program will be added later***

### **Nomination conditions and competitions:**

- a maximum of 2 swimmers with an A limit or 1 swimmer with a B limit can compete for each country in each event
- swimmers who swam the A limit (in an Olympic event) at the European Championships in Belgrade 2024 or the Olympic Games in Paris need only confirm their time in the nomination period from 01.03.2025 until the end of the nomination period that they are 1% closer to the A limit, to swim at WC Singapore.

For non-Olympic disciplines, it is necessary to meet the A limit in the given nomination period.



- c) there are two attempts to meet the limits, one competition at which they plan to meet the limits for the WC 2025 can be determined by the coaches themselves, the second nomination competition will be the second round of the Czech Cup 2025. Personal coaches must report one optional nomination competition to the national team coach by 28/02/2025 at the latest.
- d) nominations for all events will be according to the order of swum times in the period from 17.06.2024 until the end of the nomination period, competitions must be approved by WORLD AQUATICS. The condition for starting at the World Championships in an event where the swimmer has not swum the A limit is to swim the B limit in this event.  
Results swum as splits are not recognized except for the first leg of the relay.
- e) long-distance swimmers, specifically the events 800 and 1500 freestyle men and women, can meet the ČSPS limit, i.e. A limit +1%
- f) swimmers who meet the A limit in the nomination period with a time better than the performance of swimmers who reached it according to point b) cannot "skip" these swimmers in the order of nominations
- g) swimmers living abroad for an extended time (with permanent residence or studying outside Europe) have the option to choose two competitions recognized by WORLD AQUATICS from 01.03.2025 until the end of the nomination period in order to meet the limits.

All coaches or swimmers must notify the national team coach of the competition dates by 28/02/2025 via email: ([petra.skabova@czechswimming.cz](mailto:petra.skabova@czechswimming.cz)).

#### **Coach nominations:**

- National team coach
- For every 4 qualified swimmers, 1 coach with the highest percentage exceeding the A limit
- Coaches nominated for a top event are obliged to be solely part of the Czech team. If they are in charge of more swimmers from other federations, their participation will be paid pro rata.

#### **Financing:**

- Swimmers with properly fulfilled A limits without financial complicity, with B limits with financial complicity according to the decision of the ČSPS executive committee. This wording does not apply to point b) & e).

**This also applies to swimmers not included in the RDS who want to nominate themselves for WC50.**





### 2.3. SWUG (GER) 16.-27.7.2025

The criterion for participating in SWUG 2025 is meeting the limit, or % exceeding the limit, if there are more swimmers with fulfilled limits than the numerical quota of swimmers from ČAUS. The limit is determined by the last people that advanced in the given event to the A final from the last three SWUG. The number of possible competitors will be determined by ČAUS.

SWUG 50m		
MEN		WOMEN
<b>backstroke</b>		
00:25,14	<b>50</b>	00:28,83
00:54,81	<b>100</b>	01:01,46
01:58,81	<b>200</b>	02:13,19
<b>breaststroke</b>		
00:27,68	<b>50</b>	00:31,51
01:00,47	<b>100</b>	01:08,17
02:12,71	<b>200</b>	02:26,22
<b>butterfly</b>		
00:23,84	<b>50</b>	00:26,29
00:52,64	<b>100</b>	00:59,59
01:58,14	<b>200</b>	02:11,72
<b>freestyle</b>		
00:22,39	<b>50</b>	00:25,54
00:49,43	<b>100</b>	00:55,96
01:48,69	<b>200</b>	02:00,84
03:51,47	<b>400</b>	04:16,25
08:03,80	<b>800</b>	08:46,90
15:23,40	<b>1500</b>	16:42,72
<b>individual medley</b>		
02:01,61	<b>200</b>	02:15,22
04:19,79	<b>400</b>	04:47,62

#### **Conditions of participation:**

- SWUG can be attended by university students, students admitted to university in the year of the SWUG or those who completed their university studies no later than one year before the SWUG
- the condition for participation in SWUG is the age of 18 to 26 years, which the participant reached on 31.12. year of the SWUG event (born 1999 to 2006)
- coaches must report any 2 races to the national team coach no later than 28/02/2025 in the nomination period from 01/03/2025 to the end of the nomination period, one of which must be any Czech Cup competition.

**Coach nominations:**

- The coach responsible for organization for SWUG is the national team coach. The coach participating in SWUG will be selected from performances based on time percentages swum over the limit and will be in charge of the team participating in SWUG.
- Coaches nominated for a top event are obliged to be solely part of the Czech team. If they are in charge of more swimmers from other federations, their participation will be paid pro rata.

**Financing:**

- According to ČAUS instructions, duly nominated competitors without financial complicity.

**This also applies to swimmers not included in the RDS who want to nominate themselves for SWUG.**

### **3. TRAINING SEASON 2024/2025**

#### **1) Swimming tests**

Swimming tests are an important part of the training process however, they will not be managed by the national team, but by individual personal coaches, who may or may not submit the tests for consultation or just as a demonstration.

#### **2) Electronic training diary (ETD)**

According to the decision of the ČSPS executive committee, swimmers of the senior national team must fill out the Electronic Training Diary (ETD) regularly, every day. Of course, that the ETD itself won't improve the swimmer's performance. But if swimmers and coaches fill out the training data honestly and consistently, it will bring significant progress not only in evaluating the training season and drawing up plans for the next season, but also in the ongoing management of the training process. Recording training sessions and evaluating the work done, along with related tests and topped off with control competitions after each mesocycle, will allow the coach to assess whether the swimmer has done the work they planned. If all components involved in the swimmer's performance and all data related to the swimmer is recorded in the ETD, a unique sheet of the swimmer will be created with their history, performance and an overview of training and competition data.

#### **3) Preparation plans:**

The personal coaches of national team members are obliged to send their training plan for the 2024/2025 season to the national team coach (petra.skabova@czechswimming.cz) by 02.09.2024/28.02.2025. The plan can be submitted for the entire season, or only for the winter part and then later for the summer part by the end of February 2025. Alternatively, the summer part can be changed to this date. Structure of preparation plans:

- setting main goals for the season
- training camp plan with their main content
- plan of control competitions
- individual plan of possible nomination starts for WC25 2024; WC 2025; SWUG 2025



#### 4) Joint events

ČSPS compensates the following for national team members:

- initial national team meeting in Prague
- Open Championship of Belgium, national team competition (or nomination) for WC25
- Training camp (TC) Thailand 1-2/2025
- acclimatization TC before the WC in Singapore (approx. 8 days)
- one start at an international competition in the period 3-6/2025 according to the personal coach's choice (maximum amount of 35,000 CZK per swimmer), only one swimmer will be paid for, the allowance can be used for a coach or the service of, for example, a physical therapist or a fitness coach, it is mandatory to start for the Czech Republic
- joint preparatory camp for participation in the 2nd round of the Czech Cup
- participation in top competitions for nominees
- ČSPS will also pay for swimming equipment according to approved criteria

#### Initial national team meeting

The national team meeting is mandatory for all members and personal coaches (does not apply to members staying abroad for an extended time, see point 2) and it will be held from Sunday 1st until Tuesday 3rd September 2024 in Prague, Grandior Hotel Prague. The preparation project and the requirements of the national team will be presented at the meeting. So that national team members do not lose the opportunity to train, 2 training sessions in Podolí will be planned and paid for. During the meeting, it is mandatory to sign a contract, take over the equipment for the season according to the ČSPS guidelines, get to know the members of the coaching staff, take promotional photos for the national team's needs and the union and the necessary accessories. It is not mandatory to stay at the meeting until Tuesday, just a possibility. The most important and pivotal day will be Monday, September 2nd. National team members will report the length of their stay and whether they will be staying at the hotel to the national team coach by 30.7.2024. The program is attached to the project.

#### Training camps (TC)

- TC Thailand 26.1. – 18.2.2024, Phuket, all national team members, volume swimming training. The location is chosen due to the similar climate to the WC 2025. If a national team member wants to extend their stay at the TC or start it earlier, they will arrange the extension themselves.
- possibility of having sparring partners at TC – national team TC must be of high quality, therefore the number of lanes and swimmers must be well calculated so that everyone can train comfortably. However, this does not mean that sparring partners cannot be invited to TC. A sparring partner must be a participant in top competitions (EC25, WC25, EC50, WC50) or must have scored at least 825 points in the period 1.1.-31.8.2024. The draft approval is subject to the national team coach and the final approval to the Swimming Section Committee. A sparring partner pays for the TC from their own resources. A sparring partner of Czech nationality has priority over a foreign one, who must meet the same conditions as Czech swimmers.
- An approximately 8-day acclimatization stay before the World Championships in Singapore (the exact date will be determined as soon as the exact date of the WC is known). For competitors nominated for the WC without financial complicity.
- Short TC before the nomination competition of the 2nd round of the Czech Cup
- All personal coaches of national team members will be nominated for TCs



### Supported competition starts

- Open Championship of Belgium 11/2024
- One competition in the spring season 2025, as chosen by the personal coach and the second round of the Czech Cup spring 2025

### Compulsory starts at competitions

- For all national team members, it is mandatory to swim at one round of the Czech Cup in the spring and one round of the Czech Cup in the autumn, as well as at the Czech Nationals in winter and summer, except for competitors with permanent residence abroad (see point 2). The Czech Nationals may be an exception, if they coincide with a top international competition.

## **5. Cooperation with members of the analytical team**

It is highly desirable to continue analysing swimmers at top world, European and domestic (Czech Cup or Czech Nationals) competitions. Given that the records and analyses have been carried out for competitors at the EC and WC for many years and a lot of data is available, it would therefore be necessary to proceed to the next, higher stage, i.e. more active cooperation between the members of the analytical team and the personal coaches.

The goal is for them to work together to find a way to use this data to create some training motifs for race pace training. The participation of analytical team members at the TC will also be welcome, at least for the part where experts can work individually with the swimmers and their coaches (according to the financial requirements of the analytical team and the possibilities of the association).

## **6. Equipment of national team members**

According to approved criteria. National team members are obliged to dress in national team clothing at all representative events, meetings, TCs and competitions, including trips to and from the event.

## **7. Personal accounts of national team members**

National team members who will get 860 points and more by their performance in the period 01.01. - 31.08.2024, will have their personal budget of 50,000 CZK available, which is beyond the support of the national team.

The national team member may use this budget for services, see attachment no. 2, based on submitting the plan to the national team coach

Personal budgets will not be available for national team members that score below 860 points.

A national team member who has more than 900 points in an Olympic event can choose individual training outside the national team in the period from 01.01.2024 to 31.08.2024. They will receive a personal budget, which must be approved by the national team coach and the executive committee and billed according to the criteria set by the ČSPS.

The national team member may use the extra budget only if they fulfill the national team duties, namely properly filling out the ETD and participating in the prescribed races.



**8. Rights and obligations of national team members**

They are listed in the national team contract, which the nominated members will receive at the initial meeting. The national team contract also includes the obligation to regularly fill out the ETD.

**9. Rights and obligations of the ČSPS**

They are listed in the national team contract, which the nominated members will receive at the initial meeting.

National team coach – Petra Škábová  
In Prague 30.05.2024

**Attachment #1.****SCHEDULE NATIONAL TEAM MEETING 1.-3.9.2024**

<b>sunday</b>	<b>1.9.</b>	practice Podolí 16-18h, two lanes
		meeting / accommodation 18:30-19:00
		dinner 19:00
		19:30-20:30 foreword
<b>monday</b>	<b>2.9.</b>	breakfast od 8h
		9:30-12:00 presentation of the project, signing of contracts, nutritional supplements, photo shoot
		lunch break (12:30-13:00)
		free time
		13:30-15:00 lectures (doctor, mental coach)
		16:00-18:00 practice Podolí
		dinner 19:00
		who wants to, can leave the meeting, report to <a href="mailto:petra.skabova@czechswimming.cz">petra.skabova@czechswimming.cz</a>
<b>tuesday</b>	<b>3.9.</b>	breakfast for those staying until tuesday

**Petra Škábová**

Reprezentační trenér / National Coach

Český svaz plaveckých sportů / Czech Aquatics

Tel: +420 606 945 956

Email: [petra.skabova@czechswimming.cz](mailto:petra.skabova@czechswimming.cz)



### Attachment #2.

Personal budget and its use for national team members whose performance is equal to or higher than 860 points:

The national team member may use the personal budget for the following services or accessories:

1. Support of the swimmer at TC or competition (e.g. accommodation, travel, food)
2. Participation of a personal coach, analyst, physical therapist or fitness trainer at a TC or competition, whether international or domestic.  
At the international competition, the swimmer is obliged to represent the Czech Republic
3. Nutritional supplements
4. Racing or training swimwear of their own size (1x)
5. Analysis processing

The swimmer's fulfillment of national team duties is a condition for drawing the budget.

The swimmer may draw a maximum of 50% in Fall, from 1.9.-31.12.2024 from the budget it stays for 25,000 CZK. The budget will then be used up in the spring period from 1.1.2025 to 31.8.2025

#### **Petra Škábová**

Reprezentační trenér / National Coach

Český svaz plaveckých sportů / Czech Aquatics

Tel: +420 606 945 956

Email: [petra.skabova@czechswimming.cz](mailto:petra.skabova@czechswimming.cz)

