



DEVELOPMENT
PROGRAMME

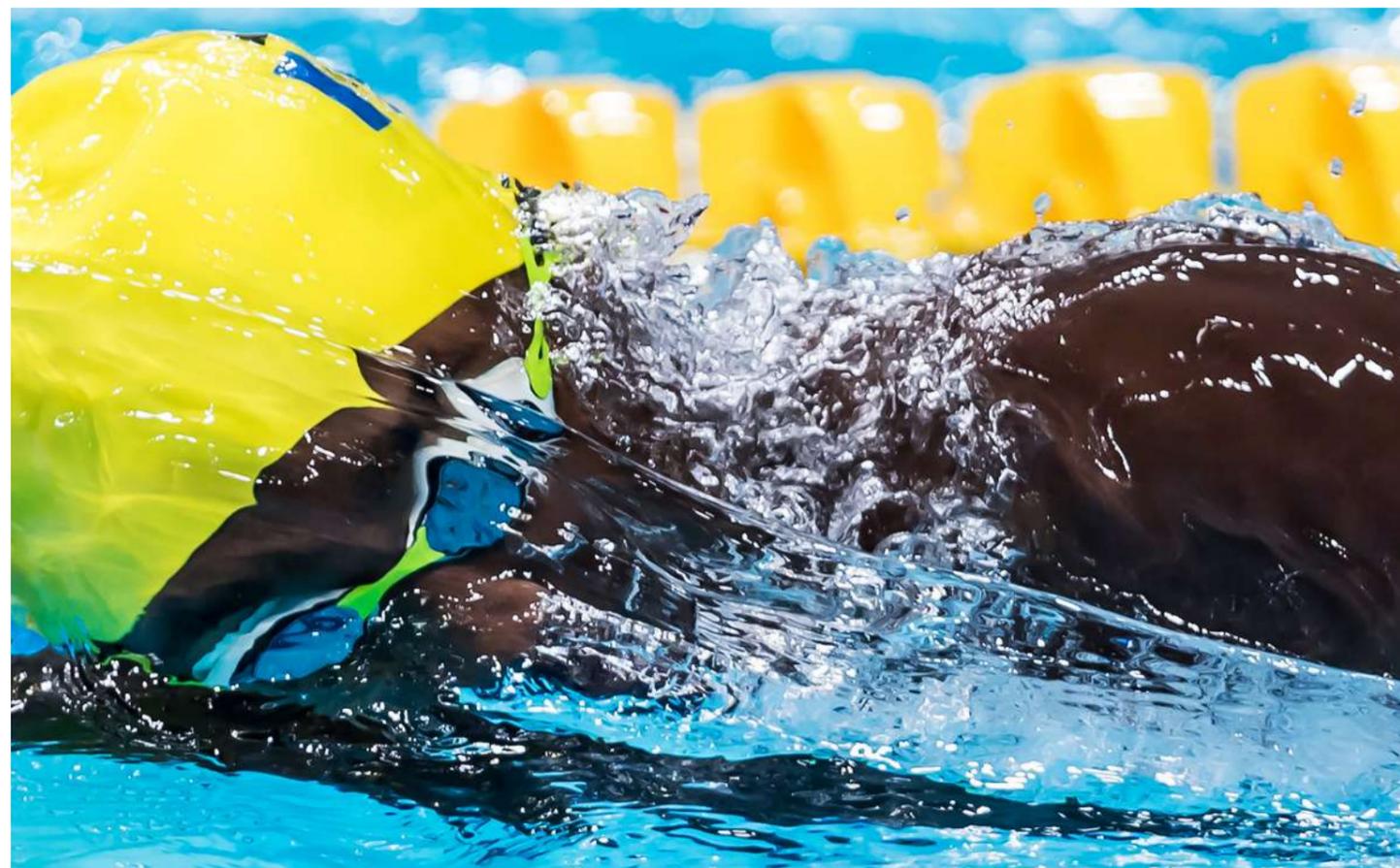
FINA Scholarships Programme
2017 Report



FINA SCHOLARSHIPS PROGRAMME

The FINA Scholarship Programme offers the opportunity to obtain financial and technical assistance for one potential elite athlete selected and proposed by their respective NF.

The scholarship supports the athlete in his/her preparation and qualification for the 2017 FINA World Championships in Budapest (HUN), with a particular focus on athletes and NFs with the greatest needs.



2017
First semester

KEY FIGURES

40 FINA SCHOLARSHIPS AVAILABLE PER YEAR

39 ATHLETES FROM 38 DIFFERENT NF'S

20 ATHLETES QUALIFIED FINA WORLD CHAMP.

Programme Goals

The aim of the programme is to identify, qualify and prepare a limited number of athletes aspiring to participate in the FINA World Championships.

As part of the development of the National Federations, preparing athletes for international competitions is crucial to their development and the future of the national teams.

When

The FINA Scholarships Programme was launched in June 2013.

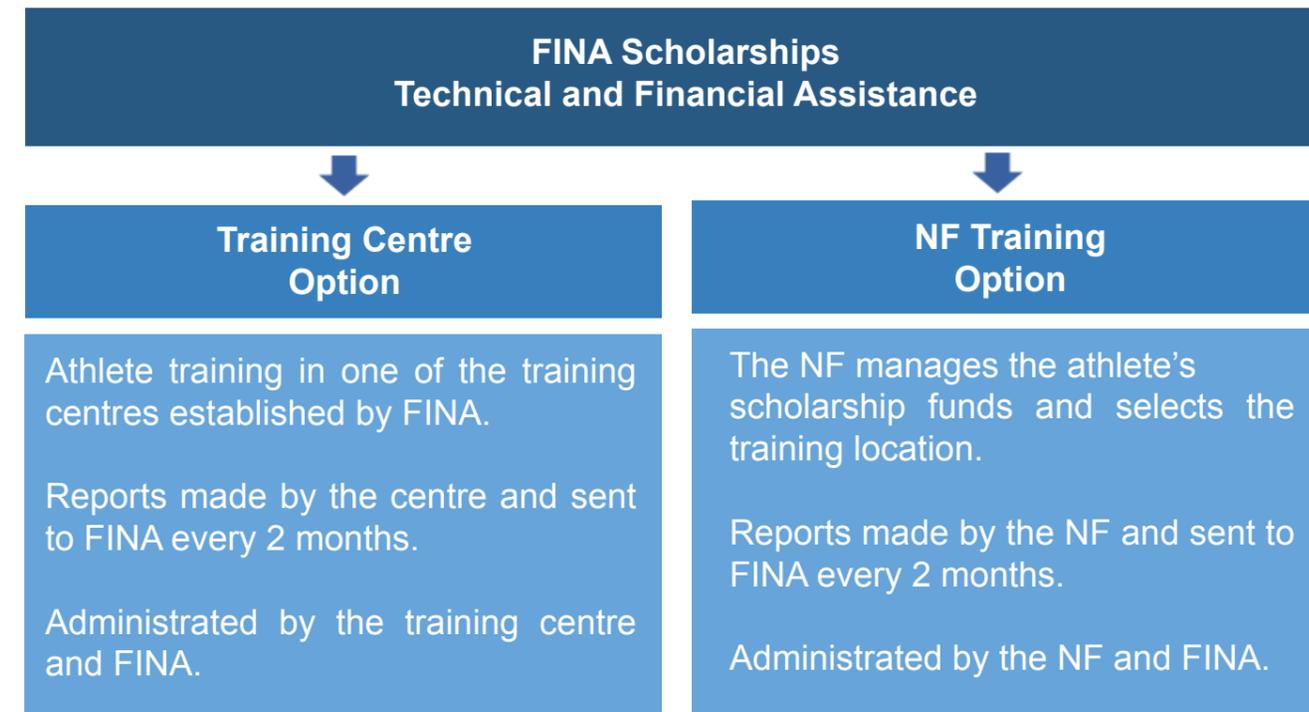
FINA provides since then annual scholarships for a duration of 3-12 months to a limited number of athletes. The length of the scholarship depends on the athlete's plan and the expectations of the FINA National Member Federation.

How

FINA provides assistance to the scholarship holders by supporting their NF or by offering the opportunity to train in a high-level training centre.

All the FINA National Member Federations are invited to apply to award one of their athletes during the *FINA Scholarships Programme - application period*.

Each NF receives the application form where they can select one of the possible training options (Training Centre or National Federation option) and present the credentials of the athlete, such as best results, age of the athlete, training plan that has been followed, feedbacks from the coach and motivation letter written by the athlete.



Who

FINA provides 40 scholarships per year and the programme is focused on those National Member Federations with greatest needs.

There are two main requirements:

- Only the Universality National Federations are allowed to apply for the programme.
- At least one of the best times of the athlete (performed in a competition) shall be between the B standard (entry time for WCH and OG) and the S Standard (+3% of the B Standard).

In coordination with the relevant NF, FINA decides if the athlete will train in his/her home country or abroad in a high-level training centre. Factors to consider will be the needs of the athlete and his/her age.

The NF or the training centre will ensure that the athlete has:

- Access to appropriate training facilities.
- A specialised coach.
- Regular medical and scientific assistance and control.

Short Term Programme (3 month duration)

Those who are close to the set "B" standard objective could participate in short-term preparation

Medium Term Programme (3-6 month duration)

Designed for athletes who have the potential to achieve the "B" standard and need better technical and environmental conditions

Long Term Programme (6-12 month duration)

For young athletes (under 23) who need a longer time to achieve the "B" standard



The Programme

FINA is continuously looking for the best ways to support the National Federations and specially focuses on those that have more difficulties to access to high level structures.

The FINA Scholarship Programme will assist the athletes to train in a high-level training centre with which FINA has a service agreement, providing them the necessary technical, tactical, mental and physical training:

- Training: 6-8 hours per day including dryland, assessments and mental conditioning
- Progress reports: detailed progress report every two months, including assessments
- Accommodation
- Meals: meal plans specifically designed for swimming athletes and nutritional education and support.
- Education: college placement and career guidance
- Medical insurance for any length programme
- Visa assistance if required
- Transport: local transportation if needed



Spire, USA



Phuket, Thailand



Phuket, Thailand



Spire, USA



Phuket, Thailand



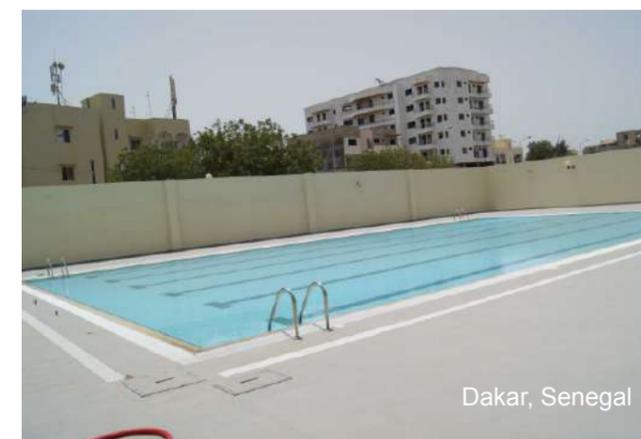
Phuket, Thailand



Spire, USA



Dakar, Senegal



Dakar, Senegal

FINA Scholarship holders 2017



Ahmad Mohamed ATTELSEY



Date of Birth: 30th July 1995
Nationality: Libyan

Height: 189 cm
Weight: 83 kg

Scholarship: NF option
Location: LBA
Start date: 23/11/2016
Length: 7 months

50 free 23.38
100 free 23.89
50 fly 23.18
100 fly 24.80

Swedish Nationals 2016 Norrkoping (SWE)
Olympic Games Rio 2016 Rio de Janeiro (BRA)
FINA/airweave Swimming World Cup 2016 Chartres-Paris (FRA)
FINA/airweave Swimming World Cup 2016 Chartres-Paris (FRA)



Mohammed BEDOUR



Date of Birth: 23rd September 2000
Nationality: Jordanian

Height: 183 cm
Weight: 74 kg

Scholarship: NF option
Location: JOR
Start date: 23/11/2016
Length: 12 months

50 free 24.15
100 free 53.21
50 fly 52.68
100 fly 1.57.24
50 back 28.37
100 back 1.02.33
50 fly 26.24

17th FINA World Championships 2017 Budapest (HUN)
2016 Jordan Summer Open Championship Amman (JOR)
17th FINA World Championships 2017 Budapest (HUN)
2016 Jordan Summer Open Championship Amman (JOR)
2016 Jordan Summer Open Championship Amman (JOR)
2016 Dubai International Aquatics Ch. Dubai (UAE)
2016 Jordan Clubs Age Group Ch. Amman (JOR)
2016 Dubai International Aquatics Ch. Dubai (UAE)



Matelita BUADROMO



Date of Birth: 15th January 1996
Nationality: Fijian

Height: 171 cm
Weight: 70 kg

Scholarship: NF option
Location: FIJ
Start date: 01/01/2017
Length: 12 months

50 free 27.08
100 free 58.16
50 fly 58.53
100 fly 2.05.05
200 fly 2.05.49
400 free 4.29.04
100 fly 1.04.94
200 medley 2.23.67

Fiji LC Age Nationals 2016 Suva (FIJ)
11th Oceania Championships 2016 Suva (FIJ)
17th FINA World Championships 2017 Budapest (HUN)
11th Oceania Championships 2016 Suva (FIJ)
Olympic Games Rio 2016 Rio de Janeiro (BRA)
Fiji C Age Nationals 2016 Suva (FIJ)
17th FINA World Championships 2017 Budapest (HUN)
N2 Open Championships 2016 Auckland (NZL)



Sultan BUKEEV



Date of Birth: 31st May 1997
Nationality: Kyrgyz

Scholarship: TC option
Location: Spire
Start date: 01/11/2016
Length: 6 months



Darren CHAN CHIN WAH



Date of Birth: 24th November 1995
Nationality: Mauritian

Height: 175 cm
Weight: 72 kg

Scholarship: NF option
Location: MRI
Start date: 01/01/2017
Length: 12 months

50 breast 30.02
100 breast 1.04.13
200 breast 2.20.54

n/a Orlando (USA)
n/a Orlando (USA)
n/a Roseville (USA)



Philip Joseph DE NOBREGA



Date of Birth: 10th August 1999
Nationality: Guyanese

Scholarship: TC option
Location: Spire
Start date: 27/02/2017
Length: 12 months

50 free 26.57
50 fly 27.84
100 fly 27.50
100 fly 59.04

17th FINA World Championships 2017 Republic meet 2016 Budapest (HUN)
17th FINA World Championships 2017 Republic meet 2016 Guyana (GUY)
17th FINA World Championships 2017 Republic meet 2016 Budapest (HUN)
17th FINA World Championships 2017 Republic meet 2016 Guyana (GUY)



Cherantha DE SILVA



Date of Birth: 12th July 1996
Nationality: Sri Lankan

Height: 177 cm
Weight: 72 kg

Scholarship: TC option
Location: Thanyapura
Start date: 20/11/2016
Length: 12 months

50 free 23.74
100 free 51.73
50 fly 25.07
100 fly 25.15
50 fly 54.99
100 fly 55.09
200 fly 2.07.54

n/a Bangkok (THA)
n/a Bangkok (THA)
n/a Malaysia (MAS)
17th FINA World Championships 2017 Budapest (HUN)
17th FINA World Championships 2017 Malaysia (MAS)
17th FINA World Championships 2017 Budapest (HUN)
17th FINA World Championships 2017 Sri Lanka (SRI)



Jordy Anthony GROTERS



Date of Birth: 3rd July 1996
Nationality: Aruban

Height: 180 cm
Weight: 80 kg

Scholarship: NF Option
Location: ARU
Start date: 23/11/2016
Length: 9 months

50 breast 28.64
100 breast 29.12
100 breast 28.40
100 breast 1.03.14
200 breast 1.02.95
200 breast 2.20.39

Olympic Games Rio 2016 Rio de Janeiro (BRA)
n/a Aruba (ARU)
17th FINA World Championships 2017 Budapest (HUN)
CISC 2016 Nassau (BAH)
17th FINA World Championships 2017 Budapest (HUN)
CISC 2016 Nassau (BAH)



Hilal HILAL HEMED



Date of Birth: 12th July 1994
Nationality: Tanzanian

Scholarship: TC option
Location: Thanyapura
Start date: 23/11/2016
Length: 6 months

50 free 23.70
50 fly 24.19
50 fly 26.40

Olympic Games Rio 2016 Rio de Janeiro (BRA)
17th FINA World Championships 2017 Budapest (HUN)
17th FINA World Championships 2017 Budapest (HUN)



Ayman KELZI



Date of Birth: 7th January 1993
Nationality: Syrian

Height: 178 cm
Weight: 76 kg

Scholarship: TC option
Location: Thanyapura
Start date: 15/12/2016
Length: 12 months

100 fly 56.59
200 fly 2.03.32
200 fly 2.01.44
200 medley 2.07.30

17th FINA World Championships 2017 Budapest (HUN)
2016 Hong Kong Open Hong Kong (HKG)
17th FINA World Championships 2017 Budapest (HUN)
2016 Malaysia Open Malaysia (MAS)



Driss LAHRICHI



Date of Birth: 2nd December 1997
Nationality: Moroccan
Scholarship: NF option
Location: MAR
Start date: 23/11/2016
Length: 12 months

50 back 27.08 n/a Dubai (UAE)
 26.60 Budapest (HUN)
100 back 58.01 Rio de Janeiro (BRA)
 57.46 Budapest (HUN)
200 back 2.07.98 17th FINA World Championships 2017
 2.07.24 n/a Montpellier (FRA)
 n/a Casablanca (MAR)



Sajan PRAKASH



Date of Birth: 14th September 1993
Nationality: Indian
Scholarship: TC option
Location: Thanyapura
Start date: 15/02/2017
Length: 12 months

100 fly 54.43 n/a Ranchi (IND)
 54.46 Budapest (HUN)
200 fly 1.59.27 n/a Hong Kong (HKG)
 1.59.37 Olympic Games Rio 2016 Rio de Janeiro (BRA)
 2.00.57 17th FINA World Championships 2017 Budapest (HUN)
400 free 3.56.74 n/a Kolkata (IND)
1500 free 15.45.11 n/a Hong Kong (HKG)



Joseph MACIAS



Date of Birth: 30th June 2000
Nationality: Ecuadorian
Scholarship: NF option
Location: ECU
Start date: TBC
Length: 12 months

100 free 54.44 VII Juegos Nacionales Cuenca (ECU)
200 free 1.56.58 XXV Copa Latina 2016 Cali (COL)
400 free 4.04.24 XXV Copa Latina 2016 Cali (COL)
1500 free 16.13.69 2016 USA Swimming Future Stanford (USA)



Zuhayr PIGOT



Date of Birth: 16th May 1997
Nationality: Surinamese
Scholarship: NF option
Location: SUR
Start date: 01/01/2017
Length: 6 months

50 fly 24.65 CCCAN Championships 2016 Nassau (BAH)
100 fly 53.86 CCCAN Championships 2016 Nassau (BAH)



Noah MASCOLL-GOMES



Date of Birth: 27th May 1999
Nationality: Antiguan & Barbudan
Scholarship: NF Option
Location: ANT
Start date: 01/12/2016
Length: 7 months

50 free 24.27 CISC 2016 Nassau (BAH)
100 free 52.57 CISC 2016 Nassau (BAH)
 52.81 17th FINA World Championships 2017 Budapest (HUN)
200 free 1.53.16 Olympic Games Rio 2016 Rio de Janeiro (BRA)
 1.55.32 17th FINA World Championships 2017 Budapest (HUN)



Mohammad Mahfizur RAHMAN



Date of Birth: 15th May 1993
Nationality: Bangladeshi
Scholarship: TC option
Location: Thanyapura
Start date: 20/11/2016
Length: 12 months

50 free 23.92 Olympic Games Rio 2016 Rio de Janeiro (BRA)
 24.16 17th FINA World Championships 2017 Budapest (HUN)
100 free 52.12 n/a Bangkok (THA)
 52.55 17th FINA World Championships 2017 Budapest (HUN)
200 free 1.54.05 n/a Bangkok (THA)



Helena MORENO HERNANDEZ



Date of Birth: 2nd January 2001
Nationality: Costa Rican
Scholarship: NF option
Location: CRC
Start date: 01/12/2016
Length: 11 months

200 free 2.04.95 XVI Central America & Mexico Ch. 2016 Panama (PAN)
 2.02.31 SC Championships 2016 Santa Cruz (CRC)
 2.03.58 17th FINA World Championships 2017 Budapest (HUN)
400 free 4.20.27 XVI Central America & Mexico Ch. 2016 Panama (PAN)
 4.19.31 SC Championships 2016 Santa Cruz (CRC)
 4.19.27 17th FINA World Championships 2017 Budapest (HUN)
800 free 8.58.00 XVI Central America & Mexico Ch. 2016 Panama (PAN)
 8.44.65 SC Championships 2016 Santa Cruz (CRC)
 8.56.43 17th FINA World Championships 2017 Budapest (HUN)



Michael Heriniavo RASOLONJATOVO



Date of Birth: 24th May 1998
Nationality: Malagasy
Scholarship: TC option
Location: Thanyapura
Start date: 31/03/2017
Length: 6 months

100 free 54.70 17th FINA World Championships 2017 Budapest (HUN)
200 free 2.01.00 17th FINA World Championships 2017 Budapest (HUN)



Emily MUTETI



Date of Birth: 14th June 1998
Nationality: Kenyan
Scholarship: TC option
Location: Thanyapura
Start date: 01/11/2016

50 fly 27.78 17th FINA World Championships 2017 Budapest (HUN)
100 fly 1.01.35 17th FINA World Championships 2017 Budapest (HUN)



Nicole RAUTEMBERG MAIDANA



Date of Birth: 1st August 1999
Nationality: Paraguayan
Scholarship: TC option
Location: Spire
Start date: 20/11/2016
Length: 12 months

50 fly 28.31 South American Championships 2016 Asunción (PAR)
 29.13 17th FINA World Championships 2017 Budapest (HUN)
100 fly 1.05.67 Grand Prix SyC 2016 Asunción (PAR)
200 free 2.05.31 South American Championships 2016 Asunción (PAR)
 2.08.42 17th FINA World Championships 2017 Budapest (HUN)
1500 free 18.12.56 Grand Prix SyC 2016 Asunción (PAR)
200 medley 2.24.76 South American Championships 2016 Asunción (PAR)



Tiika PALJK



Date of Birth: 18th February 1997
Nationality: Moldovan
Scholarship: TC option
Location: Spire
Start date: 25/02/2017
Length: 6 months

50 free 27.00 CANA Zone IV Championships 2016 Port Louis (MRI)
100 free 1.01.00 CANA Zone IV Championships 2016 Port Louis (MRI)
50 breast 33.00 NTS Age Group 2016 n/a
 32.72 17th FINA World Championships 2017 Budapest (HUN)
100 breast 1.16.00 CANA Zone IV Championships 2016 Port Louis (MRI)
 1.12.65 17th FINA World Championships 2017 Budapest (HUN)
200 breast 2.52.00 CANA Zone IV Championships 2016 Port Louis (MRI)



Tatiana SALCUTAN



Date of Birth: 16th April 2001
Nationality: Moldovan
Scholarship: NF option
Location: MDA
Start date: 01/01/2017
Length: 9 months

50 back 30.12 n/a Kaunas (LTU)
 29.68 FINA/airweave Swimming World Cup 2016 Moscow (RUS)
100 back 1.02.87 FINA/airweave Swimming World Cup 2016 Moscow (RUS)
 1.03.08 17th FINA World Championships 2017 Budapest (HUN)
 1.02.22 17th FINA World Championships 2017 Budapest (HUN)
200 back 2.13.47 FINA/airweave Swimming World Cup 2016 Moscow (RUS)
 2.11.27 17th FINA World Championships 2017 Budapest (HUN)
50 fly 29.08 FINA/airweave Swimming World Cup 2016 Moscow (RUS)



Brandon SCHUSTER



Date of Birth: 23rd April 1998
Nationality: Samoan

Height: 189 cm
Weight: 80 kg

Scholarship: NF option
Location: SAM
Start date: 01/01/2017
Length: 12 months

200 free 1.57.72
200 medley 2.07.64
400 medley 4.34.60

Olympic Games Rio 2016
17th FINA World Championships 2017
17th FINA World Championships 2017

Rio de Janeiro (BRA)
Budapest (HUN)
Budapest (HUN)



Alexander Sulter SKINNER



Date of Birth: 18th March 1998
Nationality: Namibian

Height: 192 cm
Weight: 88 kg

Scholarship: TC option
Location: Spire
Start date: 01/01/2017
Length: 12 months

50 free 23.78
100 free 51.98
51.00
200 free 1.54.92
1.54.99

2016 SA Level III
2016 SA Swimming Grand Prix
17th FINA World Championships 2017
2016 SA Level III
17th FINA World Championships 2017

Port Elizabeth (RSA)
Durban (RSA)
Budapest (HUN)
Port Elizabeth (RSA)
Budapest (HUN)



Joshua TIBATEMWA



Date of Birth: 10th September 1996
Nationality: Ugandan

Scholarship: NF option
Location: UGA
Start date: 01/12/2016
Length: 7 months

50 free 24.61
25.98
100 free 59.74
58.79
50 breast 32.77
100 breast 1.08.85
200 breast 2.40.77

Midwest Conference Championships 2016
Olympic Games Rio 2016
Grinnell Invitational 2015
17th FINA World Championships 2017
17th FINA World Championships 2017
Midwest Conference Championships 2016
Midwest Conference Championships 2016

Grinnell (USA)
Rio de Janeiro (BRA)
Grinnell (USA)
Budapest (HUN)
Budapest (HUN)
Grinnell (USA)
Grinnell (USA)

Martina VALIENTE LA CRUZ

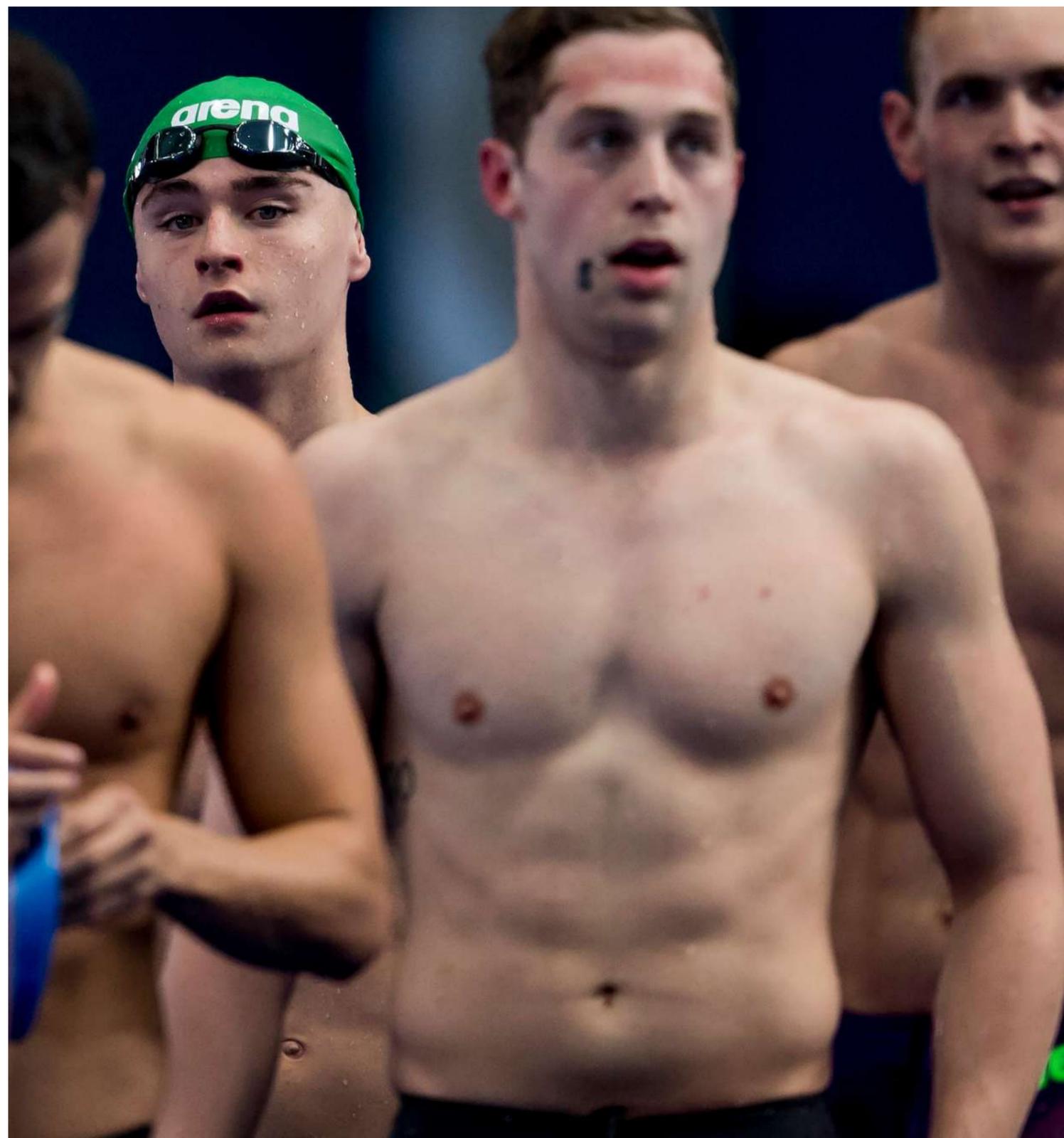


Date of Birth: 25th December 2000
Nationality: Uruguayan

Scholarship: TC option
Location: Spire
Start date: 15/02//2017
Length: 6 months

50 free 27.94
100 free 1.00.81
200 free 2.12.77
400 free 4.43.68
n/a

Uruguay (URU)
Uruguay (URU)
Uruguay (URU)
Uruguay (URU)





FINA Scholarships Programme: Related News

FINA selects 36 new swimming talents

36 athletes have started training under the FINA Scholarship Programme, aiming to help the aspiring champions to qualify and participate in the 17th FINA World Championships in Budapest (HUN)

1 March 2017

With the National Federations contribution and expertise, FINA has awarded 36 new young athletes with a FINA Scholarship from 6 to 12 months, as a new aquatic cycle kicks-off.

36 athletes from 36 NFs have started training under the FINA Scholarship Programme aiming to help the aspiring champions to qualify and participate in the fast approaching 17th FINA World Championships, to be held from July 15-30 in Budapest, Hungary.



Tilka Paljk (ZAM)

Joining this programme, the swimmers have various options for their training. They can either train within their NF training programmes when approved by FINA or they can join one of FINA approved training Centres in Thanyapura (THA), Spire Institute in Geneva (USA) and soon the FINA Development Centre in Dakar, Senegal.

Please find below the complete list of athletes who have been put forward by their respective NFs as young hopes for the country:

NF	Name	Surname	Gender	DoB
ANT	Noah	MASCOLL-GOMES	M	27.05.1999
ARU	Jordy Anthony	GROTTERS	M	03.07.1996
BAN	Mohammad Mahfizur	RAHMAN	M	15.05.1993
CRC	Helena	MORENO HERNANDEZ	F	02.01.2001
ECU	Joseph	MACIAS	M	30.06.2000
FU	Matelita	BUADROMO	F	15.01.1996
GUY	Philip Joseph	De NOBREGA	M	10.08.1999
GUI	Oumar	KABA	M	30.01.2001
GAM	Momodou	SAINÉ	M	08.09.2000
IVB	Elinah	PHILIP	F	03.04.2000
IVB	Amarah	PHILIP	F	03.10.1987
JOR	Mohammed	BEDOUR	M	23.09.2000
KEN	Emily Siobhan	MUTETI	F	14.06.1998
KGZ	Sultan	BUKEEV	M	31.05.1997
LBA	Ahmad	ATTELSEY	M	30.07.1995
MAD	Ana Estellah	FILS RABETSARA	F	24.05.1994
MAR	Driss	LAHRICHI	M	02.12.1997
MDA	Tatiana	SALCUTAN	F	16.04.2001
MOZ	Igor	MOGNE	M	01.08.1996
MRI	Darren	Chan Chin Wah	M	24.11.1995
NIG	Mouctar	ALBACHIR	M	01.05.1995
NAM	Alexander Sulter	SKINNER	M	18.03.1998
PAR	Nicole	RAUTEMBERG MAIDANA	F	01.08.1999
RWA	Irakunda	ISIAKA	M	30.12.1999
SEN	El Hadji Adama	NIANE	M	10.12.1993
SLE	TBC	TBC		
SRI	Cherantha	DE SILVA	M	12.07.1996
SUR	Zuhayr	PIGOT	M	16.05.1997
SYR	Ayman	KELZI	M	07.01.1993
TAN	Hilal	HILAL HEMED	M	12.07.1994
TOG	Rebecca	KPOSSI	F	25.01.1999
UGA	Joshua	TIBATEMWA	M	10.09.1996
URU	Martina	VALIENTE LA CRUZ	F	25.12.2000
SAM	Brandon	SCHUSTER	M	23.04.1998
IND	Sajan	PRAKASH	M	14.09.1993
ZAM	Tilka	PALJK	F	18.02.1997



FINA accredited training centre Thanyapura prepares future Olympians for success



30 March 2017

Thanyapura Health & Sports Resort and FINA are continuing their cooperation in awarding scholarships to aspiring Olympians in training for the 17th FINA World Championships Budapest in 2017 and the 2020 Summer Olympic Games in Tokyo.

This year, FINA has awarded the scholarship to 36 young athletes. The programme is currently hosting four athletes:

- Cherantha da Silva, Sri Lanka
- Mohammad Mahfizur Rahman, Bangladesh
- Sajan Prakash, India
- Ayman Klzie, Syria

The complex expects additional swimmers to arrive throughout the year.

The FINA Scholarship Programme was launched in 2014. It offers financial and technical assistance to elite athletes selected by their National Federation. In 2015, FINA expanded the programme to Thailand with Thanyapura Health

& Sports Resort welcoming the first athletes in Phuket during the "Targeting Rio 2016" initiative, which coached eight swimmers for the 2016 Summer Olympic Games in Rio.

Sajan Prakash from India qualified with OST/B (Olympic Standard Time) for the 200m butterfly.

Each nation will send their athletes to live and train at the high-level sporting complex including the world-class fitness facilities.

The scholarship programme is conducted by Miguel Angel Lopez Alvarado, Thanyapura's Head Coach of Swimming, who propelled his students to record breaking success during his two-decade long career.

"We are committed to building the next generation of Olympians. Our partnership with FINA continues to solidify our standing as one of the top Aquatics training destinations in the world," said Philipp Graf von Hardenberg, President and CEO of Thanyapura Health & Sports Resort.

"Now in its fourth year, FINA granted over 50 scholarships from 2014 – 2017 and helped athletes in considerably improving their level in swimming. We are developing the sport throughout the globe while hoping to lead young athletes to build their legacies in their respective countries," said Dr. Julio C. Maglione, FINA President.

The complex's aquatics facilities include the 50m Olympic competition pool, the 25m training pool, Omega Track start blocks, a Daktronics timing system and scoreboard, ozone filtration and sports science services.

Now in its fourth year, FINA granted over 50 scholarships from 2014–2017 and helped athletes in considerably improving their level in swimming. We are developing the sport throughout the globe while hoping to lead young athletes to build their legacies in their respective countries.





FINA Scholarship holder Moreno achieves qualifying times for Budapest and the Youth Olympic Games



18 May 2017

Helena Moreno, 16, from Costa Rica, who has been part of the FINA Scholarship programme since January 2017, recently established B-standard times in the 200m (2:02.03), 400m (4:16.70) and 800m (8:47.52) at the San Juan International Swimming Open in April 2017 as reported her coach Mr. Pablo Camacho to FINA.

Moreno achieved her first B-standard time at the ARENA Pro Swim at Indianapolis (March) 400m (4:17.56)

In addition and in her successful breakthrough, Moreno's also established qualifying times (A-standard) to be able to take part in the upcoming Youth Olympic Games in Buenos Aires in autumn 2018. She will also enter three events in Buenos Aires, 200/400/800m freestyle.

FINA has been financially supporting many young talents via its Scholarship programme, while 36

new athletes have been selected in 2017 and many more applications are under review.

The ultimate goal of the programme is to help the aspiring champions to qualify and participate in the fast approaching 17th FINA World Championships, to be held from July 15-30 in Budapest, Hungary, and other international meets, as well as supporting them in their day-to-day training.



Focus on latest athletes to join FINA Scholarship programme



13 June 2017

Six new young talents from and Guyana, Kyrgyztan, Namibia, Paraguay, Uruguay, Zambia, joined the FINA Scholarship programme between April and May this year, as preparations for the 17th FINA World Championships intensifies.

All six promising swimmers joined the sport complex Spire Institute in Geneva (USA) with one common objective dear to their heart: qualify with a B-standard time for the 17th FINA World Championships in Budapest, Hungary, this summer.

As FINA tries to get to know them better, we wanted to focus on their individual inspiring experience at the Institue.FINA asked the youngsters three general questions regarding their daily training life and goals for the future:

1. *What has changed in your daily training since you have joined the FINA Scholarship Programme?*

- 2. *How do you evaluate you progress and improvement?*
- 3. *What are your goals for the FINA World Championships?*

While most of the swimmers share a common impression that training at the Spire Institute is a lot more intense and specialised than at home and that their technique is improving, they have all grown in confidence and mental strength and overall accomplish better performance in the pool.





Tilka Paljk, Zambia (18.02.1997)

The changes in my daily training have been the amount of intensity and work I put into each session. With each session, I have grown in knowledge and learned how to better myself in every possible way. I have learned more from my coaches here at Spire than I ever have before and most of it can be applied to my daily life and not just my sport.

I evaluate my progress personally by recording photographic evidence every 2 weeks to see the difference in my body. So far I have noticed that I've become more lean and muscular but I still have a lot of work to do.

I Also evaluate myself via test sets that we swim in the pool such as the 4x100 on 6min that we do once or twice a month.

My goal for the World Champs is to swim a B-standard time for my 50 breaststroke. I believe that I have the power to do it with the amount of work I'm putting in and the correct state of mind that I have during practices. I am focused on this one goal and I believe it will be achieved soon.

Sultan Bukeev, Kyrgyztan (31.05.1997)

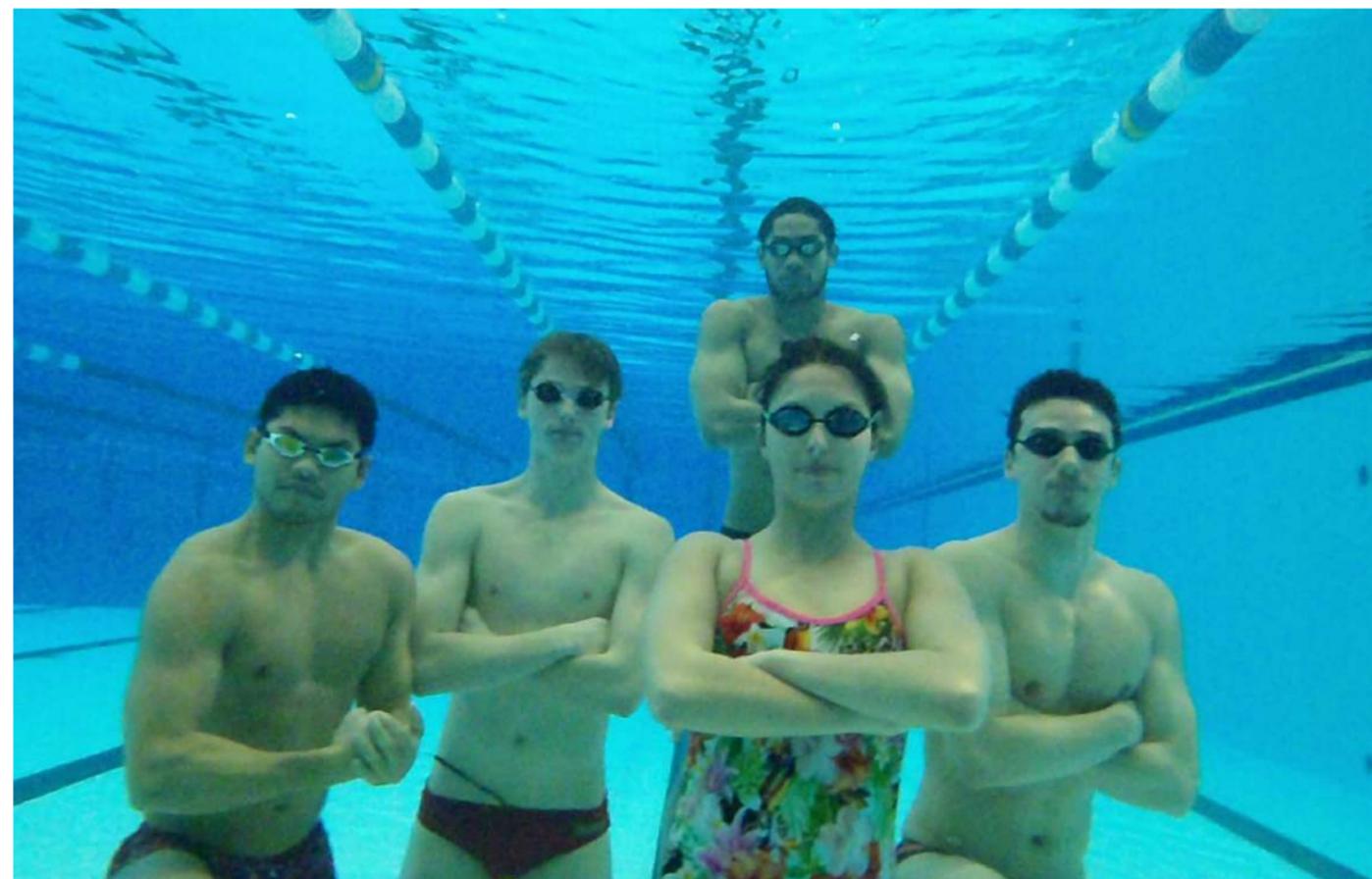
The main change here is that the practice is harder. I have learned so much new stuff for me. I think my stamina has grown so much and I corrected my technic in breastroke My goal in Budapest is to show the best results possible in my stroke.

Nicole Rautemberg, Paraguay (01.08.1999)

At Spire we focus more on the technique and more speed aspects of competition than endurance.

I've learnt a new approach to training and different ways to pace myself in training. It really pushes me mentally.

I feel like I am getting stronger mentally and physically, although I am yet to show an improvement in my times I have faith I'll improve with when I taper leading up to World Championships, because so far the training load has been very intense. My ultimate goal is to improve my times.



Martina Valiente, Uruguay (25.12.2000)

I have more training sessions per week, we swim more meters. My underwater kick is better and my

starts too.

Phillip DeNobrega, Guyana (10.08.1999)

Since I have joined the FINA Scholarships programme at the Spire Institute, my daily training is exactly what I imagined it to be at such an impressive institute. The actual training 3 times a day is definitely one major change from what I was doing in Guyana. Not only physical training but mental as well.

body needs to perform; I have seen an overall physical change and it shows in the pool.

Evaluating my progress and improvement, I have a lot more to work on but I can proudly say that I have improved in all aspects of swimming; I have grown more confident in myself and my passion for swimming. I know to myself I have developed more strength, endurance, stamina and over all better performance in the pool.

My goals for FINA World Championships would be to improve in my times and to make a good placement, also to make my coaches, family and my country proud.

Xander Skinner, Namibia (31.05.1997)

Back home I did 5-7 swim sessions a week. At Spire we do 9 swim sessions a week. Gym wise I did 2 sessions a week. At Spire we do 3 gym sessions and 2 recovery sessions.

The quality of training at Spire is a lot better than back home. Back home we usually trained with 9 other people in a lane and at Spire we usually have a lane to ourselves. Smaller groups mean you get more attention from the coaches.

At Spire no one is slow. It is constant racing against fellow team mates that turned into family. The 'vibe' in the pool is a lot better than back home. That comment is not a direct answer to the question but to have a good training environment is really important.

Results speak for themselves. Not only can I see improvement in my best times but I also see improvement in my training times. I am getting a lot stronger physically and mentally. I would



never have seen this improvement back home. I have managed to overcome my fear of racing here at Spire and fell in love with the sport. I see that as improvement as well. Physically I feel better. My body took a while to adapt to the new environment. But after that period of time I have just seen improvement.

My biggest goal for World Champs is to be the first Namibian swimmer to go under 50 seconds for the 100m freestyle. But other than that I want to improve my times at the meet. I also want to make my coach Thad, proud of me and proud of his work.





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