



# PROJECT FOR THE PREPARATION OF THE SENIOR NATIONAL SWIMMING TEAM FOR THE 2025/2026 SEASON

The 2025-2026 season is already a full-fledged season, without any substitute events, and, on the contrary, very challenging, leading up to the 2028 Olympics. The season's schedule will include the following major events: the European Short Course Championships in Lublin, Poland, in December, and the European Championships in Paris in August. The criteria for inclusion in the national team remain the same as in previous seasons, namely 830 points. The criteria for the TOP TEAM remain at 860 points.

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

Swimmers who achieved a performance of over 830/860 points between January 1<sup>st</sup>, 2025, and August 31<sup>st</sup>, 2025, were nominated to the senior national team for the 2025/26 season.

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

#### WOMEN

	860 points	830 points
50FR	00:24,82	00:25,12
100FR	00:54,37	00:55,02
200FR	01:58,01	01:59,42
400FR	04:07,51	04:10,46
800FR	08:29,78	08:35,85
1500FR	16:07,93	16:19,46
50BK	00:28,24	00:28,58
100BK	01:00,07	01:00,79
200BK	02:09,48	02:11,03
50BR	00:30,66	00:31,02
100BR	01:07,43	01:08,23
200BR	02:24,64	02:26,36
50FLY	00:25,69	00:25,99
100FLY	00:58,02	00:58,71
200FLY	02:08,09	02:09,61
200IM	02:12,62	02:14,20
400IM	04:38,01	04:41,32

#### MEN

	860 points	830 points
50FR	00:21,99	00:22,25
100FR	00:48,79	00:49,37
200FR	01:47,25	01:48,53
400FR	03:51,41	03:54,17
800FR	07:55,43	08:01,09
1500FR	15:15,56	15:26,46
50BK	00:24,76	00:25,05
100BK	00:54,26	00:54,90
200BK	01:57,69	01:59,09
50BR	00:27,28	00:27,61
100BR	00:59,81	01:00,52
200BR	02:11,95	02:13,52
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	04:15,00	04:18,03



## 1.2. List of national team members for the 2025/26 season

(list will be updated according to the fulfilment of limits by the deadline 31.08.2025)

### Over 860 points

Seemanová Barbora	2000	MoP	924 points
Knedla Miroslav	2005	Zlín	915 points
Čejka Jan	2001	SCPap	912 points
Janičková Barbora	2000	UnOI	897 points

### 830 points and more

Bursa Jakub	2003	PkL	857 points
Gemov Ondřej	1999	SIPI	853 points
Nabojčenko Daryna	2002	ÚAPS	839 points
Horská Kristýna	1997	SIPI	837 points
Janeček Vojtěch	2001	ÚAPS	830 points

## 1.3. Implementation team

For the upcoming Olympic cycle, the Czech national swimming team's implementation team will consist of coaches whose swimmers have met the criteria for the national team for the given season.

- Petra Škábová – senior national team coach  
Coaches, implementation team: (alphabetically)  
(list will be updated according to the fulfilment of limits by the deadline 31.8.2025)
- Mr. KRENÍK Jan
- Mr. RYAN Luke
- Mr. RUSHTON Tom
- Mr. VIKTORJENÍK Dušan

If a representative terminates cooperation with their personal coach, they are required to report this fact to the national team coach within 5 working days. The new coach then takes over all the duties of the former coach.

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

- physical therapist; conditioning trainer, dedicated to swimmers;
- analytical team for analyzing techniques and performances in competitions;
- mental coach;
- other experts as required by personal coaches and athletes, e.g., biochemists, nutritionists, supplement specialists or doctors;



#### **1.4. Offered services**

The national team offers its members the following support, which will be used during the season. Among them are the following services:

- Nutritionist – Libor Víttek
- Mental coach – Jakub Hrubeš
- Medical care – Jiří Dostal
- Conditioning trainer – Marcel Roztočil
- Physical therapy – Jana Minářová / Matouš Rejman
- Methodology section analyst – Aleš Zenáhlík / Petr Cvrček

If national team members use their own services and experts in the field of mental coaching, they do not have to use the support offered by the national team, the important thing is that they can.

We would be delighted if each service contributed to better results. National team members will be offered the service as part of their annual budget, but if a national team member has their own insurance and does not wish to change it, they cannot use the budget for their own purposes.



## 2. RULES FOR NOMINATION TO TOP COMPETITIONS

### 2.1 EC25 Lublin (POL) 02.-07.12.2025

To participate in the European Championships, it's necessary to swim the A limit, which is based on the 16<sup>th</sup> place in the reduced ranking from the heats of the fastest of the last 3 European Championships. In the case of fewer than 32 starters, half of the results list of the reduced ranking (max. 12<sup>th</sup> place).

B limits only apply to those born in 2005 and younger (1% worse than the A limit).

MEN			25m pool	WOMEN		
A Limit		B Limit		A Limit		B Limit
			<b>backstroke</b>			
00:23,84		00:24,08	<b>50</b>	00:27,19		00:27,46
00:51,30		00:51,81	<b>100</b>	00:58,94		00:59,52
01:53,72		01:54,86	<b>200</b>	02:05,54		02:09,04
			<b>breaststroke</b>			
00:26,81		00:27,08	<b>50</b>	00:30,66		00:30,97
00:58,09		00:58,67	<b>100</b>	01:06,22		01:06,88
02:07,11		02:08,38	<b>200</b>	02:23,94		02:25,38
			<b>butterfly</b>			
00:23,03		00:23,26	<b>50</b>	00:26,30		00:26,56
00:51,35		00:51,86	<b>100</b>	00:58,35		00:58,93
01:55,34		01:56,49	<b>200</b>	02:09,76		02:11,06
			<b>freestyle</b>			
00:21,59		00:21,81	<b>50</b>	00:24,75		00:25,00
00:47,58		00:48,06	<b>100</b>	00:53,99		00:54,53
01:44,98		01:46,03	<b>200</b>	01:57,39		01:58,56
03:42,77		03:45,00	<b>400</b>	04:08,09		04:10,57
07:43,60		07:48,24	<b>800</b>	08:35,69		08:40,84
14:49,75		14:58,65	<b>1500</b>	16:09,11		16:18,80
			<b>individual medley</b>			
00:53,50		00:54,04	<b>100</b>	01:00,59		01:01,20
01:56,35		01:57,51	<b>200</b>	02:11,87		02:13,19
04:11,44		04:13,95	<b>400</b>	04:37,60		04:40,38



## **exact program of the European Championships 25m Lublin**

to be completed when available

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

- a) The nomination period for EC 25m in Lublin is from September 1<sup>st</sup>, 2025, to November 9<sup>th</sup>, 2025.
- b) a maximum of 4 swimmers may compete for each country in each event, but only the 2 fastest may advance to the semi-finals or finals.  
When filling additional events, the ranking table from January 1<sup>st</sup>, 2025 to November 9<sup>th</sup>, 2025 is decisive.
- c) Finalists in the WC 50m in Singapore are automatically nominated without having to meet the qualifying limit in **that event** in which they swam in the WC final, and no one can overtake them, including their coach.
- d) There are two attempts to meet the limit. Coaches can decide on which competition the swimmer plans to meet the limits for the 2025 EC 25m. The second nomination competition will be the fourth or fifth round of the 2025 Czech Cup, the Plzeň sprints, or the Brno Grand Prix. Personal coaches must report one optional nomination competition the national team coach by August 31<sup>st</sup>, 2025 at the latest by emailing [petra.skabova@czechswimming.cz](mailto:petra.skabova@czechswimming.cz).  
(both Czech Cup competitions may be nomination meets)
- e) A swim meet, which may also be one of the two nomination competitions for the European Championships in Lublin, is the Slovakia Swimming Cup 2025 in Šamorín, October 24<sup>th</sup>-26<sup>th</sup>, 2025. Participation in this competition is funded by the senior national team. If you do not participate in this competition, the costs of another competition cannot be covered. Participation is not mandatory.  
However, participation must be reported before the start of the nomination period.
- f) swimmers residing abroad for a long period of time (with permanent residency or studying outside Europe) may choose any two competitions and are required to inform the national team coach of their choice by August 31<sup>st</sup>, 2025, via email at [petra.skabova@czechswimming.cz](mailto:petra.skabova@czechswimming.cz). The condition for participating in the European Championships is to send the official results of the foreign competition to the national team coach at the above-mentioned email address immediately after the end of the competition.
- g) relay teams will be composed by the national team coach after consulting with personal coaches, with the national team coach having the final say.
- h) splits from relays, including from the first leg, will not be recognized.

**The nomination criteria also apply to swimmers who are not members of the senior national team but wish to be nominated for the European Championships 25.**

### **Coach nominations:**

- Head coach of the event – national team coach
- One coach for every four qualified swimmers
- Coaches nominated for a top competition are obliged to ONLY be a part of the Czech team. If they are responsible for more athletes from other federations, their participation will be covered proportionally.
- The nomination of foreign coaches is specified in Attachment no. 3.

### **Competition funding:**

- without co-participation



## 2.2. EC 2026 Paris 10. – 16.8.2026 (the exact schedule for the competitions is not yet known)

To participate in the European Championships in Paris, it's necessary to swim the A limit, which is based on the 16th place in the reduced ranking from the heats of the fastest of the last 3 European Championships. In the case of fewer than 32 starters, half of the results list of the reduced ranking (max. 12th place).

B limits only apply to those born in 2006 and younger.

Limits for relays are also included. The limit is set according to the 8<sup>th</sup> place finish in the 2022 European Championships,

(+1.5 seconds – 3x 0.5 seconds for a flying start).

MEN			50m pool	WOMEN		
A Limit		B Limit		A Limit		B Limit
			<b>backstroke</b>			
00:25,28		00:25,53	<b>50</b>	00:28,40		00:28,68
00:54,45		00:54,99	<b>100</b>	01:01,11		01:01,72
01:59,23		02:00,42	<b>200</b>	02:13,00		02:14,33
			<b>breaststroke</b>			
00:27,71		00:27,99	<b>50</b>	00:31,44		00:31,75
01:00,23		01:00,83	<b>100</b>	01:08,09		01:08,77
02:12,23		02:13,55	<b>200</b>	02:27,41		02:28,88
			<b>butterfly</b>			
00:23,62		00:23,86	<b>50</b>	00:26,61		00:26,88
00:52,28		00:52,80	<b>100</b>	00:59,39		00:59,98
01:57,96		01:59,13	<b>200</b>	02:11,24		02:12,55
			<b>freestyle</b>			
00:22,24		00:22,46	<b>50</b>	00:25,22		00:25,47
00:48,98		00:49,47	<b>100</b>	00:55,04		00:55,59
01:48,37		01:49,45	<b>200</b>	02:00,34		02:01,54
03:50,48		03:52,78	<b>400</b>	04:15,52		04:18,07
07:56,58		08:01,34	<b>800</b>	08:37,90		08:43,07
15:11,45		15:20,56	<b>1500</b>	16:29,57		16:39,46
			<b>Individual medley</b>			
02:00,68		02:01,88	<b>200</b>	02:14,63		02:15,97
04:20,22		04:22,86	<b>400</b>	04:46,45		04:49,31
			<b>RELAY</b>			
03:18,01	03:16,51		<b>4x100 FR</b>	3:45,42	3:43,92	
03:38,59	03:37,09		<b>4x100 IM</b>	04:06,91	4:05,41	
03:52,17	03:50,67		<b>4x100 IM MIX</b>	03:52,17	3:50,67	
03:30,66	3:29,16		<b>4x100 FR MIX</b>	03:30,56	3:29,16	



*The program will be added*

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

a) The nomination period for the European Championships in Paris is from March 2<sup>nd</sup>, 2026 to June 2<sup>nd</sup>, 2026.

b) a maximum of four swimmers may compete for each country in each event, but only the two fastest may advance to the semi-finals or finals.

When filling additional events, the table ranking from March 2<sup>nd</sup>, 2026 to June 2<sup>nd</sup>, 2026 is decisive. The relays will be composed by the national team coach, in agreement with the personal coaches. Swimmers can be added to the team for relays if the relay meets the required limit, but they cannot swim individual events if the swimmer has not met the limit.

There are two attempts to meet the limit. Coaches can choose one competition at which swimmers plan to meet the limits for the 2026 European Championships. The second nomination competition will be any round of the 2026 Czech Cup until the end of the nomination period, i.e., June 2<sup>nd</sup>, 2026. (both Czech Cups can be nomination competitions)

Personal coaches must report two nomination competitions to the national team coach by February 28<sup>th</sup>, 2026, at the latest.

Based on the initiative by the athletes' committee, for the 800FR and 1500FR events for women and men, there are 3 attempts, and 3 races must be reported; the personal coach is required to report exactly 3 races.

c) Swimmers residing abroad for a long period of time (with permanent residency or studying outside Europe) have the option of choosing two official competitions to meet the limits between March 2<sup>nd</sup>, 2026, and the end of the nomination period, i.e., June 2<sup>nd</sup>, 2026. All coaches and swimmers must notify the national team coach of the competition dates by email by February 28<sup>th</sup>, 2026 ([petra.skabova@czechswimming.cz](mailto:petra.skabova@czechswimming.cz)).

### **Nomination of coaches:**

- National team coach
- One coach for every four qualified swimmers with the highest percentage exceeding the A limit from the start of the nomination period, i.e., from March 2<sup>nd</sup>, 2026, to the end on June 2<sup>nd</sup>, 2026.
- Coaches nominated for a top competition are obliged to ONLY be a part of the Czech team. If they are responsible for more athletes from other federations, their participation will be covered proportionally.
- The nomination of foreign coaches is specified in Attachment no. 3.

### **Competition funding:**

- Without co-participation

**The nomination criteria also apply to swimmers who are not members of the senior national team but wish to be nominated for the EC 26.**



### **3. TRAINING SEASON 2025/2026**

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

Swimming tests are an important part of the training process, but they will not be administered by the national team, but individually by personal coaches, who will submit the tests to the national team coach, along with their plans.

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

According to a decision by the VV ČSPS, swimmers on the senior national team must fill out an Electronic Training Diary (ETD) every day. Of course, that the ETD alone won't improve a swimmer's performance. However, if athletes and coaches fill in training data honestly and consistently, it will bring significant progress not only in evaluating the 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, together with related tests and culminating in "control" competitions after each mesocycle, will allow the coach to assess whether the swimmer has done the work they planned. If all parties involved in the swimmer's performance record all data relating to the swimmer in the ETD, a unique swimmer profile will be created, containing their history, performance and an overview of training and competition data.

Swimmers and **their personal coaches (see point 6)** are required to fill out the ETD.

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

Personal coaches of national team members are required to send the national team coach a training plan for the 2025/2026 season by September 1<sup>st</sup>, 2025/January 5<sup>th</sup>, 2026 (petra.skabova@czechswimming.cz)

The plan can be submitted for the entire season or just for the winter part, and then by January 5<sup>th</sup>, 2026, for the summer part.

Alternatively, the summer part can be changed by this date. Structure of the preparation plan:

- setting the main goals for the season
- training camp schedule with their main focus
- schedule of "control" competitions
- individual plan for possible nomination starts for EC25 2025; EC 2026
- training plan
- control tests

the plan can be drawn up according to the national team coach's template or according to your own. However, the plan is not just an overview of the season's races.

If there is a change to the plan after submission, the personal coaches of the swimmers are required to report the change.





#### 4) Joint events

ČSPS will reimburse swimmers for the following:

- introductory representative meeting in Prague – August 31<sup>st</sup>-September 1<sup>st</sup>, 2025.
- Slovakia Cup, national team competition (or qualifying for the EC 25m)
- TC Tenerife T3 January 30<sup>th</sup>-February 14<sup>th</sup>, 2026
  - Coaches nominated for TC are obliged to be part of the Czech team only. If they are responsible for athletes from other federations, their participation will be covered proportionally.
- TC Šamorín, preparatory training camp for EC 2026 in Paris – July 2026
  - Coaches nominated for TC are obliged to be part of the Czech team only. If they are responsible for athletes from other federations, their participation will be covered proportionally.
- one start at an international competition in the period March-June/2026, as selected by personal coaches, up to a maximum of 40,000CZK per swimmer, paid only by the competitor; the contribution may be used for a coach or services such as a physiotherapist or fitness coach; it is necessary to compete for Czechia.  
Personal coaches arrange the competitions themselves, but the application is handled by ČSPS.
- participation in high-level events for those nominated.
- Selected Czech Cup nomination race, max. 1 day before the race
- ČSPS will also cover the cost of swimming equipment, depending on the ČSPS's capabilities.

ČSPS is not obliged to reimburse national team members the following:

- Travel expenses to the meeting point for departure or departure to the event
- Travel expenses to the location resulting from the national team member's duties
- Costs not specified in the submitted plan

*The national team head coach has the right to suggest wild card competitors (regardless of gender) for the final nomination if the card is in favor of ČSPS. This nomination is subject to approval by the VSP and VV ČSPS. Any competitors approved for a wild card will contribute to the event financially, as decided by the VV ČSPS.*

#### Introductory national team meeting

The national team meeting is mandatory for all national team members and personal coaches (this does not apply to national team members residing abroad for long periods of time, see point 2)

It will take place from Sunday, 31.8.2025, to Monday, 1.9.2025, in Prague, at the Grandior Hotel. The project and requirements of the national team and ČSPS will be presented at the national team meeting.

To ensure that swimmers do not miss out on training opportunities, one training session will be scheduled and paid for in Podolí on Sunday, 31.8.2025, 4:00pm-6:00pm and on Monday, 1.9.2025, from 4:00pm-6:00pm (5:00pm-7:00pm).

It is possible to arrive at the hotel on Sunday, 31.8.2025, and the night will be covered, including dinner, by the national team.

During the meeting, it is necessary to sign a national team contract, collect equipment for the season in accordance with ČSPS guidelines, meet the implementation team, take promotional photos for the national team's and association's needs, and obtain the necessary equipment.

National team members shall notify the national team coach by 10.8.2025 of the length of their stay and whether they will be staying at the hotel. The program is attached to the project.



### Training camps

- TC Tenerife 30.1. – 14.2.2026, T3 Tenerife, all, swimmers, volume swimming training. The location was chosen due to the center's excellent training and weather conditions. If a national team member wishes to extend their stay at the TC or start it earlier, they will arrange it themselves. Possibility of sparring partners in TC – national team TC must be of high quality; therefore, the number of lanes and swimmers must be calculated well so that everyone can train comfortably. However, this does not mean that sparring partners cannot be invited to TC. A sparring partner must have participated in top competitions in the previous season (WC25, WC50) or must have swum at least 825 Aquatics points in a 50m pool between 1.1. and 31.8.2025. The proposal for approval is subject to the national team coach and final approval by the Swimming Section Committee. Sparring partners pay for TC from their own resources, but they're part of the team. Czech sparring partners have priority over foreign sparring partners, who must meet the same conditions as Czech swimmer.
- TC Šamorín July 2026, is a preparatory TC before the EC, only for qualified participants of the 2026 European Championships in Paris, including swimmers nominated for relays.
- For swimmers nominated for the European Championships without financial participation
- All personal coaches of national team members will be nominated for TC.
- 2x short TC for relay participants, specified in Attachment No. 4

### Supported competition starts

- Slovakia Swimming Cup 10/2025
- One competition in the spring season 2026, chosen by the personal coach

### Mandatory starts at competitions

- All national team members are required to compete in one round of the Czech Cup in the spring and one round of the Czech Cup in the fall, as well as in the Czech Winter and Summer Championships, except for swimmers with permanent residency abroad (see point 2). An exception may be made for the Czech Championships if they coincide with a national team event.



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

It is highly desirable to continue analyzing swimmers during training sessions and top world, European and domestic (Czech Cup or Czech Championships) competitions.

The participation of members of the analytics and methodology department at the TC will also be welcome, at least in the part where experts can work individually with swimmers and their coaches (depending on the financial requirements of the analytics team and the possibilities of the association). It is desirable to use the material provided by the association for training and competition analysis at national team events, but not only.

## **6. Responsibilities of personal coaches on the implementation team**

- Coaches are required to fill out the ETD, the right side completely, in the plans
- Coaches are required to submit training plans on time and timely notify of any changes
- Coaches are required to respond to written electronic communications if requested to do so by the national team coach or the president of the Czech Swimming Federation (ČSPS)
- Personal coaches are required to attend the introductory team meeting

## **7. Representative's equipment**

According to approved criteria. Representatives are required to wear national team clothing at all representative events, meetings, TC and competitions, including when traveling to and from the event.

## **8. Personal accounts of representatives**

Representatives who earn 860 points or more between January 1<sup>st</sup> and August 31<sup>st</sup>, 2025, will have a personal budget of 50,000CZK at their disposal, which is in addition to the national team support

The representative may use this extra budget for services listed in Attachment No. 2, based on the submission of a plan to the national team coach and only if they fulfill their obligations as a national team member, namely proper completion of ETD and participation in mandatory competitions.

Personal budgets will not be available for representatives with less than 860 points.

A representative who has scored over 900 points in an individual event between January 1<sup>st</sup> and August 31<sup>st</sup>, 2025, may choose individual training outside the national team.

They will receive a personal budget, which must be approved by the national team coach, the swimming section and VV according to the criteria set by ČSPS.

In order to receive the budget, the representative must fulfill the above-mentioned conditions.



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

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

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

They are listed in the national team contract, which the nominated representatives receive at the introductory meeting.

National team coach – Petra Škábová  
in Prague 30.06.2025

**Attachment No. 1.****SCHEDULE FOR INTRODUCTORY MEETING 31.8.-1.9.2025**

<b>sunday</b>	<b>31.8.</b>	Meet 4:00pm, seminar How to communicate with the media 4:15pm-6pm dinner 6:00pm
<b>monday</b>	<b>1.9.</b>	Breakfast from 8am 9:00am-12:00pm Project presentation, signing of contracts, equipment distribution, discussion, photo shoot Lunch break (12:00pm-1:00pm) 1:00pm-3:00pm presentations (mental coach, nutritionist) 4:00pm-6:00pm training in Podolí (5-7pm) (optional)

**Petra Škábová**

Reprezentační trenér / National Coach

Český svaz plaveckých sportů / Czech Aquatics

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### Attachment No. 2.

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

Representatives may use their personal budget for the following services or supplements:

1. Support for representatives at TC or competitions (e.g., accommodation, travel, meals, entry fees)  
(if support is for a competition, it is necessary to compete for the Czech Republic)
2. The participation of a personal coach, analyst, physiotherapist, or fitness trainer at a TC or competition, whether international or domestic, or their services during the swimmer's preparation period
3. Nutritional supplements
4. Competition or training swimwear in their own size, a maximum of 3 competition swimsuits according to their own size and preferences, 1 training swimsuit, 1 pair of swimming goggles
5. special swimming equipment that is not normally supplied (e.g., technical aids (rubber band, parachute))
6. Analysis processing

The condition for drawing on the budget is the fulfillment of the representative's obligations.

The representative may (but is not required to) use up to 50% of the budget, i.e., 25,000CZK, during the fall period from September 1<sup>st</sup> to December 31<sup>st</sup>, 2025. The budget will then be used up in the spring season from January 1<sup>st</sup>, 2026 to August 31<sup>st</sup>, 2026.

The use of the budget is subject to approval by the national team coach, first and foremost!

#### **Petra Škábová**

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### Attachment No. 3.

#### Nomination of foreign coaches for top ČSPS events

Foreign coaches may occupy a maximum of half of the coaching positions at a given top-level event, not including the national team coach. A maximum of half of the nominated coaches may be foreign, i.e., if two coaches are qualified, only one may be foreign. In the case of one coach qualification, they may be foreign.

1 + 1, national team coach + 1 coach (including foreign coach) based on the percentage performance of swimmers.

1 + 2, national team coach + 2 coaches based on the percentage performance of swimmers, with only one being foreign. The second must be a Czech coach.

1 + 3, national team coach + 3 coaches, only one of whom may be foreign. The second and third coaches must be Czech.

1 + 4, national team coach + 4 coaches, of whom only two may be foreign. Two must be Czech.

In the case that foreign coaches are not nominated due to limited numbers, they may apply for accreditation for the competition in question.

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#### **Attachment No. 4.**

##### Relay camps and relay participation in the top event, the EC2026 in Paris

Relay camps are designed to bring together relay swimmers aiming for top events. For 2026, that means the European Championships in Paris, but the goal is to work on relays aiming for the 2028 Olympics in Los Angeles.

The following relay teams have been selected as having potential for the 2028 Olympics 4x100 FR women, 4x100 IM men and 4x100 IM and FR mix, however, it is possible to work on all relays, depending on the performance of the swimmers.

There will be two camps scheduled for the spring season, as agreed with the coaches and according to the schedule. One around the league finals and one in June 2026.

The next one will be part of the preparatory camp for the 2026 European Championships in Paris, held in Šamorín.

If there are relay swimmers at joint camps, training sessions will also be reserved here for practicing relay handoffs and unifying swimmers.

Camps should be one-day events, either half a day in the afternoon and the next morning, or just one day.

These camps will be paid for from the senior national team's budget. Accommodation, meals, pool rental and costs for coaches who will be working at the camp.

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### **Attachment No. 5.**

#### **TESTING**

Each representative will be tested in several areas, and the results will be archived and monitored by the methodology department. We believe that testing will help swimmers perform better at the 2028 LA Olympics and subsequently help future generations of national team members.

#### **1. CONDITIONING TESTS**

Conditioning tests will be held twice a year, led by fitness trainer Marcel Roztočil. Once in the fall season and once in the spring season

#### **2. SPORTS EXAMINATION**

Each representative is required to undergo a sports examination once a year by the national team doctor Jiří Dostal at CSM.

#### **3. Test InBODY**

The inBODY test (body composition measurement) will take place at the national team meeting, where Professor Dr. Libor Vitek will explain it, initiate cooperation with the swimmers and they will be tested 2-3 times a year, as needed and according to the peaks of the season.

#### **4. TECHNIQUE ANALYSIS**

Technique analysis will be carried out at national team training camps, nomination competitions and top events.

#### **5. PHYSIOTHERAPY SERVICES**

Physiotherapy services will be provided during training camps and competitions with the aim of preventing injuries and promoting recovery. Individual conclusions and recommendations will be drawn from each event, including monitoring of current physiotherapy findings.

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