

Hello,

I would like to share with you my experience with the individual head coach, Gabriela, from Swim Smooth.

My daughter is swimming competitively for the fifth year in a traditional swimming club. She participates regularly in the Czech swimming championship; her greatest achievements were the second and third places in these races. Unfortunately, for the last year and a half, her personal records have stalled, and even started to get worse, even though her training attendance was still almost 100%, and she swam more than 30 kilometers a week.

This was explained by several factors, psychology - possible pressure on getting results, puberty, and last but not least, a change of technique to the traditional method applied in her swimming group. At the recommendation of the coach, we "waited" for a whole year for her to get familiar with this method. The result was a gradual worsening of racing times, and during the year she dropped back to the times she was swimming 2 years ago.

After a year and a half of failures, our daughter still enjoyed and enjoys swimming, seeing how she still fights and has a strong will to improve. That's why we decided as parents to help her. And the best option is individual training. Finally, I used our friend, Google. I went through a lot of pages and references, reading the diploma thesis for a modern and proven methodology. Swim Smooth methodology captured my attention; its techniques and Gabriela's story, you all probably know. I thought that a method that does not require tens of kilometers a week and is still successful at races will certainly be based on excellent technique. I liked that it has a concept and it's not the experimental method of an ambitious coach.

For the first lesson we were tense wondering how it would go and whether our expectations would be met. It has gone beyond all expectations. Gabriela is great and within one hour she learned what needed to be improved. She had a great dialogue with our daughter during her training. One hour with Gabriela was more useful than half a year in our swimming club. Gabriela's approach and method – each swimmer is an individual -her great diagnostics, dialogue and patience, brought improvements both in technology and, of course, in personal records.

We used 6 hours of one-to-one sessions in the half-year period, plus a weekly focus with the Swim Smooth group. Gradually, we went through all the swimming strokes, personal records were managed and now we look forward to further lessons and, of course, again to the summer camp with a great group. It's a pity that Gabriela has a base in Prague, it is logistically difficult and time consuming for us.

We firmly believe that we have chosen the best way and coach. Today we are confident that our daughter will return to the championship because of Gabriela's professionalism, and the fact that we met competitors and those in their category among the best seeking Gabriela's help.

Luděk and Hanka,
Prague, February 2018