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# Our Vision

- Do we dream about becoming number 1 ?
- Shared vision is necessary to build a plan.
- It's a Team work. Every one in the team is important.
- It's a lifestyle.

# What's the Dream ?

- Our swimmers want to be number ? Our staff wants to be number ?
- Belgium ranked nation number 18 at the European. No relays.
- Belgium had no participation at the World juniors.
- No other way than the way up.
- Engage our vision to a nation wide team.
- Be proud to represent Belgium, and have the ambition to become the best in the world.
- Win at the major meet. Break records.
- Become a top European swimming country.
- Leave a tradition for the future.

# What is the plan ?

- 2022-2024 cycle.
- 2024-2028 cycle.
- 6 years plan, which should be done in 3x 2 years cycles.
- Build the strongest and fittest swimmers.
- Build the best skilled swimmers.
- Use altitude training.
- Expose the team to international racing.
- Head to Head training.
- High performance culture.

# David Rudisha



- Mireia Belmonte VS Judit Ignacio
- Mireia Belmonte VS Claudia Dasca
- Mireia Belmonte VS Kerry-Anne Payne
- Mireia Belmonte VS Lidia Morant
- Mireia Belmonte VS Hannah Miley
- Mireia Belmonte VS Lauren Boyle
- Mireia Belmonte VS Lara Grangeon
- Mireia Belmonte VS Alice Mizzau
- Mireia Belmonte VS Maria Vilas
- Mireia Belmonte VS Jimena Perez
- Mireia Belmonte VS Maddy Gough

# TEAM

- Team sentiment avoids lack of spirit
- Team sentiment slows down egoism
- Team sentiment helps discipline

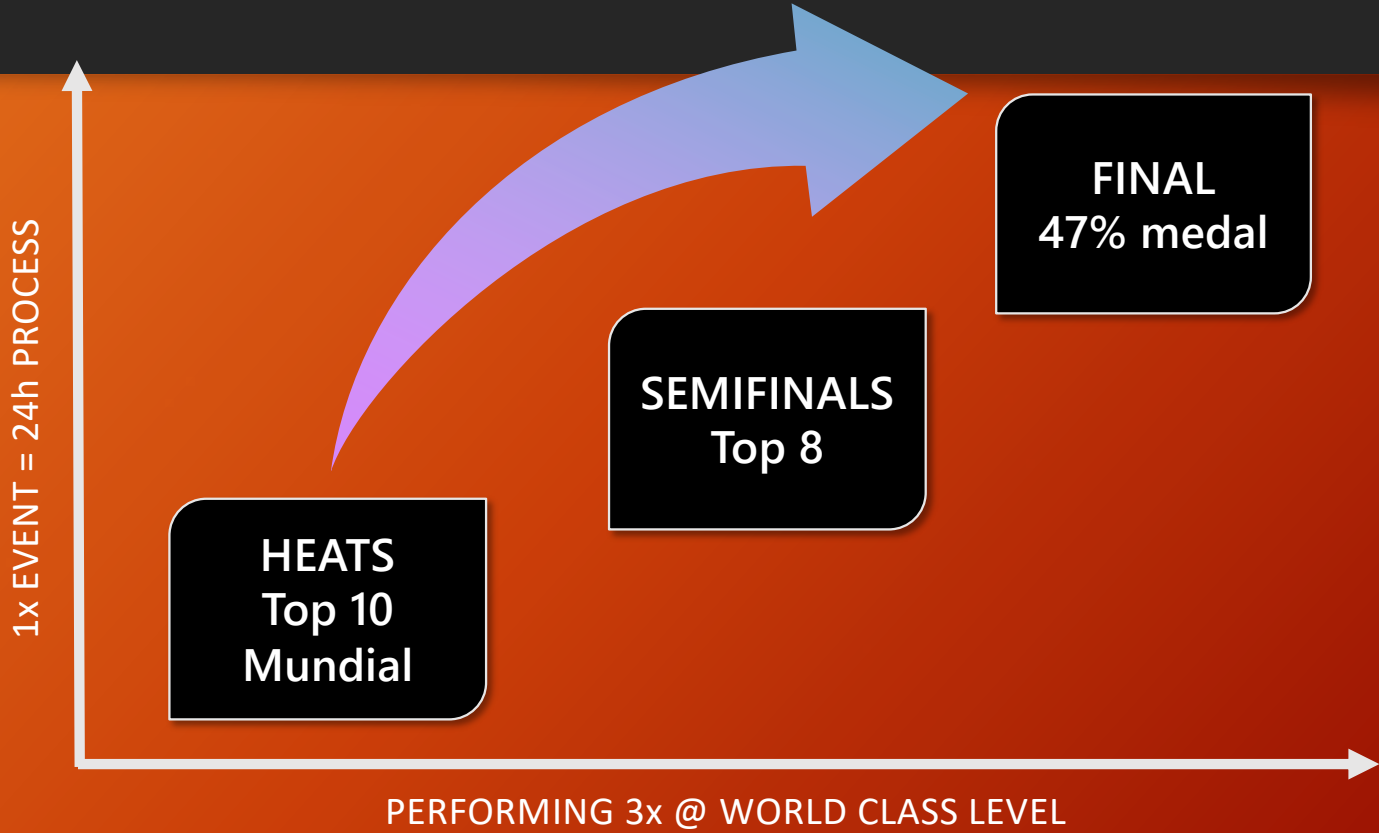
#AllBlacks - 1967

# Team Work

- Everybody is key to deliver the best program possible.
- The best prepared swimmers will have success. They will be prepared by the best prepared staff.
- 100% involvement. Swimmers and staff.
- Optimise our knowledge around the country.
- Being 'good' on a daily basis is the key. Consistency will allow progress.
- Understand the hierarchy and the decision making process.
- Always room for discussion. Regular meetings (formal and informal).



# Heats - SemiFinals - Final



# Mireia Belmonte June 2012 - August 2017

London 2012, 200m Butterfly  
**Missed** GOLD by 0.81



Rio 2016, 200m Butterfly  
**Won** GOLD by 0.03



Budapest 2017, 200m Butterfly  
**Won** GOLD by 0.13



Lowest BM, Highest LM, Lowest FM in 8 years

## “NO ONE TOLD ME”

- With a lot of work, and many decisions, you can reach your dream.
- Coaching development is necessary, but intuition is the key.
- You need mentoring, but follow your own instinct.
- If you have a pool, you have a chance.
- You must repeat your ‘basics’ on a daily basis.
- There is a price to pay.
- You must accept to start from 0 every September.
- High level and Elite level are 2 different sports.
- If you win you will face envy.

# Lifestyle

- Vision ? A word, phrase, logo, results, etc.
- It must be defined, and shared by all.
- It must be something that strives us every single day. Something that motivates us, and that we don't need to be reminded of.
- Promoted by the national team.
- Communicate throughout the entire nation.
- 3 important elements : attitude - process - decision
- Communication and support from the federation. Being 'modern'.

Your  
comfort  
zone



Where the  
magic happens