

# Olympic Solidarity

## General training course in applied sports science

Olympic Solidarity has now funded three programmes for coaches, and 44 participants from 21 countries have attended the General Training Course for Coaches at the High-level training Centre (CAR) and the Catalan National Institute of Physical Education (INEFC), both located in Barcelona, Spain.

This latest course, which was attended by 14 coaches (13 men and one woman), was based on a clear and innovative idea of offering coaches from various NOCs comprehensive further training at two world-renowned institutes, whose members of staff would put their expertise and knowledge at the service of the coaches participating in this programme.

The experience coaches can gain at the centre over three months is not limited merely to learning about sports sciences. The sense of fellowship gained from being one of a group of students is also a relevant factor. The environment at the course which encourages dialogue and exchanges of opinions means that each coach can engage in conversations and exchanges of opinion and experiences with fellow participants and members of staff from both centres.

The fact that the coaches actually stay at the CAR in Sant Cugat and are able to chat with all the professionals at the centre: coaches, doctors, psychologists, physiologists, athletes, etc. adds to the benefit of their stay. A particularly positive event was the Argentine football team's stay at the CAR -

not to mention visits by many other teams. The coaches were able to attend the training sessions, get to know the players and talk to the team's technical staff, exchanging opinions on high-level performance training.

Similarly, Barcelona's Real Club Deportivo Espanyol trains at the centre once a week, the Spanish volleyball team met there several times, and several top-level tennis players trained there.

Moreover, the students were invited to attend an International Course on Nutrition and Sport which was held at the CAR but did not however fea-

Receiving training in the latest techniques of modern coaching, living with coaches from different countries and the staff of the CAR in Sant Cugat and the INEFC over a three-month period at a training centre where world-class sportsmen stay and train are the principal benefits of the General Training Course in Applied Sports Sciences for coaches, the third edition of which has just ended. No doubt the next editions promise to be equally if not more beneficial for participants.

The course officially ended at the INEFC headquarters in Barcelona, where diplomas and certificates



*Weightlifting session.*

ture on the course programme. For three days, a number of papers were delivered by experts in the field such as Jordi Segura, who spoke about pharmacological substances in sport, and C. Y. Guezennec, who tackled the subject of hydration and hydromineral metabolism in athletes.

were presented in the presence of the Catalan Government's director general for sport, Merçé Curull, Jose Antonio Sancha, director of the INEFC, Andreu Camps, Francesc de Puig i Viladrich, CAR director, Guillermo Perez Recio, its deputy director and Beatrix Hurst, projects manager for Olympic Solidarity.