EUROPEAN AQUATICS

DIVING COACHES CLINIC

TWIST ROTATION

17 December 2026

Rzeszow, POLAND

INFORMATION BULLETIN



EUROPEAN AQUATICS' PRESIDENT MESSAGE

As President of European Aquatics I'd like to welcome you all to the European Aquatics Diving Coaches Clinic "Twist Rotation".

Education is at the heart of everything we do, and it plays a huge role in the European Aquatics Strategic Plan 2024-2030. Whether you're an athlete, coach, official, or referee, continuous learning helps us all improve, stay sharp, and keep our sport moving forward.

These courses and clinics are more than just training sessions—they're opportunities to grow, connect with experts, and be part of a community dedicated to excellence. By investing in education, we ensure that our sport remains fair, innovative, and always evolving. So, dive in, learn as much as you can, and let's build the future of European Aquatics together!

ANTONIO SILVA

European Aquatics' President

DIVING COACHES CLINIC 2026

The Clinic will take place in Rzeszów, Poland, on 17 December 2026. It will be organised by the European Aquatics Academy in cooperation with the Technical Diving Committee and the Poland Aquatics, as part of the Diving Coaches Development Program in 2026.
The Clinic is part of EA' ongoing cooperation with National Federations, aiming to support the development of diving coaches, share knowledge and improve coaching standards. This initiative will provide an opportunity to exchange experience and introduce practical methods to help coaches further develop their skills and improve the performance of their athletes.

Coaches who take part in the Clinic will receive a European Aquatics Clinic Certificate and earn credits towards further European Aquatics coaching certification.

DATE

December 17th, 2026

INFORMATION

APPLICATION'S REQUIREMENTS:

- Candidates must be nominated by the Member Federations or respective Diving Club
- Basic level of English language

APPLICATION'S AIM:

- Continue to reinforce the European Aquatics Diving Coach Development and Certification
- Continue to advance EA Coaches theory and skills competence ensuring thus best practice transition and preparation for major European Aquatics Championships

REGISTRATION

- Registration and payment should be done through the European Aquatics Academy Education platform **by December 15th, 2026 at the latest.**
  https://www.eaacademy.eu/lms/courses/diving-coaches-clinic-twist-rotation
- Registration fee: 20€
- Attendance: in-person only

IMPORTANT INFORMATION

All diving stakeholders may extend experience of this Clinic by participating in the EA Evaluated Event – Polish Winter Open Diving Championships, December 17th-20th, 2026. The program includes open events for seniors and age groups A, B. Evaluation of Diving Officials contributes to EA DVO Certification and maintains progression to the next certification level.

ACCOMMODATION

Accommodation and travel shall be organised by each participant on self-arrangements basis.

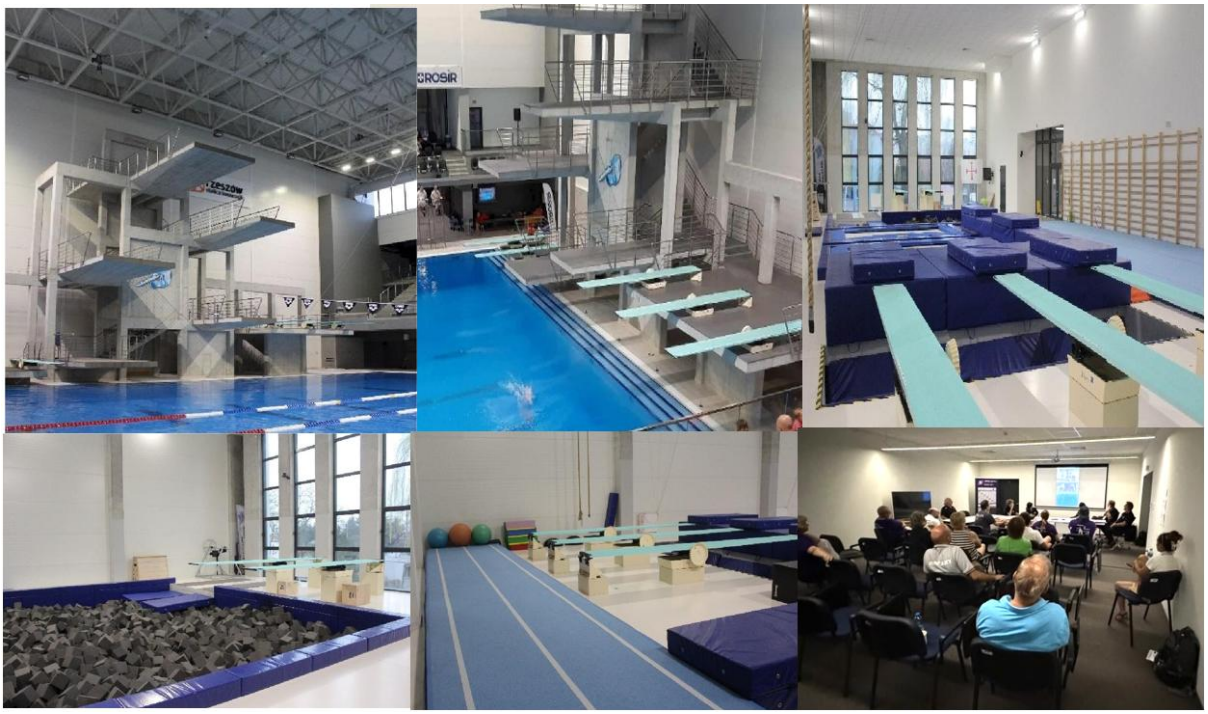
RECOMMENDATION:

Hotel Prezydencki	(*https://hoteleprezydenckie.pl/*)	3* and 4*	B&B, HF, FB
Hotel Horyzont	(*https://www.hotelhoryzont.eu/*)	3*	B&B

*Lunch and dinner can be ordered from Twierdza Hotel in 5 min walking distance to the pool (*https://www.twierdza.rzeszow.pl/*)

FACILITY

Rzeszow Diving Arena / Pływalnia Matuszczaka
7A Matuszczaka Street, 35-083 Rzeszów, Poland



EA DIVING COACHES CLINIC | Twist Rotation

17 December 2026 | Rzeszow, POLAND

LECTURERS

- SPEAKERS:
  - **Borys Rozenberg** - Head Coach of the Polish National Team, Olympic Medlalists Coach
  - **Pavlo Rozenberg** - Former Elite Athlete, World Championships Medalist & Performance Development Coach of the Suisse National Junior Team
- MODERATOR:
  - **Anna Sorokina** – Technical Diving Committee Chair

CONTACT

education@europeanaquatics.org

PROVISIONAL PROGRAMME

Thursday, 17 December	Topics	Lecturers/Responsible
13:00 - 13:15	Introduction of the European Aquatics Diving Coaches Clinic and EA Coaches Certification	LOC / Anna Sorokina
13:15 - 14:30	**Twist rotation Part 1.** Lateral preference and side choice: relationship/correlation between hurdle leg, palms entry position in diving other conditions	Borys Rozenberg
18:00 – 18:45	*Polish Open Winter Championships* *Technical Meeting*	LOC
19:00 – 19:30	Forward twists methodical basis and practical basis, developing exercises **Twist rotation Part 2.1** Backward and Armstand Twist methodical basis and practical basis, developing exercises	Borys Rozenberg
19:30-20:30	**Twist rotation Part 2.2** Lateral preference and side choice: relationship/correlation between hurdle leg, palms entry position in diving other conditions	Pavlo Rozenberg
20:30-21:00	Q&A Session	Borys Rozenberg Pavlo Rozenebrg

Looking forward to seeing you in Rzeszów!