

Great Olympic Swim Coach Jon Langberg

Great friend and great person

(مدرب أولمبي قدير وصديق عزيز وقدوة يحتذي بها)



Coach Jon Langberg

Coach at the Denmark National Training Center

To meet national team coaches and talk to them about their preparation for the Olympic games, European or world Championships, and USA Nationals. And what it takes to help a swimmer or whole team to get to this level? It's kind of repeated for me many times started since I was in Barcelona Olympic Game in 1992, then in my 7 times in the ASCA yearly conferences in America from 2001 to 2021. Then, during last 5 months while I am supervising national swim camps in Egypt.

I never met a very friendly and useful person like coach Jon Langberg, Denmark coach at the National training center who leads two swim camps here in Egypt, one in the last November and the other in January 2025.

Coach Jon not only talks to me with a very open and honest mind but also lets me talk with his 4 Olympian swimmers and even sent me his work out to look at it and ask him any question because he trusted me. He also allowed me to hold -two main sets for one of his Olympians, the 1500 m. freestyle swimmer Alexander Aslak.

So, I choose to write this article by English not by Arabic dedicated and respecting to him.

One of the many things I asked coach Jon about was:

What things that you want to see or find in a swimmer who has a chance to make it to the Olympic level?

His answer was:

Who has well technique, works very hard by themselves, loves water and have fun! And pushes the coach and other swimmers to be better, and I really like swimmers to be on time. In other words, the one is good in

everything, and spend many years try to be a better swimmer.

The second part of the question was, what the most you don't like in a high-level swimmer?

He said: those who say we want to be the best, but they don't do their best, and the ones who don't tell me everything but talk to others about it!

Another question with him about what advice can you tell our developing swimmers to give?

Be curious, not stop asking questions, everyday learning, and absolutely have fun!

I asked him what about the coaches? What make them better?

He answered: never stop learning, go take coaching clinics, learn new things,

Then I met with his best swimmer -4th place in Paris Olympic Games 2024

In women 200m. Butterfly and second in European Championships
HELENA BACH- the one who has great personality and most swimmer who working very hard I ever see in those swim camps. And talked with

Julie Keep Jensen European many times Medalist in 50 m free.



HELENA BACH

4th place in 200 m. butterfly

PARIS 2024



JULIE KEPP JENSEN

many times medalist 50m. free

EUROPEAN CHAMPIONSHIPS

I asked Helena who is your role model? She said Michael Phelps!

And Julie said Sarah Sjostrom from Sweeden.

I asked both ladies: what the most things make you in best form in swimming?

Helena said I love to train, love swimming, love competitions with the best in the world, and make me happy in general how far I get!

And Julie agreed and added she loves traveling and swim camps.



Then, I met **Alexander Aslak**, the Olympian in 1500 and 800 m. in Rio, and Tokyo Olympic Games,

I asked him about how he started swimming.

He answered: in his backyard when he was 4 years old, he loved kicking and enjoyed being in the water until he was 10 years old when he started competing with his team. Both his parents are great athletes

When he was 12-13 years old, he went to national youth swim team, and in 15-16 he got silver medal in youth European championships.

Best time and best results were between 2016-2019 when he went final in world championships in South Korea in 1500 m freestyle. The Coved 19- periods affected him a lot, so he went 14th place in 800 m freestyle in Tokyo 2021.



Olympian- Alexander Aslak Denmark National Team.

WHAT WE ALL GET FROM THIS ARTICLE?

THE ANSWER IS: FOR SWIMMERS THEY HAVE TO:

- have well technique.
- work very hard by themselves
- love water and have fun!
- and pushes the coach and other swimmers to be better.
- and swimmers must be on time.
- in other words, the one is good in everything, and spend many years try to be a better swimmer.
- they love to train.
- love swimming.
- love competitions with the best in the world.
- and make them happy in general how far they get!
- love traveling and love swim camps.
- start early how to swim for the first few years as fun.
- they keep swimming and practicing for improving their technique and physical shape for long times.

AND FOR THE COACHES:

- They must keep learning.
- Attending swim clinics for coaches.
- Learn new things.
- Be a role model for their swimmers.



HOPE I ADDED SOMETHING USEFUL FOR OUR SWIMMERS AND COACHES! GOD BLESS YOU ALL.