



ST PAUL'S BARNES  
SWIMMING CLUB

## Martin Jurco

Martin began training as a competitive swimmer at age of six in Slovakia where he rose to National level. As a former elite swimmer and National champion, he retired in 1994 and returned to international swimming in 2007. He was part of a team of world class swimmers preparing for the Beijing Olympics in Florida under 7 times Olympic coach, Michael Lohberg. Martin was still ranked second in his home country of Slovakia when he was aged 33.

After moving to London in 1999, he returned to swimming as a coach, and created a new revolutionary swimming program called Magnificent Junior Coaching. Martin focuses on movement efficiency, and is able to assess each swimmer and recommend the best technique to achieve the most efficient movement through the water.

Turning his successful swimming career into successful coaching career he brought 3 swimmers to the National Championships and helped countless county and regional swimmers and medallists along the way too.

Martin believes in creating a good training environment and relationship with his swimmers. He believes that the special bond between swimmer and coach is crucial to an athletes' performance in training and competition. There are many great and talented swimmers but the true hero is the one who tries to be the best he/she can be. For Martin the sport of swimming is an art and he tries to redefine the art of swimming.

Martin is always keen to try new things. He researches swimming websites and literature and tries new things in the water or gym for himself first to feel the impact on his own body and fitness. Learning from experienced coaches he travels extensively to seek this knowledge, attends seminars and reads swimming literature.

Additionally Martin is also qualified personal trainer and Ki-Hara resistance stretching trainer. He is very keen on nutrition and how it affects athletic performance. He has researched the subject in great detail for number of years. He is raw low fat vegan.

His favourite quote is 'The limits are where you want them to be.'