



U.S. Paralympics Swimming

VIRTUAL COACHES CLINIC



Coaching the Para-Swimmer

Tuesday, June 29, 2021 11:30am EDT

This clinic will be presented virtually via Zoom.

To attend, register by clicking on the link below. All registrants will receive a presentation link June 29, 2021 by 8:00am EDT

<https://www.signupgenius.com/go/60B0948ABA929A2FA7-virtual7>

In this session, you will:

- Discover the Rio 2016 Paralympic Games footprint
- Examine the classification system, rules and exceptions by WPS
- Preparation for the classification experience
- Examine the Para Swimming Development Model (PSDM)
- Observe basic biomechanical swimming modifications/adaptations
- Differentiate the technical progressions of a para-swimmer
- Identify basic strength & conditioning modifications/adaptations
- Review recovery, nutritional and travel hints for Para swimmers
- Compare a seasonal/annual plan with overlapping commitments

For more information and resources on para-swimming

VISIT: <https://www.teamusa.org/USParaSwimming>