

U.S. PARALYMPICS SWIMMING

FAQs REGARDING A NON COLLEGIATE TRAINING EXPERIENCE

EXPLORE YOUR TRAINING OPTIONS

Top Things to Consider

- What type of team experience are you looking for?
- What personal experience do you need to be at your best?
- Is public transportation required? Is so, is it readily available?
- Is the coaching staff able to work with you year round to include planning and training for U.S. Paralympics Swimming schedule and events?
- Are you able to participate in local and regional meets with the club and team?
- Do practice times fit your college course schedule or work/life?

Top 3 Options

1. Research the [USA Swimming Club Team website](#) for team in the area
2. Research the [USMS Masters Club Team website](#) for teams in the area and check local colleges for campus masters programs
3. Research the [Resident Program at OTC website](#) for information on the Resident Program and communicate directly with the Director of U.S. Paralympics Swimming



PERSONAL NEEDS & WANTS

- What coaching style fits you best?
- What training philosophy fits your impairment best?
- What pool facility needs are required for your impairment?
- Do you need living accommodations nearby?
- Are there options for out of pool