



# U.S. Paralympics Swimming **COACHES ONLY WORKSHOP**



## FREE COACHES WORKSHOP

Date: Sunday April 5, 2020

Location: St. Catherines, St. Paul, MN

<https://static.stkatesathletics.com/custompages/general/2015-16/sp-campus-map-2015-color.pdf>

Address: Building #4 (Butler Center for Sports & Fitness)

### Schedule

Registration: 3:00pm

Classroom : 3:30pm– 5:30pm

Learn about the classification process. How to coach and adapt to specific sport class needs. Pool demonstrations, including stroke, start, and turn options. Drills and skills in and out of the pool. How to adapt training concepts to fit different sport class needs. What opportunities exist within U.S. Paralympics Swimming.

[Register to attend this event](#)

<https://www.signupgenius.com/go/60b0948aba929a2fa7-stcatherines>

For more information and resources on para-swimming VISIT:

<https://www.teamusa.org/us-paralympics/sports/swimming/camps-and-clinics>