



U.S. Paralympics Swimming

FREE INTRO PARA SWIM CLINIC

FOR ATHLETES, COACHES & PARENTS:

Date: Sunday, April 5, 2020

Location: St. Catherines University, St. Paul

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

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

Schedule

Registration: 9:30am

Classroom : 10-12:00 noon

Lunch Break: 12-1:00pm

Pool Sessions: 1-3:00pm

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 or enter link in browser:

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

For more information and resources on para-swimming VISIT:

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