U.S. Paralympics Swimming
VIRTUAL COACHES CLINIC

Coaching the Para-Swimmer

Sunday November 14, 2021  8:00pm EST

This clinic will be presented virtually via Zoom.
To attend, register by clicking on the link below. All registrants will receive a presentation link on November 14th.

https://www.signupgenius.com/go/60B0948ABA929A2FA7-virtual8

In this session, you will:

• Discover the Tokyo Paralympic Games footprint
• Examine the classification system, rules and exceptions by WPS
• Learn how to prepare 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