Virtual Clinic:
An Introduction to Coaching the Para-Swimmer
Monday July 11, 2022  Time:  8:00pm EDT

This clinic will be presented virtually via Zoom.  
All registrants will receive a presentation link by 6:30pm EDT, Monday July 11, 2022.

To register, CLICK here:  
https://www.signupgenius.com/go/60B0948ABA929A2FA7-virtual11

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
• Learn about the new Para Swimming Coaches Certification courses

For more information and resources on para-swimming 
VISIT:  https://www.usparaswimming.org/