U.S. Paralympics Swimming

VIRTUAL CLINIC:
AN INTRODUCTION AND ORIENTATION TO PARA SWIMMING

FOR ATHLETES, COACHES & PARENTS:
Date: Monday July 11, 2022  Time: 6:45 pm EDT

This clinic will be presented virtually via Zoom. All registrants will receive a presentation link by 4:30pm EDT, Monday, July 11, 2022.

To register, CLICK here:
https://www.signupgenius.com/go/60B0948ABA929A2FA7-anintroduction1

Outcomes of this session:
• Discover the roles of the USOPC and U.S. Paralympics Swimming
• Identify distinctions of U.S. Paralympics and Special Olympics
• Describe the basic of classifications, rules, and exceptions
• Compare the levels of the Para Swimmer Development Model (PSDM)
• Compare the competition progression associated with the PSDM
• Compare & contrast training considerations
• Utilize basic biomechanical modifications/adaptations for athletes with physical, visual and/or intellectual disabilities
• The next step

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