



U.S. Paralympics Swimming

VIRTUAL COACHES CLINIC



Coaching the Para-Swimmer

Sunday February 27, 2022 Time: 8:00pm EST

This clinic will be presented virtually via Zoom.

All registrants will receive a presentation link by 4:30pm EST, February 27th.

To register, CLICK here:

<https://www.signupgenius.com/go/60B0948ABA929A2FA7-virtual9>

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>