



**U.S. Paralympics Swimming  
VIRTUAL FOUNDATIONS CLINIC  
AN INTRODUCTION TO PARA SWIMMING**



**FOR ATHLETES, COACHES & PARENTS:**

**Date: Sunday February 27, 2022**

**Time: 6:30pm 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-foundations4>

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
- Outline what's next

For more information and resources on para-swimming

VISIT: <https://www.teamusa.org/USParaSwimming>