U.S. Paralympics Swimming

VIRTUAL CLINIC

Coaching the Para-Swimmer

November 22, 2020 7:00pm 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 21.

https://www.signupgenius.com/go/60B0948ABA929A2FA7-virtual4

In this session, you will learn to:

- Discover the 2016 Rio Paralympic Games footprint
- Examine the classification, system, rules and exceptions by WPS
- Identify aspects of preparing an athlete for a 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/Camps-Clinics