



U.S. Paralympics Swimming

IN PERSON COACHES CLINIC



Coaching the Para-Swimmer

Saturday, March 12, 2022 Time: 1:00pm-3:30pm EST

This clinic will be presented in-person with the help of

Hillsborough County Adaptive Sport at:

**Temple Terrace Family Recreation Complex
6610 Whiteway Dr Temple Terrace, FL 33617**

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To register, CLICK here:

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

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>