



**U.S. Paralympics Swimming
IN-PERSON FOUNDATIONS CLINIC
AN INTRODUCTION TO PARA SWIMMING**



FOR ATHLETES, COACHES & PARENTS:

Date: Saturday March 12, 2022 Time: 8:30am-11:30am EST

Registration check-in begins at 8:00am

**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**

To register, CLICK here:

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

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>