



U.S. Paralympics Swimming

VIRTUAL CLINIC



Coaching the Para-Swimmer

August 16, 2020 5:30pm EST

Zoom link will be sent to all registrants on August 14

Topics included:

Rio Paralympic Games Footprint • Basics Classification, rules and exceptions and preparing for a successful classification experience • Para-swimmer Development Model • Training Progressions • Biomechanical modifications for athletes with physical, visual and/or intellectual disabilities • Seasonal Planning for multiple arena's • Recovery options • Nutrition & Travel Hints

Register at:

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

For more information and resources on para-swimming VISIT:

<https://www.usparaswimming.org>