



**U.S. Paralympics Swimming  
VIRTUAL CLINIC**



**INTRODUCTION TO PARA SWIMMING**

**FOR ATHLETES, COACHES & PARENTS:**

**Date: Sunday, November 8, 2020**

**Time: 7:00pm EST**

This clinic will be presented via Zoom. To attend, register by clicking on the link below. All registrants will receive a presentation link on November 7th.

<https://www.signupgenius.com/go/60B0948ABA929A2FA7-virtual3>

In this session, you will learn:

- Discover the roles of the USOPC and U.S. Paralympics Swimming
- Identify distinctions of U.S. Paralympics and Special Olympics
- Describe the basic constructs 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>