



**U.S. Paralympics Swimming
FOUNDATIONS 1 VIRTUAL CLINIC
AN INTRODUCTION TO PARA SWIMMING**



FOR ATHLETES, COACHES & PARENTS:

Date: Saturday, April 24, 2021

Time: 10:00am EDT

This clinic will be presented via Zoom. Please plan accordingly for your specific time zone. All registrants will receive a presentation link on April 23, by 9:00pm EDT.

To attend, register by clicking on the link below.

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

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 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>