



Connections, Education, and Resources

“Creating Paralympic Coaching and Swimming Opportunities through Existing Swimming Programs”

**By Coach Peggy Ewald
Consultant for U.S. Paralympics Swimming**

**Saturday April 7, 2018
Registration Open: 7:30am
8:00 am – 12:30 pm**

Free Clinic For Athletes, Coaches, and Parents

**At the James-DeWitt Middle School Pool
6280 Randall Rd, Jamesville, NY 13078**

Over the next quad many opportunities for athletes with physical, cognitive or visual impairments will open up at every level of sport. Swimming is on the leading edge of this movement. There will be new and existing opportunities to provide coaches and Para-swimmers with support and resources.

This clinic will focus on what U.S. Paralympics Swimming can do for you to facilitate growth.

Classroom Session: 8:00am—10:00 am

Break on Own: 10:00-10:30 pm

Pool Session: 10:30—12:30 pm

Topic of the clinic include:

- ◆ Learn about the basics of classification plus how and where to get classified
- ◆ What to expect at a Para-swimming meet
- ◆ Understand the different types of para-swimming meets
- ◆ How to coach and adapt to specific sport class needs
- ◆ What opportunities and resources exist with U.S. Paralympics Swimming
- ◆ How to progress from age group to elite
- ◆ Pool demonstrations including possible stroke, start, and turn options
- ◆ Drills and skills in and out of the pool
- ◆ How to adapt typical training concepts to fit different sport class needs

For More Information and how to register to attend this event,

<http://www.signupgenius.com/go/60b0948aba929a2fa7-syracuse>

Other Sources of information can be found at :

http://www.teamusa.org/US_Paralympics/Sports/Swimming/Events.aspx