



**U.S. PARALYMPICS SWIMMING**  
**VIRTUAL CLINIC:**  
**AN INTRODUCTION AND ORIENTATION TO**  
**PARA SWIMMING**



**FOR ATHLETES, COACHES & PARENTS:**

**Date: Sunday August 28, 2022 Time: 8:00 pm EDT**

This clinic will be presented virtually via Zoom.

All registrants will receive a presentation link by 6:30pm Eastern, Sunday, August 28, 2022.

To register, **CLICK here:**

<https://www.signupgenius.com/go/60B0948ABA929A2FA7-anintroduction2>

**Outcomes of this session:**

- Discover the roles of the USOPC and U.S. Paralympics Swimming
- Describe the basic of classifications, rules, and exceptions
- Prepare for a positive classification experience
- Examine the levels of the Para Swimmer Development Model (PSDM)
- Compare the competition progression associated with the PSDM
- Discover basic training considerations for Para swimmers
- Watch basic biomechanical modifications/adaptations for athletes with physical, visual, and/or intellectual disabilities
- Identify typical support of a Para swimmer in training and competition
- The next step for coaches and Para swimmers

For more information and resources on Para swimming

VISIT: <https://www.usparaswimming.org/>