

**National Para-Swimming Engagement Day (on-line via Zoom)
Sunday 7th February 2021**

Athletes: 9:30am – 1pm (Coaches are welcome to observe)

Club Administrators: 1.00 – 2.30pm.

Coaches 2:45pm – 4:45pm

Join the England Para - Swimming Talent Team for a FREE, fun day of workshops and activities, designed to help athletes, coaches and parents / guardians gain valuable information about the development of Para-athletes. A digital certificate of attendance will be issued shortly afterwards.

Who is this day for?

- Athletes who attend Regional Para-Swimming Training in their region
- All classified athletes and those on the classification waiting list who would like to develop their swimming further
- Category 2 members who have an eligible Para-Swimming impairment or hearing impairment and would like to learn more about Para-Swimming, or development / competitive opportunities
- Coaches who would like to gain a greater knowledge of Para-Swimming and the support available to them and to athletes.
- Club Administrators, exploring ways of developing Para-Swimming within their club environment.

***This day is not open to athletes on the Swim England or British Para-Swimming Talent Programme*.**

****All athletes under the age of 16 should be accompanied by an adult throughout.**

Meet the team delivering on the day:



Martin Lees – England Para-Swimming Development Manager

- Martin can give you an update of opportunities available to clubs to develop their Para-Swimming offering



Carl Cooper – England Para-Swimming Talent Coach

- Carl leads on athlete development and can give athletes hints and tips to developing their training and performance as well as an insight into the common traits of successful Para-Swimmers



Tom McManus – England Para-Swimming Talent Coach

- Tom leads on coach development and can give coaches hints and tips to developing their programme, whilst exploring some adaptations used with Para-Swimmers

Timeline of the day

AM – Session Athlete

Time	Activity Workshop	Notes
09:30 – 09:45	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
9:45 – 10:45	RMAP - workout	Athletes require appropriate clothing and a safe / clear space for physical activity. It is advised to have a water bottle available for hydration throughout.
10:45 – 11:00	Break	
11:00 – 12:00	Workshop 1 'Exploring the Technical Pillar of athlete Development during the stroke'	Athletes may wish to make notes during workshops but slides will be available afterwards.
12:00 – 12:40	Workshop 2 'Exploring the technical pillar of athlete development optimising the underwater phase and skills at starts and turns'	
12:40 – 13:00	Q&A's Summary Depart	

PM Administrators

Time	Activity Workshop	Who	Notes
13:00 – 13:15	Log-In & Welcome	Administrators	Please have cameras switched on when joining the meeting and names match the application
13:15 – 14:15	Club opportunities and the wider development of Para-Swimming	Administrators	
14:15 – 14:30	Q&A – Summary - Depart		

PM Coaches

Time	Activity Workshop	Who	Notes
14:45 – 15:00	Log-In & Welcome	Coaches	Please have cameras switched on when joining the meeting and names match the application
15:00 – 16:30	Workshop – Developing Physical Literacy in Para-Swimmers	Coaches	
16:30 – 16:45	Q&A – Summary - Depart		Coaches

How to book onto the day.

Please complete this link: <https://www.surveymonkey.co.uk/r/ParaEngagementDay>
or email paralent@swimming.org

Log in details will be sent to you individual w/c 1st February:

We look forward to seeing you on the day.
The Para-Swimming Talent Team