

National Para-Swimming Engagement Day (on-line via Zoom) Tuesday 1st November 2022

Athletes: 6:30pm – 8:30pm (Coaches are welcome to observe)

Coaches 7:30pm – 8:30pm

Join the England Para - Swimming Talent Team for a FREE, fun workshop designed to help athletes, coaches and parents / guardians, gain valuable information about the development of Para-athletes.

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
- Competitive Swim England 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 workforce and club environment.

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

Athletes:

- When your coach mentions efficiency and streamlining, do you wonder what they mean and how that translates to how you are swimming?
- Could you swim faster with the same effort?
- Do you want to know basic nutrition and hydration concepts for training?

Coaches:

- Do you deliver a successful Age-group programme?
 - Can you develop that further?
 - Do you ask yourself how integrated and accessible your programme is?
- If you answered 'yes to any of the above this day is for you!**

Meet the team delivering on the day:



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



Jack Chambers – Swim England Talent Coach

Jack leads 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

Session 1: Athletes

| Time | Activity Workshop | Notes |
|---------------|--------------------------------------|--|
| 18:20 – 18:30 | Log-In & Welcome | Please have cameras switched on when joining the meeting and names match the application |
| 18:30 – 19:30 | What is drag? | <ul style="list-style-type: none">• What is drag and what causes drag?• What impact does drag have on swimming?• How do you overcome drag?• The workshop will close with a Q&A session. |
| 19:30 – 19:40 | Break | |
| 19:40 – 20:20 | Nutrition and Hydration for training | <ul style="list-style-type: none">• Are you getting the best out of each training session?• Are there basic guides to nutrition and hydration for training?• Where can athletes find information on nutrition? |
| 20:20 – 20:30 | Summary - Depart | |

Session 2: Coaches

| Time | Activity Workshop | Notes |
|---------------|--|--|
| 19:30 – 19:40 | Log-In & Welcome | Please have cameras switched on when joining the meeting and names match the application |
| 19:40 – 20:20 | Age group swimming programmes and considerations for Para-Swimmers | <ul style="list-style-type: none">• What do successful Age-group programmes look like?• What areas should you consider, when integrating Para-Swimmers into your programme? |
| 20:20 – 20:30 | Summary/Depart | |

How to book onto the day.

Please complete this link: <https://www.surveymonkey.co.uk/r/PV3HKJC>

By Thursday 27th October 2022 at 3pm.

Log in details will be sent to you individually on Monday 31st October 2022:

We look forward to seeing you on the day.

The Para-Swimming Talent Team

The next Engagement Day sessions will be Tuesday 31st January and Tuesday 16th May, 6-8pm.