

National Para-Swimming Engagement Day (on-line via Zoom) Sunday 17th October 2021

Athletes: 10:00am – 12:00pm (Coaches are welcome to observe)

Coaches 12:30pm – 2:30pm

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.

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



Tom McManus – Swim England Talent Officer

Tom is the Swim England Pool Lead on coach and can give coaches hints and tips to developing their programme, whilst exploring some adaptations used with Para-Swimmers



Zoe Stemp – Swimming Coach: Havant & Waterlooville SC

As well as being a successful coach in a club setting, Zoe has been instrumental in the development of Para-Swimming. She will talk about her experience as a Regional Lead Coach, the Para-Swimming Coach Development Programme and being a National Skills Coach on the Swim England Para-Swimming Talent Programme.

Timeline of the day

Session 1: Athletes

Time	Workshop	Notes
09:50 – 10:00	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
10:00 – 11:00	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.
11:00 – 11:10	Break	
11:10 – 11:50	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?
11:50 – 12:00	Summary - Depart	

Session 2: Coaches

Time	Workshop	Notes
12:20 – 12:30	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
12:30 – 1:20	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?
1:20 – 1:30	Break	
1:30 – 2:20	A coaches journey	<ul style="list-style-type: none"> • We will be joined by successful swimming coach – Zoe Stemp, who will answer questions on her journey as a swimming coach, including her experience and continued development within Para-Swimming
2:20 – 2:30	Summary Depart	

How to book onto the day.

Please complete this link no later than 12 noon on 14th October:

<https://www.surveymonkey.co.uk/r/9HPQWQP>

Log in details will be sent to you individually on the afternoon of 14th October 2021

We look forward to seeing you on the day.

The Para-Swimming Talent Team