

**National Para-Swimming Engagement Day (on-line via Zoom)  
Saturday 10<sup>th</sup> July 2021**

**‘A Day with Dave’**

**Athletes: 11:30am – 1:30pm (Coaches are welcome to observe)**

**Coaches 2:00pm – 3:00pm**

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.

**Our main speaker for the day: Dave Hill.**

Dave is a 2 x Paralympian in Swimming & Triathlon, a World & European Medallist, British Champion, Team GB's Youngest Athlete at the Athens 2004 Paralympics and a Top 10 Finisher in the Rio-de-Janerio 2016 Paralympic Games.

- He now works as an athlete mentor, head coach at Exmouth Swimming Club, a personal trainer and passionate to pass on his knowledge to the next generation.
- David will talk about his career as an elite level athlete in two disciplines, giving hints and tips to athletes about developing and performing to their best, so please think of a question you would like to ask.
- He will then lead athletes through a land workout, explaining each element and why athletes perform them. This will build into a routine including his ‘making sense of chaos’, a 5-10 minute Pre-pool routine that you can use if everything has gone wrong and you’ve got to the pool with no warm up and your race starts in 10 minutes!
- There will be a coach specific workshop, where Dave will draw upon his experience as an athlete and coach to cover areas such as, what Para-athletes require of a coach, what he has learnt and influenced his own coaching.



**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 workforce and club environment.

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

## 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 – 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

### **Session 1: Athletes**

<b>Time</b>	<b>Activity Workshop</b>	<b>Notes</b>
11:20 – 11:30	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
11:30 – 12:25	A chat with Dave	<ul style="list-style-type: none"><li>• A talk with Dave about developing as an athlete and hints and tips to help along the way.</li><li>• His experiences progressing from a developing athlete through to an elite performer.</li><li>• The talk will close with a Q&amp;A session.</li></ul>
12:30 – 1:25	RMAP - workout	<ul style="list-style-type: none"><li>• Athletes require appropriate clothing and a safe / clear space for physical activity.</li><li>• It is advised to have a water bottle available for hydration throughout.</li></ul>
1:25 – 1:30	Summary - Depart	

### **Session 2: Coaches**

1:50 – 2:00	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
2:00 – 2:50	How can coaches develop Para-Swimmers	<ul style="list-style-type: none"><li>• Dave will talk about his experiences progressing from a developing athlete through to an elite performer – what he needed from coaches at each stage of his development</li><li>• The talk will close with a Q&amp;A session.</li></ul>
2:50 – 3:00	Summary Depart	

## How to book onto the day.

Please complete this link: <https://www.surveymonkey.co.uk/r/MC2635Q>

**Log in details will be sent to you individually w/c 5<sup>th</sup> July 2021:**

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