

**National Para-Swimming Engagement Day (on-line via Zoom)**  
**Sunday 8<sup>th</sup> May 2022**

**Athletes: 10:30am – 12:15pm (Coaches are welcome to observe)**  
**Coaches 12:30pm – 14:00pm**

Join the England Para - Swimming Talent Team for FREE, 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
- 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.

**\*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:**



**Carl Cooper – England Para-Swimming Talent Coach**

- Carl leads on athlete development and can give athletes hints and tips in order to develop their training and performance as well as an insight into the common traits of a successful Para-Swimmer.



**Jack Chambers – England Para-Swimming Talent Coach**

- Jack 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 Athletes

Time	Activity Workshop	Notes
10:15 – 10:30	Log-In & Welcome	Please have cameras switched on when joining the meeting. Names on screen should match the name used on application
10:30 – 11:15	<b>Workshop 1</b> 'Psychology – Self Reflection'	Athletes may wish to make notes during workshops but slides will be available afterwards.
11:15 – 11:20	Break	
11:20 – 12:05	<b>Workshop 2</b> 'Lifestyle – The Importance of Rest'	
12:05 – 12:15	Q&A's Summary Depart	

## PM - Coaches

Time	Activity Workshop	Notes
12:20 – 12:30	Log-In & Welcome	Please have cameras switched on when joining the meeting. Names on screen should match the name used on application
12:30 – 13:45	<b>Workshop:</b> Developing Stroke Technique	Coaches may wish to make notes during workshops but slides will be available afterwards.
13:45 – 14:00	Q&A – Summary - Depart	

## How to book onto the day.

Please complete this link: <https://www.surveymonkey.co.uk/r/MWXP3D9>

**Log in details will be sent to swimmers / coaches individually w/c 2<sup>nd</sup> May:**

If you have any questions please email [paratalent@swimming.org](mailto:paratalent@swimming.org)

We look forward to seeing you on the day.

The Para-Swimming Talent Team