

National Para-Swimming Engagement Workshop (on-line via Zoom) Monday 30th January 2023

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

Coaches 7pm – 8pm

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 workshop 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 processes and process goal focused, 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 what RPE is and how it could help you and your development?

Coaches:

- Do you deliver a programme based around developing physical literacy?
- Are you familiar with RMAP and considerations/adaptations you can make for a Para-swimmer?

If you answered 'yes to any of the above this workshop 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 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 workshops

Session 1: Athletes

Time	Activity Workshop	Notes
18:00 – 18:10	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
18:10 – 19:00	An introduction to process goals and the process mind-set	<ul style="list-style-type: none">• What is a process goal?• What impact do setting processes goals have on swimming performance?• Why do we need process mind-set?• The workshop will close with a Q&A session.
19:00 – 19:10	Break	
19:10 – 20:00	Using 'process goals' to train and compete more efficiently and faster What is RPE?	<ul style="list-style-type: none">• Are you setting process goals for each training session and competition?• What process goals could you identify to develop to enhance your performances?• What is RPE and do we relate this to training?
19:50 – 20:00	Summary - Depart	

Session 2: Coaches

Time	Activity Workshop	Notes
19:00 – 19:10	Log-In & Welcome	Please have cameras switched on when joining the meeting and names match the application
19:10 – 19:50	Identify and discuss Physical Literacy and RMAP considerations for a Para-Swimmer.	<ul style="list-style-type: none">• Why is physical literacy and RMAP important in a swimmers development?• What areas should you consider, when integrating Para-Swimmers into your programme?• What adaptations can be made for certain impairments?
19:50 – 20:00	Summary/Depart	

How to book onto the day.

Please complete this link: <https://www.surveymonkey.co.uk/r/7PZNKJV>

By Wednesday 25th January 2023 at 3pm.

Log in details will be sent to you individually on Monday 30th January 2023:

We look forward to seeing you on the day.

The Para Swimming Talent Team

E: paratalent@swimming.org

