

**National Para-Swimming Engagement Day (on-line via Zoom)  
Tuesday 30<sup>th</sup> May 2023**

**Athletes: 6pm – 7:45pm (Coaches are welcome to observe)**  
**Coaches 7pm – 8pm**

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.

# Workshop Details

## Athletes:

Time	Activity Workshop	Notes
17:50 – 18:00	Log-In & Welcome	Please have cameras switched on when joining the meeting. Names on screen should match the name used on application
18:00 – 18:50	<b>Workshop 1</b> Awareness of Clean Sport & The Importance of Rest (Lifestyle)	Athletes may wish to make notes during workshops but slides will be available afterwards.
18:50 – 19:00	Break	
19:00 – 19:35	<b>Workshop 2</b> Psychology – Self Reflection	
19:35 – 19:45	Q&A's Summary Depart	

## Coaches:

Time	Activity Workshop	Notes
18:50 – 19:00	Log-In & Welcome	Please have cameras switched on when joining the meeting. Names on screen should match the name used on application
19:00 – 19:45	Developing Stroke Technique	Coaches may wish to make notes during workshops but slides will be available afterwards.
19:45 – 20:00	Awareness of Clean Sport	

### How to book onto the day.

Please complete this link by Tuesday 23<sup>rd</sup> May:

<https://www.surveymonkey.co.uk/r/P5YJP3H>

Log in details will be sent to swimmers / coaches individually w/c 22<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