

# PARA SWIMMING TRAINING

## SESSIONS 2023/24

The Para-Swimming Training Sessions have been set up in collaboration with the East Midland and West Midland Regions to engage and support swimmers with impairments to develop their experience and knowledge through their journey as a para-swimmer.

### AIMS:

- Increase the number of swimmers and coaches within the para-swimming pathway
- Identify and develop talented athletes
- Increase skills and knowledge of parents and guardians to support the para-swimmer
- Develop consistent messaging throughout the para-swimming pathway



The programme will consist of 3 training sessions:

- Sunday 7th January 2024
- Sunday 24th March 2024
- Sunday 9th June 2024

Each session will consist of a pool session aimed to develop technique and skills in all four competitive strokes, and a land session aimed to develop swimmers fundamental movement skills.

Sessions will be delivered by a team of coaches selected by the Regional teams, in liaison with Swim England Para-Swimming Talent Officer.

The Training Session programme is the first step of the Para-Swimming Talent Pathway, and all swimmers with a classification (or on the waiting list) and invited to access the regional training.

**Scan the QR code for further information:**

*Or click [here](#)*



- Eligibility criteria
- Classification
- Costs and Payment
- How to sign-up