

**Para-Swimming Development Day for athletes and coaches**  
**Sunday 28<sup>th</sup> April**  
**10:00am – 3:00pm**  
**Newmarket leisure Centre, Exning Rd, Newmarket CB8 0EA**



**The East region is pleased to announce a Para-Swimming development day with development opportunities for athletes and coaches throughout the day.**

**1. Who is the day for?**

Coaches with an interest in developing their knowledge and skills within Para-Swimming

Athletes, with a Para-Swimming or Hearing Impaired classification. It is also suitable for those wishing to compete and starting the classification process. (Please contact the regional office if you have any questions about attending).

**2. What is happening on the day?**

**Coaches** will benefit from a blend of theory and practical based workshops, exploring integration of para-swimmers, swim technique adaptations, as well as the use of self-checks in land work. Coaches are then encouraged to stay and put theory into practice at the para-swimming regional training session that follows but this is not compulsory to attend the workshops.

**Athletes** have a land based session with an awareness of 'self-checks' and explores how they can be incorporated into an RMAP pre-pool routine. This is then followed by a pool session with a theme of 'efficiency for fast swimming'. If you want to improve your skills and efficiency this is the session for you!

**3. The planned format of the day is outlined below:**

Time	Venue	Group	Activity
09:45 – 10:00	Foyer / Café	Coaches	Registration
10:00 – 11:00	Studio	Coaches	Coach CPD 'Coaching Para-Swimmers, technique and integration'.
11:00 – 12:00	Studio	Coaches	Coach CPD 'Self-checks' What are they and how do they relate to swimming?
12:00 – 12:15	Foyer / Café	Athletes	Registration
12:15 – 13:15	Studio	Athletes	Athlete land work

		+ Coaches	Self-checks & RMAP pre-pool
13:30 – 15:00	Pool	Athletes + Coaches	Pool session 'Skills and efficiency' for faster swimming.
15:00	Pool / Foyer	All	Summary / Depart

#### 4. Who will be delivering the sessions?

##### Carl Cooper National Talent Officer (Para-Swimming Talent Lead)

Carl has led and coached the National Para-Swimming Talent programme and coached on British teams and camps for many years. Carl will pass on his experience through workshops and by working with coaches and athletes in the pool session.

Carl is passionate that skills are essential for fast, efficient swimming and will be exploring that concept throughout the day.



##### Louise King – Regional Lead Para-Swimming Coach.

Swimmers will be familiar with Louise, our Regional Para-Swimming Lead Coach. She is also a highly experienced coach who has been selected as a skills coach for many para and non-para national talent camps. Louise will work with athletes across the day to pass on hints and tips.



#### 5. Key Regional Contacts

##### Emma Winter – Regional Administrator

Emma joined the East Region in November 2021 as the Regional Administrator. Within her role Emma assists with the overall operations of the Region, including the development of the aquatic disciplines.

Emma can be contacted at [emma.winter@swimming.org](mailto:emma.winter@swimming.org).



##### Peter Winter – Regional Disability Manager

Peter became the Regional Disability Manager in November 2022. He is an active Masters Para-Swimmer and qualified swimming coach.

Peter can be contacted at [disability@eastswimming.org](mailto:disability@eastswimming.org)





## **6. Booking your place.**

Coaches and Team Managers to book your place via the Region Disability Swimming Development webpage <https://www.eastswimming.org/disability/disability-swimming-development/> and filling in the Coach and Team Manger registration form.

Athletes can also register via the Region Disability Swimming Development webpage <https://www.eastswimming.org/disability/disability-swimming-development/> and filling in the swimmer registration form. There is a £15 fee for athletes.