

### **Para-Swimming Regional Training Overview**

Regional training forms a part of the Para-Swimming Talent Pathway and underpins the National Para-Swimming Talent programme which is led and delivered by Swim England's Para-Swimming Talent Team.

Para-Swimming Regional training aims to deliver sessions at locations around the region. This will enable as many swimmers as possible to access regionally-led, Para-specific training that includes both pool and land-based sessions.

The Para-Swimming Regional Lead coach will work closely with the Swim England Para-Swimming Talent Team, to lead on the delivery of training sessions and help to identify athletes with potential to progress along the Para-Swimming Talent pathway.

By recruiting coaches, we aim to ensure all coaches involved in the delivery of these sessions are appropriately trained and that the opportunity is extended to coaches throughout the Region. It will also enable training opportunities to be planned ahead to give clubs and swimmers more notice of Regional training.

Successful applicants will work closely with the England Para-Swimming Talent Team. Coaches will be briefed about the expectations of Para-Swimming Regional training and have the opportunity to contribute ideas to future Para-Swimming coach development plans for the region.

### **Training Objectives**

- i) To provide swimmers and coaches with education and development opportunities/experiences. These include development of skill and understanding of training in the pool and on land.
- ii) To encourage swimmers and coaches to think critically about stroke technique, key racing skills and develop the ability to evaluate different ideas around technique through the introduction of different approaches.
- iii) To give swimmers and coaches, exposure to the training environments aligned with protocols, conduct and expectations, experienced at English and British camps.
- iv) To provide coaches in attendance the opportunity to discuss the development of swimmers with Swim England staff and coaching peers. This should include, but not be exclusive to the areas being developed and education being delivered on any given training session.