

**East Region Para-Swimming Regional Training**

**Sunday 14<sup>th</sup> November 2021**

**One Leisure, St Neots, Cambridgeshire**

Para- Swimming Regional Training in the East Region made a welcome return last weekend, with the region hosting its first session since January 2020. Thirteen swimmers attended the session in St Neots under the watchful eye of the new Regional Para-Swimming Coaching Team of, Lead Coach, Louise King and Development Coach, Alice Pugh.

The session started with land training, where the principles of RMAP and land-based pre-pool were discussed and put into practice. Each swimmer could develop adaptations to suit them and received information that they could take back to their home programme and discuss with their coach.

The swimmers then went to the pool for a training session that focussed on technique and skills. Some of the skills explored, focussed around controlling pace and effort, as well as ways to give feedback on those areas to coaches within training sessions.

Lead Coach Louise King, who led the session commented:

Those swimmers just starting their journey and hoping to develop the skills required to start the classification process, had a session which explored and developed many of the required skills, such as, technique across all four strokes, as well as floatation and rotation.

Para-Swimming Regional Training is the first step of the talent pathway for Para-Swimming in England creating a supportive, engaging, accessible opportunity within the region, for swimmers with an eligible impairment, or a hearing impairment, which is in addition to their home programme. There are usually three sessions per year, with each consisting of skill based, land and pool sessions, designed to develop the swimmers awareness of the skills, experience and knowledge required to aid their development.

If you would like more information or would like to attend future sessions, please contact: [east@swimming.org](mailto:east@swimming.org).