

Swimmers With Disabilities



To participate in a swim clinic and help with a coach education project

- Saturday, April 2, 2011
- 2:00-5:00 pm
- Wave House Athletic Club, 3115 Ocean Front Walk, San Diego, CA 92109
<http://www.wavehouseathleticclub.com>
- Inside Belmont Park at Mission Boulevard and West Mission Bay Drive, on Mission Beach. Use the south parking lot.

Who is Welcome?

- Swimmers with physical, vision, hearing, and cognitive disabilities aged 18 and younger
- Must be able to swim at least one competitive swimming stroke (freestyle, backstroke, breaststroke, and butterfly) proficiently for at least 75 yards
- Preference given to swimmers who practice regularly with a swim team
- An application form is attached to this flyer

The Swim Clinic:

- Improve your swimming speed and efficiency
- Receive a video analysis of your choice of two strokes
- Learn from a great group of coaches including:
 - ★ Shawn Kornoelje, USA Head Men's Coach at the 2004 Paralympic Games in Athens Greece
 - ★ Alison Terry, Challenged Athletes Foundation, Past USA Swimming National Team Competitor
 - ★ Alan Voisard, Challenged Athletes Foundation, coach of numerous Paralympians
 - ★ Donald Watkins, Wave House San Diego Swim Team, coach of numerous Paralympians
 - ★ Several USA Swimming coaches from around the United States
- Meet Erin Popovich, world record holder and 3-time Paralympian, and Melanie Benn, 2-time Paralympian. Learn about their experiences and secrets to success.

The Coach Education Project:

We want your permission to take photographs and video recordings of you while you participate in the swim clinic. We will use these images as part of a coach education presentation (webinar) that is designed to educate coaches about how to coach swimmers with a disability. You just need to be yourself, learn from the coaches at the clinic, and have fun!

Cost:

We are offering this swim clinic free of charge.

Who is Conducting this Clinic?

- The clinic is a joint project by USA Swimming and the Challenged Athletes Foundation.
- The clinic director is Donald Watkins, member of the USA Swimming Disability Committee, and Head Coach of the Wave House San Diego Swim Team
- Refer questions to Donald Watkins at watkins@aol.com or (619) 980-3278.

