



Norwich Swan Swimming Club



Affiliated to the Norfolk County A.S.A

Teaching and Coaching Disabled Swimmers

Introduction

Swim teaching and coaching is about finding out what abilities a swimmer has and creating the best learning/training environment for that swimmer to progress. Any approach must be swimmer centred with the needs of the swimmer being put first. All swimmers deserve the opportunity to achieve their full potential. Teaching and coaching swimmers who have a disability is no different to teaching and coaching non disabled swimmers.

Aims

Norwich Swan is committed to maximising the participation of disabled swimmers by providing appropriate support and coaching to ensure that they have the opportunity to achieve their full potential.

Wherever possible this will involve disabled swimmers training in our normal squad sessions at a level suitable for their ability.

Each person will be assessed on an individual basis - applying the same principles used to assess the abilities of any swimmer either new to a squad, or to the club.

Notes on Including Disabled Swimmers

It is important to assess the swimmer's ability *in the water*, in order to determine which group would be appropriate and which sessions would be of best benefit. Swimmers with a disability may have very different movement abilities in the water to what they have on land.

All swimmers should receive appropriate levels of coaching, water time and land conditioning related to the level at which they are performing and their trainability. It is important not to underestimate the ability of the swimmer. Experience and history has shown us that swimmers exceed expectations in terms of skills achieved and the volume of work that can be performed once impairment factors are overcome or adapted.

Remember we all rise to a challenge!

Where land training is provided, consideration must be given to the access requirements of disabled swimmers and the support needs of those who are providing the training.