



U.S. Paralympics Swimming  
Developmental Camp  
January 30-31, 2014  
Richmond, VA

U.S. Paralympics Swimming is offering the opportunity for developing athletes and coaches to attend a Developmental Camp in conjunction with the RVA Para-RACES competition in Richmond, VA February 1-2, 2014. The Camp will be held January 30-31, 2014 and is intended for athletes with a disability who are interested in being involved with U.S. Paralympics Swimming along with their present team. Athletes who have made a National Team Standard will not be considered.

The camp will include:

- Techniques to assist swimmers with a disability
- Nutritional information
- How athletes progress from developmental to national team
- Parent workshop: How to assist your swimmer.

It is preferred that athletes and their home coaches come to the camp as a team, but athletes will be considered if their coach is unable to attend. Ten athletes will be selected along with their coaches. Applications are due by January 10, 2014 and athletes will be notified by January 17, 2014.

Applications can be found at [www.usparalympics.org](http://www.usparalympics.org) and should be submitted to Queenie Nichols at [Queenie.Nichols@usoc.org](mailto:Queenie.Nichols@usoc.org) and Jamie Martin at [Jamie.Martin@usoc.org](mailto:Jamie.Martin@usoc.org).

### **Camp Agenda**

#### January 30

1:30pm – 1:45pm	Registration
2:00pm – 3:30pm	Training Session
5:30pm – 7:00pm	Dinner for participants
7:00pm – 8:00pm	Parent workshop – How to Assist Your Swimmer
7:00pm – 8:00pm	Team building activity for coaches and swimmers

#### January 31

9:30am – 11:00am	Training Session
11:00am – 1:00pm	Lunch (on own)
1:00pm – 1:30pm	Athlete Workshop
1:30pm – 2:00pm	Progression to the National Team
2:30pm – 4:00pm	Training Session – final activity