

TOWARDS AN INCLUSIVE SOCIETY THROUGH SPORTS

# INCLUSIVE SPORT CONFERENCE 2021

DATE & TIME  
16 TO 18 MARCH 2021  
9AM - 5PM



Host



Co-host



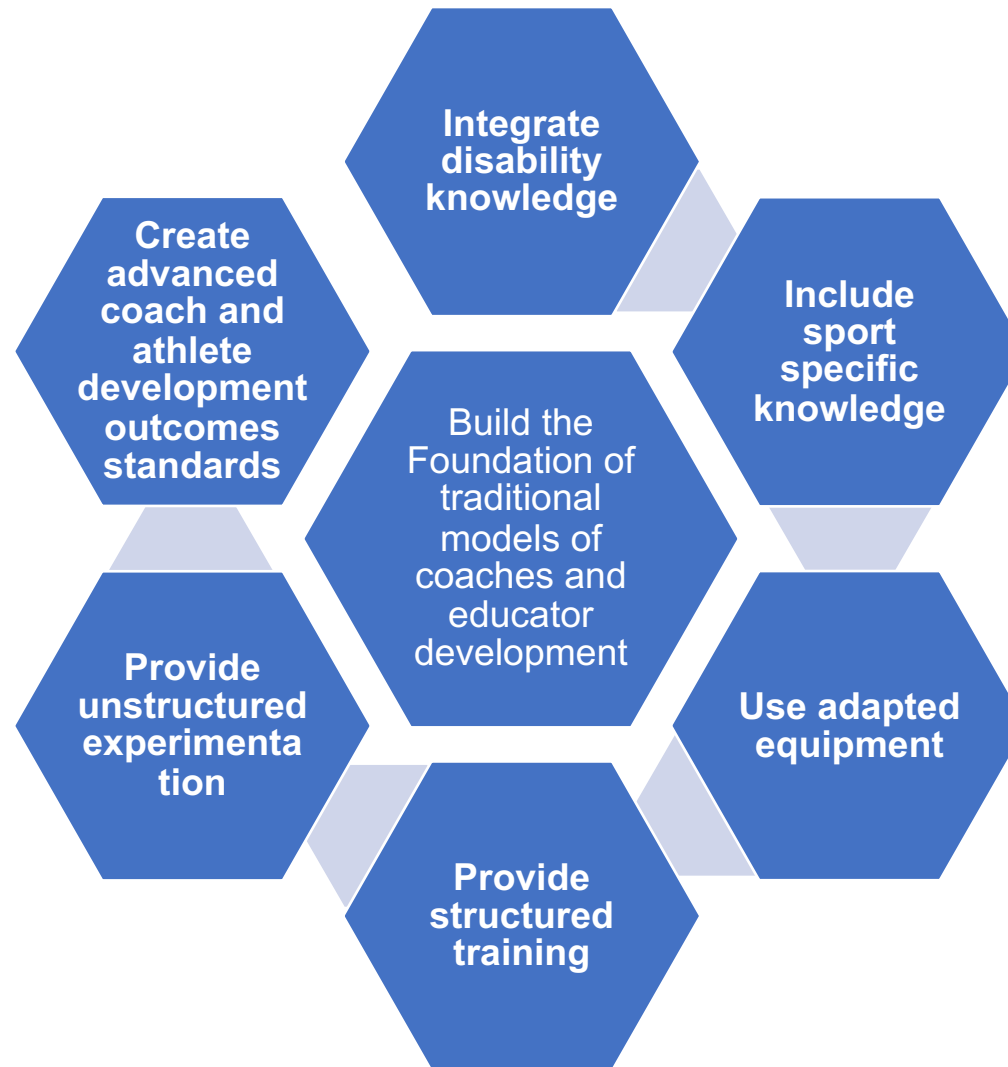
INCLUSIVE  
SPORT  
CONFERENCE  
2021

# Nuances of developing coaches to work with disabilities

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U.S. Paralympics Swimming



# OVERVIEW



## **LEARNING OBJECTIVES:**

- Identify the key stakeholders
- Create common goals-systems of development for coaches and educators
- Integrate the systems across all sports
- Apply sport specific nuances
- Create a performance progression sustainable across all stakeholders
- Examine a sample process for the sport of swimming

# KEY STAKEHOLDERS

- Who are they?
- What specific population do they serve?
- What services do they offer?
- How do they implement their service?
- Where are they located in proximity of the target population?
- When do they offer their service?
- What are the key outcomes intended to impact the population?

# SHARED RESPONSIBILITIES OF STAKEHOLDERS

## Grassroot Education

- Collaboration of key stakeholders
- Create common foundational progression
- Present through Clinics-in person & Virtual
- Create resources: ie-Website resources

## Coach Education

- Develop foundations of coaching curriculum
- Develop sport specific curriculum for integration
- Integrate sport specific nuances such as rules, adaptations, connections
- Provide Clinics-in person & Virtual
- Development of coach certification and progressions of advancement

## Athlete development through the systems

- Create sport specific performance development plans
- Devise a system to allow coach advancement into the highest level of sport performance

## TWO MAIN QUESTIONS TO ASK:

### What is the same?

- Biomechanical development progression model
- Physiological training development progression model
- Expectations

### What are the adaptation considerations?

- Biomechanical - use what they have and adjust
- Physiological training - apply what they can do and adjust
- Expectations - expect their best and adjust to what is their best



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# PHYSICAL IMPAIRMENTS



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# VISUAL IMPAIRMENTS



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# INTELLECTUAL IMPAIRMENTS



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# SPORT CLASS ASSIGNMENT

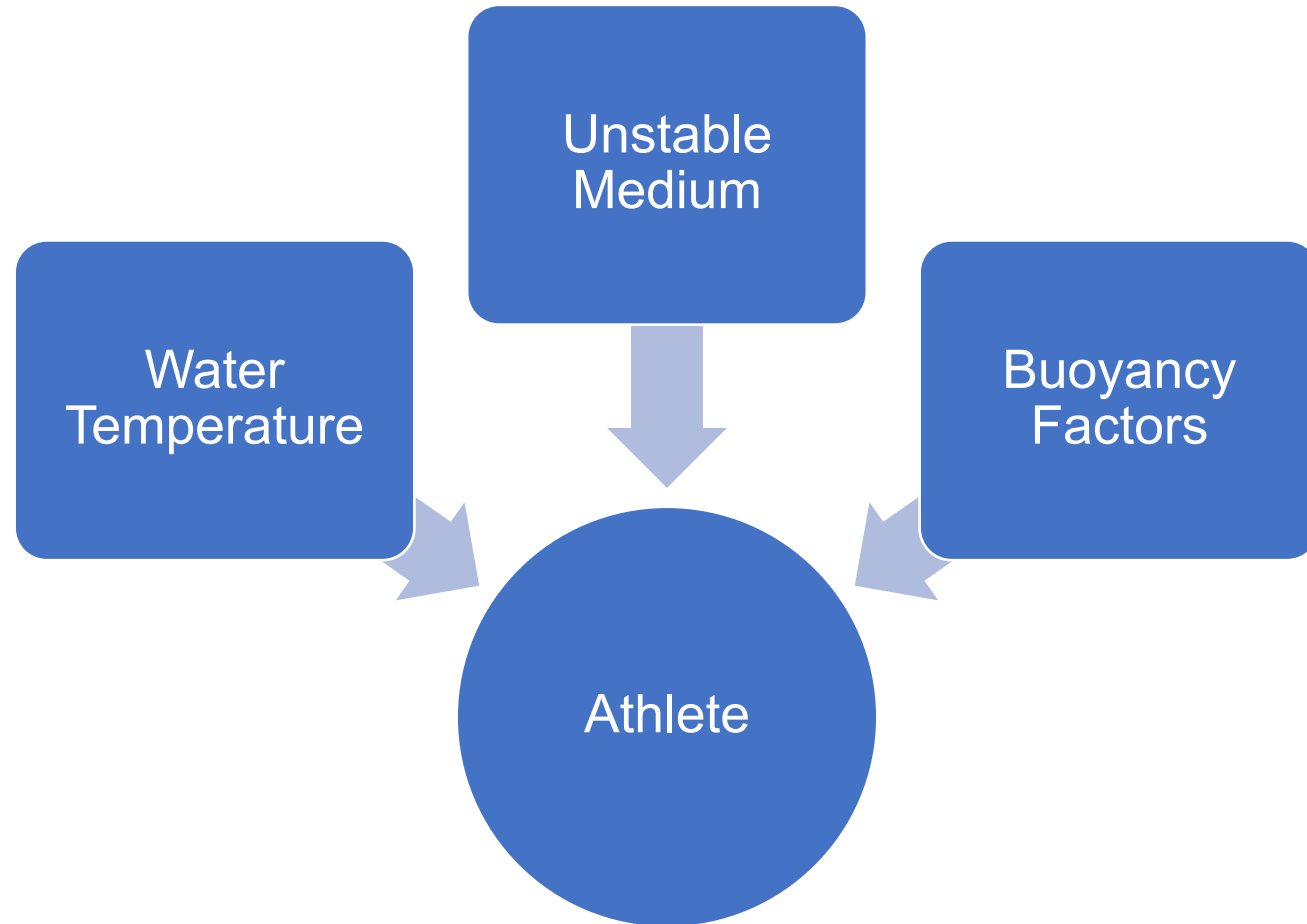
Physical Impairment (PI) Sport Classes 1-10  
(1 being the most impaired to 10 being the least impaired)

Visual Impairment (VI) Sport Classes 11-13  
(11 most impaired to 13 being the least)

Intellectual Impairment (II) Sport Classes 14



# AQUATIC THERAPY BENEFITS AND CONSIDERATIONS:



# TOOLS OF THE TRADE IN AQUATICS—BE CREATIVE!

- Pull buoys
- Paddles
- Waist belts
- Med balls
- Feet socks/shoes
- Hand mitts
- Kickboards
- Tethers
- Noodles



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# STRENGTH & CONDITIONING



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## SCENARIO #1

- Bilateral leg amputee (above the knee)
- What modifications are necessary to consider:
  - in land activities?
  - in aquatic activities?
  - in balance exercises?
- Post surgery on the stubs for infection?
- What modifications are needed if this athlete also has one arm congenitally short just below the elbow?



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# BILATERAL AMPUTEE

Video



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## SCENARIO # 2

- Achondroplasia (dwarfism)
- What must be considered when:
  - Strength training short stature people?
  - In aquatics?
  - Post surgery on the hips & legs?



## SCENARIO # 4

- Visual impairment (totally blind)
- List 3 consideration regarding safety of equipment use and movements on land?
- Any concerns in an aquatic arena?



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# THANK YOU!

References & Resources for more Information:

- <https://www.teamusa.org/usparaswimming>
- <https://www.paralympic.org/>
- <https://www.paralympic.org/road-to-the-games>
- <https://www.paralympic.org/swimming/classification>
- <https://www.usaswimming.org/>
- <https://www.usms.org/>
- <https://www.ymca.net/>
- <https://www.nfhs.org/activities-sports/swimming-diving/>