



U.S. Paralympics Swimming Frequently Asked Questions

How do I get involved in the sport? Where can I go to participate in the sport?

The first step is to ensure you can swim and be safe in the water. After safety and basic swimming technique is established secure a team and coach that can and will work with you. Your local YMCA or Recreational Center is an excellent place to start. If you don't have a local swimming team in your area, you may have to travel to one. You can check out the websites below for the most

common types of competitive swimming teams. These websites are a wonderful resource in terms of finding a team and learning more about what it takes to be a competitive swimmer, meet calendars, swimming rules, coaching resources, clinics options, etc. Your local pool will often have information on swimming clubs and coaches in the area. This will allow you to learn from the local experts so you can gain valuable technical knowledge. Swimming competitions are available in most areas of the USA. Country Club, USA Swimming Club, High School, YMCA, Collegiate, Masters Swimming, are all types of organized competitive swimming teams that offer swim meets.

www.usaswimming.org

www.ymca.net

www.usms.org

www.usparalympics.org/swimming

Who can I contact in my area to help me get started?

Start with a local swimming club. Most clubs have a website that can provide more background information to the different levels within the club. USA Swimming teams each have a LSC (Local Swimming Committee) with a Disability Swimming Chair who can be an excellent resource for information.

What are other websites I can visit to obtain more information?

<http://usparalympics.org/sports/summer-paralympic-sports/swimming>

www.usaswimming.org

www.ymca.org

www.adaptivesportsfoundation.org

www.ipc-swimming.org/index.html

What impairment groups can compete in Paralympic swimming?

The Paralympic movement includes the six impairment groups listed below. All six of these groups are included in Paralympic swimming competition. Paralympic impairment groups include: amputee, cerebral palsy, visual impairment, spinal cord injuries, intellectual impairment, and Les Autres (which includes all impairments that do not fall into the aforementioned groups).

How do I get classified for my sport?

Official classification is usually conducted at national-level competitions or international IPC approved events. For brief descriptions of the classification system, visit the following websites. However, you do **not** need an official classification to begin competing in local swim meets. Classification is only required once you begin to compete in Paralympic meets.

www.usparalympics.org/swimming

<http://usparalympics.org/sports/summer-paralympic-sports/swimming> (National Classification)

www.ipcswimming.org (International Classification)

For national classification information and inquiries please contact Erin Popovich at:
erin.popovich@usoc.org.

How do I qualify for the Emerging, National and/or Paralympic Teams?

Specific performance criteria must be attained in order to qualify to each of these teams. Status on the national/emerging/ teams is required to be attained annually. However, the selection to the U.S. Paralympic Games Team occurs within the same calendar year of the Games.

For more information visit:

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/athlete-and-sport-program-plan>

Where can I find competition information?

Local teams/clubs will have area meets. The U.S. Paralympics website provides competition information and links to Paralympic competitions, which can be found at: <http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>

Where can I find qualifying times/distances/etc. for my sport?

Qualifying standards, athlete performance plans, and selection procedures for the U.S. Paralympics National and Emerging Teams, World Championships and the Paralympic Games can all be found at: <http://usparalympics.org/sports/summer-paralympic-sports/swimming/selection-procedures>

Additional links to information:

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/ipc-licensing>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/american-records>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/coaches>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/athlete-and-sport-program-plan>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/selection-procedures>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/events>

<http://usparalympics.org/sports/summer-paralympic-sports/swimming/team-rosters>

<http://usparalympics.org/sports/emerging-athlete-program>