**South West Region Para-Swimming Development Day**

**Plymouth Life Centre - Saturday 26th January**

**Timescales and layout of the day**

**Group - Coaches**

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| **Time** | **Area** | **Activity** | **Person Delivering** |
| 9:00 – 9:30am | Meeting Room | Registration |  |
| 9:30 – 11:30am | Meeting Room | Workshop on RMAP and adaptations for Land Session | Steve Batchelor (SB) |
| 11:30 onwards | Meeting Room | Sharing Best Practice  leading into Lunch |  |
| 13:00 – 14:45 | Studio | Observing / Supporting Land Training | SB - DH |
| 15:00 – 17:00 | Pool | Pool Session – Delivery |  |

**(Teachers / coaches preferring to attend the Para-Swimming ID session in the pool between 13:00 – 15:00 may do so instead of the land based session).**

**Group – New Swimmers attending Para-Swimming ID session**

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| **Time** | **Area** | **Activity** | **Person Delivering** |
| 12:45 – 13:00 | Foyer | Registration |  |
| 13:00 – 14:45 | Pool | Para-Swimming Swimmer ID pool session |  |
| 14:45 – 15:00 | Pool / Foyer | Summary - Depart | ML |

**Group – Programme Athletes**

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| **Time** | **Area** | **Activity** | **Person Delivering** |
| 11:45 – 12:00 | Foyer | Registration | CC |
| 12:00 – 13:00 | Studio | Land based Screening | SB – CC – DH |
| 13:00 – 14:45 | Studio | Land Training | SB-- DH |
| 15:00 – 17:00 | Pool | Regional Training Session | CC – SB + Coaches |
| 17:00 | Pool / Foyer | Summary / Depart | CC |

**Group - Regional Athletes**

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| **Time** | **Area** | **Activity** | **Person Delivering** |
| 12:45 – 13:00 | Foyer | Registration |  |
| 13:00 – 14:45 | Studio | Land Training | SB - DH |
| 15:00 – 17:00 | Pool | Regional Training Session | CC – SB + Coaches |
| 17:00 | Pool / Foyer | Summary / Depart | CC |

**Summary by area**

**Meeting Room 9:00 – 13:00**

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| **Time** | **Activity** | **Group** |
| 9:00 – 9:30 | Registration | Coaches |
| 9:30 – 11:30 | Workshop | Coaches |
| 11:30 – 13:00 | Discussion on best practice + lunch | Coaches |

**Studio 12:00 – 15:00**

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| **Time** | **Activity** | **Group** |
| 12:00 – 13:00 | Land based Screening | Programme Athletes |
| 13:00 – 14:45 | Land based training | Programme & Regional Athletes |

Pool

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| **Time** | **Activity** | **Group** |
| 13:00 – 15:00 | Para-Swimming Swimmer ID session | New swimmers |
| 15:00 – 17:00 | Regional Training Session | Programme & Regional Athletes |