



## Get Involved: Coaches

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The mission of the Disability Swimming Committee is the full inclusion of swimmers with a disability in USA Swimming programs

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Coaches – use your expertise to promote inclusion

Coaches are the most important ingredient for the successful inclusion of swimmers with a disability. You are the face of USA Swimming with respect to welcoming and accepting the swimmer to the sport, and you encourage the swimmer to achieve a healthy lifestyle and competitive success through your efforts on the pool deck. We encourage you to:

- Read “Including Swimmers with a Disability: A Guide for Coaches” in the USA Swimming Resources section of this web page, as well as the technical swimming information presented in the articles section.
- Understand the officiating guidelines for swimmers with a disability as published in Article 105 of the USA Swimming rule book, and as discussed in the Article 105 interpretations in the USA Swimming Resources section of this web page
- Contact Randy Julian (rjulian@usaswimming.org) with your ideas and concerns related to inclusion in USA Swimming programs. We want to benefit from your expertise!

Enough about inclusion ... many swimmers with a disability choose to participate in both inclusive (USA Swimming) and disability-specific (e.g., Paralympics, Deaflympics, Special Olympics) programs. Refer to the “links” under the “get involved” section on this web page to learn more about disability-specific competitions. The US Paralympics swimming page also includes information for coaches, such as eligibility criteria for trip lists to coach at international swimming meets.