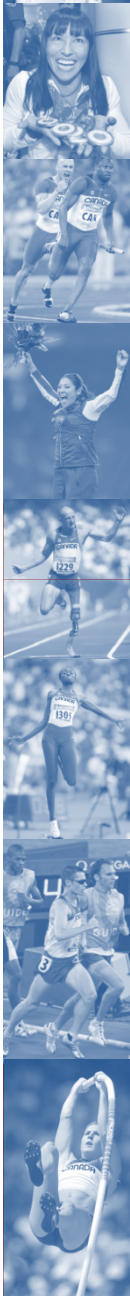


Coaching Paralympic Athletes



About

- Family
- Athletic Career
- Coaching Career
- Highlights of the Year
- The future of Paralympic Sports



Coaching is Coaching

- No other than coaching any other athletes
- 3 Step Coaching Approach (Assess, Set Goal, Create a Plan)
- Athletes want to reach their full potential
- They need a relationship to the coach maybe even more then non-plegic athletes.





Stages a coach might go through when initially working with an athlete with a disability

- 1. First Reaction (Fear, apprehension, logistics)
- 2. Making Assumptions (can or cannot do)
- 3. Accommodating the situation (Don't set limitations and find solutions)
- 4. Getting into technical aspects (turning point of focusing on performance rather than the disability)





First Contact

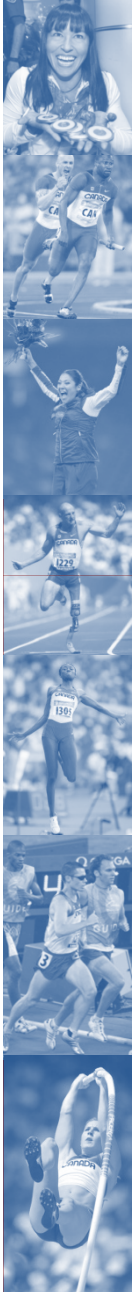
- First impression must be positive
- Introduce to the team members
- Get to know the athlete and ask questions (initial assessment one on one)
- If they need help they will ask for it
- Important to keep the quality of the program and attention to the other athletes





Finding out about disabilities

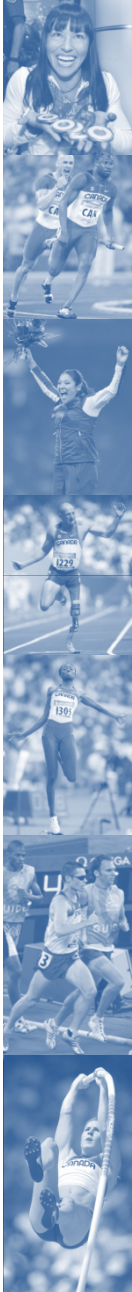
- Congenital or acquired (previous sports etc.)
- Ask Sport Specific questions
- Medications, Allergies etc.
- Let the athletes observe a practice and then get some feedback of what they can or cannot do.





Assessing Skill Level

- Assess abilities (Need to be inventive, creative)
- Assess for the demands of sports and not the disability
- Its all about adaptation (wonder full challenge)





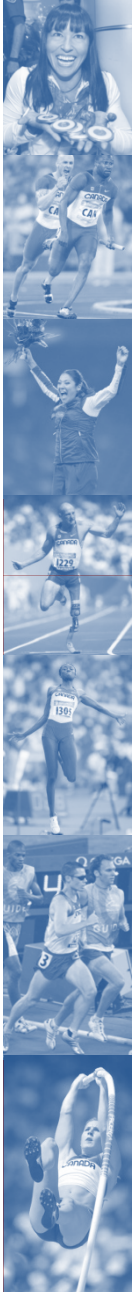
Communication and Interaction

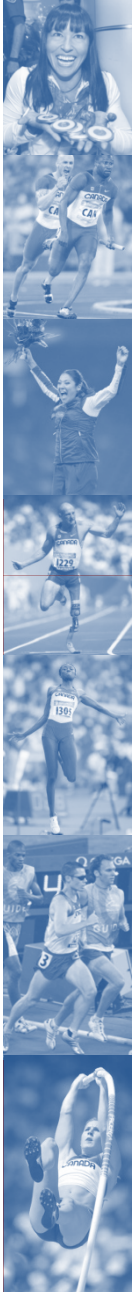
- Get to know person first (previous experience)
- Establish trust (honest and open communication)
- Parents (access, acceptance, overprotective, coach must push for independence, get parents involved as assistants for sport specific tasks)
- Well structured practices (plan ahead, make athletes take responsibilities)



Inclusion and Integration

- Health Benefits (being active, social interactions, confidence)
- Value for the non-plegic athletes (Get off stigmas, fear of interacting with people who have a disability, Guides, etc.)
- Value for coaches and clubs (experience, Learning, additional funding etc.)





Creating Integrated Practices

- Adaptations (Adapt activity not person, keep as close as possible to original activity)
- Key Parameter to adapt (space, time, speed, equipment, rules)
- Accessibility (Ramps etc., Plan for it in a design stage as it is much cheaper, Universal design)
- Transportation (keep in mind, coordinate with able body athletes, practice times etc.)



Travelling

- Organization and Preparation is key (hotels, vans, have non-plegic athletes help out)
- Additional equipment (personal hygiene, guide dogs, international travel, Prostheses etc.)
- Have experienced athletes help the novice athletes



Recap

- Its simple (just another kid in your program)
- Challenge your selfs to be creative
- Be open to communication and don't be afraid to ask questions
- It will elevate your whole team (example Canada Games)