

**GATEWAY
TO GOLD**



Gateway to Gold

Paralympics Swimming Athlete Talent Identification & Coaches Clinic

Conducted by

Great Lakes Adaptive Sports Association (GLASA)

Illinois Swimming

Lake Forest Scout Aquatics



Presenters include:

Queenie Nichols,

Director High Performance
U.S. Paralympics Swimming

Dave Denniston

Paralympic Resident Program Coach

Glen O'Sullivan

Director of GLASA Aquatics
Classifier

Alyssa Gialamas

2012 US Paralympian

Lisa Gialamas

Parent of US Paralympian

Pam Lowenthal

Illinois Swimming, Administrative Director

Carolyn Grevers

Head Coach Scout Aquatics Swim Team



Sunday, November 17

8:00 am – 1:00 pm

Lake Forest High School

1285 N. McKinley Rd., Lake Forest, IL 60045



Hands-on Coaches Clinic will address the following topics:

- ❖ How do you include a swimmer who meets Paralympic classification into your swim program?
- ❖ Overview of Paralympic swim classification
- ❖ Officiating
- ❖ Practical Implications
- ❖ Transportation, practices, coaching, competitions, cross-training
- ❖ Examples of successful Inclusion in Illinois Swimming

A light lunch will be served!

Please feel free to contact Pam Lowenthal at IL Swimming or Carolyn Grevers at Lake Forest Scout Aquatics for questions or further information.

Coaches: This Paralympic ID Clinic for Swimmers is **Invite Only**, however, the overall goal is to identify **NEW** potential Paralympic Swimmers. Please contact Glen O'Sullivan, 847-707-8587 or glenosullivan@aol.com or Cindy Housner, 847-283-0908 or chousner@glasa.org if you have potential swimmers for the ID Clinic.

Registration Deadline

Wednesday, November 13

* Please see attached registration Form