



1st virtual aquatics convention

UANA - FIRST VIRTUAL CONVENTION

Jan 22-24, 2021

WELCOME session and weekend overview

First Junior Pan-American Games

Long Term Athlete Development (general concept)

Talent identification

Development of Paralympic Aquatic Sports

Safe Sport and inclusivity

Athlete Transition out of sport

Athlete's identity, authenticity, and self-expression

Improving access for women in sport

Mental health for athletes

Competitions for 2021: Preparing for the unknown

Nutrition ideas for athletes

Recovery strategies

Returning to train: Safe ways to reduce risk of injury or getting sick

Training with restrictions: How to train effectively without facilities

Social media and how to get sponsors

Swimming for Life

Presented by:

Cali 2021 - Organizing Committee

Sport for Life (CAN)

Lino Socorro (CUB)

Lucha Villar (PER)

Ahmed El-Awadi (CAN)

Game Plan (CAN)

Tony Ervin (USA)

Nicole Hoevertsz (ARU)

Dr. Carla Edwards (CAN)

Dr. Francisco de la Rosa (DOM)

TBD

Dr. Juan Carlos Quinceno (PAR)

Ivan Bautista (MEX)

Thiago Vinhas (BRA)

Greta Avola (FINA)

Bill Brenner (USA)

