

# COACHING JOURNEY INTO PARA SPORT COACHING

1992-2024: Mainstream swimmers

2018: SPECIAL OLYMPICS

2018-2020: Attended seminars & workshops

2019: To US for exchange programs: Singapore Adaptive Swimming Coaches Sports Visitor Program by Special Olympics, SportCares & US Bureau of Educational & Cultural Affairs



US PARA TEAM HEAD COACH  
PEGGY EWALD



# PARA SPORT COACHING

DEVELOPMENTAL TO COMPETITIVE  
Intellectual Impairment (S14)

Vanette Lim	Competition	Achievement
		<p>1 Gold &amp; 4th Position</p>
Darren Chan	Competition	Achievement
	   	<p>2 Bronze (AYPG21) 2 Bronze (APG22) 1 Silver &amp; 1 Bronze (APG23)</p>



# HOW I BUILD RESILIENCE & GROWTH MINDSET IN PARA SWIMMER

Darren Chan



# PSLE

**P: Patient**

**S: Support**

**L: Learn**

**E: Educate**



# P: Patient

## Communication

Clear, Short & Positive



## Encouragement

Rewards



Photo with his Idol, Kyle Chalmers  
Australian World & Olympics swimmer

## End Results

Fun





# S: Support

## Family



Family supporting at Asian Para Game 2024

## Coaches & Support Staffs



Video call during World Para Series

## Friends/Team Mates



Incentives & Well wishes from Team mates



# L: Learn

Observe	Understanding	Family
Body Language/Expression	Like & Dislike	Get Information
 <p data-bbox="359 1585 1066 1637">Body Language &amp; Expression</p>	 <p data-bbox="1262 1585 2302 1637">Watching his Favourite Korea Drama/Movies</p>	 <p data-bbox="2582 1585 2992 1637">Food &amp; Beverage</p>



# E: Educate

## Sportsmanship



## Friendship/Team Player



## Socialise





# A SHORT VIDEO CLIP TO HIS SUPPORTERS

## His First Major Meet - Asian Youth Para Games 2021



**Hello, I want to thanks  
all of you**

**Who supported me in  
this Game.**

**See you soon!  
Thank you**