

How good can you be?

Join the CP Swim Club and find out!

What is it about?

Many people with moderate to severe cerebral palsy who train for sport and compete regularly believe that sport not only makes them stronger and fitter, but they are able to do more for themselves, make friends and feel good about themselves. There is some scientific evidence to indicate that these people are probably right – sport is highly beneficial. However, until now, the real benefits have not been scientifically evaluated. The aim of this project is find out exactly how beneficial competitive sport can be.

How will we do this?

We will provide a small group of people with moderate to severe cerebral palsy who are currently inactive with a free, individualised 14-month swimming program. Over this time we will carefully monitor changes in their fitness, their functioning in daily life and general health and well-being to see exactly how beneficial it is.

Who is providing the program?

Dr Sean Tweedy and Dr Leanne Johnston will oversee a team of highly-qualified staff with specialist skills in swimming and/or working with people with cerebral palsy, including exercise physiologists, physiotherapists and swimming coaches. They will work together to get the best program possible. It will be based at the University of Queensland and is supported by the Queensland Academy of Sport, Swimming Australia and the Australian Paralympic Committee.

Who are we looking for?

We are looking for a small, special group of participants who:

- Have moderate to severe cerebral palsy – see Figure 1 (i.e., use a walking aid or wheelchair all or most of the time);
- Are young (i.e., 15-30 years old);
- Are **NOT** currently involved in regular fitness training (more than 2x per week) **BUT** who want to get fit **AND** think they would enjoy the challenge of getting into shape ;
- Are water safe and love being in water/swimming (i.e., it is not necessary to be a good swimmer).

We only have a few places available in this program, so get in touch early!

What is involved?

The program goes for 60 weeks (14 months). We know this is a big commitment from you but, in return, we will be committed to giving you the best program possible! The 60 weeks are divided into 4 main phases:

Phase	Time	Commitment	Aim
Baseline	15 weeks	1x/week testing at UQ	Get a complete and accurate picture of your starting point
Introductory Training	15 weeks	4x/week training* at UQ – low to moderate intensity	Prepare you to undertake training for competition
Performance Training	15 weeks	4x/week training* at UQ + additional home sessions – moderate to high intensity	Train for competition and compete
Off-season	15 weeks	1x/week testing at UQ	Recovery

*Training will be a mixture of pool sessions, strength and flexibility training, posture and stability work and cross-training. To begin with the focus will be on helping participants to swim proficiently, but as time progresses there will be more emphasis on competing and swimming for speed.

Who should I contact if I want to take part?

If you would like further information or are interested in getting involved with training, please contact:

Iain Dutia, Physiotherapist and PhD Candidate at the University of Queensland

Email: i.dutia@uq.edu.au

Phone: 0497 333 020

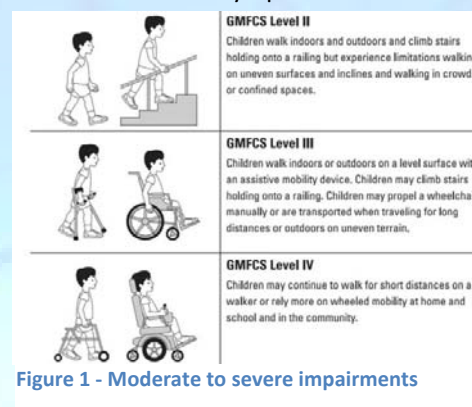


Figure 1 - Moderate to severe impairments

Thank You!