

PRESS RELEASE
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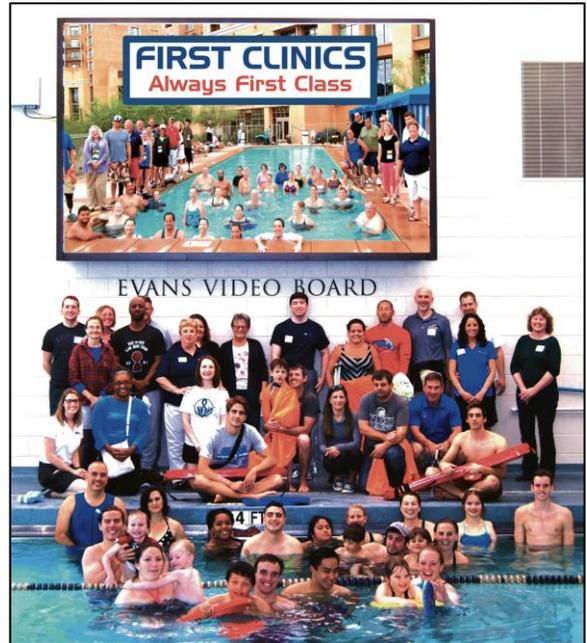
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First Swim Clinic returns to Charlotte

April 19, 2017 – Charlotte, NC – OPAF First Swim returned to Charlotte and Queens University for the third year in a row for another adaptive swimming training and clinic. Instruction was from two time World Champion Tri-Athlete, Mabio Costa, a below the knee amputee. Mabio was assisted by the NCAA Champion Queens University Royals Swim Team. First Swim was sponsored locally by Hanger Clinic, Paceline Advanced Medical Solutions and Accessible Mobility Center. First Swim is a program of the Orthotic & Prosthetic Activities Foundation, located in Charlotte.

More than 20 participants joined for the three hour clinic in the pool at Levine Center, along with family and friends. Amputees as well as spinal cord injury patients and visually impaired participants were all part of the mix, ranging in age from 4 to adult. Each participant was matched up with a personal swim coach as well as receiving one on one coaching from Mabio to improve their skills in the water.

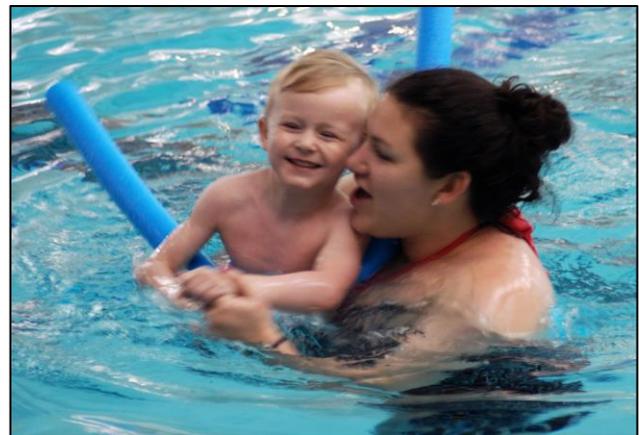


“I improved my kick” from Emily

“I overcame a phobia of sinking! Today I am confident” from Kantrell

“I learned how to swim hand over hand” from Amari

These were just some of the comments we received back from participants of First Swim. All participants were presented with Willow Wood beach towels and giveaways from vendors as well as custom backpacks for the event.



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About OPAF: Serving as the philanthropic arm of the US orthotic and prosthetic community, the Orthotic & Prosthetic Activities Foundation (OPAF), develops, implements, partners and hosts adaptive recreational clinics for those with physical challenges. The First Clinics are recognized as leaders in adaptive recreation. Whether this is the first time a participant is trying an activity after illness, injury or episode or the first time they are ever trying, First Clinics offer top notch adaptive instruction specifically for them. Founded in 1995 to support the Paralympic Games in Atlanta, OPAF & The First Clinics have moved forward to offer introductory level adaptive recreation opportunities to everyone, not just the elite athlete. For more information on OPAF and The First Clinics, visit www.opafonline.org.