

JANUARY



PVS



ATHLETES NEWSLETTER

ENTERING THE NEW YEAR

January marks the beginning of a new calendar year, 2021, and as we move past the challenges we were all met with last year, it is important to recognize the obstacles we still must face.

Swim meets are going to continue to look slightly different, as social distancing guidelines and masks mandates must be met. As athletes, we must continue to do our part to ensure safety for ourselves and those around us so we can continue the privilege that now is competition swimming.

Many celebrate the new year with resolutions, particular goals they hope to achieve in the following months. As PVS hopes to continue advocacy for self efficacy, resolutions are a great way to keep your mind and body focused on a goal that can be accomplished with hard work and a positive mindset. We reached out to athletes via our Instagram story (@pv_athletes_committe) and asked that they share with us their New Year's Resolutions.

Below are just a few of the resolutions athletes hope to accomplish this year that we received in response to the Instagram

Story post. All are achievable and can promote a happier mindset in and out of the pool. See if you would like to take on any of the goals and feel free to keep us updated on your progress!

"Find something everyday that I can be proud of!"

"Listen to more types of music/artists."

"Do more yoga workouts!"

"Workout more outside of the pool and stick to a plan."

"Continue to lift and pick a college."

"Have smooth transitions from under waters to the first few strokes off every wall."

2020 presented challenges for everyone. This year, we in the athlete's committee wish the best from everyone in their swimming and everyday success!

JANUARY

SAFE SPORT

Safe Sport is an organization that helps keep athletes safe from situations that may make them uncomfortable or cross their personal boundaries. Through this comprehensive program, athletes, coaches, and parents are taught how to maintain appropriate relationships to help prevent abuse and misconduct. These resources allow the swimming community to learn the proper techniques to react to situations that make them uncomfortable and allows for a safe space to report misconduct. Potomac Valley Swimming commits to protect all athletes, in and out of the pool. To help with this process, we have designed a committee dedicated to educating athletes, coaches, and parents about Safe Sport.

Below is a piece written by Caroline DeLuca, the PVS Safe Sport Athlete Representative, that reveals an insight into the importance of Safe Sport for the swimming community.

"When I joined the swim team at age 10, I instantly felt a sense of community and belonging. The support from teammates, coaches, and other parents was amazing. As I became more involved in swimming, I wanted to give back to that community and began attending the House of Delegates meetings as an athlete representative for Potomac Valley Swimming. During my freshman year, the PVS governing board introduced a new committee: the PVS Safe Sport Committee, whose mission was to promote safe relationships between swimmers, coaches, and parents through active engagement with athletes.

As I've become more involved in Safe Sport, I've realized it's so much more. On deck, in the water, in the weight room, in the locker room, even outside the pool: Safe Sport is everywhere. Safe Sport includes values such as respect, trust, boundaries, inclusion, and culture. We must respect the feelings and opinions of others and trust that they will do the same. We must set boundaries between other teammates, coaches, and parents and respect their boundaries just as they do ours. During the COVID-19 pandemic, this has come to include keeping six feet apart from others and respecting social distancing guidelines. The pandemic has only increased the number of rules and regulations we are all called to respect and follow. Following these is what is keeping us all in the water.

Our inclusive, supportive community here at PVS is what makes swimming so fun. As good teammates, we have to practice good sportsmanship, encourage our teammates, and refrain from any and all types of bullying. We are called as leaders to set an example for the team and have the power to create a fun, safe culture in PVS. We often overlook the privilege of coming to practice feeling safe and comfortable with our friends and coaches. Safe Sport has given us all the opportunity to compete in a great environment and come to love the sport of swimming.

However, there's always room for growth and improvement. The Safe Sport program is designed specifically to *prevent* abuse and misconduct. Our team launched a social media campaign aimed at educating athletes about appropriate relationships and is working to expand it daily. Please go follow our Instagram **@pvs.safe.sport** or email us

@PVSSafeSportSocialMedia@gmail.com!"

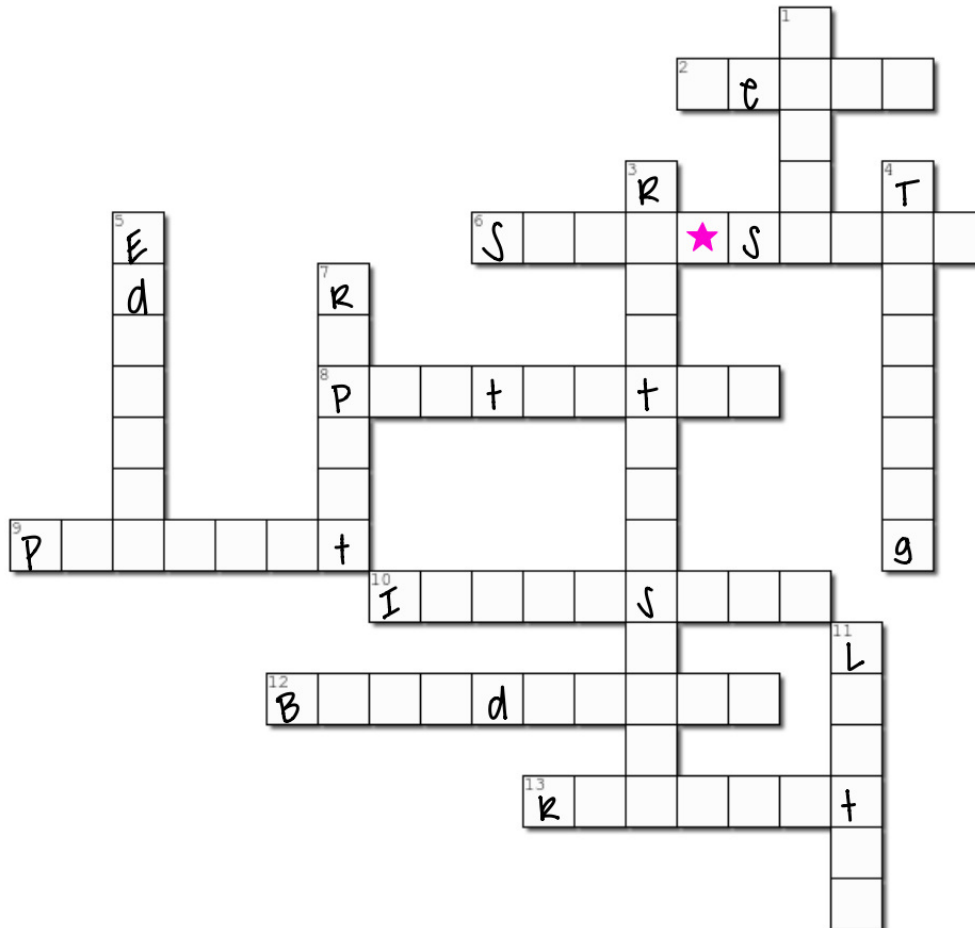
SAFE SPORT CROSSWORD

Below is a crossword, which is a great way to pass time and learn more about Safe Sport for PVS!

Hint: if you are struggling to think of the words, locate the Safe Sport swimming tab on

usaswimming.org to find out more Information!!

Answers located on the next page!!



Created using the Crossword Maker on TheTeachersCorner.net

Across

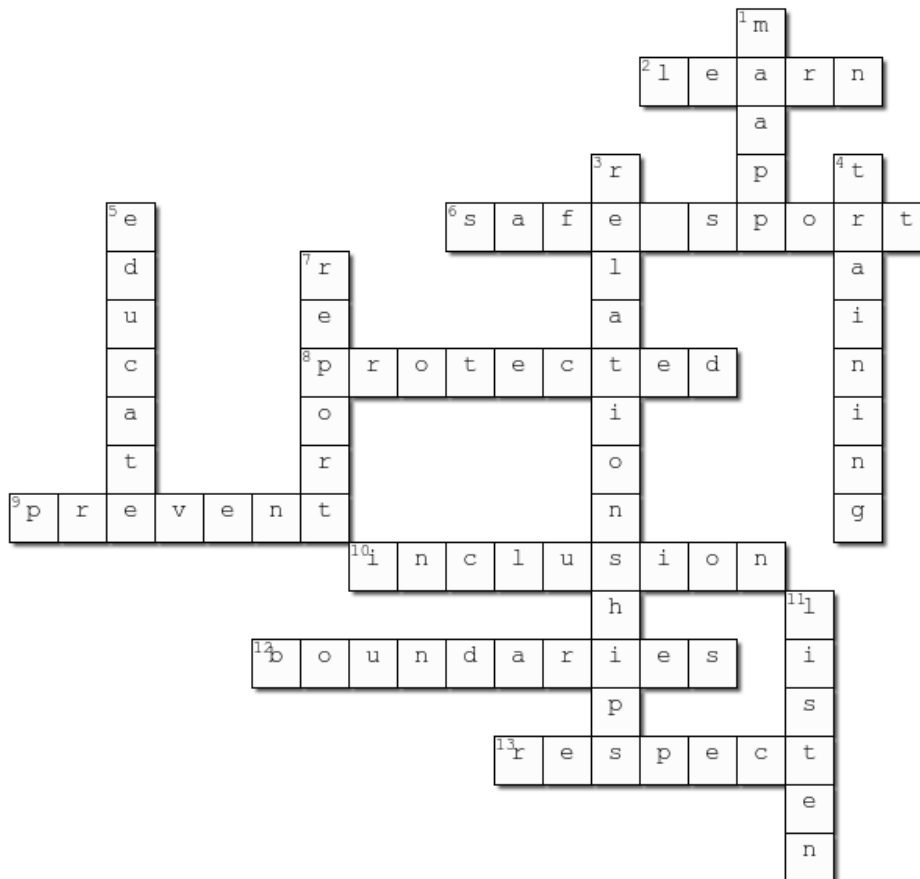
2. It is important that coaches, athletes, and parents _____ about Safe Sport
6. Organization committed to providing a healthy and positive environment free from abuse for all its members.
8. Every athlete should feel _____
9. Our goal is to _____ future abuse and misconduct
10. Important to creating a welcoming community _____
12. Necessary to set and maintain _____ between yourself and others
13. Everyone and their feelings are worthy of: _____

Down

1. Abbreviation for USA Swimming's Minor Athlete Abuse Prevention Policy; addresses one-on-one interactions _____
3. Safe Sport tries to ensure _____ between athletes, coaches, and parents are appropriate.
4. USA Swimming offers coaches, athletes, and parents _____ about Safe Sport.
5. We use training and social media to _____ people about Safe Sport.
7. What you must do when you hear or see something that does not look right. _____
11. We show respect when we _____ to other's stories and opinions.

SAFE SPORT CROSSWORD

Answers for the crossword located below!! Feel free to let us know how you did!



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. It is important that coaches, athletes, and parents _____ about Safe Sport (**learn**)
6. Organization committed to providing a healthy and positive environment free from abuse for all its members. (**safe sport**)
8. Every athlete should feel (**protected**)
9. Our goal is to _____ future abuse and misconduct (**prevent**)
10. Important to creating a welcoming community (**inclusion**)
12. Necessary to set and maintain between yourself and others (**boundaries**)
13. Everyone and their feelings are worthy of: (**respect**)

Down

1. Abbreviation for USA Swimming's Minor Athlete Abuse Prevention Policy; addresses one-on-one interactions (**maapp**)
3. Safe Sport tries to ensure _____ between athletes, coaches, and parents are appropriate. (**relationships**)
4. USA Swimming offers coaches, athletes, and parents _____ about Safe Sport. (**training**)
5. We use training and social media to _____ people about Safe Sport. (**educate**)
7. What you must do when you hear or see something that does not look right. (**report**)
11. We show respect when we _____ to other's stories and opinions. (**listen**)