

Potomac Valley Swimming Inclusion/Diversity Report

June 2011

- On May 21st, Potomac Valley Swimmers and Coaches in a partnership with the District of Columbia Department of Parks and Recreation and the Navy Seals welcomed participants from various swimming abilities and ages to a Water Safety Day at the Deanwood Community Center in Washington D.C. This fun and informative event included participants and displays from the Navy Seals, DC Strokes, Tri-Unify-a minority tri-athlete group, and Metro Harbor Police. The event taught participants basic swimming skills and water safety. All groups brought in equipment where participants had a chance to learn about Water Safety within their organization. WKYS, a radio one station DJed the event and had live feeds broadcasted on the Radio.

Thank you to Our Participating Volunteers:

| | | | |
|-----------------|-----------------|-----------------|----------------|
| Adrienne McCray | Camille Carter | Mary Carter | Sarah Lynch |
| David Nutter | Ryan Welch | Robert Clarence | Floyd McLendon |
| Jason Colvin | Jonathan Harris | Meghan Tracy | Adie Isaacs |

- May 27-29th, 2011 we had 85 athletes from 8 various PVS teams to create combined team for the 9th National Black Heritage Meet. All 85 swimmers helped the combined team from PVS called Team DMV (DC, Maryland, and Virginia) to win the meet by 800 points. The next closest competitor was a combined team from NJ. The PVS Diversity Committee provided financial support for PVS Swimmers who travelled as the combined team. The meet featured over 900 athletes of all races, from forty-seven teams and 12 states. Special thank you to the parents and coaches who made the meet a success. Below is a list of the several records which were broken by PVS swimmers during the course of the meet. Link to results:

<http://www.triangleaquatics.org/Events/EventResults/May28-29-11/index.htm>

Images from the meet: <http://teamdmv.shutterfly.com/> password: pvs

| Name(s) | Event(s) |
|--|---|
| Lewis, Rory Jr. 14 | 200 Free and 200 IM |
| Holley, Kay A 13 Waller, Kai A 14 Ogango, Imelda A 14 Sola, Aliyah I 14 | 200 Medley Relay |
| Jackson, Raylen E 8 | 25 Backstroke, 100 IM, 25 Fly, 50 Backstroke, |

- USA Swimming will be in DC on Tuesday, June 14th. Since they will be near us for the EZ Diversity Camp, they will be conducting a short coach's clinic for level I coaches. This clinic will focus on the skills and strategies a coach needs to teach young swimmers to insure a solid swimming foundation & a love for the sport. If you know of anyone from PVS community who would like to participate in a Coaches Clinic, please pass on the information to them so they may be able to participate.
 - **Date:** Tuesday, June 14, 2011
 - **Time:** 3:00pm - 5:00 pm in the classroom
 - **Location:** Deanwood Community Center, 1350 49th Street, NE, Washington D.C 20019. Across from the Deanwood Metro Station
 - **Guest:** Mr. Ben Sheppard, and Mr. Sean Anderson, USA Swimming Diversity Consultants

Topics to be covered include:

- USA Swimming and Potomac Valley Swimming Information
- Big Picture Planning
- Stroke Drills (Freestyle, Breaststroke, Backstroke, Butterfly)
- Program structure
- Building your team from the bottom up
- Practice priorities for the beginner swimmer.

Clips from USA Swimming & ASCA newly released DVD - *Swim Essentials: Teaching the Fundamentals to Age Group Swimmers* will be shown as part of the clinic.

These Instructional DVD's will be available for all attendees

- Congratulations to **Jon Kim, Sherril Han, and Ailyah Sola** for being selected as the Athlete Representatives for PVS to the 2011 Eastern Zone Diversity Swim Camp to be held at the LaSalle University in Philadelphia, PA! Coach Elvin Foreman was selected as the coach's representative. Congratulations also go out to **Jenna Degner-Lopez** for being selected as a representative who participated in the Central Zone Diversity Swim Camp. In total PVS will have in total 7 people representing the LSC during the camp. Coach **Crosby Treadwell** and **Coach Arthur Lopez** have been selected to be a part of the staff for the camp. All athletes and coaches will be leaving on Thursday, June 16th for LaSalle. The individuals mentioned above will participate in a three-day camp program which includes pool training, motivational and education sessions and team-building activities. Be sure to congratulate all the participants on being selected for the camp.

If anybody has any questions or concerns for the topics address above, please email me at miriamslynch@yahoo.com