

Potomac Valley Swimming Inclusion/Diversity Report

July 2011

- On Tuesday, June 14th USA Swimming conducted a small informal coach's clinic for local coaches. The clinic focused on the skills and strategies new and beginning coach's to teach young swimmers to insure a solid swimming foundation & a love for the sport.

Topics covered included:

- USA Swimming and Potomac Valley Swimming / PVS Diversity Committee 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.

They also shared 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. The Instructional DVD's were available for all attendees

- On June 16-19, 2011 the Eastern Zone held its first ever Zone Diversity Camp. There were a total of 24 athletes that attended the 4-day camp held at LaSalle University in Philadelphia. Jon Kim, Sherril Han, Ailyah Sola and Jenna Degner-Lopez were all selected as the Athlete Representatives for PVS and Coach Elvin Foreman was selected as the coach's representative. In addition to the participants, Potomac Valley Swimming had three coaches from our area, Coach Crosby Treadwell and Coach Arthur Lopez and Coach Miriam Lynch who were selected to be a part of the staff for the camp. The purpose of the camp was to instill a vision of success and inspire athletes from ethnically underrepresented populations to become leaders in the sport of swimming.



Goals: To empower athletes from ethnically underrepresented populations and their coaches to:

- Demonstrate the viability of multicultural success in swimming
- Achieve performance excellence at every level of the sport
- Expound the benefits and value of participating in the sport of swimming
- Assist in recruiting more swimmers and coaches from diverse ethnicities to the sport of swimming
- Be positive leaders and role models that others from multicultural backgrounds can emulate

Campers and staff participated in a three-day camp program which includes pool training, motivational and education sessions and team-building activities. In total PVS had seven people representing the LSC during the camp. The swimmers and the coaches all enjoyed their experiences at the Diversity Camp and have started sharing their experiences with their local teams. Be sure to congratulate all the participants on being selected for the camp.

Video by the Zone Diversity campers about their experience can be found here: <http://youtu.be/-BZ9lwMDwQc>

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