



## Potomac Valley Swimming Update – Friday, May 14, 2021

**Attend US Olympic Trials “Virtually”** - The USA Swimming Foundation is offering the opportunity to be one of the Faces in the Crowd at Olympic Trials by purchasing a cardboard cutout to fill one of the socially distanced seats. By purchasing one of these cutouts, you will also be donating to the work of the Foundation in supporting learn to swim programs across the country.

The deadline to purchase your Face in the Crowd is May 22. The purchase must be made [online](#).

**Diversity, Equity, & Inclusion (DEI) Mentoring Opportunity with Team BLAC** - USA Swimming presents Illuminating Lanes with Team BLAC! This is a one-of-a-kind experience that will bring young, multicultural athletes into a mentor-mentee relationship with members of Team BLAC. For this first session, we will be joined by Giles Smith and Sabir Muhammad as they talk about their experience, offer guidance in the realm of goal setting, and get to know these young athletes! If this is something you may be interested in, we encourage you to apply now! There are only 50 spots for this 90-minute mentorship session. Attendees will be picked based on first-come, first-serve, meeting requirements, and availability.

The mentoring session is May 22 and the registration deadline is May 17. [Details, Qualifications, and Registration Information](#) are available. Additional information can be found on the [Team BLAC website](#).

**Eastern Zone Super Sectionals & TYR Pro Swim Series - Indianapolis** - These two big meets are happening this weekend. You can follow the progress of the Sectional meet on the [Eastern Zone website](#). The progress of the TYR Pro Series meet can be found on the [USA Swimming website](#).

**USA Swimming Virtual Distance Challenge** - During the month of May, USA Swimming is running a Virtual Distance Challenge. This event consists of open water distances swum at athlete’s home pools in non-sanctioned events. Details of the event can be found on the [USA Swimming website](#). Ask your coach if you and your teammates can participate.

Stay safe! Stay healthy! Socially Distance! Wash your hands frequently. Get the vaccine when it's available to you. And, continue to wear your mask!

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### Potomac Valley Swimming Mission Statement

PVS supports and promotes excellence for all through competition, education, inclusion, and leadership in a safe, equitable environment.