



THE UPDATE

A Quarterly Newsletter

Summer 2020



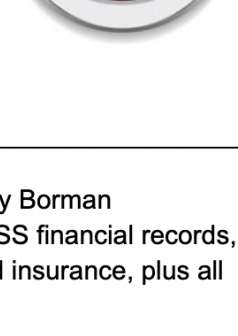
USADSS Welcomes Technical Advisor

We are delighted to announce that Rick Klatt has agreed to be a Technical Advisor for our organization. Coach Klatt is a retired American swimmer who won a gold medal as a member of the United States team in the [men's 4x200-meter freestyle relay](#) at the [1973 World Aquatics Championships](#) in Belgrade, Yugoslavia, setting a new world record in the relay event (7:33.22).

Coach Klatt has worked for more than 40 years as a swimming and water polo coach. Today, he is the head coach at the Fresno Dolphins Swim Team. Coach Klatt is excited to get started and has some great ideas to bring the T21 Swim Warriors team together. We plan to host chat sessions for the athletes via zoom. The first zoom "Party USA" will be on July 14th at 6pm EST. More details will follow via Email! In addition, Coach Klatt will also have a column on the website to answer swim related questions from families and coaches who are supporting swimmers with Down syndrome. Go to the home page : www.usadss.org to submit a question.

Sign up to be a T21 SWIM FAN!

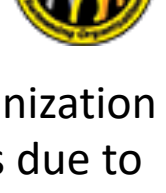
A T21 Swim Fan is a non-athlete who wants to be a part of the USADSS organization. We work together under the direction of the USADSS Board and our technical advisor to support T21 Swim Warriors from behind the scenes. By registering to be a T21 Swim Fan, you are eligible to join a committee. Through our committees we will work together to build a network that recruits, supports, and promotes our amazing athletes. Contact us at info@usadss.org with any questions. See below for more details.



Athlete Recruitment, Registration & Records Committee Co-Chairs: Judy Jurries, Susan Drumright Committee Role: Maintain registration of athletes and T21 Committee Role: Develop and implement plans to recruit new athletes, and document records for USADSS athletes, Upcoming Meeting: Sat. July 18th, 9:15 EST	Finance Committee Co-Chairs: Leslie Bergquist, Terry Borman Committee Role: Manage USADSS financial records, fundraising, records keeping, and insurance, plus all US government reporting Upcoming Meeting:
Team USA Committee Co-Chairs: Sandra Sanguinetti, Judy Jurries Committee Role: Team support for international competitions including: team selection, coach selection, policies & procedures, & team travel. Upcoming Meeting:	Marketing Committee Co-Chairs: Susan Drumright, Terry Borman Committee Role: Develop branding & merchandising, website, social media plan, digital/print media, and press releases. Upcoming Meeting:

Note: USADSS National Championships and Swim Clinics will incorporate all committees.

Update from the Down Syndrome International Swimming Organisation (DSISO)



DSISO has communicated that Turkey's National Sports Organization (NSO) has officially canceled the 2020 DSISO Trisome Games due to Covid-19. In response, USADSS has developed a tentative competition plan for USA athletes. Our primary focus will be to keep USA athletes safe during this uncertain time.

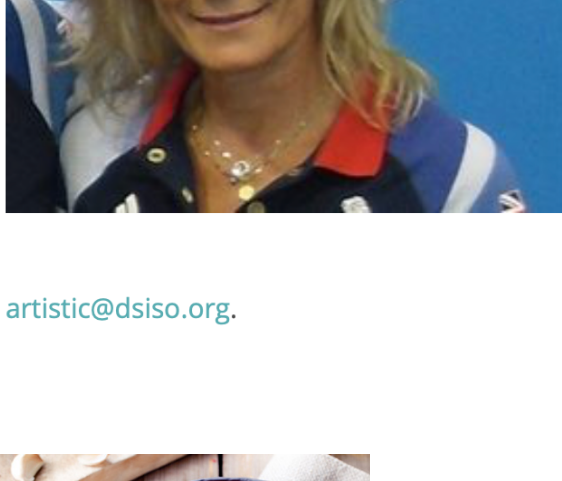
USADSS COMPETITION PLAN

Tentative Date	Event	Distance	Location
2021 Spring	USADSS 1st National Championship	SCM	USA (TBD)
2021	DSISO European Open Games	SCM	TBD
2022 Spring	USADSS 2nd National Championships	SCM	USA (TBD)
2022 November	DSISO World Swim Championships	SCM	Portugal
2023 Spring	USADSS 3rd National Championships	LCM	USA (TBD)
2023 Summer	USADSS host DSISO Americas Regional Championships	LCM	USA (TBD)
2024 Spring	USADSS 4th National Championships	LCM	USA (TBD)
2024 TBD	DSISO World Trisome 21 Games	LCM	Turkey



Don't miss the first Zoom Party USA with Coach Klatt! It will be on July 14th at 6pm EST. Look for details in your Email!

Congratulations to Lolli Montico, DSISO Artistic Director



Lolli Montico, DSISO Artistic Director, has taken the initiative to do on-line training for the Artistic swimmers. The first training took place on 18th May 2020. The countries attending were Italy, Mexico, Brazil, Spain, USA and Canada. Lolli lead the session, It was decided to do a rotation of coaches every Monday. The athletes worked hard. The session ended with a little dance routine, which was such fun.

Any other countries interested in getting involved with Artistic Swimming can contact Lolli - email: artistic@dsiso.org.

Acronym Soup

Below are some common acronyms in the world of swimming for people with Down syndrome. We will add this to our USADSS website, but we may have missed some things. Please let us know if you need something defined.

Acronym	Meaning	Website
ASCA	American Swimming Coaches Association	https://www.swimmingcoach.org
AWL	Athletes Without Limits	http://www.athleteswithoutlimits.org/swimming
DSISO	Down Syndrome International Swimming Organisation: Pronounced "d-SI-is-o"	http://www.dsiso.org
FINA	Federation International of Swimming	http://www.fina.org
LCM	Pool Distance: Long Course Meters	
LOC	Local Organizing Committee	
MQT	Minimum Qualifying Time	
NHSF	National Federation of State High School Associations	https://www.nfhs.org/activities-sports/swimming-diving/
NISCA	National Interscholastic Swim Coaches Association	https://niscaonline.org
NSO	National Sports Organization: DSISO recognizes 1 NSO as the sole representative for each country.	
Para	Paralympics	https://www.teamusa.org/us-paralympics
SCM	Pool Distance: Short Course Meters	
SCY	Pool Distance: Short Course Yards	
SU-DS	Sports Union for Athletes with Down Syndrome: Pronounced "suds"	www.su-ds.org
USADSS	United States of America Down Syndrome Swimming Association	https://www.usadownsyndromeswimming.org
USAS	United States of America Swimming	http://www.usaswimming.org/
USAS	United States Aquatic Sports	http://www.usaquaticsports.org/
USA	United States Artistic Swimming, formally USA	
Artistic	Synchronized Swimming	https://www.teamusa.org/USA-Artistic-Swimming
USMS	United States Masters Swimming	http://www.usms.org/
VIRTUS	World Intellectual Impairment Sports	http://www.virtus.sport
WADA	World Anti-Doping Agency ± responsible for determining the World anti-doping code, policy and rules.	http://www.wada-ama.org

Resources for families during Covid-19

Sign up for free webinars for parents, coaches and athletes with **VIRTUS** (World Intellectual Impairment Sports) go to WWW.VIRTUS.SPORT for free webinars for everyone.

Disabled Sports USA and **Adaptive Sports USA** are joining forces under the new name, "**MOVE UNITED**". www.moveunitedsport.org , www.disableportsusa.org, www.adaptivesportsusa.org

Move United supports sports sampling and encourages athletes to participate in a multiple sports. Trying multiple sports gives more options to find the sports you enjoy and be an athlete for life. Every state has an office, and then within each state there are organizations that offer different sports and some events. Your athlete can join organizations from other states. Costs are variable. Sign up to get emails, and a free magazine. Sign up to attend free webinar, with accompanying speakers and a fountain of information <https://www.moveunitedsport.org/covid-19-member-resources/> and <https://www.youtube.com/moveunited>

Free fitness classes: <https://www.moveunitedsport.org/adaptathome/>

Triathlon Foundation: www.enduranceconference.com

Abilities.com "Abilities Virtual Experience" is free...with lots of resources and virtual workshops.

For adventurers: National Parks and trails that are accessible for hiking, www.NoBarriersUSA.org

Endeavor Games are now virtual: <https://www.endeavorgames.com/fortwayne/about>

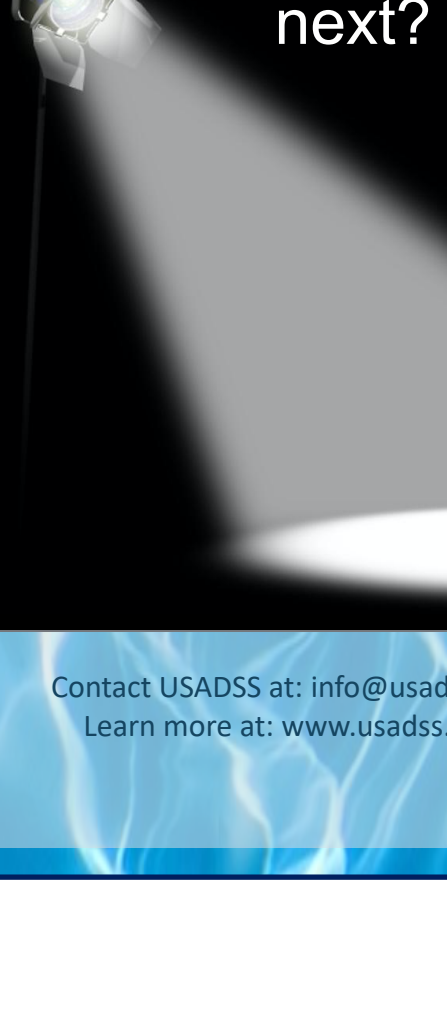


T21 Swim Warrior Spotlight: Meet Mary Borman

Wait until you meet Mary Borman! She is fearless and goes 100% with everything she does. Not only was she a Bronze medal winner for a relay at the 2018 Down Syndrome International Swimming Organization (DSISO) World Championship, but she also represented Arkansas at the

2018 National Special Olympics Championships. Like many T21 Swim Warriors, Mary swims with many different teams. She swam with the Fayetteville High School Swim team school, the Special Olympics Arkansas National Swim Team, Aquahogs Swim Team, and the Marlins Swim Team. In addition to swimming, Mary finds time to be an Athlete Ambassador for the National Down Syndrome Society (NDSS). She presents at NDSS conferences and advocates for people with intellectual disabilities both at the Arkansas state capital and in Washington D.C.! Mary is already back in the water training for the next opportunity to swim! We are so proud of Mary! LinkedIn: <https://www.linkedin.com/in/mary-borman-b9068b1a4/> Instagram: @mermaid_maryborman

CHECK OUT HER VIDEO AT: <https://www.facebook.com/104887174607383/videos/345676773092111/>



Who wants to be next?

We want to celebrate all USADSS athletes on social media. Please send us photos, stories, and videos (even 3 second videos get more views than a photo). The marketing committee will work with each family individually to make sure they are comfortable with the post. Please send to info@usadss.org .

Contact USADSS at: info@usadss.org
Learn more at: www.usadss.org

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