



THE UPDATE

A Quarterly Newsletter

Fall 2020



**Dive in To
Make a
Difference**

How can you help?

Here are some things we hope every family is willing to do as we reach out to gain organizational and financial partners.

1. Join the Fundraising Committee! We could use lots of help for this short-term commitment.
2. Share meaningful content for our social media posts by answering 2 or more survey questions. (See Email)
3. Please ask 20 people to donate \$20.00. We will share a fundraising letter and the brochure via Email for you to print or forward.
4. "Like" the USA Down Syndrome Swimming Facebook page and ask your friends to like the page too. You can also "Follow" USA Down Syndrome Swimming on Instagram and Twitter.
5. Work with the USADSS Fundraising Committee to target a corporation to which you have a connection.

October Fundraising Campaign

October is Down Syndrome Awareness Month, and it is a great time to kick off our first official fundraising campaign. We need your help!

The theme is "Dive In to Make A Difference". Our goal is to inspire 2020 people to donate \$20. We hope to offer at least one national training camp in 2021. This will allow our athletes to stay connected and motivated, while inspiring new T21 Swim Warriors to be the best they can be.

The pandemic has made it challenging to plan for competitions, but we are committed to sending a USA Down Syndrome National Swim Team and Artistic Swimming Team to the DSISO World Championship in Portugal in 2022. We will continue to fundraise to support the national teams' participation.

If you have specific questions about how the money will be distributed, please contact our Finance Director, Leslie Bergquist via Email at:

treasurer@usadss.org.



FAMILIES: This flyer will be included in our fundraising letter. Please contact us at info@usadss.org ASAP if you or your athlete would like anything changed.

USA DOWN SYNDROME SWIMMING: MAKING A DIFFERENCE

LUKE: 22 | MI, LOVES PEOPLE, SO GETTING TO TRAVEL WITH TEAMMATES IS A BIG MOTIVATOR, BUT WINNING A RELAY SILVER MEDAL AT THE 2019 EUROPEAN OPEN IS WHAT DRIVES HIM TO TRAIN FOR THE WORLD CHAMPIONSHIP IN 2022. HE IS WORKING HARD TO OVERCOME A RECENT PULMONARY EMBOLISM TO GET BACK INTO COMPETITION SHAPE. HE IS DETERMINED SEE HIS USA TEAMMATES AGAIN AT THE NEXT USADSS NATIONAL TRAINING CAMP IN 2021.

LAUREN: 21 | FL, HAS DIABETES ON TOP OF DOWN SYNDROME, SO SWIMMING WREAKS HAVOC ON HER BLOOD SUGARS. SHE DEALS WITH THE EXTREMES SO THAT SHE CAN CONTINUE TO REPRESENT THE USA. LAUREN EARNED A BRONZE MEDAL AT THE 2019 EUROPEAN OPEN AND IS OUR SOCIAL MEDIA, IN HOUSE EXPERT!

JOEY: 18 | WI, CAME HOME FROM THE WORLD CHAMPIONSHIP IN CANADA IN 2018 WITH A JUNIOR GOLD MEDAL AND 2 BRONZE MEDALS. HE HOLDS MANY LONG COURSE METER AMERICAN REGION SWIM RECORDS IN HIS AGE GROUP. JOEY, WHO IS A SENIOR AT LAKELAND UNION HIGH SCHOOL, SWIMS VARSITY ON HIS HIGH SCHOOL TEAM, COMPETES FOR HIS LOCAL USA SWIM CLUB, PLAYS DRUMS IN THE PEP BAND, LOVES TO MOUNTAIN BIKE, HIKE IN THE WOODS AND WORKS IN THE COMMUNITY.

ANDY: 37 | FL, IS A MULTIPLE WORLD CHAMPION AND A PIONEER IN THE WORLD OF DOWN SYNDROME SWIMMING. HE RECEIVED AN HONORARY ESPY AWARD FOR HIS ACCOMPLISHMENTS, AND CONTINUES HIS SUCCESS BY SETTING DSISO MASTERS RECORDS.

KATYA: 17 | GA, IS A CURRENT WORLD RECORD HOLDER AND WON GOLD, SILVER, AND BRONZE MEDALS FROM A EUROPEAN AND 3 WORLD CHAMPIONSHIPS! SHE IS AN INTENSE COMPETITOR WHO TRAINS FOR LONG DISTANCE EVENTS. SHE SPEAKS TWO LANGUAGES, ENGLISH AND RUSSIAN.

VALERIA: 21 | FL, STARTED AS A TEAM USA COMPETITOR AT THE FIRST EVER TRISOME GAMES IN ITALY IN 2016, BUT NOW SHE HAS TRANSITIONED TO ANCHORING THE FIRST EVER USA ARTISTIC SWIMMING TEAM.

CONNOR: 26 | CO, IS AN EMMY WINNING ACTOR WHO HAS ALSO FOUND GREAT SUCCESS IN THE POOL. HE IS LOOKING FORWARD TO THE NEXT USADSS NATIONAL TRAINING CAMP WITH HOPES OF AGAIN QUALIFYING FOR THE DSISO WORLD CHAMPIONSHIP.

MARY: 22 | AR, IS A NATIONAL DOWN SYNDROME SOCIETY (NDSS) ATHLETE AMBASSADOR, AND IS SWIMMING AT THE UNIVERSITY OF ARKANSAS'S POOL TO STAY IN SHAPE DURING THE PANDEMIC. SHE IS LOOKING FORWARD TO TEAM EVENTS AND COMPETITIONS.

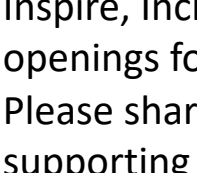
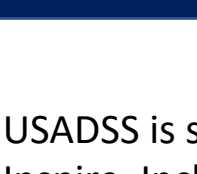
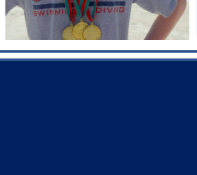
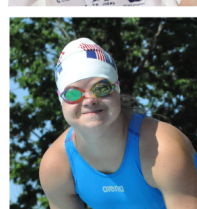
JOE: 27 | MI, IS SAVING HIS MONEY FROM HIS COMMUNITY JOB, AND IS BUSY IMPROVING HIS TECHNIQUE IN THE POOL SO THAT HE CAN CONTINUE TO TRAVEL INTERNATIONALLY. LAST YEAR HE SET A DSISO AMERICAS REGION RECORD (M1), AND IS EXCITED TO DEFEND IT AT THE NEXT OPPORTUNITY. HIS SUPER POWER IS MAKING SWIM MEETS SUPER SOCIAL AND FUN.

GRACE: 19 | FL, IS A NEW NATIONAL QUALIFIER AS AN ARTISTIC SWIMMER WHO HAD HOPED TO ATTEND THE 2020 TRISOME GAMES IN TURKEY. SHE IS A TRUE WARRIOR AND IS BACK IN THE WATER TRAINING FOR THE NEXT OPPORTUNITY TO SHINE. ARTISTIC SWIMMING HAS BEEN A GREAT WAY TO EXPRESS HER CREATIVITY WHILE BUILDING FRIENDSHIPS AND SELF CONFIDENCE.

TOM: 20 | MI, HAS BEEN SWIMMING ALL SUMMER AT 5:00AM BECAUSE THAT WAS THE ONLY POOL TIME AVAILABLE! "BE LIKE TOM!" HE IS A NEW NATIONAL QUALIFIER WHO IS PUMPED TO JOIN USADSS, AND IS LOOKING FORWARD TO THE 2021 TRAINING CAMP AND UPCOMING COMPETITIONS.

DAVID: 22 | FL, IS NEW TO USADSS, BUT NOT NEW TO HIGH LEVEL COMPETITION. HE WAS 10 WHEN HE FIRST TRAVELED TO PUERTO RICO, THEN LATER HE COMPETED IN PANAMA. HE HAS ALSO FOUND SUCCESS COMPETING AT SPECIAL OLYMPICS, USA AND MASTERS SWIM MEETS. HE IS LOOKING FORWARD TO MEETING THE T21 SWIM WARRIORS AT THE 2021 TRAINING CAMP.

DIEGO: 30 | FL, IS ANOTHER TEAM USA PIONEER WHO ATTENDED WORLD CHAMPIONSHIPS IN 2012, 2014 & 2016. IN 2019, HE DEVELOPED SIGNIFICANT AND PROGRESSIVE LOSS OF VISION. WHILE SWIMMING IS ON HOLD TO ADAPT AND LEARN, HE IS TRAINING ON A TANDEM BIKE AND AT THE GYM TO GAIN CONFIDENCE AND ENDURANCE. HE DOES HAVE THE GOAL TO ATTEND A USADSS NATIONAL TRAINING CAMP IN 2021.



USADSS Families: Your athlete's stories will make the difference in the USADSS fundraising campaign!

PLEASE

Take our
survey!

ASAP!

USADSS is seeking enthusiastic individuals to join our vision to Inspire, Include and Celebrate T21 Swim Warriors. There are openings for 2 additional Board Directors and 2 Technical Advisors. Please share with anyone you think would be passionate about supporting the T21 Swim Warrior Community. A nomination form is available on the website and should be submitted prior to October 31st. The link is: <https://www.usadownsyndromeswimming.org/usadss-nomination-form>

NEWS FROM THE BOARD



We are looking for new athletes and supporters!

Sign up to be a T21 Swim Warrior or a T21 Swim Fan on our website at www.usadss.org!

In addition, if you know of any swimmer with Down syndrome interested in swimming internationally, please share the attached updated application, or direct them to the website.

PARENT & ATHLETE
zoom
PARTY

Mark Your Calendar
**Wednesday
October 7th
at 8pm EST**

T21 Swim Warrior Spotlight: Meet Katya Vazhenin



Katya Vazhenin is a rising star in International Down Syndrome Swimming. She has repeatedly proven herself to be a beast on long distance events. Katya has earned 4 junior DSISO World Records and 9 American Regional records, but she is just getting started! She has podium medals from international competitions held in Mexico, Canada, Italy, and Australia!

Katya is also a rhythmic gymnast, loves to sing and play piano. She is bilingual - English and Russian, and hopes to become a translator some day.

Katya lives in Lawrenceville, GA and was recently named the Golden Peach Disability Athlete of the Year! She works hard for her success and USADSS is proud to celebrate this T21 Swim Warrior!

"Success doesn't just happen. It is a product of hard work, grit and ingenuity."

--- Ogo David Ememke

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

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