



THE UPDATE

Inspiring, Including, Celebrating
T21 Swim Warriors



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2020: A YEAR OF TRIAL AND DEVELOPMENT



USA Down Syndrome Swimming is rolling into 2021 with tremendous anticipation for big things to come. Here is a quick look at our 2020 accomplishments.

- Became the USA National Sports Organization for DSISO.
- Selected a Technical Advisor, Rick Klatt from Fresno, CA.
- Held a successful fundraising campaign.
- Welcomed a USA Artistic Swimming coach and team to be a part of USADSS.
- Established weekly Zoom meetings "Teammate Tuesdays", moderated by 2 students from the University of Arkansas.
- Overhauled the website.
- Established a new Facebook and Instagram page.
- Presented to the Global Adapted Aquatics 2021 Summit.



USADSS Expands Board of Directors

2021 USA Down Syndrome Swimming Board of Directors

Judy Jurries, Arbor Vitae, Wisconsin: President
Leslie Bergquist, Maitland, Florida: Treasurer
Susan Drumright, Midland, Michigan: Secretary
Sandra Sanguinetti, Coral Springs, Florida: Director
Terry Borman, Fayetteville, Arkansas: Director
Patti Chen, Portage, Michigan: Director
Rick Klatt, Fresno, California: Technical Director

We hit the jackpot, adding 2 more people who want to inspire swimmers with Down syndrome (and those who support them) to reach for new levels of success. Our Technical Advisor, Rick Klatt is a class act! He has been working closely with our board to lay the groundwork for a world class organization. He joins the board with 40 years of experience in all aspects of competitive swimming. He was the Aquatics Director of Special Olympics International for 4 years, a member of USA Swimming's Disability Committee for ~5 years, he swam on 2 USA Swimming National Teams including the 1st World Championship in 1973, is an ASCA Level 4 Certified Coach, and runs the Fresno Dolphins swim team out of Fresno, CA. Our 2nd new Board Director, Patti Chen is new to the organization. She is an amazing advocate whose big heart and work ethic will drive us to be better! Patti is a parent of T21 Swim Warrior, Tom out of Portage, MI. Patti was a competitive swimmer herself, and is a certified Special Olympics Coach and volunteer. She works part time at Best Upon Request at Bronson hospital, and volunteers with a number of local nonprofits including Meals on Wheels. Patti's passion is to advocate for high expectations for people with developmental and intellectual disabilities. She is excited work with USA Down Syndrome Swimming to affect change in the USA. Patti and the entire Board believe in our athletes, and that competitive swimming at the international level is achievable for many more swimmers with Down syndrome!



USADSS

STRONGER TOGETHER



USA Down Syndrome Swimming wants to grow our family of swimmers and create opportunities for T21 Swim Warriors to be included at every level of competitive swimming. Would you like to help make these dreams a reality? We need your time and talents to be the best we can be. Please consider joining a committee. Take a look at our goals, and let us know what might be a good fit!

Committees:

1. Athlete Recruitment, Registration, and Records
2. Finance
3. Marketing
4. National Team

2021 Goals

- Run a National Training Camp.
- Implement plans to recruit athletes and promote inclusion within USA Swimming, US Masters, and high schools.
- Fundraise for the 2022 World Championships in Portugal.
- Establish a "Coaches Network" led by Coach Klatt.
- Build our presence on social media
- Continue developing relationships and motivating athletes.



Thank you to everyone who submitted donations to our Dive In to Make a Difference Fundraiser! We have a nice start toward our goal of a National Training Camp with \$17,141.00.

The next fundraiser will be to raise support for the World Championships in Portugal in 2022!

TEAMMATE TUESDAYS!



Zoom Teammate Tuesdays are going great for those who can make it. Special thanks to our moderators: Evan and Ridge from the University of Arkansas.

We are still trying to find a time of day that would work for more athletes. Please contact us via GroupMe or call Terry Borman Directly at: (479) 236-3221.

TECH ADVICE

Coach Rick Klatt is able to provide technical advice to T21 Swim Warriors and their coaches to help them be more successful on their local swim team and achieve their swimming goals. Contact him at: TechAdvisor@USADSS.org to ask questions or make suggestions for the 2021 National Training Camp!



Go to our website or YouTube to view and share a presentation we did for the Global Adaptive Aquatics Summit this month. The title is: "Inclusion in Competitive Swimming Leads to Inclusion in Life."



T21 SWIM WARRIOR SPOTLIGHT

Here is a ray of sunshine from Orlando, Florida. Meet Cooper Lowe, our newest T21 Swim Warrior! Cooper is from a swim family and started off very young in the pool. His family found a special coach in Coach Mike Curley of Highlander Aquatics and Winter Park High School. Coach Curley gave Cooper a great start in the fundamentals. Cooper's siblings, Oliver, Emily and Carley, are his super

supporters. Their experience in competitive swimming has been a strong motivator for Cooper to give it his best in the pool. Cooper is seasoned swim fan, cheering on his brother both in Special Olympics and on the Winter Park team, his sister Emily as she swam and played water polo at Indiana University, and his other sister Carley who is making waves again this year with the Louisville Cardinals! Cooper has a positive outlook on life. He loves school, his dog Boomer and the beach! A freestyler, Cooper is working hard with the @bdwinterpark team like our veteran, Lauren_Bergquist. Thanks to everyone who is challenging and cheering on Cooper. Welcome to the family!

We need current photos and videos of our athletes working out, swimming, or connecting with coaches and teammates. It is a huge help to have content, so don't hesitate to send ideas to: Marketing@USADSS.org.



BOARD ANNOUNCEMENT:

**THE BOARD HAS VOTED TO CHANGE THE MEDIA RELEASE,
AND IT HAS BEEN ADDED IT TO THE ATHLETE APPLICATION.**

HOW *You* CAN HELP

USA Down Syndrome Swimming has been added to the list of approved charities on Amazon Smile. You just need to sign into Amazon Smile instead of Amazon and make the choice. Or better yet, just follow this link: <https://smile.amazon.com/ch/83-2377620>

ALTERNATIVE STEP BY STEP INSTRUCTIONS: To change your charitable organization on Amazon Smile: 1. Sign in to smile.amazon.com on your desktop or mobile phone browser. 2. From your desktop, go to Your Account and select the option to Change your Charity. Or, from your mobile browser, select Change your Charity from the options at the bottom of the page. 3. Select a new charitable organization to support. Note: You can also hover over the Supporting notice in the navigation at the top of any page, and then select the Change link next to the name of the charity you're currently supporting.

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