



# THE UPDATE

USA DOWN SYNDROME SWIMMING



DECEMBER 2023



## Get Involved!

Join the Journey and help USADSS as we continue to grow and expand so we can reach more swimmers! Look for details below on these exciting opportunities to support USADSS.

- Join a Committee
- Participate in Our First Meet-up
- Host a Meet-Up in Your Area

## Deadline Approaching for National Team Time Submissions

Athletes who want to be considered for the national team must submit qualifications by **January 15, 2024**.

Competitive swimmers must have A cut times in two events at sanctioned meets. Details on times can be found [here](#). Qualifying times must be submitted to [TechAdvisor@usadss.org](mailto:TechAdvisor@usadss.org) before midnight on January 15.

Artistic athletes must have attended a USA National Artistic Swimming competition and qualified as Tier 3 or higher. This grade includes high level demonstrations of flexibility, strength, swimming, breath control and figures techniques. Qualifying scores must be submitted to [ArtisticSwimmingTech@usadss.org](mailto:ArtisticSwimmingTech@usadss.org) before midnight on January 15.

## 2024 Trisome Games Update

The Trisome Games is set for March 19-26, 2024 in Antalya, Turkey. Due to current world events, the board has made the difficult decision to not send the team to the games. DSISO does allow athletes to compete at events as unattached participants and USADSS is allowing this option for our athletes. Best of luck to Katya Vazhenin and Maggie Scherder who plan to compete!



## Join Us for Our First Meet-up



USADSS is hosting our first Meet Up in March 2024! We plan to host several events throughout 2024, and Michigan will be our first stop. Don't miss the fun - **register today!**

**WHAT?**  
USADSS Local Swim Clinic and Masters Swim Meet

**WHEN?**  
Weekend of **March 16 - 17, 2024**

**WHO IS INVITED?** The Masters Swim Meet is currently only for those over 18 years old, but the Swim Clinic is for all ages. The Swim Clinic is for competitive swimmers of all ages who have Down syndrome that are REGISTERED with USADSS, can swim 50 yards unassisted, and have a desire to improve in the sport of swimming.

**MEET INFO:** Milford Meltdown (SCM) Link: <https://michiganmasters.com/2024-milford-spring/>  
Venue: Short Course Meters / 6 Lane Pool. Warm Up & Cool Down Area and Electronic Timing  
Milford High School Natatorium, 2380 South Milford Rd., Highland, MI 48357  
Milford Meltdown Swim Meet is only available to those over 18 years old and registered with US Masters Swimming.  
Meet Director: Jim Izzi: [macincmembership@gmail.com](mailto:macincmembership@gmail.com)

**SWIM CLINIC:**  
The clinic will be led by USADSS Head Coach Aaron Helander, and will focus on starts, turns, and racing strategy. This will also be an amazing social opportunity to build teamwork, friendships, and motivate athletes to continue to train and improve.

**JOY IN THE JOURNEY**  
As we get closer to the event, we will share more details about a team hotel and Saturday evening mixer event.

**Costs depends on the number of campers!**  
Please email Amy and Patti if you have questions, or would like to come.  
[Event@USADSS.org](mailto:Event@USADSS.org)

## Would you like to host a Meet-Up in your area??

Reach out to [Event@usadss.org](mailto:Event@usadss.org) with your ideas and to see how we can help make it happen!  
#JoyInTheJourney



## We Are Looking for Committee Volunteers!



Committee members play a vital role in our organization by creatively executing USADSS programs at the direction of the board.

We currently have openings on the following committees, and would love to plug you in where you have interest and gifts.

Contact [Join@USADSS.org](mailto:Join@USADSS.org) to apply to be on a USADSS committee.

### FINANCE COMMITTEE

**Board Liaison: Scott McNelis**

- Financial strategic vision - identify anticipated financial needs for the future, maintain financial records, collaborate with committees on future financial needs, safeguard assets.

### FUNDRAISING

**Board Liaison: Carrie Spencer**

- Establish annual fundraising goals, Ad Hoc Projects, Grant Writing, Partnership Responsibility: Small Businesses/Corporations.

### MARKETING AND PUBLIC RELATIONS

**Board Liaison: Julie Malley**

- Responsible for marketing campaigns including social media, website, team store, and press releases.

### GOVERNANCE & COMPLIANCE

**Board Liaisons: Martin Jacobs & Diane Christensen**

- Create and maintain Bylaws, Code of Conduct, Grievance Process, Policy & Procedure Handbook, etc.

### EVENTS COMMITTEE (PROJECT BASED)

**Board Liaison: Judy Jurries**

- Assist with coordination of special events.

### ATHLETE COMMITTEE - ARTISTIC

**Board Liaison: Grasy Noriega**

- Work on artistic athlete recruitment, registration and retention.

### ATHLETE COMMITTEE - COMPETITIVE

**Board Liaison: Patti Chen**

- Work on competitive athlete recruitment, registration and retention.

### AQUATICS COMMITTEE - SWIMMING

**Board Liaison: Tim Phillips**

- Coordinate team travel to events, verify and submit records, assist with training Camp organization, and work on partnerships with other swim organizations.

### AQUATICS COMMITTEE - ARTISTIC

**Board Liaison: Grasy Noriega**

- Coordinate team travel to events, verify and submit records, assist with training Camp organization, and work on partnerships with other swim organizations.

## JOIN THE JOURNEY - UNITED WE RISE

Please share this newsletter, 'Like' us on Facebook or 'Follow' us on Instagram @USADOWNSYNDROMESWIMMING

To learn more about how to support these amazing athletes, go to [www.usadownsyndromeswimming.org](http://www.usadownsyndromeswimming.org) to "Gear Up" with cool merchandise, become an official partner, sign up for a newsletter, or make a donation.

[USADSS WEBSITE](#)

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[Purchase Spirit Wear!](#)

