



THE UPDATE

USA DOWN SYNDROME SWIMMING

USADSS SPRING 2023

USA DOWN SYNDROME SWIMMING

2023 National Training Camp

October 18-22



We are excited to announce our 2nd National Training Camp to be held October 18-22, 2023 in Orlando, Florida. Our swimmers and families had a transformative experience last year, and we are thankful the Rosen Center is once again sharing their facility.

Camp application process, cost, accommodations, daily schedule and other camp details will be available in May. Find out more on our website: www.USADSS.org

Quick Links

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JOIN THE JOURNEY | Call for Board Nominations

USADSS is the sole USA national sports organization for swimming and artistic swimming for the Down Syndrome International Swimming Organisation (DSISO).

We believe opportunities in competitive swimming lead to inclusion in life! Our core values are Sportsmanship, Inclusion, Grit, Health, and Gratitude. We are inspired by our athletes - T21 Swim Warriors.

Would you or someone you know like to JOIN THE JOURNEY and help support USA Down Syndrome Swimming? See below for ways to DIVE IN and get involved. We need your help to continue to grow!

Apply at www.usadownsyndromeswimming.org/usadss-nomination-form.



If you are a passionate advocate who wants to raise expectations for swimmers with Down syndrome, in and out of the pool, we invite you to apply to be a USADSS Board Director for the 2023-2025 term.

- Nominations accepted through April 24, 2023 with vote to be the week of May 1st.
- There are 5 board positions up for re-election.
- New Board Directors are invited to attend the May meeting (via Zoom).
- New Board terms will be from June 2023 to May 2025.
- Board Directors are asked to attend monthly meetings and help with committee work throughout the year.
- Board Directors might have experience in the following areas: Disability or Adaptive Swimming, USA Competitive Swimming, International Relations, Artistic Swimming, Fundraising, Non-Profits, Legal, Marketing/ Public Relations, Finance, or Advocacy.



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

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

- Fundraising
- Marketing
- Athlete Retention
- Athlete Registration

Contact Join@USADSS.org

World Championship Summary



The USA Down Syndrome National team had a great showing at the 10th Down Syndrome World Swimming Championship in Albufeira Portugal October 23-29, 2022. We competed alongside 23 countries and finished fourth - our best finish ever!

FAST FACTS

- 31 competitive and artistic swimmers representing 12 states
- First time the USA competed in artistic swimming
- 7 new Age Group American Records
- 7 new Age Group World Records
- 19 podium finishes - individuals, relay & artistic teams

[Click here for full results.](#)

World Championship Fundraising: \$54,000



Through the dedication and hard work of our fundraising committee, and the effort that our athletes and families put in to the Swim-a-Thon, USADSS raised \$54,000 to help send our competitive and artistic teams to the World Championship in Portugal! This allowed us to reduce World Championship costs by \$1800 for each athlete.

We would like to build on this success and continue to raise funds to support future events like the National Training Camp and international competitions. We need help! Our Fundraising committee is currently seeking new members to bring energy and ideas to our committee. Please reach out to Join@USADSS.org to learn more.

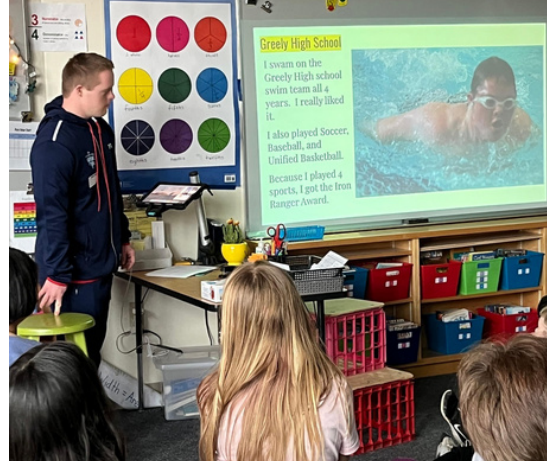
THANK YOU SPONSORS: Your Gift Makes a Difference

Qualifying for and competing at the Down Syndrome World Championship provides an immediate sense of pride in representing the USA. After the championship, our athletes have continued to benefit from improved health, confidence, and community inclusion. They are known and respected in their local communities, which elevates expectations for all people who have an intellectual or developmental disability.



One example is Charlie Saffian from Maine. Charlie competed in his first championship last October. Since then he has been presenting his story to local schools, joined a year-long task force to address the challenges of transitioning out of a school program, and he recently was named a State Ambassador for Best Buddies Maine.

Thank you to TYR, Sports and ALL of our sponsors for making a difference in the lives of T21 Swim Warriors.



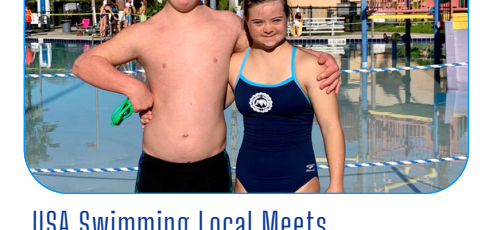
Competition is Part of the Journey



FRIENDSHIP MEET: 2023 Michigan Masters



VIRTUS GAMES: 2019 AWL TEAM



USA Swimming Local Meets

As more T21 Swim Warriors are being creatively included on USA club and high school teams, these athletes are rising to the occasion. They are swimming 1000's of yards each practice and learning good technique alongside their typically developing peers. This high performance training is preparing a new generation of internationally competitive swimmers.

Contact a local team, or sign up for a meet today to start preparing for the next swim adventure. Some opportunities are listed below.

- JOIN a local USA Swimming, YMCA or US Masters Club.
- For swimmers interested in competing at Paralympic level events, register with Athletes Without Limits for the S14/ SBI4 categories www.athleteswithoutlimits.org.
- For swimmers under 23 years of age, join a Move United Swim Club and attend regional events <https://moveunitedsport.org>.
- COMPETE! The best way to train for the 2024 Trisomy Games in Turkey is to compete! It can be at a Move United, USA Swim, US Masters, YMCA Club, AWL, or US Paralympic event. Here are some upcoming events:
 - o May 12-14, 2023 Bill Keating Swim Meet Cincinnati, OH USA Paralympics
 - o June 4-10, 2023 VIRTUS Global Games Vichy France AWL/VIRTUS
 - o July 8-15, 2023 Move United Nationals Alabama Move United
 - o Sept. 16-17, 2023 California Classic Yucaipa, CA USA Paralympics
 - o October 18-22 National Training Camp
 - o December 2023 US Para Nationals (Location/Date TBD)
 - o Mar. 19-26, 2024 Trisomy Games Antalya, Turkey USADSS/DSISO

JOIN THE JOURNEY - UNITED WE RISE

USA Down Syndrome Swimming (USADSS) was formed in 2020, right at the start of the pandemic. What began with a small national team of 9 athletes has grown to 72 registered "T21 Swim Warriors" who are making waves in their local communities and around the world. We know there are hundreds more. Would you help us find athletes, coaches and volunteers who would like to JOIN THE JOURNEY?

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.USADSS.org to Join The Journey, "Gear Up" with cool merchandise, become an official partner, sign up for a newsletter, or make a donation.

- [USADSS WEBSITE](#)
- [JOIN THE JOURNEY!](#)
- [PURCHASE SPIRIT WEAR](#)

