

Fast Facts about USA Down Syndrome Swimming



USA Down Syndrome Swimming (USADSS) is a non-profit organization dedicated to building partnerships and raising expectations for swimmers with Down syndrome. USADSS connects swimmers with Down syndrome to opportunities for personal growth as they journey toward inclusion in local, national, or international level competition.



T21 Swim Warriors. People with Down syndrome have three copies of the 21st chromosome. We refer to our athletes as T21 Swim Warriors to acknowledge the grit it takes to break down barriers, seek opportunities for inclusion in swimming, and compete at elite level competitions. Inclusive swim adventures develop healthy lifestyles, a feeling of belonging, social skills, intrinsic motivation, resilience, independence, self-advocacy and pride. USADSS celebrates the journey of all T21 Swim Warriors



USA Down Syndrome Swimming National Training Camp. In 2022, USADSS hosted the inaugural National Training Camp for competitive and artistic swimmers with Down syndrome in Orlando Florida. Forty athletes from across the United States attended the camp which culminated with an artistic swimming performance and the Journeys Classic Swim Meet. Based on the interest generated from this camp, we plan to host an even larger event in 2023.



USA Down Syndrome National Swimming Team. USADSS is the National Sports Organization (NSO) for the Down Syndrome International Swimming Organization (DSISO) and selects the national team to represent the United States in all DSISO regional and world championships for both competitive and artistic swimming. The 2022 national team will be the largest ever with over 30 athletes ready to compete. The team will be led by certified national coaches and technical advisors.



DSISO World Swimming Championship – October 15-23, 2022. The USA Down Syndrome Swimming National Team will compete at the 10th Down Syndrome World Swimming Championships sponsored by DSISO in Albufeira, Portugal in October. The team will compete in both artistic and competitive swim events. Due to the pandemic, this will be the first world event since 2018 where the team finished in the Top 10.



Join the Journey. USADSS offers a variety of ways for supporters to become involved with our organization. With access to high performance training, opportunities for inclusion, and a strong base of support, a T21 Swim Warrior gains the confidence to train, travel, and compete. We encourage coaches, swim teams, and corporations to join our journey to a more inclusive society. To get involved or make a donation, please visit our website at <https://www.usadownsyndromeswimming.org/>.