

# THE JOURNEY

"The Journey" is a lifestyle of competitive swimming that develops Sportsmanship, Grit, Inclusion, Health, and Gratitude.

It starts when parents and coaches believe in their athletes so that they can believe in themselves. The Journey requires parent commitment, willingness to lean on knowledgeable coaches and inclusive swim teams, and traveling to local, national and even international swim adventures.

It often takes repeated gut checks where the question is asked, "Is it worth it?". It is not for every swimmer or every family. But we believe that there are many more T21 Swim Warriors in the USA who have the talent and grit to be successful at local, national and international competitions.

The interactive "ROAD MAPS" below show paths for both competitive and artistic swimmers with Down syndrome to follow. JOIN THE JOURNEY!



## THE ROAD MAP: Competitive Swimming



## THE ROAD MAP: Artistic Swimming

