



THE UPDATE

USA DOWN SYNDROME SWIMMING

USADSS SUMMER 2023

Quick Links

- [National Training Camp](#)
- [The Journey Explained](#)

USA DOWN SYNDROME SWIMMING NATIONAL TRAINING CAMP

Apply Today for October 2023 Training Camp



Shout out to 5 of our T21 Swim Warriors who recently competed with the Athletes Without Limits National Team at the Virtus Global Games in Vichy, France! Congratulations to Maggie Scherder of Missouri, Joey Jurries of Wisconsin, Katya Vazhenin of Georgia, and Gustavo De Oliveira and Lauren Bergquist of Florida.

These athletes performed in the II2 (Intellectually Impaired with additional physical impairment) category. Collectively, they earned 5 gold and 3 silver medals! Additionally, we look forward to announcing multiple new DSISO records once they are officially certified.

Follow us on Facebook & Instagram @USADOWNSYNDROMESWIMMING.

Artistic Swimmers Competition Nationwide



Some of our artistic swimmers recently competed at the Sunshine State Games. This weekend they are competing at the USA Artistic Swimming Junior Olympics! After that, they will compete at the 2023 PAMAN Artistic Swimming Championship in August 23. They compete in Solos, Duet, Team routines, and inclusive category with a Duet that is a "unified team" that includes one swimmer with Down Syndrome Swimmer and a swimmer with no diagnosis. Let's go team!



The Journey, Explained

THE JOURNEY

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

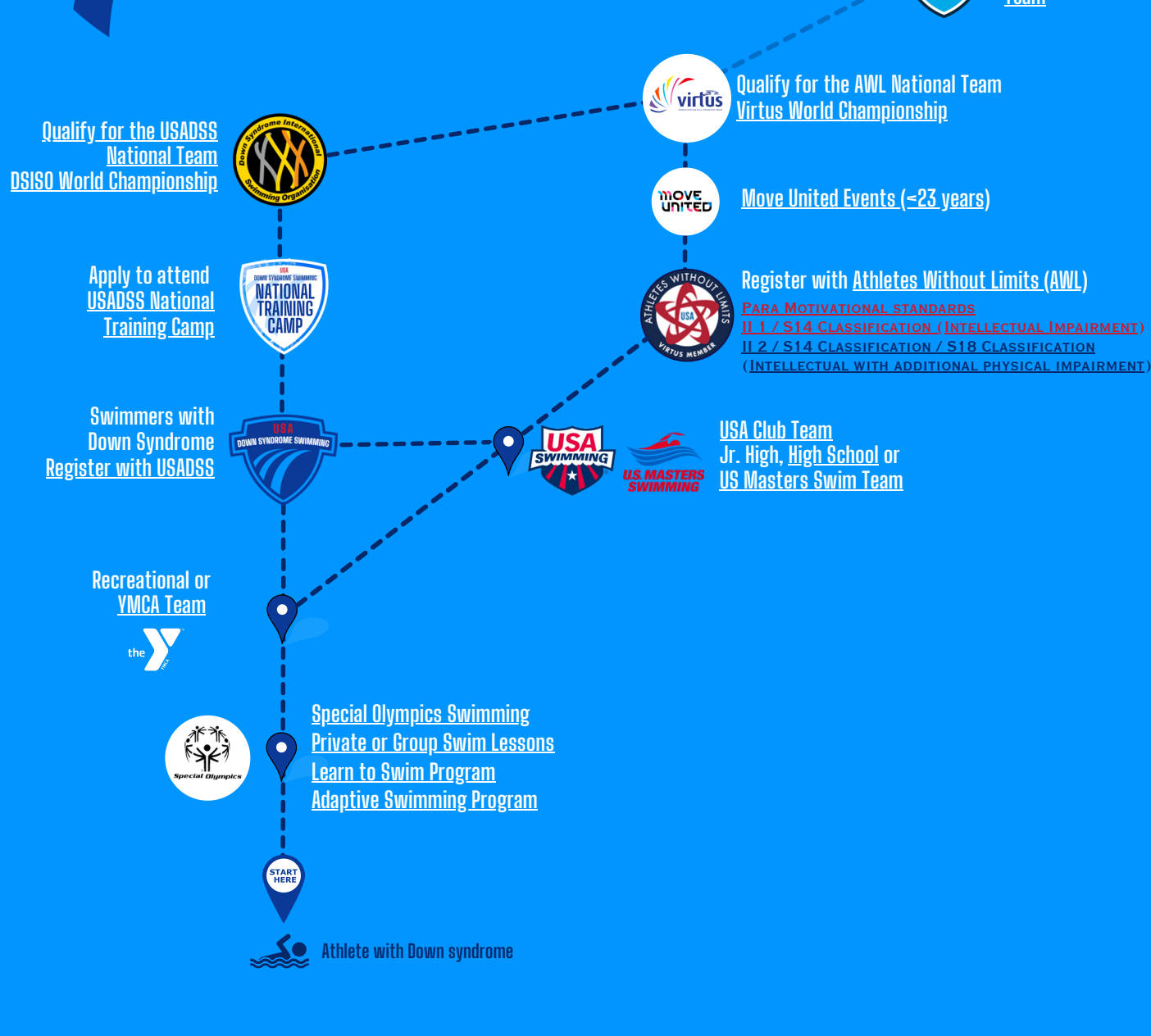
It starts when parents and coaches believe in their athletes so that they can believe in themselves. The Journey requires parent commitment, willingness to lean on knowledgeable coaches and inclusive swim teams, and traveling to local, national and even international swim adventures.

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



USA Down Syndrome Swimming, Inc Bylaws Updated May 2023



Local Swim Teams and Meets are the Key



USADSS understands that inclusion on a swim team can sometimes be messy. That is why it is important for young swimmers to not only be taught proper stroke mechanics, but to also raise expectations around their fitness and behavior.

USADSS wants to be part of the solution. Join our "Coaches' Network" so that we can talk openly about the challenges of including a swimmer with intellectual impairment on a USA Swimming or Masters swim team. Together we can make a difference.

These open conversations are important because local USA Swimming or USA Masters swim meets are a key training ground for #T21SwimWarriors.

Swim meets are intimidating for many people, but for athletes who have intellectual impairment (and their parents), it can be downright terrifying.

Strokes and turns need to be legal, you need to show up to the right lane at the right heat for the right event. Then, you need to remember the stroke you are swimming and the length of the event. You also need to manage your emotions if you have a great race and beat someone, or (in the case of many of our athletes), when you get lapped by a much younger swimmer.

"The willingness to show up changes us. It makes us a little braver each time."
- Brene Brown

This journey takes patience and perseverance, but the payoffs for showing up are huge. We believe in our swimmers! #JOINTHEJOURNEY

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 77 registered "T21 Swim Warriors" who are making waves in their local communities and around the world. We know there are many 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.

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