

DEI Committee Meeting Agenda

April 20, 2025

1. Items Discussed

1. Grants for 2025/2026. Allows us to operate beyond our PVS budget

2. Eastern Zone DEI Committee Back to Regular monthly meetings – topics/requests?

2. Old Business

1. DEI Camp Updates – October 2025 (congruent with NSC)

- See Page 3 for Classroom Topic Details

2. Community Day/Open House – Aug 9, 2025 (Takoma Park) 1-4 PM

- See Page 4 for Open House Details

3. Disability Awareness - Sunday June 1? (Before championship meet sign ups)

3. Upcoming Meetings

1. May 18, 2025 7:00 PM

Topics for Discussion for Disability Awareness: beginning of LC/beginning of SC in August

- **Inclusive Competition Opportunities:** Discuss the various levels of USA Swimming meets—age-group, senior, and open-water—and how swimmers with disabilities can participate. Highlight the importance of competition in assessing progress, receiving coaching, and socializing.
- **Understanding Parallel Time Standards:** Explain the Parallel Time Standards (P1, P2, P3) developed by USA Swimming to ensure equitable inclusion. Guide parents on how to determine their child's classification and the significance of these standards in qualifying for championships.
- **Navigating Disability-Specific Competitions:** Explore opportunities beyond USA Swimming, such as events organized by the Dwarf Athletic Association of America and Special Olympics International. Discuss the benefits of participating in both inclusive and disability-specific programs.
- **Available Resources and Support Systems:** Introduce parents to resources like the USA Swimming Diversity, Equity, and Inclusion webpage, which offers information on disability swimming, competitive opportunities, and educational materials. Emphasize the importance of staying informed and connected.
- **Advocating for Your Swimmer:** Discuss strategies for parents to effectively advocate for their children's needs within swimming programs. This includes understanding the modifications allowed under USA Swimming rules and collaborating with coaches and officials to ensure a supportive environment.

Classroom Topics for DEI Camp: I will meet with headquarters (Apr 30-May 4) while at OTC to get some of this help from them

Location: Howard University

Topics:

Race strategy/how to approach a race

Mental health approach

Parents Session – Disability athlete awareness/participation (pick up/drop off time)

Motivational speaker

Nutrition/Rest/Recovery

College Swimming

Application Fee – more likely to participate if families have “skin in the game”

Open House/Community Day:

Information on USA Swimming – what are they

Information on Potomac Valley Swimming – what are they

How to find a team

Have athletes come help and talk to other kids (can get service hours)

Parent Handouts – Basic information

Disability awareness

Food Truck

DJ