



Potomac Valley Swimming Update – Friday, April 30, 2021

Another New Potomac Valley Swimming Club - I'd like to welcome the Centreville Swim Club (CSC-PV) and Head Coach Russell Ramey to Potomac Valley Swimming.

Safe Sport Leadership Conference - USA Swimming held a Safe Sport Leadership Conference on April 20. There were several topics that may be of interest to PVS members. Recordings of the presentations and presentation materials are available:

Adverse Childhood Experiences: [Recording](#), [Presentation](#)

Cultivating Resiliency & Overcoming Obstacles: [Recording](#), [Presentation](#)

Why Trauma Informed Sport is Vital: [Recording](#), [Presentation](#)

Suicide Awareness & Prevention: [Recording](#), [Presentation](#)

Safe Sport Club Recognition Training - Part of the requirement for Safe Sport Club Recognition is Athlete Protection Training attendance by parents and athletes (12&O). This training can be taken individually on the [USA Swimming website](#). USA Swimming staff also provides some in-person virtual training that allows for interaction and questions from the attendees. You must register in advance for this training using the following links.

Parent Training: [May 12, 8pm ET](#) - [June 23, 8pm ET](#)

Athlete Training: [May 13, 8pm ET](#) - [June 24, 8pm ET](#)

USA Swimming COVID-19 Sanctioning Requirements - The USA Swimming Board voted to extend the current additional sanctioning requirements for meets during the pandemic. Because COVID-19 is still active, we must remain vigilant and continue the protocols we have been using since September to keep our competitions safe.

Diversity, Equity & Inclusion (DEI) Outreach Grants - Potomac Valley Swimming, through the DEI Committee has awarded two Outreach Grants to organizations providing opportunities to introduce swimming to underrepresented groups in our communities. Please visit their websites or contact the leaders of these organizations if you want to learn more or volunteer to help in their efforts.

[Swim Up DC](#) - [Mary Bergstrom](#), and [Fairfax Foxes Swimming](#) - [Matt Salerno](#)

USA Swimming Futures Championships - USA Swimming has posted the [Meet Announcement](#) for the Futures Championships at the end of July.

Stay safe! Stay healthy! Socially Distance! Wash your hands frequently. Get the vaccine when it's available to you. And, continue to wear your mask!

Tim Husson

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Potomac Valley Swimming Mission Statement

PVS supports and promotes excellence for all through competition, education, inclusion, and leadership in a safe, equitable environment.