



PVS Family!

We are in the year of the Lucky 13 and we have great things happening here in PVS! We are already on the move to create programs that foster growth, educate and further develop our coaches, families and swimmers in the PVS and surrounding community. Take a look below to see what we have coming up!



In Their 90s, D.C. Brothers Still Going for Olympic Gold

A beautiful story of two swimmers coached by Coach Roger McCoy and swim on the Water Wizard Swim team. Share this video with your swimmer about the challenging your ability beyond the limits. So inspiring! Link to video: <http://video.pbs.org/video/2185048894>

USA Swimming Diversity Select Camp

May 3-6, 2012, Colorado Springs, CO

Any USA Swimming registered athlete member who is eligible to represent the USA in international competition (a U.S. citizen), meets the qualification time standards, has not previously attended a USA Swimming Diversity Select Camp and represents an ethnically underrepresented population that is less than 10% of the current USA Swimming membership is eligible to apply for this camp. These populations include: African American, Hispanic, Asian or Pacific Islander, or Native American. A swimmer cannot attend a Zone Select Camp and the Diversity Select Camp in the same year. Athletes must have achieved at least one Diversity Select Camp time standard as shown here (SCY and/or LCM) to apply for selection. These times are AAAA National Motivational Times for 13-14 year olds. Times must have been achieved in a USA Swimming sanctioned or approved meet (able to be proven in the SWIMS database). The application must be submitted online. Visit the USA Swimming website for [full details](#).



[Applications](#) must be received on or before **February 15, 2012**.

Black History Invitational Swim Meet

Feb 15-17th, Takoma Park, Washington D.C



Plan to attend the Black History Invitation Swim Meet. The meet seeks to provide urban youth with a positive outlet for competition and a forum to meet positive role models. For more information please contact Rob Green, Meet Director at Robert.Green@dc.gov. [Click here](#) for the meet announcement.

Team DMV-PV – Black Heritage Meet Travel Opportunity

May 24-26, 2013, Cary, NC

Message from the Planning Committee - The 11th Annual National Black Heritage Championship Swim Meet will be held May 24-26, 2013. This event is open to ALL Potomac Valley swimmers. The registration process will begin in early February, but in the meantime, the DMV-PV planning committee asks that you begin to think about how you can support our swimmers. We are doing a call for volunteers.



To sign up to chair or volunteer for one of the committees please click the link below to fill out the sign-up form. Don't forget to hit the "submit" button when you are done.

<https://docs.google.com/spreadsheet/viewform?formkey=dG1hdXdLeFBNVnNNaXBVSzNYSS1wbVE6MQ#gid=0>

Please spread the word to others on your team!



Please mark your calendars to support the following other events (*details to come soon*):

- **Feb 15-17th** Officials are needed to help support the Black History Swim Meet at Takoma Park. Please contact Rob Green at robert.green@dc.gov if you are able to help.

- **March College Knowledge Event** - Diversity Committee will be sponsoring its 2nd ever College Knowledge Event in March. The college knowledge event is a free event for PVS participants to learn about navigating the NCAA College Swimming process. There will be guest speakers on hand to talk about their experiences with the process.

- **April – Diversity Day Clinic** for parents, coaches and athletes. PVS Diversity Committee will have a Going for the Gold Clinic at Prince Georges Sports and Learning Complex. This year's guest will be Former World Champion Swimmer Sabir Muhammad. All are invited to attend as Sabir will inspire the young swimmers of Potomac Valley to 'Dream Big' and pursue excellence in everything they do. Sabir will also discuss his new book, Born to Swim, and share his secrets to becoming an elite swimmer. Attendees will work on swimming technique; receive an autographed copy of Born to Swim, a picture with Sabir and gifts and prizes.

- **May 15th – International Water Safety Day**. International Water Safety Day is designed to educate the youth in becoming safer in and around the water while spreading global awareness of this ongoing pandemic. With over 30,000 deaths monthly, the lack of water safety education has propelled drowning to the 3rd leading cause of accidental injury death worldwide. Here are a few ways you can participate and make an impact. <http://internationalwatersafetyday.org/what-can-you-do/>

- **June** - This year the Eastern Zone will have its **2nd Zone Diversity Camp**. The camp will be held in late June in Boston, MA. Two Athletes from Potomac Valley (1 Male and 1 Female) ages 13 - 16 will be selected to represent PVS at the camp. Athletes need to have qualified for Age Group or Senior Championship meets to be eligible. Applications will be made available after championships in March.

- **August** – First Annual Diversity in Aquatics Conference. Provides an opportunity for all Aquatic Sports to gather and address the needs of Water Safety Programs, promotion of the sport to diverse communities and support ange the future. <http://www.diversityinaquatics.com/convention>

Please continue to let me know if you have any additional information or updates for the Listserv. Thank you all for your continued support!

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<http://www.diversityinaquatics.com/group/potomacvalleydiversitycommittee>

Dream Big

