

**Potomac Valley Swimming  
Inclusion/Diversity Report**

**March 2011**

- April 16<sup>th</sup> - We will have a small one day swim clinic at Takoma Park for those who will be traveling with the team to NC. This one day clinic will go over stroke drills and technique for all participants. Former Head Coach of Florida A&M University, Douglas Carrington will lead the clinic.
- We will have our second diversity committee meeting at Takoma Park on April 16<sup>th</sup> from 1:30 pm– 3:00 pm. During the meeting we will discuss further initiatives for the spring and summer months.
- May 14<sup>th</sup> from 11 am – 1:00 pm team practice for the NC Travel Team participants.
- Currently the PVS Diversity Committee is helping to support a travel team down to the 9<sup>th</sup> National Black Heritage Meet in Cary, NC through DC Wave. DC Wave is helping to provide transportation, lodging, and entries for the meet. Applications and further information on the meet can be found on the PVS Diversity Page. The meet is open to all PVS residents. Applications and deposits are due by **March 25<sup>th</sup>** to Rob Green at [robert.green@dc.gov](mailto:robert.green@dc.gov) . The total for the trip is \$250.00 with a deposit of \$100 by March 25<sup>th</sup>.
- The **2<sup>nd</sup> Annual Water Safety Day** is scheduled for May 21<sup>st</sup>. The **Water Safety Day** program will feature fun-filled water and non-water activities for both the experienced and non-experienced swimmer. The Navy Seals through Vision Marketing has teamed up with PVS and DCPR to do a Free Navy Seals mental toughness day. The goal of the event is to help participants learn the basics of water safety, where to sign up for swimming classes and teams, swimming techniques, and how to properly use water safety equipment. All PVS groups are welcome to participate. Please contact Miriam if you would like to have your team volunteer.
- After much talk and demand by some in PVS, I am in the process of scheduling a date for the **2<sup>nd</sup> College Knowledge Event**. I am in need of a venue to host the event.

If anybody has any questions or concerns for the topics address above, please email me at [miriamslynch@yahoo.com](mailto:miriamslynch@yahoo.com)