



Going for the Gold
Potomac Valley and DC Parks and Recreation
Building our Future Champions

Potomac Valley Swimming and DC Parks and Recreation and other community partners extend an invitation to join us in celebrating and promoting diversity in swimming. The goal of this event is to create a positive environment that empowers, motivates and educates swimmers from a diverse background to continue in the sport and to reach for their goals.

Host: The event will be hosted by Potomac Valley Swimming and DC Parks and Recreation

Location: Wilson Aquatic Center, 4551 Fort Drive, NW, Washington D.C
website: <http://app.dpr.dc.gov/dprmap/details.asp?cid=3>

Eligibility: This event is open to all levels of swimmers. Swimmers must be able to swim 25 yards unassisted to participate in the one day camp. You must register your child for this event. Registration is due by April 1st. Prizes and give-a-ways will be given.

Swimmers that are not yet able to swim 25 yards unassisted are invited to participate in the swim clinic and be recognized as special guests while watching the participants during the clinic.

Timeline / Set-up: The event will go from **10:00am – 2:00pm** and will progress as follows:

Time	Item
9:00am – 9:45am	Volunteers Arrive and Set-up
10:00am – 10:25am	Registration for Participants
10:30am – 11:30am	Introduction and Welcoming by Anthony Ervin
11:45pm – 1:00pm	Stations each station will go 15mins with in the water instruction with 5min transitions. There will be four in the stroke stations at the event that participants will rotate through: Freestyle, Breaststroke, Backstroke, and Butterfly working on stroke technique, starts and turns. Each coach will be assisted by an PVS Volunteer.
1:10pm – 1:15pm	Select group of participants will be able to race Anthony Ervin in a freestyle race.
1:15pm – 2:00pm	Closing and Lunch

- During the course of the clinic there will be activities for parents to learn about getting their child involved in the sport and becoming a volunteer through officiating and other means. Parents also have the option to watch their child participate in the event.
- Food for participants and a chance to mingle and network with one another after the event and get signed autographs by Anthony Ervin.

Bio for Anthony Ervin: Anthony Ervin is an Olympic Gold medalist, 2x World Champion, and former World and American record holder in the sprint freestyle events - all feats accomplished by the time he was 20 years old. Anthony is culturally distinguished - through the socially constructed American phenomenon of race - as the first US Olympic swimmer of African-American descent. After a rapid rise to the peaks of competitive swimming, Anthony walked away from the sport he had invested his entire childhood, adolescence, and early adulthood, to come-of-age on his own terms, and to explore avenues of culture and society as a young adult with unfettered freedom. His journey led him across the country, from the San Francisco Bay Area to the boroughs of New York City, where he rediscovered his passion for swimming through the teaching of young people at the Imagine School of Swimming. So inspired was he as an educator, that Anthony returned to the University of California at Berkeley to finish his degree and launch immediately into graduate school where he currently studies the culture of sport and its role in our education.



Wilson Aquatic Center, Washington D.C