

Disability Swimming Report --Virginia Swimming - Sept 10, 2018

(VirginiaSwimmingDISABILITYreptforSEPTof2018.doc)

Joseph Peppersack competed in the World Para Swimming Series in Indianapolis in April. Beginning in May, he co-coached (did 90% of the coaching, the other coach did most of the parent connection) an able bodied summer league team throughout the summer.

Joseph returned to the University of Mary Washington this fall, where he is continuing to swim on the UMW Eagles Swim Team, attend as many para swim meets as possible, and work towards his degree in Economics.

Other VSI disability swimmers include:

- **Samantha Tubbs** (she has been training at the Olympic Training Course in Colorado Springs, and has been a member of the UVA Resident Team).

Samantha was honored to travel to Germany and to Indianapolis to represent Team USA at the 2018 World Para Swimming World Series. In Germany she was part of a relay team and took gold. She got to stand on the podium while they played the Star Spangled Banner. It was a very memorable experience for Samantha and for her family and swimming community !

- **Sean Harrington**, who has been working at the Chesapeake Regional Medical Center in the Materials Management Dept, and who has been doing his own workouts at the YMCA Aquatic Ctr in Great Bridge.

- **Emily Scovel**, who loves to swim with her summer league swim team

- **Brad Hunter**, who did a great job at Zones this summer and whom had great support from his parents, the Zone Chaperones , and his Virginia Zones Coaches

- **Paloma Wiles** , a very motivated young swimmer, who always has a cheerful attitude.

Disability Condition in the Spotlight for this season will include diabetes mellitus.

Thousands of swimmers across the world have diabetes mellitus. Many of these diabetic swimmers are in our own United States. Diabetes mellitus (D.M.) is a medical condition where the child is not able to process glucose (sugar), which is essential for many of our body organs and tissues to function on a daily basis. This loss of cellular uptake and processing of glucose leads to significant growth delays, inability to concentrate due to high levels of circulating sugar, and higher prevalence of community acquired infections. Long term untreated diabetes leads to art disease, lower extremity infections, stroke, and kidney failure. The treatment for DM includes moderation in carbohydrate intake, avoidance of concentrated sweets, and administration of insulin or other medications that potentiate the release of pancreatic insulin. Many of our swimmers take insulin, several times a day, and check their blood glucose levels just before meals, to determine their next insulin dose .

Diabetic swimmers should always carry a candy bar, cookie, or other form of glucose to have in case their blood sugar becomes too low. Officials, marshals, timers, and coaches can be proactive by recognizing any of the signs of low blood sugar (hypoglycemia) and notifying the coach right away. Some signs of hypoglycemia include lethargy, heightened irritability, nausea, weakness in all muscles, and memory lapses. Often if the child is very sleepy, it may be safer to apply a bit of glucose syrup under the tongue. All diabetic swimmers should wear a medic alert bracelet.

Members of our VSI Disability Committee include Pat Donohue, Jessica Simons, Kim Downs, Art Anthony, Ray Tubbs, John Harrington, Sandy and Joseph Peppersach, Sean Harrington, Brieanna Romney (athlete repres.) , Katy Nunez (athlete repres.) ,Coach Herende (UMW), Coach Jon Larson, and David Strider (Chairperson).

Following is a schedule of International (Para) Swimming Championships.

**2018 California Classic (United States of America)
15 September 2018 - 16 September 2018**

| Data | Venue |
|--------------|--|
| City, Venue: | Yucaipa, CA (Crafton Hills College Aquatic Center) |

Organizer: U.S. Paralympics Swimming
Jamie Martin
1 Olympic Plaza Colorado Springs, CO 80909, USA
Contact: Phone: +1 719 866-2024
E-Mail: Jamie.Martin@usoc.org
Website: www.usparalympics.org
Designation level:Approved

Dates: **15 September 2018 - 16 September 2018**
Sport Classes: **S1-10, S11-13, S14**
Course: **Long Course**
Entry Deadline: 27 July 2018
Participation: open
12. Offener BRSNW Kurzbahn Cup (Germany)
15 September 2018 - 16 September

| Data | Venue |
|--------------|--|
| City, Venue: | Remscheid (Sportbad am Park) |
| Organizer: | Behinderten- und Rehabilitationssportverband NW e.V. Marion Haas-Faller |
| Contact: | Friedrich-Alfred-Str. 10 47055 Duisburg Phone: 49 203 7174164 E-Mail: haas-faller@brsnw.de |

Designation level:Approved

Swimming

Dates: **15 September 2018 - 16 September 2018**
Sport Classes: **S1-10, S11-13, S14**
Course: **Short Course**
Entry Deadline: 1 September 2018
Participation: open

2018 Japan Para Swimming Championships (Japan)
22 September 2018 - 24 September (Japan)

| Data | Venue |
|---------------------|---|
| City, Venue: | Yokohama City (Yokohama International Swimmig Pool) |
| Organizer: | Japanese Para-Sports Association Tsuyoshi INOHANA (Mr.) 2-13-6-3F, Nihonbashi-Kakigaracho Chuo-ku, Tokyo, 10-0014, Japan |
| Contact: | Phone: 81 35939 7021 E-Mail: jpc99@jsad.or.jp |
| Website: | www.jsad.or.jp |

Designation level:Approved

Swimming

Dates: 22 September 2018 - 24 September 2018

Sport Classes: S1-10, S11-13, S14

Course: Long Course

Entry Deadline: 22 July 2018

Participation: by invitation

2. Offener Internationaler Stadtwerke-Cup (Germany)
29 September 2018 - 30 September

| Data | Venue |
|---------------------|---|
| City, Venue: | Hamm (MAXIMARE) |
| Organizer: | SWIM-TEAM TuS 1859 Hamm e.V. Alexander Bergenthal Dahlweg 80 48153 Münster |
| Contact: | Phone: 49 251 4895104 E-Mail: schwimmen@swimteamhamm.de |

Website: www.swimteamhamm.de

Designation level:Approved

Swimming

Dates: 29 September 2018 - 30 September 2018

Sport Classes: S1-10, S11-13, S14

Course: Long Course

Entry Deadline: 18 September 2018

Participation: open

**AQUABEAR INVITATIONAL MEET (South Africa)
4 October 2018 - 7 October 2018**

| Data | Value |
|--------------|---|
| City, Venue: | Port Elizabeth (Newton Park) |
| Organizer: | Nelson Mandela Bay Aquatics Linda Mould |
| Contact: | Grey Schools Pool, College Dr, Mill Park, Port Elizabeth, 6001 Phone: 27 41 3733040 E-Mail: cluboffice@aquabear.co.za |
| Website: | aquabear.co.za |

Designation level:Approved

Swimming

Dates: 4 October 2018 - 7 October 2018

Sport Classes: S1-10, S11-13

Course: Long Course

Entry Deadline: 28 September 2018

Participation: by invitation

**X Abierto Nacional de Para Natación (Colombia)
18 October 2018 - 21 October 2018**

| Data | Value |
|-------------|--------------|
|-------------|--------------|

City, Venue: Barranquilla (Complejo Acuatico)
Organizer: Comité Paralímpico Colombiano
David Acosta
Phone: 57 1 2319729
Contact: **Fax:** 57 3114401500
E-Mail: servicioalcliente@cpccolombia.org
Website: www.comiteparalimpicocolombiano.org

Designation level: Approved

Swimming

Dates: 18 October 2018 - 21 October 2018

Sport Classes: S1-10, S11-13, S14

Course: Long Course

Entry Deadline: 24 August 2018

Participation: open

2018 Hancock Prospecting Australian Short Course Championships (Australia)
25 October 2018 - 27 October

| Data | Value |
|--------------------|--|
| City, Venue: | Melbourne (Melbourne Sports and Aquatic Centre) |
| Organizer: | Swimming Australia Liz Avery |
| Contact: | 50 - 56 York Street Melbourne VIC 3205 Australia Phone: 61 3 99100710 E-Mail: liz.avery@swimming.org.au |
| Website: | www.swimming.org.au/Events/2018-Hancock-Prospecting-Australian-Short-Course-C.aspx#acc1 |
| Designation level: | Approved |
| Swimming | |
| Dates: | 25 October 2018 - 27 October 2018 |

Sport Classes: S1-10, S11-13, S14
Course: Short Course
Entry Deadline: 8 October 2018
Participation: open

The 38th National Para Games (South Korea)25 October 2018 - 29 October 2018

| Data | Value |
|--------------------|--|
| City, Venue: | Jeonju (Jeonju) |
| Organizer: | Korea Para Swimming Federation Kitae, Lee |
| Contact: | F102, 88-2, Bangi-dong, Songpa-gu, Seoul, Korea Phone: 82 2-595 4461 E-Mail: swimmingkosad@hanmail.net |
| Website: | swimming.koreanpc.kr |
| Designation level: | Approved |
| Swimming | |
| Dates: | 25 October 2018 - 29 October 2018 |
| Sport Classes: | S1-10, S11-13, S14 |
| Course: | Long Course |
| Entry Deadline: | 17 August 2018 |
| Participation: | closed |

**North Sea Meet 2018 (Norway)
2 November 2018 - 4 November 2018;2 November 2018 - 4 November**

| Data | Value |
|--------------|-------------------------|
| City, Venue: | Kristiansand (Aquarama) |

Organizer: Rogaland Swimming Region
Thore Gudbrandsen
Contact: Phone: 47 936 59082
E-Mail: meet.director@northseaswimmeet.com

Designation level:Approved

Swimming

Dates: 2 November 2018 - 4 November 2018

Sport Classes: S1-10, S11-13, S14

Course: Short Course

Entry Deadline: 22 October 2018

Participation: open

**Winter Polish Open Championships in Swimming (Poland)
14 November 2018 - 18 November 2018**

| Data | Value |
|--------------|---|
| City, Venue: | Szczecin (City Centre of Sport, Recreation and Rehabilitation Floating Arena) |
| Organizer: | Sport Club for Disabled "START" Patricia Witkowska |
| Contact: | Phone: 48 91 3837430 E-Mail: disabled.swimming@gmail.com |
| Website: | www.swimming.szczecin.pl |

Designation level:Approved

Swimming

Dates: 14 November 2018 - 18 November 2018

Sport Classes: S1-10, S11-13

Course: Long Course

Entry Deadline: 23 September 2018

Participation: open

Deutsche Kurzbahnmeisterschaften 2018 (Germany)
15 November 2018 - 17 November 2018

| Data | Value |
|--------------------|--|
| City, Venue: | Remscheid (Sportbad am Park) |
| Organizer: | Behinderten- & Rehabilitationssportverband NW e.V. Marion Haas-Faller |
| Contact: | Friedrich-Alfred-Str. 10 47055 Duisburg Phone: 49 203 7174164 E-Mail: haas-faller@brsnw.de |
| Website: | www.abteilung-schwimmen.de |
| Designation level: | Approved |
| Swimming | |
| Dates: | 15 November 2018 - 17 November 2018 |
| Sport Classes: | S1-10, S11-13, S14 |
| Course: | Short Course |
| Entry Deadline: | 28 October 2018 |
| Participation: | closed |

MEXICAN PARA-SWIMMING OPEN 2018 (Mexico)
22 November 2018 - 26 November 2018 &

| Data | Value |
|--------------------|--|
| City, Venue: | ACAPULCO, GUERRERO (UNIDAD DEPORTIVA ACAPULCO) |
| Organizer: | MEXICAN PARALYMPIC COMMITTEE O. SERGIO DURAND A. |
| Contact: | CHIAPAS 34, PROGRESO 3935, ACAPULCO GUERRERO, MÉXICO. Phone: 78936 5521078936 5521078936 E-Mail: durandz@unam.mx |
| Website: | historico.conade.gob.mx/eventos/femedessir/index.html |
| Designation level: | Approved |

Swimming

Dates: 22 November 2018 - 26 November 2018

Sport Classes: S1-10, S11-13, S14

Course: Long Course

Entry Deadline: 22 October 2018

Participation: open

**FADESIR OPEN 2018 "PROFESOR JOSE LUIS CAMPO" (Argentina)
5 December 2018 - 9 December**

| Data | Value |
|--------------|---|
| City, Venue: | Buenos Aires (CeNARD) |
| Organizer: | Copar Edith Arraspide |
| Contact: | Phone: 54 11 45438459 E-Mail: editharrespide@hotmail.com |

Designation level: Approved

Swimming

Dates: 5 December 2018 - 9 December 2018

Sport Classes: S1-10, S11-13, S14

Course: Long Course

Entry Deadline: 17 November 2018

Participation: open

2018 McDonald's Queensland Championships (Australia) 15 December 2018 - 21 December 2018

Respectfully submitted,

David Strider, RN, CCRN, ACNP, DNP

Chairperson – VSI Disability Committee