

## THE VOICE OF DOWN SYNDROME SWIMMING AUSTRALIA

### DSSA AUSTRALIA TEAM

DSSA is pleased to introduce the swimmers and their support team representing us at the 2<sup>nd</sup> Trisome Games in Antalya Turkey in April 2020 [www.su-ds.org/events/](http://www.su-ds.org/events/). The swimmers are training hard and looking forward to joining other Australian teams in gymnastics and athletics at the Games.

The Trisome Games 10<sup>th</sup> World Swimming competition will be held between 2<sup>nd</sup> – 6<sup>th</sup> April and you will be able to follow their participation, cheer them on, and acknowledge their successes via our social media platforms. [www.facebook.com/DSSA](https://www.facebook.com/DSSA)



L→R: Sandra Booyesen, Lily Crawford, Harry Cahill, Taylor Anderton, Craig Tobin, Phoebe Mitchell, Madeline Fox, Sadat Hussain, Bradley Doolan, Russell Booyesen, Collin Marks, Stacey Robertson

### QUEENSLAND CLINIC



On Sunday 2<sup>nd</sup> February 2020, Craig Tobin our Head Coach, held a very successful training clinic for both members and coaches. Over 20 swimmers of various levels gained the benefit of his extensive knowledge on training techniques, while at the same time had the opportunity of experiencing being part of the training squad. Five coaches of swimmers with Down syndrome also participated in the clinic which formed the basis for an ongoing network. The younger participants enjoyed training with the members of the DSSA team heading to Turkey.

Craig commented *"The training session was a great success. Many of the athletes worked far above their ability and pushed themselves. The coaches worked tremendously together. The future of our swimming looks good with these athletes looking to come into the Aussie team in the coming years."*

DSSA is committed to providing these opportunities in other states (see next section).

### New South Wales STATE ACTIVITIES

DSSA's NSW based Director, Jim Coffey, is currently working with Down Syndrome NSW [DSNSW] and various NSW swimming clubs and coaches, to both promote DSSA, but more importantly to organise state-based swimming activities. DSNSW has provided great support in looking for ways to facilitate swimming opportunities for their members.

Jim would like to hear from any one in NSW/ACT who is interested in helping him establish one of the key functions of DSSA; to facilitate support for swimmers with DS and their coaches, providing events at state level through the establishment of a State Committee.

Jim can be contacted on 0488 714 815 to discuss being involved.

DSSA has also been approached by other States to facilitate the same opportunities. We can only achieve this through dedicated state-based volunteers. If you can assist in creating these opportunities in Victoria, South Australia, West Australia or NT, with support from the DSSA Board, we want to hear from you.

### MEMBERSHIP

Currently DSSA has a membership of 100 consisting of swimmers, coaches and parents, We would like to welcome the following 10 new swimmers; Isaac [SA], Joseph [WA], Kyle, Rhiannon, Ellen, Catherine, Elizabeth, Shai, Eoin, Zachary [Qld], and new coach Stacey. We are currently updating our database and all parents would have received a request to provided updated details. This included coach's details.

We are looking to use our database and media technology to establish online support networks for all interested parties.

## COACH'S LANE

Craig Tobin, our Head Coach, recently provided some advice to the swimmers at the Queensland training clinic, which is very much applicable to all our members who are looking to improve their swimming performance.

*"Ensure every workout is a quality session, are your push offs perfectly streamlined, are your turns perfect great streamline and kick out of them, are you always working your finishes, think technique, technique, TECHNIQUE... Being a kick-butt swimmer is about much more than setting records or winning gold medals. It is about being part of an environment that fosters and encourages success for not only yourself and the swimmers in your group but the ones coming up behind you. Bring their swimming up to your level with your work ethic. It's about doing your best, all the time, regardless of who is watching. One of the easiest ways to see who is going to be successful is to see how well they work when there is no one else around. Quality, high-level swimming should be your default setting. Lastly, establish a culture with your teammates where excellence is common-place"*



## Sports Inclusion Australia – SIA

In January 2020, DSSA attended the SIA AGM, who we have an MOU with. This was an opportunity for DSSA to learn the latest developments in sports management for athletes with an intellectual disability in Australia. It also enables DSSA to promote our purpose in the swimming community. Attendees include Swimming Australia.

On the back of a very successful INAS Global Games in October 2019, where 13 of our members were part of the Australian Team, SIA is now commencing to engage with the NSOs [National Sporting Organisations, i.e. Swimming Australia] as to their plans for further support, under the INAS classifications. They are also providing education for swimming coaches, "coaching the coach", of athletes with an intellectual disability. This is an area our Head Coach, Craig is actively involved in.

SIA is aligned with the pathways overseen by Virtus, Paralympics Australia and International Paralympic Committee, and in 2018 trialled the classification **II2** [Down syndrome]. This was subsequently formally included in the INAS Global Games in 2019 and will continue to be part of all Virtus championships, providing another pathway for swimmers with DS. DSSA is exploring how we can support our members' participation in their various regional and international competitions, but one of the best ways to start this pathway is to join your local swimming club. Below in the table is the Sport Eligibility for Athletes with an Intellectual Impairment being prepared by SIA to work with Virtus Paralympics.

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|--|---|--|---|--|
| <p><b>*Virtus II-2:</b><br/><b>Down Syndrome</b></p> | <p><b>Athletes with Down Syndrome who have:</b></p> <ol style="list-style-type: none"> <li>1. A formal diagnosis of Down Syndrome including type (Trisomy 21, Mosaic, etc)</li> <li>2. For safety athletes must not have symptomatic Atlantoaxial Instability (AAI)</li> <li>3. Athletes with Mosaic Down Syndrome must provide evidence they also meet the criteria for II-1 Intellectual Disability.</li> </ol> | <p><b>EVIDENCE REQUIRED:</b></p> <ol style="list-style-type: none"> <li>1. Copy of genetic testing showing a formal diagnosis and type of Down syndrome (Tri21 or Mosaic) or statement from Physician.</li> <li>2. AAI status signed by Physician (See Athlete Application Page 3) and copy of AAI exam results if available.</li> <li>3. Mosaic must also provide evidence described for II-1 Intellectual Disability above.</li> </ol> | <p>There is not a separate class for <b>Down Syndrome in Paralympic sport.</b></p> <p>Athletes with Down Syndrome who also meet the criteria for II-1 Intellectual Disability may be classified in that class to be eligible for Paralympic events.</p> | <ol style="list-style-type: none"> <li>1. Athletics</li> <li>2. Swimming</li> <li>3. Tennis</li> </ol> |
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More information can be found at <https://sportinclusionaustralia.org.au/> and <https://www.virtus.sport/>

## Down Syndrome International Swimming Organisation (DSISO)

DSISO [www.dsiso.org](http://www.dsiso.org) is an organisation that provides the opportunity to swimmers with DS to compete at a world class level through its world and regional championships. The DSSA company is a member country of this organisation. DSISO is currently revising its constitution which will be discussed at a special constitution meeting in Antalya, Turkey. DSSA in conjunction with several other member countries have conducted a review of the proposed constitution. The countries have been working together in an attempt to improve the structure (including addressing the Constitution and Rules and Regulations) of DSISO to create an environment of organisational excellence, enabling our swimmers to be appropriately supported to compete at the highest levels of swimming across the world. DSSA was tasked to take a lead in the development of an alternative model constitution.

In addition to discussion on DSISO governance, DSSA will also be holding talks with other countries on the possibilities of facilitating regional events and training clinics which our members of all levels of ability can participate in.

## DSSA COMPANY COMPLIANCE

Down Syndrome Swimming Australia Limited [DSSA] is an Australia Public Company, and registered charity with the Australian Charities and Not-for-profits Commission (ACNC). As such the DSSA company and its Directors have several legal obligations under the Corporations Act 2001 [ASIC]. Recently the DSSA Board completed a compliance audit to confirm that the functioning of the company was meeting all obligations. The audit also included managing data in compliance with the Australian Privacy Principles for privacy protection. After the DSISO constitutional meeting in April the Board will next focus on a strategic review and direction of the DSSA company, and we need your support to do this.

Sandra Booyesen has resigned as a Director effective 20<sup>th</sup> February 2020, and we would like to thank Sandra for your wide-ranging contribution over the past 6 years.