



Down Syndrome NSW and the Down Syndrome Swimming Australia (DSSA) have joined forces to help promote the benefits of swimming. The Down Syndrome Swimming Australia encourages individuals with Down syndrome to actively participate in the sport of swimming at all levels of competency. Whether you're a beginner or a more accomplished swimmer, there are a number of ways to get more involved with swimming.

Jim Coffey is the NSW state representative and sits on the Board of the Down Syndrome Swimming Australia. His 34-year-old daughter Katrina has been swimming since age 3. Jim is committed to helping other families gain the same benefits from swimming as he's seen for Katrina. Swimming has helped Katrina improve her fitness, balance, make friends, and developed a whole new level of confidence. Katrina has travelled to Italy, Canada, Mexico and Turkey for swimming competitions.

If you are interested in getting involved with the DS Swimming Australia, some options include:

- Become a member of a local swimming club and the DSSA can put you into contact with coaches with experience in disability or provide training resources for new coaches.
- Be supported to compete in mainstream swimming events.
- Participate in Special Olympics and other affiliated sporting organisations such as Sports Inclusion Australia and Virtus.

Find out more at dssa.org.au and Jim is more than happy to take phone calls from people in NSW who are interested in taking that first step to your local pool.