

VIRGINIA SWIMMING SAFE SPORT

Virginia Swimming Safe Sport is here to give education, motivation, and direction.

Our Accomplishments this year.

1. VA Swimming Safe Sport is on Facebook and Twitter. @VASAFESPORT for both. If you all see any great articles that you think would be great to add to the Facebook or twitter pages please send them to:
 - Twitter - Claudia Gohn - cngohn@gmail.com
 - Facebook - Art Anthony – Coachart.ECAT@gmail.com
2. We have increased our Safe Sport workforce to include an adult and swimmer representative from each team. The hope is to get more people involved to help spread the word and contribute to safe sport endeavors. This may also help get more athletes involved in other areas of the LSC.
3. Safe Sport had their first Committee meeting this past spring that had more swimmers than adults. In the meeting, we asked athletes what they would like to learn more about. They expressed enthusiasm over having team meetings to discuss hard topics such as bullying, eating disorders, suicide thoughts, abuse, etc. The swimmers were also asked who they would like to run these meetings. The swimmers stated that they would rather have their coaches discuss these topics. They exclaimed there is a trust with their coaches and that the meeting would mean more.

Goals for this next coming year

1. Continue developing our social media sites to educate, motivate, and give directions.
2. Reach out to all teams to make any updates to their representatives and to invite them to the Safe Sport Committee meetings.
3. Continue the Safe Sport Committee meetings each season to coincide with the HOD meetings.
4. Find Suitable discussion packets for hard topics that we can provide teams/coaches to help them run a hard topic meeting such as bullying, eating disorders, suicide thoughts, abuse, etc.
5. VA Safe Sport design contest for 2017-2018 Year. Each team can put in a Safe Sport design which will be judged by the committee. The winning design will be the design that we put on all

swag to be handed out such as bag tags and tshirts to first be handed out at the committee meetings.

6. We will be setting up Safe Sport booths at Championship swim meets (Age Group and Senior Champs) this spring passing out swag and information. The goal is to start making a presence in the state.

Art Anthony
Safe Sport Chair
Virginia Swimming