**VSI Disability Report**

**Jan. 31, 2020**

Updates on some of our very committed VSI swimmers (former or current) are below:

1. Joseph Peppersack has been interviewed by the ABC affiliate out of Washington, D.C. This interview was to air on Friday, Jan. 31st. Joseph is also on the 2020 National Team. He plans to

Compete in Indianapolis in April, in Cincinnati in May, and Minneapolis (Trials for Tokyo) in June.

Joseph is working to complete his third year of college as well as train.

1. Sean Harrington is still working at the Chesapeake Regional Medical Center , in the Materials Management Dept. Sean still swims every other day , up to 8,000 yards per workout.

He recently went to Florida to see his cousins, wo happen to know Caeleb Dressel from the

Univ. of Florida, and they told him how much of a fan Sean was. Sean received lots of “swag,”

such as goggles and racing suits, from Caeleb as a holiday gift.

1. Emily Scovel does no longer swim competitively, but she has been focusing on horseback riding.
2. Samantha Tubbs has been training at the Olympic Training Center. She has recently competed in Peru, California, New York, and in Texas. She has served as a Safe Splash Swimming instructor

At Colorado Springs.

1. Kenley Teller was recently recognized by the Chesterfield County Board of Supervisors for her achievements at the U.S. Paralympics Swimming National Championships . At the age of 9 , Kenley was the youngest ever to participate in this prestigious meet and she was the only Virginia athlete to compete. Kenley medaled in the S8 50 meter backstroke; and she set 3 additional personal best records, to include dropping 12 seconds off her previous best in the 100 meter freestyle and 11 seconds off her 100 meter breaststroke. Kenley was awarded the “Amazing Grace Award” for her outstanding courage, friendliness, determination, and cheer.

Members of our VSI Disability Committee include: Sandy Peppersack, Ray Tubbs, John Harrington, Coach Dalton Harendeen, Coach Art Anthony, Coach Jon Larson, Coach Anita Dillman, Jessica Simons, Pat Donahue, Kim Downs, Katy Nunez, Brieanne Romney, Samantha Tubbs, and David Strider (Chair).

**Upcoming Events for Paralympics Swimming meets:**

**February 29, 2020: Tri State Regional Swim Meet**

**April 1-5, 2020: Desert Challenge Games**

**April 16-18, 2020: Indianapolis World Series**

**April 17, 2020: Texas Regional Games**

**April 25, 2020: Turnstone Endeavor Games**

**May 2, 2020: Dairyland Games**

**May 9-10, 2020: Bill Keating Jr. Para Open**

**May 16, 2020: Gateways Games**

**June 5, 2020: UCO Endeavor Games**

**June 12-14, 2020: Great Lakes Regional Games**

**June 20-21, 2020: Angel City Games**

**July 20-21, 2020: Adaptive Sports USA Junior Nationals**

**October 3-4, 2020: California Classic Para Open**

**December 2020: Canadian Can Am**

**TBD 2020: Fred Lamback Disability Meet**

**Swimming Medical Condition of the Month**

**“Swimmer’s Ear “ (by David Strider)**

### Swimmer’s ear is an infection in the outer ear canal, which is due to remaining water in the ear after swimming, which creates a moist environment that enhances bacterial growth. Swimmer’s ear is also called otitis externa. Usually swimmer’s ear can be treated with eardrops. Symptoms include intense itching in the ear canal, slight redness inside the ear, some drainage of clear, odorless fluid from the ear, and feeling of fullness inside the ear as well as partial blockage of the ear canal by swelling, fluid and debris such as wax. Fever, redness of the outer ear, and swelling of the neck lymph nodes may occur as the condition advances. Aggressive cleansing of the ear with cotton swab may make this condition worse. Prevention involves drying the ears thoroughly after swimming or bathing, and tipping the swimmer’s head to the side to help water drain out of the ear canal. Treatment will include eardrops that have the following ingredients: acidic solution help the ear restore the normal antibacterial environment, steroid to decrease inflammation, antibiotic to kill bacteria, and antifungal agent to fight any fungal infections in the outer ear. During the treatment period of seven to ten days, the athlete should try to avoid swimming, scuba diving, and flying. The athlete should use a cotton ball, covered with Vaseline jelly, to protect the ear during a shower or bath.