

**VSI Disability Committee Report**

**September 25, 2019**

Joseph Peppersack trained this summer for the ParaPan American games. He also coached a summer league swim team. Samantha Tubbs continues to swim at the Olympic level, and she recently competed at the ParaPan American games in Lima, Peru. Samantha recently took silver in the 100 breaststroke and she achieved her national B cut to be on a national B team.

Sean Harrington still swims up to 7,500 meter workouts , up to five times per week, with sets that he prepares in his head. Over the summer he and his two sisters took part in a tri-athlon, and they were the winning team ! Sean was the bike rider and his sister Maya was the swimmer. Sean is enjoying his third year at Chesapeake Regional Medical Center in the Materials Management Dept.

Emilia Scovel has transitioned her athletic talents into therapeutic horseback riding, and he is both a rider and a volunteer at Sprout Therapeutic Riding in Aldie, VA. She rides her horse Olaf, a Norwegian fjord horse, twice a week and she volunteers once a week at the barn.

Current members of the VSI Disability Committee include Sandy Peppersack (parent), Ray Tubbs (parent), John Harrington (parent), Coach Dalton Harendeen , Coach Art Anthony, Coach Jon Larson, Coach Anita Dillman, Jessica Simon (official), Pat Donohue (official), Kim Downs (official) | Katy Nunez (able bodied athlete), Brienne Romney (able bodied athlete), Samantha Tubbs (handicapped athlete), and David Strider (Chair).

We are very lucky to have Pat Donohue as an active Paralympics Official. Of note, our USA Paralympics swimmer , Erin Popovich, was recently named to the U.S. Olympic and Paralympics Hall of Fame !

The NISA US Para Swimming All America program has recently unveiled its program for the Fall of 2019. In order to be eligible for the NISCA US Para Swimming All America team, athletes must be classified by US Para Swimming, and a copy of the classification must be submitted with the application. This competition is open to athletes from each of the three impairment groups: visual, intellectual, and physical . A system of letters and numbers is used to distinguish the sports classes. "S" is for freestyle, backstroke, and butterfly, "SB" is for breaststroke, "SM" is for indiv medley. Swimmers with physical impairments compete in classes 1 – 10, visual impairments are classes 11 – 13, and intellectual impairments are class 14.

There are ten different sport classes for athletes with physical impairment, numbered 1-10. The lower the number, the more severe the activity limitation.

Athletes with different impairments compete against each other, because sport classes are allocated based on the impact the impairment has on swimming, rather than on the impairment itself.

To evaluate the impact of impairments on swimming, classifiers assess all functional body structures using a point system and ask the athlete to complete a water assessment.

The total number of points then determines the athlete's S and SB sport classes. Due to the different demands of S and SB events, swimmers are often allocated different S and SB sport classes.

The SM sport class is calculated from the S and SB sport class.

**S/SB11:** These athletes have a very low visual acuity and/ or no light perception.

**S/SB12:** Athletes have a higher visual acuity than athletes competing in the S/SB11 sport class and/ or a visual field of less than 5 degrees radius.

**S/SB13:** Athletes have the least severe vision impairment eligible for Paralympic sport. They have the highest visual acuity and/or a visual field of less than 20 degrees radius.

In order to ensure a fair competition athletes in the S/SB11 sport class are required to wear blackened goggles.

To ensure safety all S/SB11 swimmers must use a tapper, swimmers in the S/SB12 and S/SB13 sport classes may choose whether or not they wish to use one

**S14** swimmers have an intellectual impairment, which typically leads to the athletes having difficulties with regards to pattern recognition, sequencing, and memory, or having a slower reaction time, which impact on sport performance in general.

Moreover, S14 swimmers show a higher number of strokes relative to their speed than able-bodied elite swimmers

the 2020 Summer Paralympics will be held at the Tokyo Aquatics Centre. There will be 146 events (76 male, 67 female, 3 mixed relay events) - six less events than the 2016 Summer Paralympics. Swimming is the second largest sport: behind athletics and above table tennis

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Paralympic swimmers compete at the [Summer Paralympic Games](#) and at other sports competitions throughout the world. The sport is governed by the [International Paralympic Committee](#). Both men and women compete in Paralympic swimming, racing against competitors of their own gender. Swimming has been a part of the Paralympic program since the [1960 Summer Olympics](#) in Rome, Italy.<sup>[1]</sup>

