

To the Pacific Swimming Diversity and Inclusion committee,

This letter is a follow up report to our spring 2017 grant and also part of the fall 2016 grant. Our two grants were for two separate programs. The first was for a travel swim meet for our middle school and high school swimmers to travel to Lake Tahoe for the High altitude challenge swim meet in South Lake Tahoe. The other grant is to help us run or free and low cost swim lesson programs. Below details the two programs and how the Pacific swimming grant funding was used to enrich the lives of our team swimmers as well and increase awareness about the importance of swim low cost swim lessons in diverse and low income communities.

South Lake Tahoe swim meet:

The Sailfish received two grants to help support a trip to Lake Tahoe for our older swimmers to compete in the swim meet and do open water training swims in lake Tahoe and Donner lake. This meet was open to our scholarship swimmer and older swimmers that are maintaining a high level of participation on the team and served as a team building activity that brought our swimmers together. It was a three day trip leaving early on Friday morning and returning late Sunday evening. The swimmers all participated in the High Altitude swim meet in South Lake Tahoe and did three open water swims. We had 14 swimmers on the trip and of the 14, eight had never been to the mountains or left the greater Bay Area to travel.

Despite the struggles of being at altitude all of the Sailfish swimmers proudly represented their team and Pacific swimming during this trip. At the swim meet we had swimmers achieve best times, and all supported each other. Our two lake Tahoe swims and one Donner lake swims were also amazing highlights for our swimmers as many are very passionate about open water swimming. As a coach being able to provide this opportunity for our swimmers will be one of the highlights of this year. Seeing them get to experience the beauty and grandness of the Sierra Nevada mountains some for the first time is a true honor.

There are other benefits to this trip that affect swimmers that did not participate. The younger swimmers hearing about how fun the meet was and the traveling, have started to show a greater interest in going to swim meets and coming to practice more. This travel trip bonded our swimmers together as a stronger team and is helping inspire all our swimmers to apply themselves more.

Free and low cost community swim lessons:

Our second part of the grant was to continue running our free and low cost swim lessons to members of the local Richmond community. This is a multi layered grant initiative that started a few years ago when we applied for a grant to help certify our older swimmers as Lifeguards and Swim Lesson instructors. Since that first grant we have certified 9 swimmers as lifeguards who are now working either in Richmond or El Cerrito. After getting certified our swimmers come back as volunteers to teach our free and low cost swim lesson programs as they learn about teaching swimming and adding skills to their resume.

This summer we were able to run two three week swim lesson sessions for 12 swimmers per session as a pre team group for swimmers not ready to join the team but who do not have access to additional swim lessons. With the help of our High School swimmers we helped 24

swimmers become more confident in the water and aware of water safety, and had 8 of those swimmers join the Richmond Sailfish swim team. Having our older swimmers learn to teach swim lessons not only gives them a valuable job skill it also helps them become stronger role models in their community and also better swimmers.

This fall we will continue our lessons with Free swim lessons to 3rd grade aged children starting in October after our teams 8th annual Keller Cove Swim for Kids Sake. We will be able to provide swim lessons to qualifying families for between 20-40 swimmers depending on planned closures for pool repairs at our local facility. These lessons are a vital part of helping overcome many racial and financial barriers that keep young kids away from the pool in our community. Please see the attached photos of our travel meet.