

VSI Disability Committee

Report - April 1, 2020

Samantha Tubbs was named to the National B team and she continued to train at the Olympic Training Center. She competed in the Para National Championships in Lewisville, Texas in December and in the Tropical Challenge in Grand Rapids, Michigan in January. She also went to the National Team Camp in Colorado Springs in January, 2020. She continues to take classes at DeVry University and she worked as a swimming instructor with Safe Splash Program at Colorado Springs. She is currently quarantined in Colorado Springs, unable to train or work and is mentally regrouping with the postponement of key competitions, Trials, and the 2020 Paralympics..” She is working to make the best of it all. “

Sean Harrington has less work at the hospital now at Chesapeake, due to lower volume of surgical cases, related to COVID-19. The YMCA is also closed, so he is riding his bike for miles and miles....

Joseph Peppersack excelled in the 100 backstroke in the Para-Pan games last fall, earing a SILVER medal. He has been swimming for the Univ of Mary Washington.

Pat Donohue worked at the Paralympic meet , Can/Am, in December , as an official . Pat has extensive experience with Disability Swimming Officiating and is a key member of the VSI Disability Committee.

As the COVID-19 virus expands, we ask you to keep your athletes safe. Although not swimming,, it is very important to maintain a healthy diet, keep active with daily exercise, and get plenty of sleep. Maintenance of a daily schedule is imperative. Take frequent walks outside , in your yard, or if confined to your house, do exercise sets 3 to 4 times per day. Use your computer to the MAX, to communicate effectively with your friends, peer students / team members, and your teachers if still in school. Look at creative ways to communicate with those individuals who may not have access to a computer.

If you have any signs of a respiratory infection (Fever, persistent cough, trouble breathing) then report to your doctor or emergency room or Urgent Care clinic, for a timely evaluation . Wash your hands every chance you get !! Stay Well. !!!

Respectfully submitted,

David Strider, RN, CCRN, ACNP, DNP

Chairperson – VSI Swimming Disability Committee