

## VSI Disability Swimmers Committee Report

Nov. 29, 2014

Here is a brief summary on the progress with three of our leading Disability Swimmers in the Virginia LSC:

**Joseph Peppersack** – He was the winner of our VSI Disability Swimmer of the Year Award that was presented at our annual VSI Banquet on October 5<sup>th</sup>. He is close to emerging team times and he continues to focus on such goals. Joseph has been training hard and has been swimming meets with his team. He is planning to compete at the 2015 Can Am Para-Swimming Championships in Toronto, Canada in March.

**Sean Harrington** - He swam in the Carl Warner meet on November 15-16<sup>th</sup> at the MAC Aquatic Center in Hampton. Although he did not acquire any best times, since they are training, he still did very well and earned a 200 backstroke time of 2:03.09. Sean's next big meet is in Cary, N.C. on December 12<sup>th</sup>-14<sup>th</sup>. He will do a short taper for this meet and is looking for some faster times.

**Samanth Tubbs** - Samantha has attended two swim meets with the Rappahannock Raiders. She has had continued time improvements in several events. She will be attending the 2014 Speedo Can Am Para-Swimming Championships in Edmonton, Canada during the weekend of Dec 5<sup>th</sup> – 7<sup>th</sup>, 2014. Samantha will also be participating in the 2015 Can Am Para Swimming Championships in Toronto, Canada.

Respectfully submitted,

David V. Strider

VSI Disability Swimmer Committee Chairperson