

In This Issue

- *An Evening with the Olympians*
 - Tickets on sale April 1
 - Cullen Jones
- *Make a Splash Information*
- Interview with SNCA's Vice President

SNCA Mission Statement:

Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.

Contact Us

Leah Bradle,
Executive Director
775-997-3004

lbradle@sbcglobal.net

www.sncaquatics.org

An Evening with the Olympians

This year's *An Evening with the Olympians* is a "can't miss!" It will be held Saturday June 5, 2010, at the Peppermill Casino Pool Complex. In attendance for this year's gala event will **Jason Lezak, Cullen Jones, and Rowdy Gaines**. All the athletes will be available for meet and greets, to give autographs and to talk about their swimming careers and Olympic experience. Tickets for the event go on sale April 1. For the next three months, we will feature one athlete per newsletter, complete with biographies and photographs. For the month of March, we are featuring Cullen Jones.

The 2010 *An Evening with the Olympians* Featured Athlete: Cullen Jones

Cullen Jones burst onto the swimming scene at the 2005 World University Games. He easily won the Gold Medal in the 50 freestyle and became the first African-American Male to win a Gold Medal at the World University Games. Cullen continues to dominate the 50 meter sprint event and has also become a threat in the 100 meter freestyle.

At the 2006 Pan Pacific Games, Cullen became the first African American to break a world record in swimming in an Olympic contested event as a part of the USA's 4 X 100 Freestyle Relay Team. He also won the 50 meter freestyle swimming the fastest time in the world for 2006. Cullen was a 4 time ACC Champion and 2006 NCAA Champion from North Carolina State University.



Cullen further proved that he is one of the swiftest swimmers on the planet in 2008, when he became the second African-American in history to win an Olympic Gold Medal in swimming. An ambassador for African-American swimmers, Jones wanted to shatter stereotypes one lap at a time, eager to spread his message that, yeah, black kids can swim, too. Jones accomplished just that by helping the USA 4X100 freestyle relay team win the Gold Medal in a comeback for the ages. In a race soaked with drama and subplots, the Americans shattered the world record they had set just hours earlier in the preliminaries, blistering through the water in 3 minutes, 8.24 seconds. In July of 2009, Jones set the American record in the 50-meter freestyle at the U.S. National Championships in Indianapolis.



Find us on Facebook!

Click here and become a fan today!

This year SNCA plans to bring Cullen Jones and his *Make a Splash* swim initiative to our annual Reno event.



With *Make a Splash*, we plan to help under-served kids see the benefits of swimming. We also want the community to understand the importance of assuring that all local area children are able to swim. Cullen Jones will present a morning swim clinic on June 5th for children who need to learn the importance to knowing how to swim. SNCA anticipates serving up to 100

children by partnering with Cullen Jones and his program.

Make a Splash with Cullen Jones

The program exists because:

- 9 people drown each day in the U.S.
- In ethnically-diverse communities, the youth drowning rate is more than double the national average
- Nearly six out of 10 African American and Hispanic/Latino children are unable to swim, nearly twice as many as their Caucasian counterparts
- The key indicator in this was not race, but family - Children from non-swimming households are eight times more likely to be at-risk of drowning
- While about 1/3 of white children from non-swimming families go on to learn to swim, less than 1/10 of children in non-swimming African American families do. **By teaching these children, *Make a Splash* is breaking the cycle and creating generations of parents-to-be who will know how to swim**

The actions of the program are:

- To educate parents through a national awareness campaign
- To save lives by joining forces with grassroots learn-to-swim programs
- To reach diverse and under-represented communities by funding free or low cost learn-to-swim programs for children who otherwise could not afford them

The benefits of the program include:

- Reduced youth drownings, especially among minorities
- Creation of opportunities for children of all economic and ethnic backgrounds to learn to swim by the 3rd grade

- Information provided by the USA Swimming Foundation -

* *The USA Swimming Foundation commissioned a national research study as a part of its national Make a Splash anti-drowning initiative. The survey was conducted by the University of Memphis. 1,772 children ages six to 16 years old were surveyed in six U.S. metropolitan areas in 2008; Chicago, Houston, Memphis, Oakland and Philadelphia. [Click here to read the entire study](#)*

SNCA Mission Statement:

Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.

Contact Us

Leah Bradle,
Executive Director
775-997-3004

lbradle@sbcglobal.net

www.sncaquatics.org

Next Month's Edition
Includes: Featured
athlete Jason Lezak

**SNCA
Mission Statement:**

Our mission is to promote, facilitate and coordinate the sustainability and expansion of aquatic resources within the Truckee Meadows.

Contact Us

Leah Bradle,
Executive Director
775-997-3004

lbradle@sbcglobal.net

www.sncaquatics.org

Interview with a SNCA Board Member

SNCA Vice President Barry Breslow



Though Barry Breslow didn't come from a swimming family or grow up with a swimming background, he found the importance of swimming and all that it could provide through his children. Born in Connecticut, Breslow graduated from Rutgers University and then went on to law school at Ohio State. On the fast track to a law degree, he became an attorney in Nevada at the age of 24. It was here in Nevada that Breslow met his wife and it is where he chose to stay to raise his family, including his two children.

When Breslow's children reached a certain age, he and his wife noticed a lack of interest in outside activities and felt they were becoming too sedentary. They felt their children needed the benefit of a healthy physical lifestyle as well as the mental benefits physical activity can provide. After much research, the Breslows decided that swimming would be a good fit and they enrolled their two children in a local swim club.

"I saw remarkable changes in their physical and mental health, as well as a renewed interest in nutrition and staying active," said Breslow.

Years later, Breslow's son is still extremely active in the fitness and sports world, including water polo. Breslow says that swimming even helped his children in their school work because it helped to make his children more focused overall.

"Swimming had a profound effect on our lives and our family. It had an extremely positive impact on all of us," said Breslow.

It was his family's experiences with swimming that made Breslow want to give back in some way. He knew he had to be involved in the local swimming community and did so by joining and helping to run SNCA.

His goals are simple:

"To keep aquatics as a viable sport, hobby and passion for people of all ages"

and

"To assist with the development of a new community aquatic center"

All so that the residents of the Truckee Meadows can have the same beneficial experience that his family was able to have.

As Breslow says, "Swimming is important for all ages and all members of the family. Swimming is great for life."