



Athletic Wellbeing 101



Why Swimming Needs Special Attention

- Competitive swimming has had high-profile abuse cases, including coaches who groomed and sexually abused young swimmers over many years, sometimes with other adults suspecting but not reporting.
- Investigations and lawsuits have shown that failures to act, silence from bystanders, and power imbalances between coaches and young athletes can allow abuse to continue in clubs and national-level programs.
- USA Swimming and the U.S. Center for SafeSport now require policies like MAAPP, background checks, and clear reporting channels, but awareness from swimmers and families is still essential.

Famous Asian Female Swimmers and Representation



- ★ In many Asian and Asian-American families, modesty and respect for elders can make unquestioned physical contact from a coach (for example, hands-on stroke correction), crowded locker rooms, or comments on body shape feel typical, even when discomfort is present.
- ★ In many U.S. swim programs, athletes are told to speak up and “own” their bodies, yet team culture can still reward obedience, silence, and “pushing through” discomfort for faster times.
- ★ Torri Huske is a Chinese-American Olympic gold medalist. She has spoken about being inspired by her Chinese mother and about the pressure and expectations she faced as a rising star, which can echo model-minority stereotypes placed on Asian-American athletes.



Existing Supports and Reporting Tools

MAAP

Sets rules for one-on-one interactions, electronic communication, travel, and locker rooms to reduce risk.

SafeSport

Centralized place to report abuse or misconduct in Olympic-sport systems

Title IX

requires schools to respond promptly and fairly

RAINN

National Sexual Assault Hotline and has guides on reporting to police

Hotlines

Visit the Homepage of our website!

Introducing Online Abuse in Swimming

- Swimmers now compete not only in the pool but also on social media, where performance videos and photos can attract both support and harassment.

Athletes have reported cyberbullying, body-shaming, racist or sexist comments, and threats after races, which can seriously affect mental health and sport participation.

Tech-enabled abuse can include doxxing, non-consensual sharing of images, coercive sexting, and ongoing harassment through anonymous accounts.

Recently, China's swimming authority condemned online abuse against athletes as Guangdong training center reports cyberbullying of Olympic champion Quan Hongchan to police.

