

LaTonya Moyer

2026 Colonies Zone Dorothy Donnelly Award Recipient

LaTonya Moyer joined USMS when she joined the Virginia LMSC Board as the DEI Committee Chair. She has served on the board from 2022-2026. She serves the Virginia LMSC which encompasses most of Virginia and West Virginia but primarily concentrates her activities in the City of Richmond. The Richmond metropolitan area is the third-most populous metropolitan area in Virginia with 58% minority population.

LaTonya's service to masters swimming is exactly in keeping with our mission, values, goals, and objectives. Our mission, "Empower adults to improve their lives through swimming", is engrained in her focus on adults learning to swim. Since LaTonya grew up with a fear of the water and herself learned to swim as an adult, she truly is an inspiration to other women of color as they overcome personal fears and barriers to swimming. She is truly empowering adults to improve their lives through swimming, not only as a role model, but as an adult swim teacher.

-Worked with the Virginia LMSC Coaches Chair to bring a Coaches Certification Class to Virginia to not only support Coach Certification, but also Adult Learn to Swim instructor certification. The 2023 class certified three YMCA instructors of color as ALTS instructors for the Richmond area. Unfortunately, our 2026 course was postponed due to USMS certification changes. Our ALTS program not only focuses on minority instructors, but also developing instructors for our pools/teams in rural Virginia and West Virginia.

-Richmond is a hot bed for youth swimming, so finding space to teach adult swim classes is a challenge. LaTonya reaches out to pools in the area to locate time and space to conduct adult swim lessons. She has been most successful with the Richmond YMCA.

-LaTonya is the Director of Grown-up Swimming Richmond (<https://www.grownupswimming.com/richmond>). She started the program in 2025 which consisted of 24 swimmers on two teams and conducted two swim meets during the summer. In 2026, there are currently nine teams registered and four meets on the calendar. Through her efforts there has been incredible interest and growth in the grown-up swimming program. She is also the Team Captain of the Richmond Free Agents swim team (<https://richmondfreeagents-gus.swimtopia.com/>)

-As an ALTS instructor (certified September 24, 2023) she has taught over 100 adults how to swim; primarily women swimmers of color.

-As the DEI Chair, she assures that the goals of USMS and Virginia LMSC include developing a culture of inclusion and opportunity for people of diverse backgrounds not only for minorities, but also adult swimmers in our rural areas.