



Hispanic Heritage Month 2026

Unidos, Somos Más: Together, We Are More.

Hispanic Heritage Month is a time to celebrate, recognize, and uplift the many contributions, diverse cultures, and extensive histories of the Hispanic communities.

USRowing encourages all members of the rowing community to learn more through the following resource guide and to celebrate while staying safe within boathouses during the month and beyond. By respecting and valuing individuals, rowing organizations will become more welcoming for all athletes.

September 15 to October 15 marks the annual celebration of the Hispanic and Latino heritage, history, traditions, and cultural diversity.

Hispanic and Latino refer to **ethnicity, culture, and identity**, rather than skin color, race, or other physical features.

Exploring the Difference Between Hispanic and Latino Identities: The use of the term “Hispanic” in recognizing the month is not without acknowledgment.

- While Hispanic and Latino are often used interchangeably, they have different meanings.
 - **Hispanic**, which derives from the Latin word for “Spanish,” refers to individuals who are Spanish-speaking or have a background in a Spanish-speaking country.
 - **Latino** refers to those who are from or have background in a Latin American country, this includes those who speak a Latin-based language.

Resource to Explore How to Celebrate:

Celebrate and center the community by taking the time to learn more about Latino identity and historical legacies that enrich communities and continue to shape our nation and our sport.

- [What is Hispanic Heritage Month](#)
- [How to Celebrate \(National Museum of the American Latino\)](#)
- [24 activities to celebrate Hispanic Heritage Month](#)
- [Take a Virtual Tour of the National Museum of the American Latino](#)
- [8 ideas for celebrating Hispanic & Latino Heritage Month for Kids](#)
- Listen to the [Rowing in Color](#) Podcast: Camilla and Isa Shana Darwin: [What Does a Latina Rower Look Like?](#)
- [Honoring Latinx/Hispanic Heritage Month](#)
- PCA Resource: [Creating Meaningful Connections for Coaches and Parents](#)

- Partner with local community organizations that support Hispanic and Latino youth/students to amplify their voices.

USRowing Resources

- [Code of Conduct](#)
- [Individual Membership Agreement](#)
- [Safety Guidelines](#)

We also recognize the ongoing pressures the community may currently face. We want to continue supporting communities in ways that foster safety, growth, and inclusion. Please find additional resources below to help keep yourself, athletes, coaches, and your boathouse safe spaces for everyone.

Cultivating Safety in 2027

- [Understand Your Rights](#)
- [Helping Kids Cope](#)
- [Create a Preparedness Plan](#)
- [Preparing for an Encounter](#)
- [Red Cards for Download](#)