

CELEBRATING NATIONAL HISPANIC HERITAGE MONTH

Sept. 15 – Oct. 15



Julio Diaz - Parafencing Coach Team USA



Natalie Vie - Team USA



Elvis Gregory - Foil Coach

USA Fencing celebrates the history, culture and contributions of the Hispanic and Latino community to the United States. USA Fencing is committed to ensuring all of our members feel heard, seen, valued and supported. We honor the generations of the fencing community who trace their roots to Hispanic and Latin countries, and most importantly, we look forward to working TOGETHER to increase Hispanic/Latino representation within the sport of fencing.

Use and share our full resource guide to CELEBRATE, CENTER and CHAMPION Hispanic heritage. You are welcome to print, distribute or share this resource without separate permission from USA Fencing. Note: These recommendations are not strictly for Hispanic Heritage Month and should be practiced throughout the year.



ABOUT NATIONAL HISPANIC HERITAGE MONTH

SIGNIFICANCE

National Hispanic Heritage month was introduced in 1968 as National Hispanic Heritage Week. The week was then enacted into public law as a 31-day celebration in 1988 by President Ronald Reagan. Hispanic Heritage Month honors individuals from Mexico, Central America, South America and Spanish-speaking nations of the Caribbean.

National Hispanic Heritage Month begins on Sept. 15 to acknowledge the anniversary of independence for [five Latin countries](#). Three other Latin countries celebrate their independence during September as well. Check out the [National Hispanic Heritage Month site](#) for more robust history on the Hispanic culture.

IN THE NUMBERS

The Hispanic/Latino community represents 62.1 million people in the US. (23%). About 1 in 5 individuals are Hispanic or Latino.

COMMON MISCONCEPTIONS

Not all Hispanic people are Mexican.

There are more than 20 Hispanic/Latin-American countries. Do not assume every Hispanic person you encounter is Mexican. Do NOT start a conversation by asking "where are you from?" If you are curious, allow it to come up organically, watch your wording, and be specific. For example, "What is your cultural background" or "What is your family's heritage?"

Not all Hispanics celebrate Cinco De Mayo.

While many celebrate the day with Mexican food and music, May 5 is not a statutory Mexican holiday. It is mostly celebrated in the U.S. because of the "Good Neighbor Policy" which was signed by President Roosevelt to improve relations with Latin America.

Not all Hispanics perform manual labor jobs.

Hispanics and Latin-Americans make up one of the largest professional diasporas in the U.S., which includes lawyers, medical professionals, designers and many other professions.



Julieta Toledo - OSU

Yeisser Ramirez - Team USA

KEY TERMS

Hispanic refers to individuals who are natives of or descendants of Spanish-speaking countries, especially those of Latin America.

Although often misused to describe a person, Spanish refers to language and nationality only.

Latino/Latina refers to an individual who is native of, or descends from a Latin American country. Latino is often used to describe a group of people that include men, or as a default when gender is not specified. Latina is often used to describe a group of people who identify as women.

Latinx is a recent term used to be more inclusive. It is a gender-neutral or non-binary term to refer to a Latino person.

Please note, only roughly 3% of U.S. Hispanics/Latinos use LatinX, so it is not as common to use.

Latine was created by LGBTQIA+, gender non-binary, and feminist communities in Spanish speaking countries. The objective of the term is to remove gender from the Spanish word Latino, by replacing it with the gender-neutral Spanish letter E. Latine is easier to pronounce in Spanish, which already uses "e" as a gender-neutral ending to words like "estudiante" (student).

A person can be both Hispanic and Latino(a), but not all Latinos are Hispanic. Brazilians, for example, are Latinos, but their native language is not Spanish.

Conversely, not all Hispanics are Latino(a). Spaniards are considered Hispanic, but not Latinos, since they are part of the European Union.

*Note: When possible, it is best practice to ask an individual how they would like to be described or referred to. If the individual is not available or unable, ask a trusted individual that represents this group of people.



CELEBRATE

Educate Yourself on Hispanic Culture

Discover artists such as Frida Kahlo, Pablo Picasso, Diego Rivera, and more. Check out the [Smithsonian Art Tour!](#)

Read literature and books from authors like Gabriel Márquez, Miguel de Cervantes and Elizabeth Acevedo

Tune in to Hispanic/Latino music from some of the mainstream artists like Jennifer Lopez, Pitbull, and J Balvin, but also tune into others such as Lin-Manuel Miranda, Gloria Estefan and Elvis Crespo

Explore Hispanic/Latino History

Learn about the contributions of Hispanic and Latino communities to American society. Make sure to stop by the [Smithsonian Institution of Hispanic Resources](#) to view their Hispanic history catalog.

Support Local Hispanic Organizations

Organizations across the country work hard all year to protect the rights of Hispanic and Latino communities. Volunteer at your local community organization(s). You can even make a monetary donation to service organizations like [United We Dream](#), [Voto Latino](#) or [RAICES](#). Check out [Charity Navigator](#) for a more robust list of organizations to support.

CENTER

Invite Hispanic Speakers and Talent to Your Next Event

Embrace diversity by inviting individuals from different ethnic backgrounds. Highlight Hispanic cultural perspectives by centering their voices at your events.

Spotlight Hispanic Athletes and Coaches

Lift the voices of Hispanic athletes and coaches by allowing them to share their stories and experiences with the culture with teammates.

Partner with Community Orgs

Amplify the celebration by hosting an event! Partner with your local community organization(s) that support Hispanic and Latino youth/students. Invite your team(s) and club(s) to join the festivities.

Tag your Teammates

Highlight the voices of individuals on your team(s) and in your clubs who identify as Hispanic or Latino. Lean on their advice on how to best celebrate their culture.

CHAMPION

Host Panels and/or Trainings

Foster an inclusive community by offering educational training and workshops on various topics in diversity, equity and inclusion. Include the experiences of Hispanic individuals in the conversation to provide cultural insights on ways to better communicate with Hispanics/Latino athletes and coaches effectively.

Create a Sense of Community Within and Outside of Fencing

Support Hispanic members in their pursuit of a lucrative and successful career post fencing. Connect them with Hispanic-centered, pre-professional groups, as well as local college career development services if possible.

Create Access for Members of the Hispanic/Latino Community to Enjoy Fencing

Be intentional. The best way to celebrate and support the Hispanic community is by engaging them in the sport of fencing!

If possible, invite members of the Hispanic community to your club, offer a scholarship, get involved in your local schools. Don't forget to ask your club members and friends to join you!

