



COACHING CONNECTION



Looking to Gain Access to a New Facility?

If you are trying to get pool time at a new facility, start by looking over our talking points below.

Resources like these are provided FREE to all USA Swimming coaches and team leaders through the Marketing Toolkit. Take ownership of marketing your programs now.

Think we missed a good talking point or resource? Let us know [here](#).

[VIEW RESOURCES HERE](#)

Athlete Applications Open for the 2023



National Diversity Select Camp

Athlete applications are open through February 10, 2023 for the 2023 National Diversity Select Camp (NDSC)!

"It was an incredible experience that I'm extremely grateful for," said 2022 attendee Emese Szekely (Mission Viejo Nadadores).

Read more on the camp from the perspective of 2022 attendees [here](#).

For more information on the 2023 NDSC, visit <https://www.usaswimming.org/swimmers-parents/swimmers/swim-camps#national-diversity-select>.

APPLY HERE

COACH APPLICATIONS

Interested in being a **Team Manager** for a Sport Development Camp or the National Team?

Deadline to apply is February 13, 2023.

Read more and apply [here](#).

Assistant coach applications are open for 2023 Sport Development camps!

Deadline to apply is March 3, 2023.

Learn more and apply [here](#).

Regional Coach Clinics - Registration OPEN

Register for an upcoming clinic!

- March 31 - April 2 in Ocala, Florida
- April 14 - 16 in Kansas City, Missouri
- June 9 - 11 in Baltimore, Maryland

October 6 - 9 in Louisville, Kentucky

Additional notes:

- Single participant cost is \$100
- Team participant cost (up to four coaches) is \$200

[REGISTER HERE](#)



New Year, New Data!

Learn more about 18 & Under athlete percentile rankings at USA Swimming sanctioned swim meets from September 1 - December 31, 2022.

Chart can be sorted by gender, age and event.

[SEE CHART](#)

Community Impact Grants - Deadline

February 3, 2023

Turn in your application for Community Impact Grants before the February 3, 2023 deadline!



Learn more [here](#).

APPLY HERE

Character Lab to provide Additional Resources to USA Swimming Coaches



Character Lab, a non-profit organization which bridges researchers and educators to help kids thrive through evidence-based resources, is now available for all USA Swimming member coaches.

FREE resources include web-based playbooks, activities and tips that align with USA Swimming's American Development Model.

Available resources can be found on the website [here](#).

Sign up for Character Lab's tip of the week [here](#), which includes 60 seconds of actionable advice every Sunday.

**USA Swimming Workshop
presented by LiveBarn - Save the
Date**



The USA Swimming Workshop presented by LiveBarn will be held in Denver, Colorado on April 20-23, 2023. Members who are invited to attend in person are LSC General Chairs, LSC Officials Chairs, LSC Age Group Representatives, LSC Senior Coach Representatives, LSC Safe Sport Chairs and Club Safe Sport Chairs.

To learn more, visit the website [here](#).

USA Swimming Safe Sport Leadership Conference - Save the Date

The USA Swimming Safe Sport Leadership Conference will be held in Denver, Colorado, in conjunction with the USA Swimming Workshop presented by LiveBarn. On April 20, 2023, industry leaders will present on recent topics of abuse prevention from 11 a.m. - 6 p.m. ET.



Notes:

- Breakfast and lunch will be provided
- FREE for USA Swimming members
- Room block will be available
- Lodging and transportation to be covered by the individual



What Outside Activities Would You Participate in while Attending U.S. Olympic Team Trials - Swimming?

Looking to provide additional opportunities while in Indianapolis for the 2024 U.S. Olympic Team Trials - Swimming? This could include practice times in surrounding pools, mini sanctioned meets, daily racing opportunities, camps, clinics and more!

The Meet Operations Division of the Local Organizing Committee (LOC) for the 2024 U.S. Olympic Team Trials - Swimming is partnering with Indianapolis-area pool operators to offer opportunities for visiting teams, LSCs and youth groups during their stay in Indianapolis.

Complete [this short survey](#) by January 25, 2023 to let us know which opportunities you would like to participate in. By completing the survey, your contact information will be added to a distribution list to receive early information on all specific opportunities to be offered.

LET US KNOW WHAT YOU WANT TO PARTICIPATE IN HERE

UPCOMING WEBINARS

2023 Safe Sport Club Recognition Training

For Parents:

- February 15, 2023 at 8 p.m. ET | [REGISTER](#)
- March 15, 2023 at 8 p.m. ET | [REGISTER](#)

For Athletes:

- January 19, 2023 at 8 p.m. ET | [REGISTER](#)
- February 16, 2023 at 8 p.m. ET | [REGISTER](#)
- March 16, 2023 at 8 p.m. ET | [REGISTER](#)

For Coaches:

- January 20, 2023 at 3 p.m. ET | [REGISTER](#)
- February 17, 2023 at 3 p.m. ET | [REGISTER](#)
- March 17, 2023 at 3 p.m. ET | [REGISTER](#)

Safe Sport Website

LTS/Pre-Competitive Webinar Series

To help bridge the gap between learn-to-swim and competition, USA Swimming is introducing a new webinar series specifically geared towards the pre-competitive space. These webinars will help assist in building resources for programs and clubs interested in establishing local connections as well as expand their current services. Take part in our first FREE virtual pre-comp opportunity!

Guest speaker: Tracy Koleber (Nitro Swimming)

What: Connecting to Competitive Opportunities

- Connection between LTS & competitive programming.
- How can this relationship benefit your business, program and/or USA Swimming member club.
- Focus will be on participation growth, marketing, community impact and your bottom line.

When (both webinars will follow the same agenda):

- February 8, 2023 at 12:30 - 1:30 p.m. ET | [REGISTER](#)

[Register Here](#)

10 & Under Networking Webinar

The 10 & U network webinar series started in 2022 to help increase connectivity, build networking and provide education. These FREE virtual learning sessions provide opportunities for coaches to educate themselves specifically in the 10 & U swimming space.

Guest speaker: Steve Haufler

What: Teaching Butterfly

- Where to start when introducing the stroke to young swimmers
- Ideas for fine tuning athletes who already have a legal butterfly

When (both webinars will follow the same agenda):

- January 31, 2023 at 12:30 - 1:30 p.m. ET | [REGISTER](#)
- February 2, 2023 at 2:30 - 3:30 p.m. ET | [REGISTER](#)

[Learn More](#)

DEI Webinar

This is the second webinar centered around disability education.

What: Rule 105 Implementation

When:

- February 9, 2023 at 7 p.m. ET | [REGISTER](#)

[Watch the recordings](#) to get caught up on DEI 101, DEI 201, DEI 201 and Disability 101!

[DEI Website](#)

SOCIAL SPOTLIGHTS

Take a look at December's highly engaged content on Facebook, Instagram and YouTube!



Top Facebook Post

Katie Ledecky & Summer McIntosh 400m freestyle race at Toyota U.S. Open

"After being dead even at the 300-meter mark, Katie Ledecky and Summer McIntosh had another incredible finish in the 400m freestyle."

[View Post](#)



Top Instagram Post

Swim-off tie race on the last day of Toyota U.S. Open.

"Nothing like a good ol'-fashioned swim-off tie."

[View Post](#)



Top YouTube Post

Age grouper Thomas Heilman's 100 Fly

"Thomas Heilman Takes Gold in Men's 100 Butterfly | 2022 Speedo Winter Junior Championships East."

[View Video](#)

Keep Us Informed

As a reminder: The upcoming second edition of the monthly newsletter will focus on spotlight stories and tips that come out of the great things our members are doing while still providing you important organizational updates.

If you are interested in being featured, or want to share a story of a coach you know or

work with, please submit a news tip story [here](#).



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