



COACHING CONNECTION



Applications Open for 2023 Regional Diversity Select Camps

Athlete applications are open through March 31 for the Regional Diversity Select Camps (RDSC). This year, there will be three camps held during two separate weekends:

- June 1-4
 - San Jose State University
 - University of Houston
- June 8-11
 - University of Maryland, Baltimore County



Last year, 86 USA Swimming clubs and 39 LSCs were represented. Read more about last year's attendees [here](#). For more information on the 2023 RDSC, visit [here](#).

APPLY HERE



Assistant Coach Applications

Want to be an assistant coach at a 2023 camp? Applications open through March 3.

APPLY HERE



Speedo Sectionals

The first of 13 competitions started February 9 and will run through March.

READ MORE

2023 Regional Coach Clinics - Registration Open

Register for an upcoming clinic!

- March 31-April 2 in Ocala, Fla.
- April 14-16 in Kansas City, Mo.
- June 9-11 in Baltimore, Md.
- October 6-9 in Louisville, Ky.

Additional notes:

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

REGISTER HERE



2023 National Event Calendar Updates

Additional locations have been finalized for the 2023 domestic events calendar.

[READ MORE](#)



Coaches Named for National Junior Team Camp

Coaching staffs for the 2023 National Junior Team Camp (April 3-8) were announced.

[READ MORE](#)



2022 USA Swimming Foundation Report

Thank you to the Champions Club members for your loyal commitment, and to our board members and longtime investors for your continued support.

[READ MORE](#)



2024 U.S. Olympic Team Trials - Swimming

[Event Order Announced](#)

[Tickets on Sale](#)

[READ MORE](#)

Promoting Your Swimmers Locally

Championship season is right around the corner, and what better way to promote your club than by spotlighting your athletes? Having local media talk about the great things your club and athletes are doing is easier than you might think.

USA Swimming has provided a FREE press release template for you to use when promoting your athletes and/or clubs. Head to the [Marketing Toolkit](#) page, then scroll down to see two example press release templates.

Two templates are:

1. Press release for swimmers attending a meet. Use this press release when you have an athlete/s heading to a swim meet. Examples of when to use this press release:
 - Your athlete has qualified for a swim meet for the first time, such as Sectionals.
 - Your athlete broke a team, LSC or national record.
2. Press release for teams hosting a meet. Use this press release when you are hosting a swim meet. Important items to include:
 - Impact your swim meet will make in the community.
 - Racing opportunities for athletes.

Next steps once you have your press release ready:

1. Decide who you want to send it to.
 - This could be local sport journalists or newspapers who typically cover athletics.
2. Find contact information.
3. Send your press release, with your included contact information.
4. Anticipate a callback and next steps for connecting the journalist with your program.

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](#)

Registration Open



The USA Swimming Workshop presented by LiveBarn will be held in Denver, Colo. 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.

If you are an invited member role and did not receive the registration link via email, please reach out to USA Swimming Manager of Program Operations [Kristin Alfano](#). To learn more, visit the website [here](#).

USA Swimming Safe Sport Leadership Conference

The USA Swimming Safe Sport Leadership Conference will be held in Denver, Colo., 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 9 a.m.-4 p.m. MT.

More Info:

- Breakfast and lunch will be provided
- FREE for USA Swimming members
- Room block is available



- Lodging and transportation to be covered by the individual

UPCOMING WEBINARS

2023 Safe Sport Club Recognition Training

For Parents:

- February 15, 8 p.m. ET | [REGISTER](#)
- March 15, 8 p.m. ET | [REGISTER](#)
- April 5, 10 p.m. ET | [REGISTER](#)
- May 10, 8 p.m. ET | [REGISTER](#)
- June 7, 8 p.m. ET | [REGISTER](#)

For Athletes:

- February 16, 8 p.m. ET | [REGISTER](#)
- March 16, 8 p.m. ET | [REGISTER](#)
- April 6, 10 p.m. ET | [REGISTER](#)
- May 11, 8 p.m. ET | [REGISTER](#)
- June 8, 8 p.m. ET | [REGISTER](#)

For Coaches:

- February 17, 3 p.m. ET | [REGISTER](#)
- March 17, 3 p.m. ET | [REGISTER](#)
- April 7, 2 p.m. ET | [REGISTER](#)
- May 12, 3 p.m. ET | [REGISTER](#)
- June 9, 3 p.m. ET | [REGISTER](#)

Safe Sport Website

2023 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!

Topics and dates:

- Best practices for Connecting with Recreational and Swim Lesson Programs
 - April 12, 12:30-1:30 p.m. ET | [REGISTER](#)
- Pre-team and Pre-Competitive Curricula
 - June 14
- How to Maximize Your Aquatic Relationships: Marketing Strategies
 - August 9
- Best Practices for Establishing and Operating an Internal Feeder Program
 - October 11

DEI Webinar

This is the third webinar centered around disability education.

What: TBD

When: March 9, 7 p.m. ET | [REGISTER](#)

[Watch the recordings](#) to get caught up on previously recorded webinars!

[DEI Website](#)

SOCIAL SPOTLIGHTS

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



Top Facebook Post

Ledecky going 15:37.99 in the 1500m free.

"15:37.99?!? Katie Ledecky just clicked the 14th-fastest 1500m freestyle swim in HISTORY, and now owns 18 of the top-20 times ever recorded in the event. #TYRProSeries."

[View Post](#)

Top Instagram Post

Ledecky and Grimes 400m IM race.

"The new year brings us a new Katie Ledecky x Katie Grimes moment. #TYRProSeries."

[View Post](#)

Top YouTube Post

Ledecky and Grimes 400m IM race.

"Katie Grimes x Katie Ledecky in Women's 400m Individual Medley | 2023 TYR Pro Swim Series Knoxville."

[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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