



COACHING CONNECTION



Assistant Coach Applications for 2023 Camps

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

[APPLY HERE](#)

Member Spotlights



Black History Month Moment: Virgil Chancy

Virgil Chancy, Disability Coordinator at Southern California Swimming, shared his advice and takeaways from his experience in the sport.

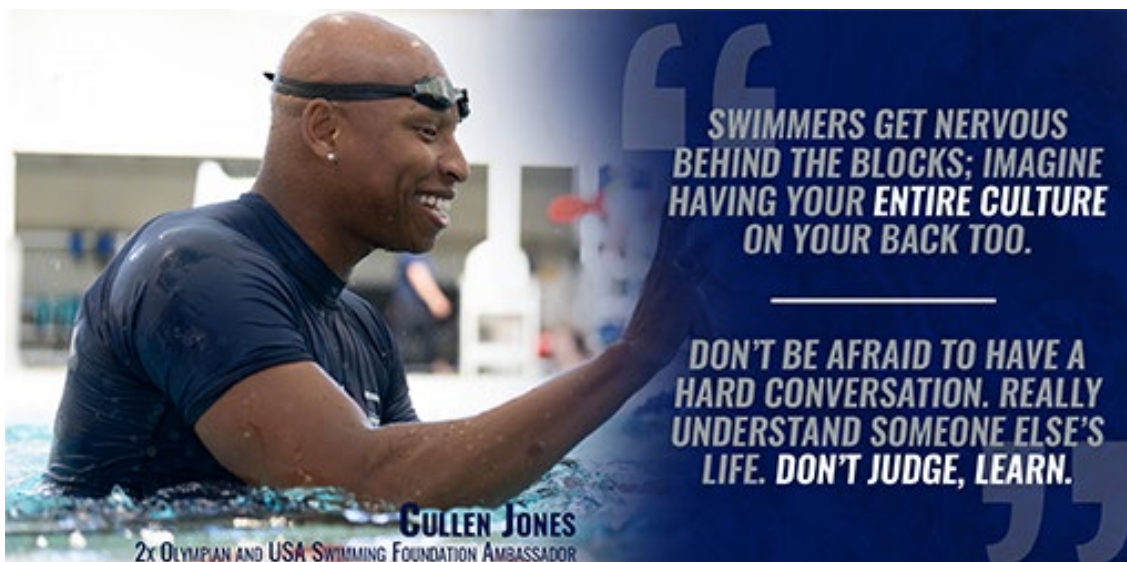
[READ MORE](#)



Black History Month Moment: Trish Miller

Trish Miller, founder of SwemSchool in Atlanta, Ga., took time to reflect on her journey through the sport.

[READ MORE](#)



Black History Month Lane Leader: Cullen Jones

Read about Cullen Jones' impact on the sport of swimming and water safety space.

[READ MORE](#)



SwimMAC Carolina Utilizes Community Outreach in Swim-a-Thon Success

See what SwimMAC Carolina does to make their Swim-a-Thon efforts so successful.

[READ MORE](#)



Black History Invitational Swim Meet

More than 900 competitors ascended upon the Takoma Aquatic Center in Washington, D.C. for the 36th annual Black History Invitational Swim Meet February 17-19.

[MEET RESULTS](#)



At the 36th annual Black History Invitational Swim Meet, Official Mike Miller was awarded his Potomac Valley Swimming 20+ years of service name tag. Mike is the first DC Wave Official to hit the 20-years-of-service mark.

Thank you, Mike!

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 pm. MT.



Notes:

- Breakfast and lunch will be provided
- Room block will be available



Registration Now Open!

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

[Tracks are offered](#) for athletes, coaches, LSC Leaders, officials and Safe Sport.

If you are currently serving as 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](#).



**2020 U.S. Olympic Team Trials -
Swimming Race Stats**



**Season Dates, Recommended
Developmental Competition**

See how you can help learn from Trials finalists!

Each race has three graphs with individual data by length and split times to show pacing strategy.

[VIEW PDF](#)

Categories Provided by the Age Group Development Committee

Learn more on season dates per Rule 205.11.2 and access the newly created [Developmental Competition Categories](#).

[LEARN MORE](#)

Upcoming Deadlines:

- March 3 - [Assistant Coach](#) applications
- March 30 - [Regional Coach Clinic](#) in Ocala, Florida
- March 31 - [Regional Diversity Select Camp](#) applications
- April 2 - USA Swimming Workshop presented by LiveBarn and USA Swimming Safe Sport Leadership Conference registration
- June 6 - Quality Coaching Framework course for existing coaches

2023 Health Insurance Open Enrollment Dates:

March 2 - April 2 | May 2 - June 2
Learn more and enroll [here](#).

2023 CLBMS 201 Courses:

April 8 | August 26 | November 4
Learn more and register [here](#).

Meets:

- [TYR Pro Swim Series Fort Lauderdale](#)
 - March 1-4
 - LCM
- Speedo Sectionals
 - SCY:
 - March 2-5: [Carlsbad, Calif.](#); [Marin, Calif.](#); [College Station, Texas](#)
 - March 9-12: [Cary, N.C.](#); [West Fargo, N.D.](#); [Federal Way, Wash.](#); [Columbia, Mo.](#)
 - March 23-26: [Austin, Texas](#); [Christiansburg, Va.](#); [Ithaca, N.Y.](#); [Buffalo,](#)

N.Y.

- LCM:
 - March 23-26: [Indianapolis, Ind.](#)
- [TYR Pro Swim Series Westmont](#)
 - April 12-15
 - LCM

UPCOMING WEBINARS

2023 Safe Sport Club Recognition Training

For Parents:

- 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:

- 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:

- 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](#)

2023 LTS/Pre-Competitive Webinar Series

To help bridge the gap between learn-to-swim and competition, USA Swimming is offering the below 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 these FREE virtual opportunities!**

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

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

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

[VIEW ALL UPCOMING WEBINARS](#)

USADA Reminder

Do you know how to avoid anti-doping CHAOS? [Click here](#) to check out the tools and resources you need to navigate substances, supplements, Whereabouts and everything in between.



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1 Olympic Plaza Colorado Springs, CO, 80909