



# COACHING CONNECTION



## Educational Opportunities



### USA Swimming University

With long-course season underway, training in a short-course pool presents challenges. Learn from other coaches on how they make the most of their short-course training environments:

- [Coaching Mini Course: Short Course Training in a Long Course Season](#)
- [Legacy Series: Kate Lundsten](#)

### ASCA World Conference

The 2026 ASCA World Clinic focuses on four days of innovation, learning, and networking for swim



coaches of all levels.

- **When:** September 9-12, 2026
- **Where:** Rosen Center in Orlando, FL
- **How to Find More Info:** Visit [ascaworldclinic.com](http://ascaworldclinic.com) to register, view the schedule, or secure the group discount.

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## USA Swimming and ASCA

USA Swimming and the [American Swimming Coaches Association](#) (ASCA) have embarked upon a strategic alliance through 2028, reaffirming a shared commitment to supporting coaches and advancing the sport of swimming nationwide. Together, the organizations will continue collaborating to support coaches through education, professional development, coach recognition, and shared programming opportunities.

This relationship reflects a mutual commitment to strengthening the coaching profession, retaining and developing coaches, and providing resources that help coaches, clubs, and athletes succeed. By working together, USA Swimming and ASCA will continue to invest in the people who drive the success of our sport every day. We will share more details about joint initiatives and work over the coming months as we work closely with the ASCA Staff and Board of Directors to work together to strengthen the sport.

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## Amendments to the 2026 USA Swimming Rulebook

The USA Swimming Rules and Regulations Committee has made changes to the 2026 Rulebook to comply with amendments made to World Aquatics' Competition Regulations. The language in the amended sections is effective immediately and supersedes the language in the corresponding articles of the print and PDF versions of the 2026 Rulebook.

Click [here](#) to view the amended sections.

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## Connect With Team Services

Team Services is meeting clubs and coaches across the country. Take advantage of the opportunity and reach out to say hello while they are in your area. Check dates and locations below.

[Beth Winkowski](#), Lead Senior Team Services Advisor:

- June 11-19 | Middle Atlantic Club Visits / Eastern Zone Open Water Championships
- July 6-8 | Oregon Club Visits
- July 28-30 | Futures @ Austin, TX
- July 30 - August 1 | Toyota Nationals @



Irvine, CA

- August 3-7 | Speedo Junior Nationals @ Irvine, CA



[Mark Hesse](#), Senior Team Services Advisor:

- June 17-24 | WI Multicultural Meet/Club Visits
- July 9-12 | Sectionals @ Westmont, IL
- July 16-19 | Sectionals @ Columbia, MO
- July 28-30 | Futures @ Madison, WI
- July 30-August 1 | Toyota Nationals @ Irvine, CA
- August 3-7 | Speedo Junior Nationals @ Irvine, CA



[Jay Chambers](#), Senior Team Services Advisor:

- June 18-19 | TYR Pro Swim Series @ Indianapolis, IN
- June 19-21 | Lifetime National Age Group Champs @ Dallas, TX
- June 23-24 | NCSA Summer Champs @ Indianapolis, IN



Mike Novell, Senior Team Services Advisor:

- June 11-14 | Eastern/Southern Zone Select Camp @ UMBC
- July 28-28 | Futures @ Sacramento, CA
- July 31- August 2 | Western Senior Zones @ Clovis, CA
- August 4-7 | Speedo Junior Nationals @ Irvine, CA

Terry Jones, Senior Team Services Advisor:

- June 15-17 | Georgia Club Visits
- June 18-21 | Eastern/Southern Zone Athlete Summit @ Atlanta, GA
- July 29-August 1 | Futures @ Greensboro/Knoxville
- August 3-7 | Speedo Junior Nationals @ Irvine, CA

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## USA Swimming Women's Leadership Clinic

The Women's Leadership Clinic focuses on leadership development by striving to support female coaches with varying levels of experience to build their comfort and expertise in leadership skills on and off the deck. The clinic provides immersive educational sessions and interactive opportunities to connect with fellow members of the USA Swimming community.

The clinic will be held November 20-22, 2026. Click [here](#) for more information.

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## Safe Sport Club Recognition - May 2026

Congratulations to the 36 clubs from 22 different LSC's who were approved for Safe Sport Club Recognition in the month of May!

**USA SWIMMING** **SAFE SPORT** **CLUB RECOGNITION PROGRAM**

**36 CLUBS**  
**22 LSC'S**

**MAY 2026**

AquaStorm	East Grand Rapids Aquatics	Kingfish Swimming	Pacific Dragons Swim Team	Wichita YMCA Neptunes
Atomic City Aquatic Club	Egg Harbor Twp Seahawks	Laurel East Hartford YMCA	Patuxent Aquatics Club	Winchester Swim Team
Bellingham Bay Swim Team	Elmbrook Swim Club	Life Time New England	Poseidon Swimming Inc	YMCA of Greater Nashua Storm
Bethel Park Recreation Swim Team	Firefish Aquatics	Life Time Oregon Swim Team	Rapids Swim Team	York Swim Club
Clarence Swim Club	Hamden Hall Aquatic Club	Marlins of Raleigh	Riverside Aquatics Association	
Coronado Swim - Team Elite	Hartlingen CISD SEAL Team	Mid-Maine Dolphins	Santa Clara Swim Club	
DART Swimming	Highland Hurricanes Swim Club	Milan Swim Club	Syracuse Chargers	
DC Dept Of Parks and Recreation	Hydra Aquatics of Northern Virginia	Monterey Bay Swim Club	Wabash Valley Swim Team	



## Getting Started Is Easier Than You Think

Coaches are busy. Between practices, meets, facility challenges, parent communication, and everything else that comes with running a successful team, adding one more thing can feel impossible. That's exactly why Block Party was designed to be simple.

As the long-course season progresses, many clubs are looking for a final opportunity to help athletes achieve qualifying times for upcoming LSC Championship meets or to host a season-ending meet for non-qualifiers. A Block Party meet can provide that opportunity with minimal administrative burden and maximum flexibility.

Block Party meets are completed in just a couple of hours and require far less planning than coaches expect.

The hardest part is deciding to do the first one. Are you interested in learning more? Check out the Block Party website [here](#) to get started.



## Credit Union 1

Credit Union 1 is now the Official Credit Union of USA Swimming and will serve as a supporting partner of

several of USA Swimming's premier national events. Over time, this collaboration will feature integrated digital, social, and event activations designed to engage and support the swimming community nationwide.

Learn more about the partnership by clicking below.

[Click Here](#)



## Scholastic All-America Applications Now Open!

It's time to recognize our incredible scholar-athletes. The application window for Scholastic All-America is now open. Here is what you need to know to get your swimmer nominated:

- **The Requirements:** Grades 9-12, a 3.5+ GPA in academic subjects (no grade lower than a "C"), and a Winter Junior Nationals cut achieved during the qualifying window.
- **How to Submit:** Log in to the SWIMS portal ([hub.usaswimming.org](http://hub.usaswimming.org)). From there, you can submit the application form.
- **The Deadline:** You must submit everything by **September 30, 2026**.



## Pan Pacific Championships Coaching Staff Announced

The 2026 Pan Pacific Championships, presented by OneAmerica Financial, are set for August 10-15 in Irvine, Calif. The international showcase features the open water 10k competition on August 10, followed by four days of pool competition from August 12-15.

Leading the U.S. coaching staff is renowned head coach Bob Bowman. Bowman, the director of swimming and diving and head men's coach at the University of Texas, recently guided the Longhorn men to back-to-back NCAA team titles in 2025 and 2026.

To see the full list of coaches, click [here](#).



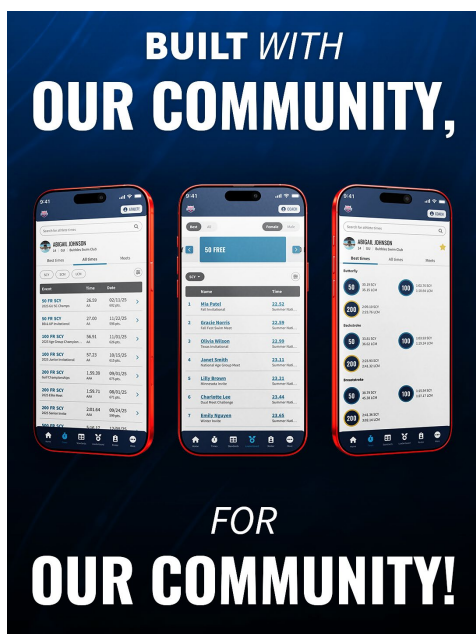
## Zone Select Camp Rosters Announced

The names of the 120 athletes selected for the 2026 Zone Select Camps were officially announced.

One camp will host athletes from the Western and Central Zones at the University of Nevada, Las Vegas (June 4-7, 2026), while the second camp will host athletes from the Eastern and Southern Zones at the University of Maryland, Baltimore County (June 11-14, 2026).

This year, athletes come from 84 different clubs across the country.

Click [here](#) for a complete roster of camp participants, including staff members.



## Get Ready For an Upgrade

On June 15, USA Swimming will be releasing a new version of the USA Swimming mobile app.

This update will introduce a modern design and new tools to help athletes, coaches, officials, and parents stay connected and informed on performance. Users will be able to upgrade to the newest version of the app through [Apple](#) and [Google Play](#) stores on June 15 when the update is available.

Learn more about the newest features [here](#).

## Coaching Tips and Tricks

Download the free [USA Swimming Network](#) app to unlock coaching tips and tricks from Abbie Fish on the *Swim Like A. Fish* channel. New videos are added weekly focusing on a variety of coaching topics. Learn more about some of the videos being released this month below.

June 2: Talking to Athletes About College Dreams Without Crushing Them

June 4: How to Get Your Seniors Ready for the Recruiting Process

June 9: How to Prepare Your Seniors for Life After Club Swimming

June 16: The Transition from Athletics to the Real World  
June 18: Inclusive Coaching: What It Means in Today's Pool Deck Culture  
June 23: What Every Swim Parent Should Know About Progress (It's Not Linear)  
June 25: Multi-Sport Athletes: Can They Thrive in Year-Round Swimming?

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## Upcoming Events

- [Pro Swim Series \(Indianapolis, Ind.\)](#)
  - June 17-20, 2026 | LCM
- [Western Zone Open Water Championships \(Maui, Hawaii\)](#)
  - June 20, 2026
- [Speedo Sectionals](#)
  - Various locations and dates
  - Multi-site
- [Western Zone Senior Championships \(Fresno, Calif.\)](#)
  - July 29-August 1, 2026 | LCM
- [Toyota National Championships \(Irvine, Calif.\)](#)
  - July 28-August 1, 2026 | LCM
- [TYR Futures Championships](#)
  - July 29-August 1, 2026 | LCM
  - Multi-site
- [Southern Zone Senior Championships \(Houston, Texas\)](#)
  - July 29-August 2, 2026 | LCM
- [Eastern Zone Age Group Championships \(Richmond, Va.\)](#)
  - July 29-August 1, 2026 | LCM
- [Southern Zone Age Group Championships \(Orlando, Fla.\)](#)
  - July 29-August 2, 2026 | LCM
- [Central Zone 14&U Championships \(Evansville, Ind.\)](#)
  - July 30-August 2, 2026 | LCM
- [Speedo Junior National Championships](#)
  - August 3-7, 2026 | LCM
- [Western Zone Age Group Championships \(Mt. Hood, Ore.\)](#)
  - August 5-8, 2026 | LCM
- [Central Zone 14&U Championships \(Minneapolis, Minn.\)](#)
  - August 6-9, 2026 | LCM
- [Eastern Zone Senior Championships \(Buffalo, N.Y.\)](#)
  - August 6-9, 2026 | LCM
- [Pan Pacific Open Water Championships \(Long Beach, Calif.\)](#)
  - August 10, 2026
- [Pan Pacific Swimming Championships \(Irvine, Calif.\)](#)
  - August 12-15, 2026 | LCM
  - [Tickets](#)

View all events [here](#).

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## From Our Partners

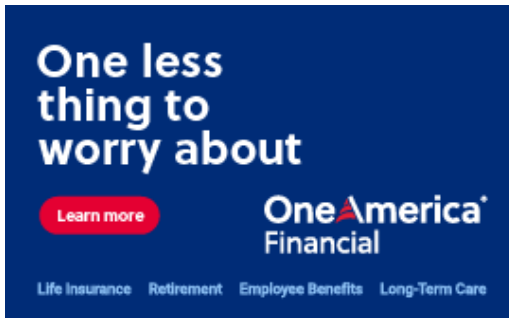
**Endless Pools**



Experience swim-in-place innovation powered by Hydrodrive™ Pro Technology, trusted by elite athletes to build strength, refine technique, and train at peak performance year-round.

See *Endless Pools in action* at the Toyota National Championships, Speedo Jr. Nationals, and the Pan Pacific Swimming Championships this summer. Visit [EndlessPools.com](http://EndlessPools.com) to access exclusive USA Swimming member discounts and discover how Endless Pools can elevate the way your swimmers train, recover, and live.

[Learn more about Endless Pools.](#)



## OneAmerica Financial

At OneAmerica Financial, we can help you prepare for what's ahead so you can focus on the moments that matter today. With solutions for life insurance, retirement, employee benefits and long-term care, you can move forward with confidence — and one less thing to worry about.

To learn more, click [here](#).



## Fitter & Faster

Fitter & Faster is now the Official Supplier of Swimming Day Camps to USA Swimming, and we'd love to bring a camp to your team. Our clinicians include Olympians, NCAA champions, and elite coaches who specialize in focused, small-group instruction that complements your year-round program.

Learn more about how we can work together by clicking [here](#).

## USA Swimming Fan Shop

The Official USA Swimming Shop has everything



you need to show your USA Swimming pride in style. Browse an unbeatable selection of officially licensed USA Swimming apparel and merchandise, such as hats, shirts, accessories, and more to add to your wardrobe. Click [here](#) to access.



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