



LANE LINES



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U.S. Brings Home 36 Medals From Medlbourne

A team of American swimmers took the international stage this month, competing in Melbourne, Australia at the 2022 FINA World Championships (25m). The team left with "Team of the Meet" honors, while Ryan Murphy was named "Male Swimmer of the Meet."

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National Age Group Records Fall at Speedo Winter Junior Championships

There was a whopping 13 National Age Group records that went down at the 2022 Speedo Winter Junior Championships. Click below to see which swimmers made history.

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Kick Set Podcast

Kick Set Podcast had its most recent episode at the [2022 Golden Goggle Awards](#), seeing 18 decorated swimmers (including **Katie Ledecky**, **Bobby Finke**, **Jessica Long** and more) speak about everything from swimming to Taylor Swift.

Click the image to watch the video, and listen to the audio version wherever you get your podcasts!



Holiday Gift Guide

Still looking for gifts for the swimmer(s) in your life? Check out USA Swimming's Holiday Gift Guide, which features numerous items from our partners.

[SHOP TODAY](#)



Open Water Rosters

Congratulations to the 20 athletes named to our U.S. Open Water National and National Junior Teams presented by Toyota!

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USA Swimming Expands Community Impact Grant Program

Additional programs are now eligible to receive \$5,000 grants through USA Swimming's Community Impact Grant Program.

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USADA Reminder

Did you know the 2023 WADA Prohibited List takes effect on January 1, 2023? Here's what you need to know about the [updated List](#).

We encourage you to use GlobalDRO.com to search the prohibited status of your medications and ingredients.

Upcoming Events

- [TYR Pro Swim Series Knoxville](#)
 - January 11-14
 - Knoxville, Tenn.
 - LCM
- [TYR Pro Swim Series Fort Lauderdale](#)
 - March 1-4
 - Fort Lauderdale, Fla.
 - LCM
- Speedo Sectionals
 - SCY Meet:
 - March 2-5
 - [Carlsbad, Calif.](#); [Marin, Calif.](#)
 - LCM Meet:
 - March 23-26
 - [Indianapolis, Ind.](#)

Head to usaswimming.org/events to see the full slate of both competitive and non-competitive events coming up!

News & Virtual Offerings

News:

- [Character Lab to Provide Additional Resources to USA Swimming Coaches](#)
- Native American Heritage Month Spotlights:
 - [Brendan Kerns](#)
 - [O'Shay Birdinground](#)

- [3 Tasty Meals to Support Muscle Growth](#)
- [4 Fun Activities to Teach Young Athletes Perseverance](#)
- [Opening the Floodgates in a "Swim Desert"](#)
- [Women Coaches in Governance Spotlight: Ashley Burns](#)
- [Dare Rose is Making his Name Known in the Pool](#)

Virtual Offerings:

- [DEI Webinar: Disability Education/Visual Impairment 101](#)
 - Thurs., January 12
 - 7 p.m. ET
- Monthly Safe Sport Trainings:
 - [Parents](#)
 - Wed., January 18
 - 8 p.m. ET
 - [Athletes](#)
 - Thurs., January 19
 - 8 p.m. ET
 - [Coaches](#)
 - Fri., January 20
 - 3 p.m. ET



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