LANE LINES

Featured Content

- Short Course Worlds Recap
- NAG Records Fall at Speedo Winter Juniors
- WATCH: Kick Set Podcast from the 2022 Golden Goggle Awards
- Holiday Gift Guide
- New Open Water National Team & National Junior Team
- Community Impact Grant Program
- USADA Info
- Upcoming Events
- News & Virtual Offerings
U.S. Brings Home 36 Medals From Melbourne

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."

Read More

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.

Read More

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.
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!

READ MORE

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.

READ MORE

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](https://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