



LANE LINES



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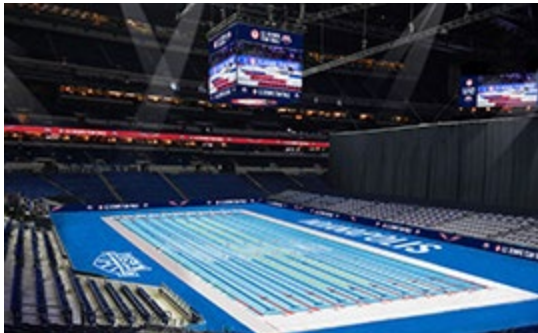
USA Swimming Workshop presented by LiveBarn

As USA Swimming continues to provide opportunities for the success of our members, we are excited about the possibilities the **2023 USA Swimming Workshop presented by LiveBarn** will offer to our swimming community. This workshop will be an exciting new opportunity for LSC leaders, coaches, non-athlete and athlete members. Click the image to hear more about the workshop from USA Swimming's Director of Team Services, Brendan Hansen.

[LEARN MORE](#)



Trials Tickets On Sale



The 2024 U.S. Olympic Team Trials — Swimming is heading to Lucas Oil Stadium in Indianapolis, Ind.

With nine days of swimming and 30,000+ seats in the stadium, this meet is going to be one of the biggest in history. Get your tickets today!

[TICKETS](#)

Survey for a Chance to Win a Normatec 3



USA Swimming wants to hear what you have to say. Your feedback from this survey will help USA Swimming better understand our members. This survey should take around 12-15 minutes to complete and, at the end, you can have a chance to win a Hyperice Normatec 3 (valued at \$1,449). Thanks for your help in promoting our sport. Importantly, all responses will remain anonymous.

[SURVEY](#)



TYR Pro Swim Series

More than 400 swimmers, including 30 U.S. National Team members, are currently competing at the TYR Pro Swim Series Fort Lauderdale. Competition continues through Saturday evening, head to the event page to get your tickets, see results and more.

[EVENT PAGE](#)

Black History Month Spotlights



Trish Miller

Trish Miller, founder of SwemSchool in Atlanta, has been impacting those around her through swimming for years.

[READ MORE](#)



Cullen Jones

From nearly drowning as a child to big stages and advocating for swim lessons, Cullen Jones' swimming journey has been remarkable.

[READ MORE](#)



Maritza Correia McClendon

Maritza Correia McClendon was the first Black female to make a U.S. Olympic swim team and



Virgil Chancy

Virgil Chancy, Disability Coordinator at Southern California Swimming, shared his advice and

medal at the Olympic Games. Listen to her story in the latest episode of Kick Set podcast.

[LISTEN](#)

takeaways from his experience in the sport.

[READ MORE](#)



Regional Diversity Select Camp Applications

Applications for the 2023 Regional Diversity Select Camp are now open. The camp will take place across three sites this summer. Click below for additional details and make sure to apply before the March 31 deadline.

[APPLY](#)



Season Dates & Competition Categories

USA Swimming's Age Group Development has provided season dates and Recommended Developmental Competition Categories.

[READ MORE](#)

Get Your Gear at the USA Swimming Fanshop

Prep for the cold weather with USA Swimming jackets, hats, sweatshirts and more!



Click the image to head to USA Swimming's Fanshop.

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.

Health Coverage

Open enrollment for USA Swimming member health insurance is here. This enrollment window closes April 2, [click here](#) for next steps and additional details.

Upcoming Events

- [TYR Pro Swim Series Fort Lauderdale](#)
 - March 1-4 | Fort Lauderdale, Fla. | LCM
- Speedo Sectionals
 - SCY Meets:
 - 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 Meet:
 - March 23-26: [Indianapolis, Ind.](#)
- [TYR Pro Swim Series Westmont](#)
 - April 12-15 | Westmont, Ill. | LCM
- [Open Water National & Junior National Championships](#)
 - April 21-23 | Sarasota, Fla. | Open Water

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

News & Virtual Offerings

News:

- [SwimMAC Carolina Utilizes Community Outreach in Swim-a-Thon Success](#)
- [Ledecky Nominated for Laureus Sportswoman of the Year Award](#)
- [Coaches Named for National Junior Team Camp](#)
- [Emily Klueh Joins USA Swimming Staff](#)
- [USA Swimming, arena Partnership Extended Through 2024](#)

Virtual Offerings:

- DEI Webinar Series
 - March 9, 7 p.m. ET | [REGISTER](#)
- Monthly Safe Sport Trainings:
 - For Parents:
 - March 15, 8 p.m. ET | [REGISTER](#)
 - April 5, 10 p.m. ET | [REGISTER](#)
 - May 10, 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](#)
 - For Coaches:
 - March 17, 3 p.m. ET | [REGISTER](#)
 - April 7, 2 p.m. ET | [REGISTER](#)
 - May 12, 3 p.m. ET | [REGISTER](#)
- Learn-to-Swim/Pre-Competitive Webinar Series
 - April 12, 12:30-1:30 p.m. ET | [REGISTER](#)



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1 Olympic Plaza Colorado Springs, CO, 80909