



## LANE LINES



### Featured Content

- Open Water Nationals
- Upcoming Events
- Chance to be included in Splash Magazine
- Kate Douglass' Record-Breaking Performances
- Women's History Month Spotlights
- Club Spotlights
- Kick Set Podcast with Natalie Coughlin
- USADA & Health Coverage Reminders
- News & Virtual Offerings

---

### Open Water Nationals

This year's Open Water National and Junior National Championships take place April 21-23



in Sarasota, Fla. Check out the video from Bryce Elser, USA Swimming's Open Water National Team Director, explaining this year's venue and teams that are selected from the meet. Additional details can be found at the event page.

[EVENT PAGE](#)

---

## Upcoming Events

- [TYR Pro Swim Series Westmont](#) | [Buy Tickets](#)
  - April 12-15 | Westmont, Ill. | LCM
- [Open Water National & Junior National Championships](#)
  - April 21-23 | Sarasota, Fla. | Open Water
- [USA Swimming Workshop presented by LiveBarn](#)
  - April 20-23 | Denver, Colo.
- [Make a Splash Tour presented by Phillips 66](#)
  - Houston, Lake Charles, La., St. Louis and Roxana, Ill., Billings, Mont.
- [TYR Pro Swim Series Mission Viejo](#)
  - May 17-20 | Mission Viejo, Calif. | LCM
- [Phillips 66 National Championships](#)
  - June 27-July 1 | Indianapolis, Ind. | LCM

Head to [usaswimming.org/events](https://usaswimming.org/events) to see the full slate of both competitive and non-competitive events coming up.



**Dear Splash...**

Have you ever wanted to be in USA Swimming's *Splash Magazine*? Now is your chance.

There will be a section in the magazine called "Dear Splash..." that features funny, memorable or incredible things that happened on the pool deck this past season.

What is your most memorable moment from this past season? Email [Splash@usaswimming.org](mailto:Splash@usaswimming.org) with a description of your favorite moment(s) and a picture for a chance to be considered. **Deadline to submit is April 14.**

---



### Kate Douglass' Historic Meet

Did you see what Kate Douglass did at the NCAA Championships last month?!

[READ MORE](#)

---

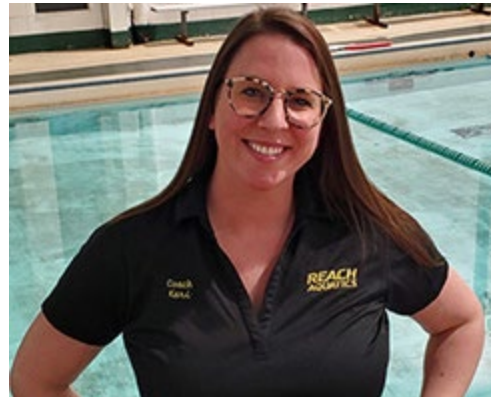
## Women's History Month Spotlights



**Ali Hampton**

Ali Hampton, Head Coach at Sienna Premier Aquatics (SPA) in Missouri City, Texas, shares her journey in the sport and talks about the importance of women coaches and leaders.

[READ MORE](#)



**Kari Treat**

Kari Treat has impacted the sport through her experiences as a coach, on the Illinois Swimming DEI Committee and as part of the USA Swimming Women's Coaches in Governance program.

[READ MORE](#)

---

## Club Spotlight



### Fort Lauderdale Clubs

USA Swimming, with partners Diversity in Aquatics and TYR, hosted a community event for coaches and athletes from the Fort Lauderdale area.

[READ MORE](#)



### Helena Dolphins

Coach Alana Cunningham details how the Helena Dolphins team (MT) has grown over recent years and the approach that the club's all-women coaching staff takes.

[READ MORE](#)



### New Episode of Kick Set

One of the most decorated swimmers in history, Natalie Coughlin, joined Kick Set podcast to talk about her time in the sport and what she has been up to since retiring from competitive swimming.

[LISTEN](#)

### Get Your Gear at the USA Swimming Fanshop

Get ready for spring by browsing USA Swimming's t-shirt collection.

Click the image to head to USA



## T-SHIRTS



Swimming's Fanshop.

---

## USADA Reminder

Have you downloaded the USADA Nutrition Guide yet? Get expert-based insight on food-first fueling for athletes, including carb & protein intake, gut health, proper hydration and more!

[READ MORE](#)

---

## Health Coverage

USA Swimming member health insurance is still in its open-enrollment phase. This enrollment window closes April 2, [click here](#) for next steps and additional details.

---

## News & Virtual Offerings

*News:*

- [Comparing Motivational Time Standards](#)
- [Virginia, U.S. National Teamers Make Waves at NCAA Division I Championships](#)
- [California Leads Fast NCAA Men's Championships](#)
- [Jake Magahey Grinds to Distance Success, World Title](#)
- [USA Swimming Foundation Awards \\$647,522 in 2023 Learn-to-Swim Grant Funding](#)
- [Phelps, Franklin, Zorn and Bowman Included in 2023 International Swimming Hall of Fame Class](#)
- [USA Swimming and Speedo Continue Partnership Through 2024](#)

### ***Virtual Offerings:***

- DEI Webinar Series
  - Diverse Athlete Experiences in Swimming
    - April 3, 5 p.m. ET | [REGISTER](#)
  - Water Safety Festival 201
    - April 13, 7 p.m. ET | [REGISTER](#)

- Monthly Safe Sport Trainings:
  - For Parents:
    - April 5, 10 p.m. ET | [REGISTER](#)
    - May 10, 8 p.m. ET | [REGISTER](#)
    - June 7, 8 p.m. ET | [REGISTER](#)
  - For Athletes:
    - April 6, 10 p.m. ET | [REGISTER](#)
    - May 11, 8 p.m. ET | [REGISTER](#)
    - June 8, 8 p.m. ET | [REGISTER](#)
  - For Coaches:
    - April 7, 2 p.m. ET | [REGISTER](#)
    - May 12, 3 p.m. ET | [REGISTER](#)
    - June 9, 3 p.m. ET | [REGISTER](#)
- Learn-to-Swim/Pre-Competitive Webinar Series
  - April 12, 12:30-1:30 p.m. ET | [REGISTER](#)
  - Topic: Best Practices for Connecting with Recreational and Swim Lesson Programs
- 10&U Network Webinar
  - April 25, 11 a.m. ET | [REGISTER](#)
  - Topic: How to get the toes turned out in the Breaststroke kick



© 2023 USA Swimming  
1 Olympic Plaza Colorado Springs, CO, 80909