



## LANE LINES



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### TYR Pro Swim Series

The TYR Pro Swim Series returns THIS WEEK in Mission Viejo. This meet will be the final tune up before the 2023 Phillips 66 National Championships in June.



Get your tickets [here](#) and head to the [event page](#) to see the schedule, broadcast info, pre-scratch psych sheet and more.



## Football Toss Video

USA Swimming's social media team wants to feature **YOU** in a video! You may even win a football signed by some of the biggest names in swimming.



Use the following steps to submit your video:

1. Make sure you are filming horizontally
2. Have a friend toss a football to you from your right side, catch and toss it to your left.
  - Bonus points if you do a touchdown dance after catching!
3. Upload your video to

[bit.ly/trialsfootball](https://bit.ly/trialsfootball), or the link in this email.

Need additional help? Want to see some of the swimmers who autographed the giveaway ball? Watch as members of the U.S. National Team break down the steps [in this video](#).

**SUBMIT YOUR VIDEO**



## Make-a-Splash Tour

The 2023 Make A Splash Tour presented by Phillips 66 wrapped up this month after stops in Houston, Lake Charles, La. and Roxanna, Ill.

Head to the USA Swimming Foundation's [Facebook](#) and [Twitter](#) pages to see more, and click on the video to hear three-time Olympian and USA Swimming Foundation ambassador Elizabeth Beisel share some water-safety resources.

## Member Spotlight



### Rose Bowl Aquatics Coaches

Rose Bowl Aquatics Coaches Andrew Nguyen and Katherine Tse discuss their culture and journeys through the sport for Asian American, Native Hawaiian and Pacific Islander Heritage Month.



### Ashley Twichell

Tokyo Olympian Ashley Twichell took time this Mother's Day to reflect on her career, pregnancy and pursuit of swimming after giving birth to her son in May 2022.

[READ MORE](#)



### Camp Rosters

See which athletes and clubs were represented at National Diversity Select Camp and the four Zone Select Camps.

[READ MORE](#)

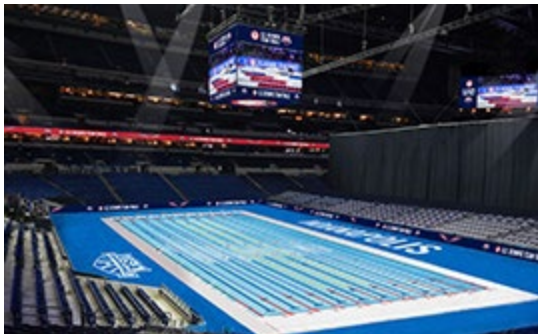
[READ MORE](#)



### Bartlesville Splash Club

Read about how the Bartlesville Splash Club has built success and is continuing to reach new heights.

[READ MORE](#)



### Trials Tickets

Witness the greatest spectacle in swimming history.

With less than one month until three-day packages go on sale, don't miss your chance to reserve your seat and lock in the best value with an all-session ticket.

[TICKETS](#)

### Get Your Gear at the USA Swimming Fanshop

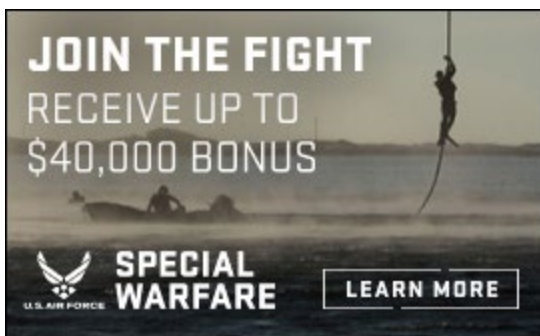
Summer is approaching! Check out USA Swimming's t-shirt collection.

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





## T-SHIRTS



### Air Force Special Warfare

Join the Fight. Receive up to \$40,000 bonus. Click the image to learn more.

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## USADA Reminder

Before you take that vitamin C supplement, check out the USADA article to learn why a food-first approach might be the better option below.

[READ MORE](#)

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## Upcoming Events

- [Phillips 66 National Championships](#)
  - June 27-July 1 | Indianapolis, Ind. | LCM | [TICKETS](#)
- [Speedo Sectionals](#)
  - June-July | Various Sites | LCM
- [TYR Pro Championships](#)
  - July 26-29 | Irvine, Calif. | LCM

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

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# News & Virtual Offerings

## News:

- [Asian American, Native Hawaiian and Pacific Islander Heritage Month: What You Need to Know](#)
- [Inland Empire and Snake River Host Combined Swimposium for Members](#)
- [USA Swimming Unveils 2023 Marketing Toolkit Enhancements](#)
- [Safe Sport Spotlight: Tanja Avant](#)

Interested in reading swimming news from outside the organization? Check out our [News Notebook page](#) which details programs, athletes and clubs that have made the headlines.

## Virtual Offerings:

- Monthly Safe Sport Trainings:
  - For Parents:
    - June 7, 8 p.m. ET | [REGISTER](#)
  - For Athletes:
    - June 8, 8 p.m. ET | [REGISTER](#)
  - For Coaches:
    - June 9, 3 p.m. ET | [REGISTER](#)
- Learn-to-Swim/Pre-Competitive Webinar Series
  - Wed., June 14, 12:30 p.m. ET | [REGISTER](#)
  - Topic: Pre-team and Pre-competitive Curricula



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