



LANE LINES



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Roster

On September 12, USA Swimming announced the [2023-24 U.S. National Team roster](#).

Read more [here](#).



2023-24 U.S. National Junior Team Roster

On September 18, USA Swimming announced the [2023-24 U.S. National Junior Team roster](#).

Read more [here](#).



2023-2024 Season

The 2023-2024 season has officially arrived!

Head to usaswimming.org for a variety of resources and information. View the list of upcoming events at usaswimming.org/events.



World Aquatics Junior Championships

The World Aquatics Junior Swimming Championships at the Wingate Institute in Netanya, Israel concluded with standout performances from the Americans.

Highlights of the meet include:

- 33 medal performances (15g, 11s, and 7b), the highest of any international federation
- Four championship records
- One world junior record
- Over 45 new personal best times
- Two 1-2 finishes (Women's 200m Backstroke and Women's 200m Individual)

Medley)

Head to [@USASwimmingNextGen on Instagram](#) to see more from the meet.



Golden Goggles

The ballot is set! Cast your vote for the 2023 Golden Goggle Awards [here](#).

Join us in Los Angeles on Sunday, November 19 to celebrate the 2023 World Aquatics Championships team! This year marks the 20th Anniversary of the Golden Goggle Awards, and we hope to fill the room with enthusiastic fans and supporters of our sport.

To view more about the event and purchase your ticket, [click here](#).



Women Coaches in Governance

Congratulations to the 52 individuals elected to the 2023 Women Coaches in Governance (WCIG) program.

[READ MORE](#)



Provisional Coach Membership

If you are registering for a provisional coach membership the 2023-2024 season, please keep these items in mind:

[READ MORE](#)

Trials Tickets Going Fast

Want to watch your favorite swimmers qualify for the Paris Olympics? Get your three-day ticket packages below.



[TICKETS](#)

Learn-to-Swim Grants



SAVING LIVES
BUILDING CHAMPIONS
IMPACTING COMMUNITIES

In late August, the USA Swimming Foundation announced that \$157,745 had been awarded to an additional 21 swim lesson providers via its Learn-to-Swim Grant program.

[READ MORE](#)

From Our Partners



Speedo

Who says racing and practice swimsuits can't come in fun colors and bold prints? Shake up your racing and practice routine with the new Vibe swimwear collection from Speedo. Meet a collection of women's and men's training swimsuits that will let you have it all: bold and modern looks and style; agility when slicing through the water; and comfort in and out of the pool.

Hyperice

Upgrade your warm-up and recovery experience with the Official Recovery Partner of USA Swimming. Experience instant sore muscle relief with cutting-edge recovery technology from Hyperice.



Air Force

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



USANA

More professional and Olympic athletes trust USANA than any other nutritional supplement in the world. Backed by a team of leading nutritional scientists and researchers, USANA products are globally recognized for their quality, purity, and effectiveness.



USADA Reminder

The word of the day is: Meclofenoxate.

So just what is the prohibited stimulant and could your sports supplements contain it? Find out in this CleanSport article [here](#).

Upcoming National Events

- [Golden Goggle Awards](#)
 - Nov. 19 | Los Angeles, Calif.
- [Toyota U.S. Open](#)
 - Nov. 29-Dec. 2 | Greensboro, N.C. | LCM
- [Speedo Winter Junior Championships](#)
 - Dec. 6-9 | Multi-site | SCY

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

News & Virtual Offerings

News:

- [National Age Group Average Times by Club Size](#)
- [TYR Pro Swim Series – National Team Tempos vs. Length](#)

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:
 - Oct. 11, 10 p.m. ET | [REGISTER](#)
 - Nov. 1, 8 p.m. ET | [REGISTER](#)
 - For Athletes:
 - Oct. 12, 10 p.m. ET | [REGISTER](#)
 - Nov 2., 8 p.m. ET | [REGISTER](#)
 - For Coaches:
 - Oct. 13, 2 p.m. ET | [REGISTER](#)
 - Nov. 3, 3 p.m. ET | [REGISTER](#)
 - For Officials
 - Sept. 30, 12:30 p.m. ET | [REGISTER](#)
- Learn-to-Swim/Pre-Competitive Webinar Series
 - Oct. 11, 10:30 a.m. ET | [REGISTER](#)
 - Topic: Best Practices for Establishing and Operating an Internal Feeder Program
- Safe Sport Club Bullying Training
 - Oct. 4, 6 p.m. ET | [REGISTER](#)
 - Oct. 21, 3 p.m. ET | [REGISTER](#)

Social Scene



Instagram

We asked what your favorite moments were from 2021 Olympic Trials. Here were the best responses.



Twitter

The U.S. set a World Junior Record in the 4x100 free relay, and the team area put on a legendary celebration.



YouTube

Get excited for 2024 Olympic Trials with this short video detailing the layout of the host city, Indianapolis.

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