LANE LINES

Toyota National Championships

We are just a few weeks away from #ToyotaNationals. The decorated meet takes place June 3-7 in Indianapolis, Indiana, and will serve as the selection meet for multiple U.S. rosters in upcoming international competitions. Click below for details, tickets, and more.

EVENT INFORMATION

Grants Announcements

HBCU Grants

Eight Historically Black Colleges and Universities will receive funding to help them start youth and adult water safety lessons, a community serving USA Swimming club, or expand university-based swim clubs.

READ MORE

Community Impact Grants

Nine programs received funds this year to provide aquatic programming, support diverse coaches, and create competitive opportunities locally.

READ MORE

Learn-to-Swim Grants

$865,000 will be given to 114 swim lesson providers nationwide to provide approximately 13,500 individuals with the opportunity to learn the lifesaving skill of water safety.

READ MORE

USA Swimming Network

New content is being uploaded to the USA Swimming Network each week. Whether you're looking for a fun reaction from Cody Miller, to watch the upcoming Toyota National Championships LIVE, USA Swimming's Kick Set Podcast, or coaching tips from Abbie Fish, the Network has you covered.

Download the app on your mobile device, desktop, or Connected TV device today.

Updates to 2025-2026 National Events

Numerous dates and locations have been added to the 2025-2026 national events calendar. Click here for more, and stay up to date with all events by visiting www.usaswimming.org/events.

2025 Golden Goggles

Mark your calendars: the 2025 #GoldenGoggles is SET!

The event takes place Saturday, September 27 in Denver. Register now to watch the biggest awards show in swimming.

World Championships & World Junior Championships Head Coaches

NC State's Braden Holloway was named Head Coach for the 2025 World Aquatics Championships, while Abi Liu (Bellevue Club Swim Team) and Peter Verhoef (Bolles School Sharks) will serve as head coaches for this summer's World Junior Championships.

READ MORE

Zone Select Camp

Congratulations to all the athletes who were selected to participate in the 2025 Zone Select Camp!

FULL ROSTER

Water Safety

As the weather warms up and schools let out, everyone heads to the water! Whatever that looks like for you, now is the time to make sure you and your family are safe around the water. Per the CDC, **unintentional drowning deaths per month nearly double from May to September** when compared to the rest of the year.

You can help the USA Swimming Foundation ensure everyone has access to water safety resources and affordable swim lessons regardless of location, family history, or socioeconomic status. Visit www.usaswimming.org/donate to make a difference today!

USADA Reminder

It is important for all members of USA Swimming to understand their Anti-Doping responsibilities: Download USADA's Clean Sport Handbook here for information on how to successfully participate in the anti-doping program governing your sport.

Additional Upcoming Competitions

- Speedo Sectionals
  - Throughout June & July
  - Ocala, Fla. | Minneapolis, Minn. | Austin, Texas | Columbus, Ohio | Novato, Calif. | San Diego, Calif. | Mt. Hood, Ore.
  - LCM
- Futures Championships
  - June 23-26
  - Multi-site
  - LCM
- Speedo Junior National Championships

    - July 30-August 3
    - Irvine, Calif.
    - LCM

News & Virtual Offerings

News

- Fifty-Five Athletes Named to the National Diversity Select Camp Roster
- USA Swimming Names Yuri Suguiyama National Team Senior Director and Coach
- Kim Williams Named National Team Senior Manager and Coach
- How to Help Your Athlete Avoid the Pitfalls of Perfectionism
- Is that expensive food really better?

Marketing Toolkit Featured Items

USA Swimming's Marketing Toolkit features a library of downloadable and customizable assets that can be used to showcase your club and swimmer(s) to your community. Use these bumper stickers to showcase your support for swimming!

- Goggles On Bumper Sticker/Decal/Magnet
- Goggles On "Swimmer on Board" Bumper Sticker/Decal/Magnet
- Goggles On "Swimmer on Board" Bumper Sticker/Decal/Magnet (Customizable to include club logo)

Download the PNG files above, and head to a local print shop to get these on your car.

Educational Offerings

- 11-14 Coaching Network Webinar
    - May 28 | 1 p.m. ET | Register
    - Topic: Swim Big, Dream Bigger: Setting Goals that Make Waves
    - Guest Speaker: Maryanne Svoboda, Head Age Group Coach at Cy-Fair Swim Club (FLEET) in Houston, Texas
- Safe Sport Trainings
    - Parents: June 11 | 8 p.m. ET | Register
    - Athletes: June 12 | 8 p.m. ET | Register
- 10&U Coaching Network Webinar
    - June 18 | 2:30 p.m. ET | Register
    - June 19 | 12:30 p.m. ET | Register
    - Topic: Leadership "Entry Points" For 10&U's
    - Guest Speakers: Ellen Caruso and Chris Sheppard from Commonwealth Swimming

Click here to view all upcoming webinars and past webinar recordings.

From Our Partners

USA Swimming Fanshop

The Official USA Swimming Shop has everything you need to show your USA Swimming pride in style. Browse an unbeatable selection of officially licensed USA Swimming apparel and merchandise, such as hats, shirts, accessories and more to add to your wardrobe.

OneAmerica Financial

Practice. Preparation. Pace. Reaching any goal is possible with vision and support. For more than 145 years the companies of OneAmerica Financial have been supporting individuals, families and businesses as they pursue their lifestyle goals and dreams. Click here 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.

Swimming World Magazine

Stay up to date with the latest swimming news by downloading the Swimming World App. This app highlights all the recent events in the swimming community and offers news alerts, sharing features, and more.

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