



LANE LINES



Run a Short Course Meet This Summer

We know that not every swimmer goes to long course championships. **Serve your swimmers who aren't attending long course meets this summer by running a short course Block Party.** These meets are short, fun, and adaptable to your club needs.

The **Short Course Summer Slam** is the perfect

opportunity to try this new and inviting meet format. Remember, **Block Party meets are fully sanctioned USA Swimming competitions available to any USA Swimming member club.** They are directly sanctioned by USA Swimming and allow any member, regardless of membership type or meet number restrictions, to participate. Learn more about how to sanction a Block Party meet [here](#).

Are you interested in learning more? Check out the Block Party website [here](#) to get started.



Tickets On Sale Now

The Pan Pacific Swimming Championships presented by One America Financial are returning to Irvine, California, this summer after sixteen years. The competition will take place August 12-15 at the William Woollett Junior Aquatic Center and will host some of the fastest swimmers from around the globe, including the United States, Japan, Australia, Canada, and more.

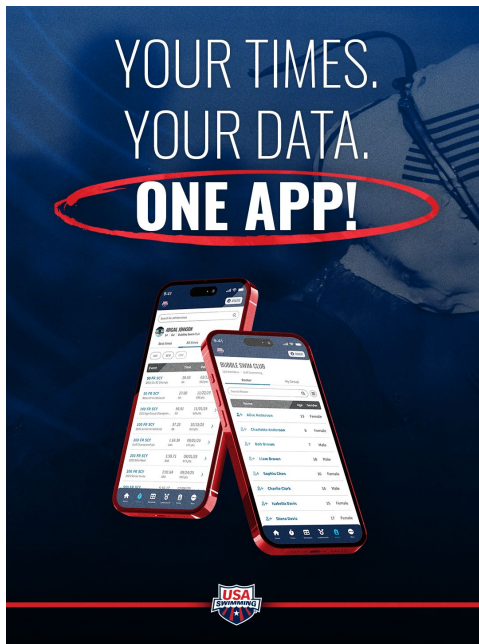
Don't miss the opportunity to watch an international competition on home soil, and get a preview of what's to come in 2028 at the Olympic Games in Los Angeles.

Tickets are selling fast, click [here](#) to secure yours today!

Built With Our Community, For Our Community

USA Swimming will be launching an upgraded version of the USA Swimming Mobile App on June 15, with every feature being shaped by member feedback.

Over 600 members, including coaches, officials, parents, and athletes, participated in a three-week beta test of the app. This test resulted in over 700 hours of testing and 649 feedback responses that has helped to shape the app around the needs of



members.

Stay tuned for more information about this update!

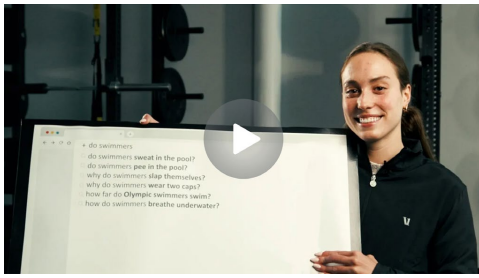
TYR Pro Swim Series - Sacramento

Did you miss any of the action from the thrilling races at the TYR Pro Swim Series in Sacramento? Check out the Finals in Five recaps, race clips, and full replays on [YouTube](#) or the [USA Swimming Network](#).



Get to Know the USA Swimming National Team

Subscribe to the USA Swimming [YouTube Channel](#) or download the [USA Swimming Network](#) for weekly video releases featuring some of your favorite athletes. Click below to watch two of the newest releases.



Answering the Most Googled Swim Questions



Becoming Baristas For a Day

Clean Sport Handbook

Have you had a chance to download the Clean Sport Handbook? This handbook is designed to provide athletes and athlete support personnel with a summary of the information needed to successfully participate in the anti-doping program governing their sport. [Download a FREE copy.](#)

Upcoming Events

- June 17-20 | [TYR Pro Swim Series Indianapolis](#) | [Tickets](#)
- July 28-August 1 | [Toyota National Championships](#) | [Tickets](#)
- August 3-7 | [Speedo Junior National Championships](#) | [Tickets](#)
- August 12-15 | [Pan Pacific Swimming Championships](#) | [Tickets](#)
- September 26 | [Golden Goggle Awards](#) | [Tickets](#)

News and Virtual Offerings

News and Tips

- [Why Setting Process Goals Makes You a Better Coach — And How to Do It](#)
- [How to Master Visualization Techniques to Overcome Game-Time Nerves](#)
- [5 Ways Caregivers Can Reduce Athlete Anxiety and Improve Performance Through Retrieval Cues](#)
- [What to Pack in a Tournament/Meet Cooler](#)

Educational Offerings

- Senior Coaching Network | Open Water Swimming
 - June 24 | 10:30 a.m. MT | [Register](#)
- Safe Sport
 - For Parents:
 - June 23 | 8 p.m. ET | [Register](#)
 - For Athletes:
 - June 25 | 8 p.m. ET | [Register](#)

[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. [Click here](#) to access.



Endless Pools

Experience swim-in-place innovation powered by Hydrodrive™ Pro Technology, trusted by elite athletes to build strength, refine technique, and train at peak performance year-round. See Endless Pools in action at the Toyota National Championships, Speedo Jr. Nationals, and the Pan Pacific Swimming Championships this summer. Visit [EndlessPools.com](#) to access exclusive USA Swimming member discounts and discover how Endless Pools can elevate the way you train, recover, and live. [Learn more about Endless Pools.](#)



OneAmerica Financial

Financial security is the foundation of a confident future. There are many ways to safeguard yourself and your loved ones in the years ahead by following simple financial wellness tips.

The companies of OneAmerica Financial have been advancing financial security for almost 150 years, supporting millions of customers with solutions and guidance across life insurance, retirement, employee benefits, and long-term care.

[Click here](#) to explore some helpful financial wellness tips.



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