



LANE LINES



Getting Started Is Easier Than You Think

Coaches are busy. Between practices, meets, facility challenges, parent communication, and everything else that comes with running a successful team, adding one more thing can feel impossible.

That's exactly why Block Party was designed to be simple.

As the long-course season progresses, many clubs are looking for a final opportunity to help athletes achieve a best time or swim a new event. A Block Party meet can provide that opportunity with minimal administrative burden and maximum flexibility.

Block Party meets are completed in just a couple of hours and require far less planning than coaches expect.

The hardest part is deciding to do the first one. Are you interested in learning more? Check out the Block Party website [here](#) to get started.



Secure Your Spot

The Pan Pacific Swimming Championships presented by OneAmerica Financial are coming to Irvine, California, August 12-15.

The international competition is expected to host some of the fastest swimmers from around the globe, including the United States, Japan, Australia, Canada and more.

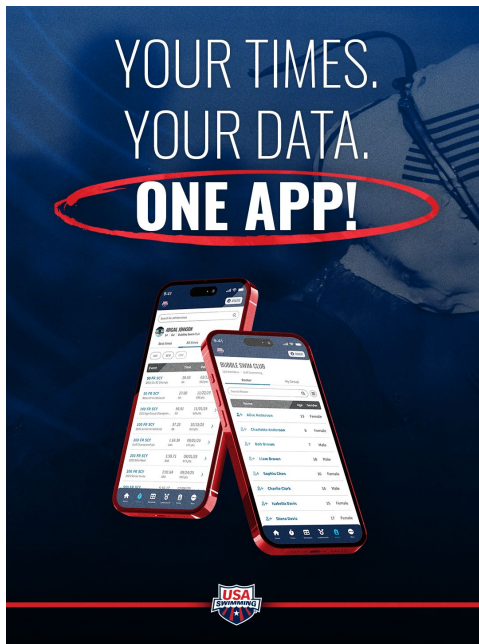
Tickets are selling out quickly, click [here](#) to secure your spot today!

Updated Mobile App & Data Hub

Take your digital experience to the next level with the latest releases of the [USA Swimming mobile app](#) and the [USA Swimming Data Hub](#).

These platforms work together, with one as the ultimate on-the-go destination and the other allowing members to dive even deeper into their swimming data.

Learn more [here](#).



TYR Pro Swim Series - Indianapolis

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

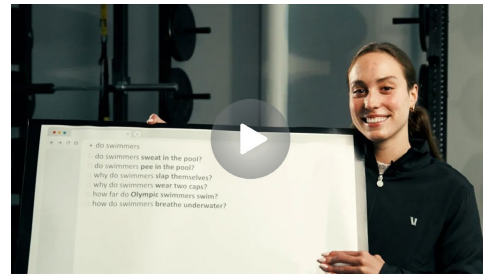


Get to Know the USA Swimming National Team

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.



24 Hours at the Olympic Training Center



Olympians Answer the Web's Most Searched Questions

Upcoming Events

- July 28-August 1 | [Toyota National Championships](#) | [Tickets](#)
- August 3-7 | [Speedo Junior National Championships](#) | [Tickets](#)
- August 10 | [Pan Pacific Swimming Championships - Open Water 10K](#) presented by OneAmerica Financial | Free Admission
- August 12-15 | [Pan Pacific Swimming Championships](#) presented by OneAmerica Financial | [Tickets](#)
- September 26 | [Golden Goggle Awards](#) | [Tickets](#)

Staying Hydrated?

Many products on the market claim to elevate hydration better than their competitors. Hydration, once thought to be as simple as drinking water when you're thirsty, can feel anything but simple when faced with a variety of complicated products. We've broken down the basics to help athletes best hydrate for peak performance.

Learn more [here](#).

News and Virtual Offerings

News and Tips

- [Dos and Don'ts of Fitness Data: What Parents Should Know to Help Athletes Thrive](#)
- [Head in the Game: Concussions in Female Athletes](#)
- [5 Ways Athletes Can Prepare to Train, Compete, and Recover at High Altitude](#)
- [Do Trendy Recovery Strategies Really Work? What Athletes and Coaches Need to Know](#)

Educational Offerings

- Safe Sport Club Recognition Training
 - For Parents:
 - July 22 | 8 p.m. ET | [Register](#)

- For Athletes:
 - July 23 | 8 p.m. ET | [Register](#)

[Click here](#) to view all upcoming webinars and past webinar recordings.

From Our Partners



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.



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.](#)

Mack's Ear Plugs

Keep water out of your ears and help prevent



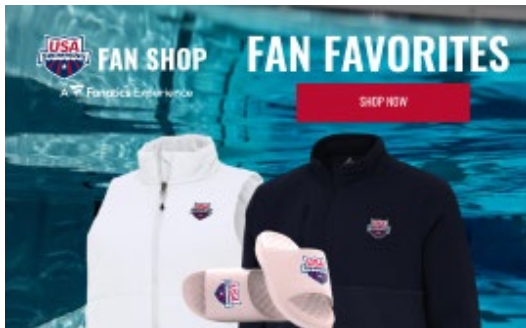
swimmer's ear infections with Mack's® Earplugs, USA's #1-selling and #1 Doctor-Recommended earplug brand. Get off the bench and back into the water with Mack's® waterproof swimming earplugs. When it comes to ear health, trust Mack's®, the brand ear doctors trust. Mack's® is the Official Ear Care Supplier of USA Swimming.

Find out more [here](#).



Bag Tags

Durable, personalized, and professional - the perfect way to showcase your swimmers and keep every meet organized. Learn more, customize, and purchase [here](#).



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.



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