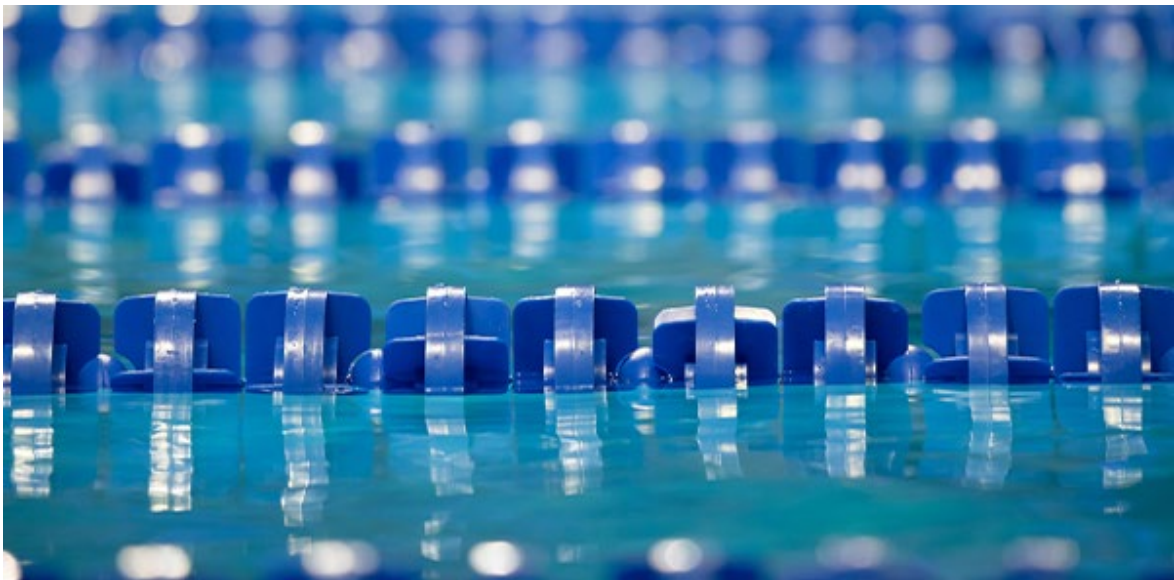




LANE LINES



Getting Started Is Easier Than You Think

As you start planning your fall season, Block Party is a great way to give new swimmers on your team a chance to compete, feel like they are part of the team, and gain confidence. Short, simple meets are a great way to smooth the transition from summer league or learn-to-swim to your club. A Block Party meet can provide that opportunity with minimal administrative burden and maximum flexibility to meet your families' needs.

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 at a Championship Event

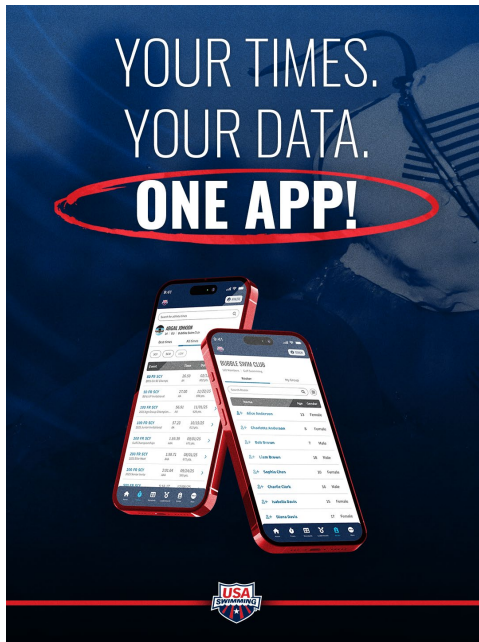
Championship season in Irvine, California is officially underway, with four championship events taking place over the next three weeks. Don't miss the opportunity to cheer on your favorite athletes in person at these events by securing your tickets today!

- 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](#)

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. Take a look at your personal insights or discover data from your favorite swimmers!

Learn more [here](#).

Golden Goggles is Coming - September 26th!

The countdown is on! Join us as we celebrate the top athletes, coaches, and contributors who make our sport shine at the 2026 Golden Goggles.

Make sure you are at this can't-miss night and register now to reserve your spot. [Register here](#)

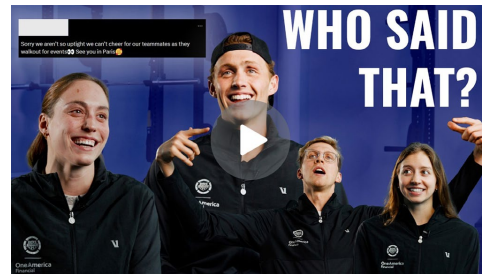


Get to Know the USA Swimming National Team

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.



10 Questions in 50 Meters



How Well Do The National Team Athletes Know Each Other?

Peptides and Growth Factors in Cosmetics? Are They Banned?

Many cosmetics, including lotions, makeup, masks, and at-home skin care treatments, advertise to contain peptides or growth factors to prevent aging and make skin look younger and healthier. Generally, cosmetics are not prohibited in sport, but some cosmetic products advertise to contain prohibited growth factors. Certain peptide growth factors are prohibited at all times, even when applied topically via a lotion, cream, or cosmetic product. [Read the full article.](#)

News and Virtual Offerings

News and Tips

- [How to Assess Team Culture: A Guide for Coaches Who Want More Effective Teams](#)
- [What Every Team Captain Should Know to Drive Positive Team Culture](#)
- [Do's and Don'ts for Parents When It Comes to Supporting a Positive Team Culture](#)

Educational Offerings

- Safe Sport Club Recognition Training
 - For Parents:
 - August 26 | 8 p.m. ET | [Register](#)
 - For Athletes:
 - August 27 | 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

A blue rectangular advertisement for OneAmerica Financial. The text is white and red. At the top, it says "Life insurance that fits every lifestyle". Below that, in smaller white text, "One less thing to worry about." There is a red button with white text that says "Learn more". At the bottom right is the OneAmerica Financial logo, with "OneAmerica" in white and "Financial" in a smaller white font below it.

Life insurance that fits every lifestyle

One less thing to worry about.

[Learn more](#)

OneAmerica[®]
Financial

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.

An advertisement for Fitter & Faster Swim Camps. It features a swimmer in a pool, wearing a swim cap and goggles, with their hands raised in a "stop" gesture. The background is a blue pool with lane lines. The text "FITTER & FASTER" is at the top in a stylized font, with "WORLD'S #1 SWIM CAMPS" below it. At the bottom, there is a white box with the text "HELP YOUR SWIMMER IMPROVE" and "FIND A CAMP NEAR YOU" in blue and white.

FITTER & FASTER
WORLD'S #1 SWIM CAMPS

HELP YOUR SWIMMER IMPROVE

FIND A CAMP NEAR YOU

Fitter & Faster

Every swimmer has another level waiting to be discovered. Fitter & Faster Swim Camps build on the coaching swimmers receive every day at practice through small-group instruction from Olympians, National Team athletes, and elite coaches, helping them improve technique and race smarter and faster.

With more than [150 camps scheduled across 43 states and Canada](#), and more added regularly, there may be one coming to a pool near you.

[Find Your Camp](#)

An advertisement for Endless Pools. It shows a swimmer in a pool, performing a butterfly stroke. The pool is blue and has a white lane line. The text "ENDLESS POOLS" is at the bottom left, with a logo above it. To the right, it says "Proud to be an Official Supplier of USA Swimming".

ENDLESS POOLS

Proud to be an
Official Supplier
of USA Swimming

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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