

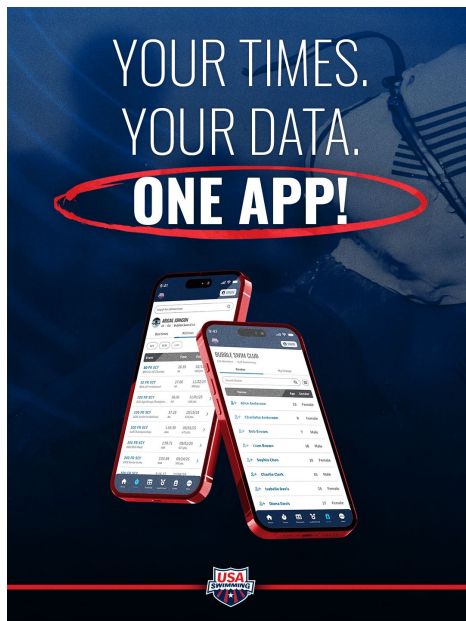
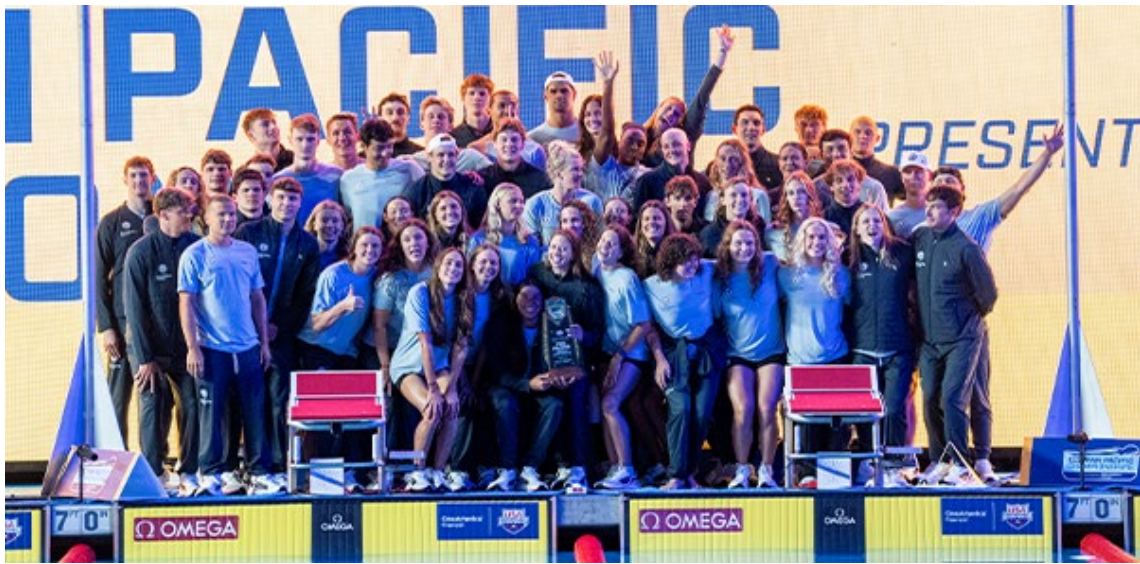


LANE LINES



Want to Relive Any of the Action From Irvine?

Did you miss any of the action from the thrilling races at Toyota Nationals, Speedo Junior Nationals, or the Pan Pacific Championships presented by OneAmerica Financial? Check out the race clips and additional coverage on [YouTube](#) and [USA Swimming Network](#).



Your Swim Season In Numbers

As the 2025-2026 swim season comes to a close, take your digital experience to the next level and look back at the numbers from your season with the [USA Swimming Data Hub](#) and the [USA Swimming mobile app](#).

These platforms work together, with one as the ultimate on-the-go destination and the other letting you dive even deeper into your swimming data. Look back at your personal insights or discover data from your favorite swimmers!

Get started:

- Download the app: [Apple](#) | [Android](#)
- Explore your season: [USA Swimming Data Hub](#)
- Learn more about the upgrades [here](#)

Vote Now: 2026 Golden Goggle Nominees Are In!

Nominees for the 2026 Golden Goggle Awards are set! Fan voting is open now through Sunday, September 6, so make your picks before time runs out. This year's ballot features six categories: Female Athlete of the Year, Male Athlete of the Year, Coach of the Year, Open Water Swimmer of the Year, Relay Performance of the Year, and Breakout Performer of the Year.

Vote now by clicking [here](#).



Scholastic All-America Applications Close Next Month

Applications for Scholastic All-America have been rolling in for a few weeks now, but there's still time to get your scholar-athlete recognized.

- The Requirements: Grades 9-12, a 3.5+ GPA in academic subjects (no grade lower than a "C"), and a Winter Junior Nationals cut achieved during the qualifying window.
- How to Submit: Log in to the SWIMS portal (hub.usaswimming.org). From there, you can submit the application form.
- The Deadline: You must submit everything by September 30, 2026.

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.



What Supplements Are You Taking?

The USADA Supplement Guide is designed to help you decide if the potential benefits of dietary supplements outweigh those risks, and if so, how you can better choose a low-risk product.

[Learn more here](#)

News and Virtual Offerings

News and Tips

- [How Much Water Do Young Athletes Need?](#)
- [How can athletes care and advocate for themselves after injury?](#)

Educational Offerings

- Safe Sport Club Recognition Training
 - For Parents:
 - Aug 26 @ 8 p.m. ET | [Register](#)
 - Sept 16 @ 8 p.m. ET | [Register](#)
 - For Athletes:
 - Aug 27 @ 8 p.m. ET | [Register](#)
 - Sept 17 @ 8 p.m. ET | [Register](#)

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

[USA Swimming University](#) will be releasing three additional coaching mini courses from the 10 & Under and 11-14 Coaching Network. The new courses will be released on August 27.

All free coaching mini courses are available after logging in to USA Swimming University and are approximately an hour long. New courses include: 1. [Coaching for All Abilities](#); 2. [The Importance of Free Play](#); 3. [Program Leadership from the Age Group Coach](#)

Learn more [here](#).

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.

Life insurance that fits every lifestyle

One less thing to worry about.

[Learn more](#)

OneAmerica[®] Financial

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.



They Came to Learn. Years Later, Some Came Back to Teach.

Seventeen years ago, swimmers at the first Fitter & Faster camp got in the water and learned up close from some of the sport's most accomplished athletes.

Since then, hundreds of thousands of swimmers have done the same - learning in small groups, getting individual feedback and experiencing what it's like to work directly with swimmers and coaches who have competed at the highest levels of the sport.

Some of those young swimmers went on to reach extraordinary heights themselves. And some eventually came back to Fitter & Faster - this time getting in the water to teach and inspire the next generation.

[See what 17 years of Fitter & Faster has made possible.](#)

Endless Pools



Congratulations to all the competitors in Irvine, California! It was great celebrating your achievements and introducing you to the ultimate training pool, the EP508 Pro.

We are proud to support swimmers of every level. With nearly four decades of experience helping swimmers like you refine their stroke and train at home with a smooth, adjustable current that lets you swim continuously, without flip turns, at speeds up to a 0:51/100-yard pace. As an Official Supplier of USA Swimming, we're offering special member pricing to help you take your training to the next level. [Learn more about your exclusive pricing.](#)



Mack's Ear Plugs

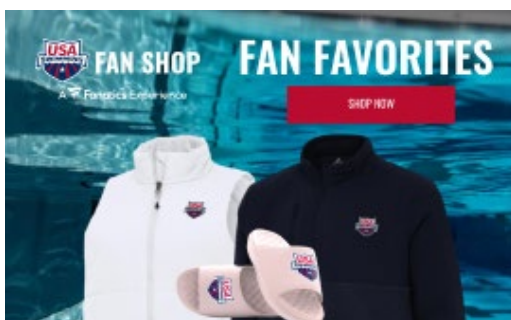
Keep water out of your ears and help prevent swimmer's ear infections with Mack's® Earplugs, USA's #1-selling and #1 Doctor-Recommended earplug brand. Get off the bench and back into the water with Mack's® waterproof swimming earplugs. When it comes to ear health, trust Mack's®, the brand ear doctors 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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