



## COACHING CONNECTION



### Community Impact Grant Applications Deadline

Applications close **February 3, 2023**. Programs are eligible to receive \$5,000 grants annually and are renewable for up to three years.

[Read More.](#)

[APPLY](#)

### Member Spotlights



## Head Coaches Selected For 2023 World Championships Teams

Congratulations to **Carol Capitani** (women's) and **Bob Bowman** (men's)!

[READ MORE](#)



## A Decade of Dominance

Congratulations to **Katie Ledecky**, who was named the 2022 Associated Press Female Athlete of the Year!

[READ MORE](#)



## Five Words That Will Help You Reach Your Goals

[READ MORE](#)



## GAC Unveils Inaugural T. Dianne Bellamy-Small Service Award

[READ MORE](#)

## USA Swimming Safe Sport Leadership Conference

The USA Swimming Safe Sport Leadership Conference will be held in Denver, Colo., in conjunction with the USA Swimming Workshop presented by LiveBarn. On April 20, 2023, industry leaders will present on recent topics of abuse prevention from 9 a.m.-4 pm. ET.

**Notes:**



- Breakfast and lunch will be provided
- FREE for USA Swimming members
- Room block will be available
- Lodging and transportation to be covered by the individual



## Save the Date!

The USA Swimming Workshop presented by LiveBarn will be held in Denver, Colo. on April 20-23, 2023. LSC General Chairs, LSC Officials Chairs, LSC Age Group Representatives, LSC Senior Coach Representatives, LSC Safe Sport Chairs and Club Safe Sport Chairs are invited to attend in person. To learn more, visit the website [here](#).

### Upcoming Deadlines:

- February 3 - [Community Impact Grant](#) application
- February 10 - [National Diversity Select Camp](#) application
- February 13 - [Team Manager](#) applications
- February 15 - [Women's Leadership Summit](#) scholarship
- March 3 - [Assistant Coach](#) applications
- June 6 - Quality Coaching Framework course for existing coaches

### 2023 Health Insurance Open Enrollment Dates:

January 2 - February 10 | March 2 - April 2 | May 2 - June 2  
Learn more and enroll [here](#).

### 2023 CLBMS 201 Courses:

April 8 | August 26 | November 4  
Learn more and register [here](#).

### Meets:

- [TYR Pro Swim Series Fort Lauderdale](#)
  - March 1-4

- LCM
- Speedo Sectionals
  - SCY:
    - March 2-5: [Carlsbad, Calif.](#); [Marin, Calif.](#); [College Station, Texas](#)
    - March 9-12: [Cary, N.C.](#); [West Fargo, N.D.](#) ; [Federal Way, Wash.](#); [Columbia, Mo.](#)
    - March 23-26: [Austin, Texas](#); [Christiansburg, Va.](#); [Ithaca, N.Y.](#); [Buffalo, N.Y.](#)
  - LCM:
    - March 23-26: [Indianapolis, Ind.](#)

## UPCOMING WEBINARS



### 2023 Safe Sport Club Recognition Training

For Parents:

- February 15 at 8 p.m. ET | [REGISTER](#)
- March 15 at 8 p.m. ET | [REGISTER](#)

For Athletes:

- February 16 at 8 p.m. ET | [REGISTER](#)
- March 16 at 8 p.m. ET | [REGISTER](#)

For Coaches:

- February 17 at 3 p.m. ET | [REGISTER](#)
- March 17 at 3 p.m. ET | [REGISTER](#)



### Disability Education Series

- February 9 at 7 p.m. ET | Rule 105 Implementation | [REGISTER](#)
- March 9 at 7 p.m. ET | [REGISTER](#)

[Watch the recordings](#) to get caught up on all previously offered webinars!



### LTS/Pre-Competitive Webinar Series

Help bridge the gap between learn-to-swim and competition, a new webinar series specifically geared towards the pre-competitive space.

**Guest speaker:** Tracy Kolebar (Nitro Swimming)

**What:** Connecting to Competitive Opportunities

**When:** February 8, 12:30-1:30 p.m. ET

[REGISTER](#)



### 10&U Networking Webinar

The 10&U network webinar series started in 2022 to help increase connectivity, build networking and provide education.

**Guest speaker:** Steve Haufler

**What:** Teaching Butterfly

**When:** February 2, 2:30-3:30 p.m. ET

[REGISTER](#)

## USADA Reminder

Did you hear the news? USADA has made updates to the Supplement Connect High Risk List (HRL), including a new, interactive table for searching the 700+ products featured on the HRL. Start searching [here](#).

The World Anti-Doping Agency (WADA) released their [2023 WADA Prohibited List](#) on January 1, 2023. Here is what you need to know about the updated list. We encourage you to use [GlobalDRO.com](#) to search the prohibited status of your medications and ingredients.



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