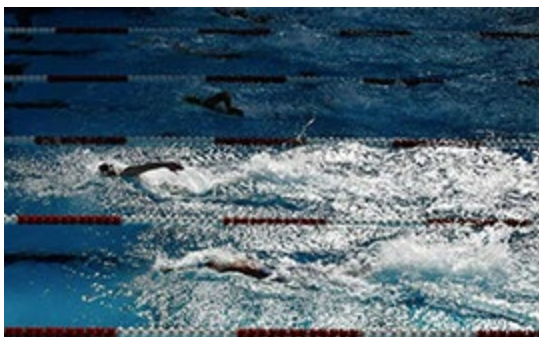
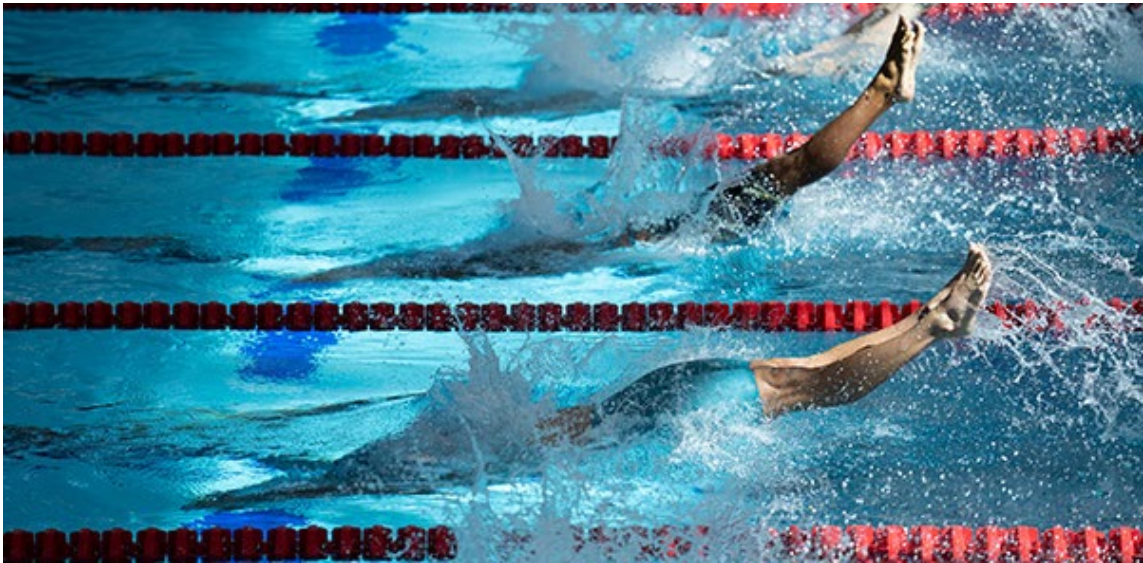




# COACHING CONNECTION



## Membership Renewal & Certifications

Be sure to renew your coaching membership before the December 31 deadline and update your annual requisites and [certifications](#) to ensure you are up-to-date for practice and meets come January 1.

[RENEW TODAY](#)

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**2023 Club Excellence | A  
Statistical Analysis**



What goes into a team making the Club Excellence list? Have you ever asked a fellow coach (or yourself), “I wonder how much club size plays a part in achieving Club Excellence?” or “What sets a Gold Medal Club apart from a Silver Medal Club and Silver from Bronze?”

If you are even a little curious about these questions and others, [this article](#) is for you.

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## Webinars & Digital Resources

- Senior Coaching Network | Tapering (How to Navigate the Variables)
  - Jan. 8: Western & Central Zone | 2 p.m. ET | [Register](#)
  - Jan. 9: Eastern & Southern Zone | 12 p.m. ET | [Register](#)
- 10 & Under Coaching Network | Building Blocks for Athlete Development
  - Jan. 17 | 2:30 p.m. ET | [Register](#)
  - Jan. 18 | 2:30 p.m. ET | [Register](#)
- 11-14 Coaching Network | Making practices purposed, fulfilled and fun!
  - Week of Jan 29 (*Date to be formally announced first in January*)

Find recorded Webinars and additional digital resources by visiting the Education channel on the [USA Swimming Network](#).

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## News

- [USA Swimming 2023 Holiday Gift Guide](#)
- [USA Swimming Announces 18-Athlete Roster for the 2024 World Aquatics Swimming Championships](#)
- [USA Swimming Announces Five-Athlete Roster for the 2024 World Aquatics Open Water Championships](#)
- [Fluidra Becomes Official Pool Equipment Supplier to USA Swimming](#)

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## From Our Partners

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## Hyperice

For a limited time only, shop up to \$200 off the entire Normatec line. Give the gift of movement this holiday season with next-level air compression massage. Normatec is designed to decrease inflammation, increase circulation, and unlock sore muscles, so you can move better in your everyday life.



## OneAmerica

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## TYR

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