



COACHING CONNECTION



Last Chance: Regional Diversity Select Camps

Have an athlete who qualifies for a Regional Diversity Select Camps?

Applications open [here](#) for all three locations through March 31.



See You in Denver

The USA Swimming Workshop presented by LiveBarn will be held in Denver, Colo., from April 20-23. Don't currently hold an invited position? See how you can still participate [here](#). To learn more, visit the website [here](#).

If you are currently serving as an invited member role and did not receive the registration link via email, please reach out to USA Swimming Manager of Program Operations [Kristin Alfano](#).

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, industry leaders will present on recent topics of abuse prevention from 9 a.m.-4 pm. MT.

Notes:

- Breakfast and lunch will be provided
- Room block will be available

Learn more [here](#).



DEI: Diverse Athlete Experiences in Swimming

April 3, 5 p.m. ET | [REGISTER](#)

Participate in a dynamic discussion with athlete members Tharon Drake and Julissa Arzave. This webinar will focus on how the sport of swimming has impacted their lives and changes throughout their own aquatic careers. Brought to you by the National Diversity, Equity and Inclusion Committee.

2023 Safe Sport Club Recognition Training

For Parents:

- **April 5, 10 p.m. ET | [REGISTER](#)**
- May 10, 8 p.m. ET | [REGISTER](#)
- June 7, 8 p.m. ET | [REGISTER](#)

For Athletes:

- **April 6, 10 p.m. ET | [REGISTER](#)**
- May 11, 8 p.m. ET | [REGISTER](#)
- June 8, 8 p.m. ET | [REGISTER](#)

For Coaches:

- **April 7, 2 p.m. ET** | [REGISTER](#)
- May 12, 3 p.m. ET | [REGISTER](#)
- June 9, 3 p.m. ET | [REGISTER](#)

2023 LTS/Pre-Competitive Webinar Series

To help bridge the gap between learn-to-swim and competition, USA Swimming is offering the below webinar series specifically geared towards the pre-competitive space. These webinars will help assist in building resources for programs and clubs interested in establishing local connections as well as expand their current services. **Take part in these FREE virtual opportunities!**

Topics and dates:

- Best Practices for Connecting with Recreational and Swim Lesson Programs
 - **April 12, 12:30-1:30 p.m. ET** | [REGISTER](#)
- Pre-Team and Pre-Competitive Curricula
 - June 14, 12:30-1:30 p.m. ET | [REGISTER](#)
- How to Maximize Your Aquatic Relationships: Marketing Strategies
 - August 9, 12:30-1:30 p.m. ET | [REGISTER](#)
- Best Practices for Establishing and Operating an Internal Feeder Program
 - October 11, 12:30-1:30 p.m. ET | [REGISTER](#)

DEI: Creating a Water Safety Festival

Creating a Water Safety Festival provides an opportunity for aquatic organizations to build awareness, educate communities on water safety and promote opportunities. Learn from Diversity, Equity and Inclusion aquatic researchers and practitioners, Dr. Angela Beale-Tawfee and Dr. Miriam Lynch, as they offer valuable insights on collaborating with community members, organizations and businesses to work towards establishing a culturally competent and inclusive water safety educational festival in your community. Watch all previously recorded DEI webinars [here](#).

- Water Safety Festival 101 | [WATCH RECORDING HERE](#)
- **April 13, 7 p.m. ET** | **Water Safety Festival 201** | [REGISTER](#)
- May 11, 7 p.m. ET | Water Safety Festival 301 | [REGISTER](#)

10 & Under Specific: Toes Turned Out in Breaststroke Kick

The 10 & Under network started in 2022 to help increase connectivity, build networking and provide education. The **FREE** virtual learning sessions provide an opportunity for coaches to learn things specific to 10 & Under swimming.

We will be running our first ever session of *Let's Dive In!* This is a chance for coaches from around the country to share ideas that have worked for them. It can be a drill, stroke cue, visual you

provide or anything else you have found that works specifically with 10 & Under athletes.

April 25, 11 a.m.-12 p.m. ET | [REGISTER](#)

Notes:

- Any coach who would like to speak and share their idea will put their name and email in the chat at the beginning of the Zoom session.
- Providing your email allows other coaches to follow up with you if they have questions. It is also a great way to connect with coaches across the country!
- Once you are called on you will have three minutes to share.
- Speakers will be limited to three minutes to allow ample time to hear as many ideas as possible within the hour.
- After an hour we will close the session.

This is meant to create an environment that is open, kind and courteous to others. Additional questions can be directed towards USA Swimming Advisor [Dana Skelton](#).

2023 CLBMS 201 Courses

April 8 | August 26 | November 4

Learn more and register [here](#).

2023 Health Insurance Open Enrollment Dates

March 2 - April 2 | May 2 - June 2

Learn more and enroll [here](#).

USADA Reminder

Have you downloaded the USADA Nutrition Guide yet? Get expert insight on #FoodFirst fueling for athletes, including carb and protein intake, gut health, proper hydration and more! Learn more [here](#).



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