



COACHING CONNECTION



Good Luck, Speedo Winter Junior Championships Swimmers!

Do you have an athlete competing at [Speedo Winter Junior Championships](#)? Please take advantage of the free [Marketing Toolkit](#) social media templates to celebrate their successes before, during, and after they swim.

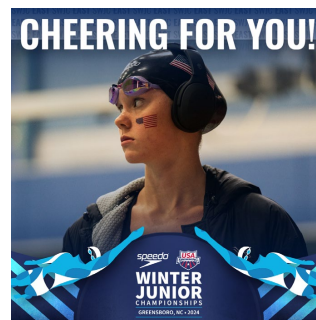
More information:

- Items are formatted for both locations (East and West).
- Each graphic type includes sizes for an Instagram story and a regular post.
- Customize each template to include a picture of your swimmer. Watch [this video](#) to learn more.
- Tag @USASwimmingNextGen on Instagram for a chance to be featured.

Graphic types:

- Cheering for You
- Cheer Me On
- First Juniors Meet
- Headed to Finals

Looking for more free, downloadable, and customizable resources? Head to the [USA Swimming Marketing Toolkit page](#) for social media templates, lawn signs, posters, certificates, and more.



Reminders, Updates, and Grants

Reminders:

- All members are required to acknowledge your customizable [Minor Athlete Abuse Prevention Policy](#) (MAAPP) annually. Acknowledge the policy, effective October 1, 2024, before the **January 1, 2025 deadline**.
- Missed the MAAPP webinar in October? Here are the takeaways:
 - [This document](#) highlights the changes to the 2025 MAAPP.
 - Download and review the [webinar slides](#) to follow along during the [full recording](#).

Updates:

- USA Swimming added **2028 quad parallel time standards** for our para-athletes and coaches to the website. All time standards for P1, P2, and P3 disability swimmers are available for members to access easily. To view the standards, click [here](#).
- **Entry timelines and time standards** are posted online for all 2025 events on the USA Swimming website.

Grants:

- **Hurricane Relief Grants:**
 - The application period is still open until the \$150,000 has been fully awarded.
 - [Apply](#) | [Learn more](#)
- **Youth and Adult Learn-to-Swim (LTS) Grants:**
 - Programs can apply for youth and adult LTS grants through **December 15, 2024**.
 - [Apply for Youth LTS](#) | [Apply for Adult LTS](#) | [Read more](#) | [Learn more about Youth LTS](#) | [Learn more about Adult LTS](#)
- **Community Impact Grants:**
 - USA Swimming club members can apply through **December 15, 2024**.

- [Apply](#) | [Read more](#) | [Learn more](#)
- **Historically Black Colleges and Universities (HBCU) Grants:**
 - Funding is reserved for HBCU institutions and can apply through **December 15, 2024**.
 - [Apply](#) | [Read more](#) | [Learn more](#)



Asheville Jewish Community Center Gives Back After Hurricane Helene

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USA Swimming 2024 Holiday Gift Guide

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SWIMS Spotlight

USA Swimming is excited to provide a new, highly requested Virtual Club Championships (VCC) Details Summary Report.

This report highlights the different VCC age group and competition category scores that contribute to the teams total score; including percentages of the score/s. Diving into this report can pinpoint focus areas for a team, and allow coaches to make an immediate impact in those areas.

Check out the image for an example of the summary report, which shows a complete breakdown of a swimmer's contribution.

Competition Category	Age Range	Backstroke	% Total	Breaststroke	% Total	Butterfly	% Total	IM	% Total	Long Freestyle	% Total	Sprint Freestyle	% Total	Grand Total	Grand Total %
F	11	1,208	0.6%	1,220	0.6%	1,002	0.5%	1,101	0.6%	1,096	0.6%	3,240	1.7%	8,867	4.7%
M	11	1,187	0.6%	865	0.5%	852	0.5%	703	0.4%	1,020	0.5%	2,980	1.6%	7,607	4.0%
F	12	1,030	0.5%	1,330	0.7%	1,099	0.6%	1,013	0.5%	946	0.5%	3,167	1.7%	8,585	4.5%
M	12	1,001	0.5%	1,233	0.7%	1,149	0.6%	1,216	0.6%	1,261	0.7%	3,518	1.9%	9,378	5.0%
F	13	2,361	1.2%	1,773	0.9%	1,636	0.9%	1,543	0.8%	2,203	1.2%	3,294	1.7%	12,810	6.8%
M	13	1,955	1.0%	2,250	1.2%	1,989	1.1%	2,461	1.3%	2,111	1.1%	2,729	1.4%	13,495	7.1%
F	14	2,865	1.5%	2,960	1.6%	2,690	1.4%	2,889	1.5%	2,211	1.2%	3,954	2.1%	17,569	9.3%
M	14	2,808	1.5%	1,908	1.0%	1,802	1.0%	2,322	1.2%	1,921	1.0%	3,737	2.0%	14,498	7.7%
F	15	2,021	1.1%	2,689	1.4%	2,658	1.4%	1,871	1.0%	1,630	0.9%	3,749	2.0%	14,618	7.7%
M	15	2,098	1.1%	2,504	1.3%	2,129	1.1%	2,734	1.4%	3,165	1.7%	3,866	2.0%	16,496	8.7%
F	16	1,837	1.0%	2,846	1.5%	2,722	1.4%	2,816	1.5%	1,562	0.8%	3,516	1.9%	15,299	8.1%
M	16	1,777	0.9%	723	0.4%	1,916	1.0%	2,476	1.3%	1,454	0.8%	2,915	1.5%	11,261	6.0%
F	17-18	3,144	1.7%	2,266	1.2%	3,055	1.6%	2,718	1.4%	2,730	1.4%	4,156	2.2%	18,069	9.6%
M	17-18	3,254	1.7%	2,547	1.3%	3,453	1.8%	3,374	1.8%	3,092	1.6%	4,752	2.5%	20,472	10.8%
		28,546	15.1%	27,114	14.3%	28,152	14.9%	29,237	15.5%	26,402	14.0%	49,573	26.2%	189,024	



Finish the Year with New Coaching Network Webinars on USA Swimming University

Three new Coaching Network Webinars are now on USA Swimming University. Take advantage now!

[READ MORE](#)

Virtual Opportunities

- NCAA Eligibility Center Fall Webinar for Homeschooled College-Bound Student-Athletes
 - December 11 | 2-3 p.m. ET | [Register](#)
- 10&U Let's Dive In Series | Games and Creative Sets
 - January 15 | 1 p.m. ET | [Register](#)
 - Note: This is an interactive hour for coaches to share their ideas.
- Safe Sport
 - For Parents: January 15 | 8 p.m. ET | [Register](#)
 - For Athletes: January 16 | 8 p.m. ET | [Register](#)
 - For Coaches: January 17 | 3 p.m. ET | [Register](#)
- [Connection Based Coaching](#)
 - Free on USA Swimming University for member coaches, this course focuses on storytelling from Team USA athletes.
- New [USOPC Youth Hub](#) website
 - Free informational hub focusing on the American Development Model with additional resources for coaches, parents/caregivers, and administrators.

Visit the University channel on the [USA Swimming Network](#) or [USA Swimming University](#) to find recorded webinars and additional digital resources.

Upcoming Events

- Speedo Winter Junior Championships
 - December 11-14
 - [Free Marketing Toolkit items](#) available under "Meets/Events"
 - [East location: Greensboro, N.C.](#)
 - [Ticket info](#)
 - [West location: Austin, Texas](#)
 - [Ticket info](#)

See updates for all events [here](#).

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