



# COACHING CONNECTION



USA Swimming University



Revamped USA Swimming

## NextGen Instagram

Exciting new courses coming soon!

**The Legacy Project** courses will feature information and insights from three coaches who have made significant contributions to the sport of swimming. Topics range from personal growth to technical coaching and training philosophies. **Officials** courses will include Stroke and Turn Certification and Foundations of Officiating.

[VIEW ALL COURSES](#)

USA Swimming is excited to upgrade the NextGen Instagram account to help educate all members who influence the next generation of athletes in our sport. This platform will continue its focus of spotlighting our next wave of athletes while providing additional education, resources, programs, and other opportunities to take advantage of.

[FOLLOW ALONG](#)

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## Coach Course Requirement Reminder

Thank you coaches! Your work on and off deck makes a lasting impact on your communities and athletes.

As a reminder, all coaches must meet specific requirements based on their membership type. To view your specific member requirements:

1. Login to your USA Swimming account;
2. On your Dashboard, click "General Info" (located under "My Account");
3. Click the "Requirements" pill (under "General") to see your membership requirements.



### Last Chance: Coaches' Leadership Clinic

**Deadline extended until March 8** for the Coaches' Leadership Clinic!

Learn more [here](#).

Register [here](#).



### April Swimposium 2.0

Take advantage of the **only in-person opportunity to become ADM Age Group certified** by attending the Western Zone Swimposium.

**When:** April 26-28

**Where:** Wyoming/Montana LSC

**Cost:** \$100/coach or \$200/team up to four

Register [here](#).

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## National Events Calendar Updates

Additional locations have been finalized for the 2024 domestic events calendar. [Learn more here](#).



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## 2024 Swim-a-Thon Prizes

Need to fundraise for summer travel? Swim-a-Thon can help!

2024 Prizes include:

- 100-200 laps swum = 100 Lap Bag Tag
- 200+ laps swum = 200 Lap Bag Tag
- \$400-\$599.99 raised = Latex Swim-a-Thon Cap
- \$600-\$799.99 raised = 24 oz. Carabiner Water Bottle
- \$800-\$1,099.99 raised = Tabletop Cornhole Set
- \$1,100-\$1,399.99 raised = Oversized 100% UVA/UVB Sunglasses
- \$1,400+ raised = Puffy Outdoor Blanket

Learn more [here](#).

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## Virtual Opportunities

- Senior Coaching Network | Short Course Training in a Long Course Season
  - March 26 | 2 p.m. ET | [Register](#)
  - March 27 | 12 p.m. ET | [Register](#)
  - Note: Both follow the same education.
- Safe Sport
  - For Parents: March 13 | 8 p.m. ET | [Register](#)
  - For Athletes: March 14 | 8 p.m. ET | [Register](#)
  - For Coaches: March 15 | 3 p.m. ET | [Register](#)
- CLBMS 201
  - April 6 | 11:30 a.m. ET | [Register](#)

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

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## Upcoming Meets

- [Speedo Sectionals](#)
  - [Multi-site](#) and dates | SCY and LCM

### [TYR Pro Swim Series Westmont](#)

- March 6-9 | LCM
- [TYR Pro Swim Series San Antonio](#)
  - April 10-13 | LCM
- [18 & Under Spring Cups](#)
  - May 1-5 | Multi-site | LCM

Find additional information and events on the [USA Swimming Events page](#).

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## From Our Partners



### Speedo

The new era of speed has arrived with Fastskin LZR Pure Valor. Quick. Agile. Adaptable. Equipped with Lamoral Space Tech coating, it repels water like no other. The featherweight feel and meticulously layered fabric offers unmatched flexibility. Reinforced leg seams give you balanced compression for maximum power in every stroke. Swim to win in the new Fastskin LZR Pure Valor, the next generation of fast.



### Hyperice

For a limited time only, shop up to \$200 off the entire Normatec line. Normatec is designed to decrease inflammation, increase circulation, and unlock sore muscles, so you can move better in your everyday life.



### OneAmerica

You take on the challenges with courage. We secure your financial future with compassion. OneAmerica, a proud sponsor of USA Swimming.

### TYR

From our national support for USA swimming to your local recreational or high school team, TYR is



investing in all levels of the sport. We provide your team with hands-on sponsorship regardless of your size or performance level. If you are interested in becoming a TYR team, email [teamsupport@tyr.com](mailto:teamsupport@tyr.com).



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