



COACHING CONNECTION



USA Swimming Director of Safe Sport

Hear from Liz Hahn on the importance of April's Child Abuse Prevention Month by clicking the video.



New Courses on USA Swimming University

[Officials courses](#) | [The Legacy Project](#) (free for members!)

The **Legacy Project** courses feature information and insights from three coaches who have made an undeniable and positive impact on swim coaching and generations of swimmers: **Bob Bowman** (SUN), **Jim Ellis** (PDR), and **Kate Lundsten** (AQJ).

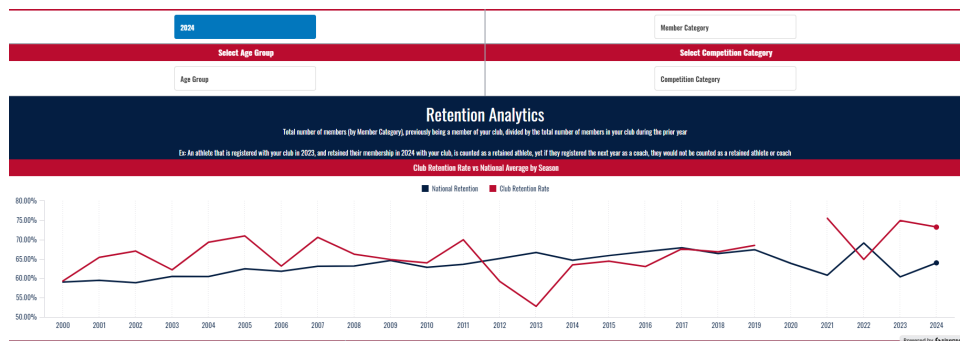
Officials courses include Stroke & Turn Certification and Foundations of Officiating.

VIEW ALL COURSES

Come Say Hi!

Want to touch base with staff in-person? Here is where they will be this month:

- TYR Pro Swim Series San Antonio (April 10-13): Brendan Hansen
- Coaches' Leadership Clinic in Black Forest, Colorado (April 19-21): Kristin Alfano, Bernie Dickman, and MJ Truex
- Swimposium 2.0 in Cody, Wyoming (April 25-28): Kristin Alfano, Nate Chessey, Bernie Dickman, Mitch Gold, Jane Grosser, Dana Skelton, MJ Truex, and Maggie Vail
- Dakota Swim Coaches Clinic in Fargo, North Dakota (May 2-5): Bernie Dickman

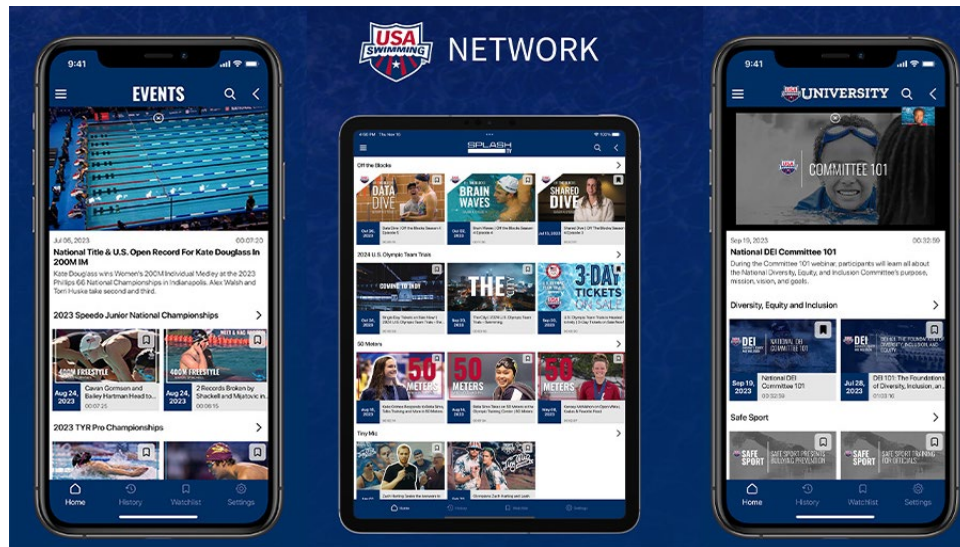


SWIMS Spotlight

Congratulations to all the clubs that have retained more members than the national average. To learn

more about your **club's retention rate** view the Club Retention Dashboard in your SWIMS account.

Pro tip: You can search by competition category, age group(s), and member category to further define your learning.



Take Advantage of Free Content

USA Swimming Network is a one stop shop for your coaching needs - from watching races, accessing the Michael McCaffery swim archive, listening to the Kick Set podcast, and viewing member spotlights.

Pro Tip: Listen to your fellow member spotlights in the car.

ICYMI: **Jordan Elder** (Indy Parks & Recs) | **Andre Brent** (Citywide Aquatics) | **Kayla Griffin** (Carmel Swim Club) | **Emily Swett** (Wyoming General Chair)

[VIEW 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 (Each additional coach beyond a group of four will cost \$50)

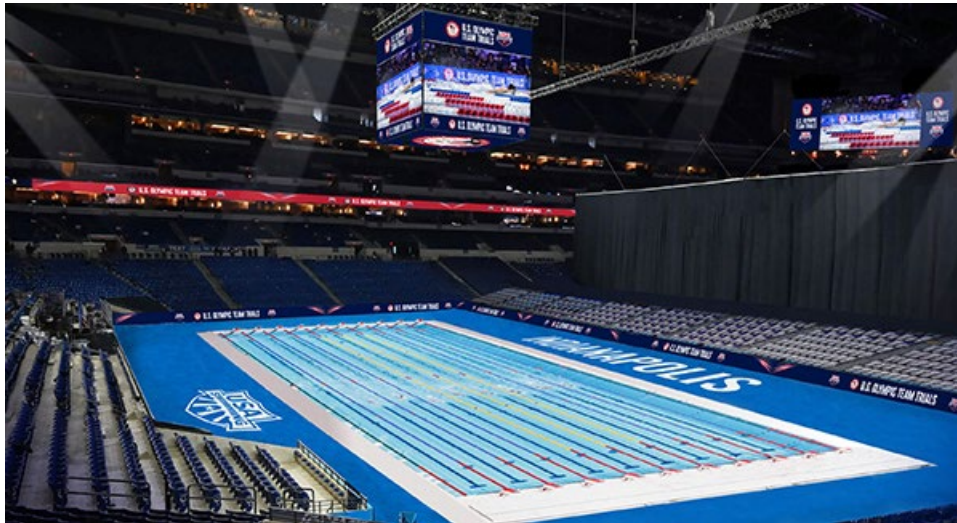
REGISTER HERE

Revamped USA Swimming NextGen Instagram

Did you see the latest from Coach John Roy on New Wave Swim Team? Hint: [40 shorties](#).

Follow along for educational content and team spotlights on NextGen!

FOLLOW ALONG



Want Discounted Tickets for Your Group?

Have an athlete on your team swimming at Trials? Bring your group to cheer your swimmer on!

Email Jim Perry at jperry@indianasportscorp.org or learn more [here](#) for **discounted tickets**, available for groups of 10+.

Only interested in prelims swims? Cheer on your swimmer at prelims, then take advantage of **USA Swimming Live** in downtown Indy. Enjoy the live music stages, food trucks, and a 66-foot replica of the Eiffel Tower before heading home that evening. View map [here](#).

As a reminder, [single-session tickets](#) are available starting at just \$15.

Virtual Opportunities

- 11-14 Coaching Network | Coach Education Through USA Swimming
 - April 16 | noon ET | [Register](#)
 - April 18 | 2 p.m. ET | [Register](#)

- Note: Both follow the same education.
- Safe Sport
 - For Parents: April 10 | 8 p.m. ET | [Register](#)
 - For Athletes: April 11 | 8 p.m. ET | [Register](#)
 - For Coaches: April 12 | 3 p.m. ET | [Register](#)
- 10&U Coaching Webinar | Key Points of Freestyle: From the 50 to the 500
 - April 24 | 2:30-3:30 p.m. ET | [Register](#)
 - April 25 | 12:30-1:30 p.m. ET | [Register](#)
 - Note: Both follow the same education.
- 10&U Let's Dive In Series | 10&U swimming LCM
 - May 21 | 1-2 p.m. ET | [Register](#)
 - Note: This is an interactive hour meant for coaches to share their ideas.

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

Upcoming Meets

- [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](#).

From Our Partners



OneAmerica

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



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.



JustLight

JustLight and USA Swimming are proud to announce our Smart Light Therapy TM partnership.

Use code USA40 to receive 40% off at checkout.

[Buy Now](#)



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.



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.



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