



COACHING CONNECTION



New Year, Improved Changes!

Happy 2025! Thank you, coaches, for all your hard work throughout 2024. As USA Swimming continues improving how we support coaches, clubs, and LSCs, we are excited to share some updates on the USA Swimming Team Services staff.

What changes were made?

USA Swimming made key changes that will allow Team Services to better serve our coaches, clubs, and athletes. In the past, Team Services was responsible for assisting our members on a wide range of topics, from LSC resources to coach and club assistance. Starting January 15, the Team Services Advisors will focus services solely on our coaches and clubs. The newly formed LSC Performance Services Team will field any LSC-related items.

Who do I reach out to for questions?

- Coach, club, and athlete related questions:
 - Find your Team Services Advisor on the [USA Swimming Team Services Advisor page](#), located on

the website under Coaches and Team Leaders > Resources > Team Services.

- LSC related questions:
 - Western or Central Zone: Jane Grosser at jane.grosser@usaswimming.org.
 - Exceptions: If you reside in Colorado, New Mexico, Arizona or Utah, please reach out to MJ Truex at mtruex@usaswimming.org.
 - Eastern and Southern Zone: Karin Olmsted at kolmsted@usaswimming.org and copy Beth Winkowski at bwinkowski@usaswimming.org.

Will there be more updates?

Yes! USA Swimming is searching for two new Team Services Advisors responsible for teams in the Central and Western Zones. The [USA Swimming Team Services Advisor page](#) will be updated once we onboard the new team members.

Connect with your Advisor to learn more about resources, grants, education, programs, and other opportunities provided for members.

Looking Back at 2024

As we kick off 2025, look back at some pictures from 2024 in which clubs, coaches, athletes, parents, and volunteers tagged @USASwimmingNextGen.

Want to take advantage of similar social media templates with the USA Swimming shield? Check out the [Marketing Toolkit](#) for free resources.





10&U Coaching Network Webinar Series | Games and Creative Sets

The first 2025 coaching network webinar series is tomorrow, [Wednesday, January 15 from 1-2 p.m. ET!](#)

This webinar will be part of the *Let's Dive In* series, where any coach can speak and share their idea/s.

[LEARN MORE & REGISTER](#)

SWIMS Spotlight

Looking for splits of your swimmer's race? Look no further than the USA Swimming Data Hub!

Split data is now available for races in the Data Hub. Click [here](#) to head to the Individual Time Search page to check out the feature.

CUMULATIVE DISTANCE	SPLIT TIME FORMATTED	CUMULATIVE SPLIT TIME FORMATTED
50	23.58	23.58
100	48.87	25.29
150	1:14.37	25.50
200	1:39.83	25.46
250	2:05.26	25.43
300	2:30.83	25.57
350	2:56.48	25.65
400	3:22.16	25.68
450	3:47.72	25.56
500	4:12.34	24.62



Abbie Fish Joins the USA Swimming Network

Abbie Fish is the newest [USA Swimming Network](#) Content Provider adding the Swim Like A. Fish channel to the Network.

With extensive experience, Abbie's channel features videos for coaches that focus on tips and tricks, setting yourself up for success, how to manage athletes, and more!

Virtual Opportunities

- 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.

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