



COACHING CONNECTION



Thank You Coach Month

November is Thank You Coach Month, and USA Swimming is excited to celebrate you!

Coaches are the backbone of USA Swimming. You are the ones who are there for athletes every day, who wake up early on weekends to coach at meets, and who are constantly trying to refine your craft.

This month, USA Swimming wants to celebrate and honor you. **Thank you for everything you do.**

To help celebrate, please see below offers and ideas to take advantage of throughout the month.



USA Swimming University would like to thank coaches throughout the month by offering **free professional development**. Learn about self-care through the month of November by taking advantage of these four courses. Courses are **FREE until November 30, 2025** and are part of the **Head Coach Certification**.

1. [Self-Care 1: Self-Care Evaluation](#): Perform a self-care evaluation and learn how to meet your self-care needs as you sustain your coaching career.
2. [Self-Care 2: Work-Life Balance](#): Identify priorities and create a structure that works to maintain your balance. Help your staff find their balance as well.
3. [Self-Care 3: Leadership for Staff Self-Care](#): This course provides you with a base for leading your staff in self-care.
4. [Self-Care 4: Applying the Principles of Self-Care](#): Apply the principles of Self-Care courses in the Head Coach Curriculum.

If you are looking to learn from expert coaches in the sport, consider spending time with the **Legacy Courses**. These courses are approximately one hour in length and are engaging, long-form videos.

[Jack Bauerle](#) | [Bob Bowman](#) | [Jim Ellis](#) | [Cyndi Gallagher](#) | [Kate Lundsten](#) | [Eddie Reese](#) | [Jon Urbanchek](#)



Speedo Support

In addition to recently celebrating [40 years of partnership with USA Swimming](#), Speedo is also presenting Thank You Coach Month. Download and post the free specialty graphics to honor coaches throughout the month.

- [Social media overlay template](#)
- [Instagram static post template](#)
- [Instagram story template](#)
- [Facebook/X post template](#)

Thank you, Speedo, for your continued support!

ASCA Content



Thank you to ASCA for providing two additional free opportunities for coaches to take advantage of throughout November.

1. Access to [Jim Richardson's ASCA Live on Color-Coded Coaching: Making the Urbanchek System Work for You](#)
2. [Five free hours of Education on ASCA](#)

Interested in joining ASCA? Click [here](#).



USA Swimming Foundation

Are you looking to honor a coach and support continued coach development? Take advantage of these offers provided by the [USA Swimming Foundation](#):

- Know a coach who has received a USA Swimming Foundation grant? Use [this template](#) to spotlight them on social media and show the impact they are making in their community!
- [Make an impact today in honor of a coach](#). Click "Dedicate my donation" to include a coach's name and leave a comment under "Finish and Donate" to write a personal story about the coach.



Celebrate Your Colleagues with the Marketing Toolkit

Coaches impact more than athletes, so celebrate your colleagues by:

- Printing out and having athletes fill out a:
 - Thank you card to hand to a coach on deck ([Mad Libs template one](#) | [Mad Libs template two](#) | [blank card](#))
 - Workbook to hand to a coach on deck ([smiley face option](#) | [cap option](#))
 - Certificate of awesomeness to give to a coach on deck (option one | option

two | option three)

- Spotlighting a coworker on social media with a [social overlay template](#)

Check out all the additional items on the Marketing Toolkit page [here](#)!

New TYR Pro Swim Series Format

As preparations continue for the LA28 Olympic Games, USA Swimming is implementing format adjustments to provide athletes with more opportunities to compete under international-style conditions.

Learn more about the new meet format [here](#).

OME Updates

The Online Meet Entry (OME) system has been updated to manage a single meet with multiple distinct entry criteria. The entry window, maximum number of athletes, invitations, qualifying window, and pricing can now be configured in a different combination under the same meet. This new OME Meets feature utilizes custom entry links from the Meet Host setup page to bypass navigation and proceed directly to the Team Entry page.

The Team Entry user interfaces were also redesigned with a modernized left navigation, creating a more concise entry process with fewer clicks. Together, these enhancements simplify meet setup and provide a more streamlined and reliable meet entry experience for both teams and athletes.

Click [here](#) for detailed instructions on these new features and to review the competition user guides.

[Meet Hosting Step-by-Step Directions](#) | [Team Entry Step-by-Step Directions](#) | [Unattached Athlete Entry Step-by-Step Directions](#)

Questions can be directed to USA Swimming Coordinator of Events and Data, Katie Trace, at ktrace@usaswimming.org.

National Select Camp

Named to the 2025 National Select Camp roster were 104 [girls](#) and [boys](#) who enjoyed a weekend at the U.S. Olympic and Paralympic Training Center in Colorado Springs, Colorado. Numerous National Team athletes and Olympians have previously attended the National Select Camps, including Michael Andrew, Bobby Finke, Carson Foster, Katie Ledecky, Lilly King, and Gretchen Walsh.

Congratulations to the athletes and staff! Learn more [here](#).



Positive Athlete

Recognize your high school age student-athletes with Positive Athlete, a strategic alliance of USA Swimming.

USA Swimming athletes who exemplify character, leadership, resilience, and positivity, in and out of the pool, are eligible for scholarships and recognition.

Nominate [here](#). | Learn more [here](#).

Congratulations, Club Excellence Teams

Two hundred clubs have been recognized as Gold, Silver, or Bronze medal clubs in the 2025-26 Club Excellence program.

This program recognizes the highest-performing clubs in developing athletes aged 18 years and younger. Learn more [here](#).

2026 TOP 10

1 SWIMMAC CAROLINA

2 Carmel Swim Club

3 Lakeside Swim Team

4 Long Island Aquatic Club

5 Pleasanton Seahawks

6 Nation's Capital Swim Club

7 TAC Titans

8 Irvine Novaquatics

9 Sarasota Sharks

10 Bolles School Sharks

2026 PODIUM CLUB

Connect with Team Services Staff

USA Swimming's Team Services staff travels across the country to support clubs each week. Please review the dates and locations below to schedule a meeting with your Advisor in person.

[Beth Winkowski:](#)

- November 3-7 | Florida and Florida Gold Coast club visits
- December 9-12 | Potomac Valley Swimming club visits, Maryland Swimming club visits, and Katie Ledecky Swim Meet

[Dana Skelton:](#)

- November 3-6 | Florida and Florida Gold Coast club visits
- November 20-23 | Women's Leadership Clinic

[Mark Hesse:](#)

- November 19-24 | Missouri Valley Swimming club visits and Woody Memorial Swim Meet
- December 15-22 | Iowa Swimming club visits

[Nate Chessey:](#)

- November 3-7 | Utah Swimming club visits
- December 6-12 | Arizona Swimming club visits, FAST Winter Lights swim meet, and PSC Candy Cane Classic swim meet

[Terry Jones:](#)

- November 14-16 | North Texas High Performance Camp

LAST CHANCE for Grant Applications

The 2026 grants close on November 15, 2025.

With over one million dollars provided to local clubs and swim lesson providers nationwide in 2025, this is your opportunity to receive funds for the 2026 calendar year.



Youth and Adult Learn-to-Swim Grants

[Apply for Youth LTS](#) | [Apply for Adult LTS](#)

[Youth FAQ](#) | [Adult FAQ](#)

[Youth LTS Website](#) | [Adult LTS Website](#)



Community Impact Grants

[Apply here](#) | [Community Impact Grant FAQ](#) | [Website](#)



Historically Black Colleges and Universities (HBCU) Grants

[Apply here](#) | [HBCU FAQ](#) | [Website](#)

Virtual Educational Opportunities Supported by the USA Swimming University

- Safe Sport
 - For Parents:
 - December 9 | 8 p.m. ET | [Register](#)
 - For Athletes:
 - December 11 | 8 p.m. ET | [Register](#)
- Do you like to explore **business opportunities for your club**?
 - Check out the [Head Coach Operational Management: Opportunities for Your Club](#) and [Community Relations: Won't You Be My Neighbor!](#) courses on the USA Swimming University.
- **What does a college coach expect?**
 - Learn from legendary [University of Georgia coach Jack Bauerle](#) in his legacy course.
- Are you looking for **self-paced professional development**? Take the ADM Certification on the USA Swimming University.
 - ADM Certifications are offered for both Age Group and Senior coaches. Learn more [here](#).

Visit the University channel on the [USA Swimming Network](#) or [USA Swimming University](#) to explore special recordings and additional educational content.

Upcoming Events

- [Toyota U.S. Open](#)

- December 3-6, 2025 | LCM
- [Speedo Winter Junior Championships](#)
 - December 10-13, 2025 | SCY
- [TYR Pro Swim Series \(Austin, Texas\)](#)
 - January 14-17, 2026 | LCM
- [TYR Pro Swim Series \(Westmont, Ill.\)](#)
 - March 4-7, 2026 | LCM
- [Open Water National and Junior National Championships \(Sarasota, Fla.\)](#)
 - April 2-4, 2026
- [TYR Pro Swim Series \(Sacramento, Calif.\)](#)
 - May 20-23, 2026 | LCM
- [TYR Pro Swim Series \(Indianapolis, Ind.\)](#)
 - June 17-20, 2026 | LCM
- [Toyota National Championships \(Irvine, Calif.\)](#)
 - July 28-August 1, 2026 | LCM
- [TYR Futures Championships](#)
 - July 29-August 1, 2026 | LCM
 - Multi-site
- [Speedo Junior National Championships](#)
 - August 3-7, 2026 | LCM
- [Pan Pacific Swimming Championships \(Irvine, Calif.\)](#)
 - August 12-15, 2026 | LCM
 - *Date and location of OW competition are TBD*

View all events [here](#).

From Our Partners



Bag Tags, Inc.

Durable, personalized, and professional - the perfect way to showcase your swimmers and keep every meet organized. Learn more, customize, and purchase [here](#).



Mack's

Keep water out of your ears and help prevent swimmer's ear infections with Mack's® Earplugs, USA's #1 selling and #1 doctor-recommended earplug brand.

Get off the bench and back into the water with Mack's® waterproof swimming earplugs. When it

comes to ear health, trust Mack's®, the brand ear doctors trust.

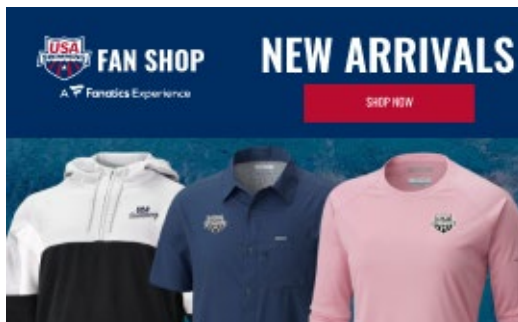
Mack's® is the Official Ear Care Supplier of USA Swimming. Learn more and purchase [here](#).



OneAmerica Financial

Financial security is the foundation of a confident future. There are many ways to safeguard yourself and your loved ones in the years ahead by following simple financial wellness tips.

The companies of OneAmerica Financial have been advancing financial security for almost 150 years, supporting millions of customers with solutions and guidance across life insurance, retirement, employee benefits, and long-term care. Click [here](#) to explore some helpful financial wellness tips.



USA Swimming Fan Shop

The Official USA Swimming Shop has everything you need to show your USA Swimming pride in style. Browse an unbeatable selection of officially licensed USA Swimming apparel and merchandise, such as hats, shirts, accessories, and more to add to your wardrobe. Click [here](#) to access.



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