



COACHING CONNECTION



Team Services Update

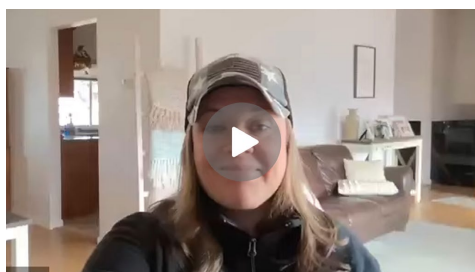
We are excited to let coaches know first that we have three new hires starting in mid-April.

Please help us welcome Mark Hesse and Mike Novell as the two new Senior Team Services Advisors and Gracie Mensay as the new LSC Performance Services Coordinator. Hesse and Novell have extensive coaching backgrounds and will use their experience to help support coaches, clubs, and athletes in their respective LSCs. Mensay comes from USA Triathlon and will use her experience to support LSC success.

Specific LSCs will be introduced to Hesse and Novell via email later this month. We will update the [Team Services website](#) later with their contact information. We will load Mensay's contact information on the [LSC Performance Services website](#).

Thank you, and welcome again, Gracie, Mark, and Mike!

**USA Swimming Director of Safe
Sport, Liz Hahn**



April is Child Abuse Prevention Month. Click the image to hear from Liz Hahn on the importance of education throughout the month.

Social Graphics Spotlights

Congratulations to all the athletes and coaches who already completed their end of season meets.

Special shout out to those athletes and clubs who tagged @USASwimmingNextGen using the free [Marketing Toolkit](#) templates.



Reminder About Club Board Members

This is a friendly reminder that all club board members should be registered USA Swimming members in good standing. If a board member is not a registered member, the club is not compliant.

For more information about board compliance, please click [here](#).

How are You Celebrating Milestones?

Whether you have a high school swimmer graduating or an age grouper learning how to swim, the [Marketing Toolkit](#) has plenty of free resources to help you celebrate their success.

Below are three highlighted resources with instructions on how to customize and make kids feel extra special when they reach new milestones.

Be sure to explore all of the items in the Marketing Toolkit and tag @usaswimmingnextgen on social media to show us how you're using these items and for a chance to be featured on our channels.



Swimmer Grad Lives Here Yard Sign | [Instructions](#)



Breaststroke Specific Certificate | [Instructions](#)



Goggles On Interactive Poster | [Instructions](#)

Call for USA Swimming Board of Directors Nominations

In September 2025, USA Swimming will elect four Board members to its Board of Directors. The USA Swimming House of Delegates will elect two Coach members and one At-Large member, and the USA Swimming 10-Year Athletes will elect one 10-Year Athlete member.

Candidates must submit a completed application no later than Thursday, May 15, 2025 at 11:59 pm MT.

Interested applicants can review the Call for Nominations and application [here](#).



From Age Groupers to Olympians, USA Swimming Women Continue to make History

Did you miss our Women's History month spotlights in March? We have you covered.

Articles and Podcast:

- [How Whitney Stortz Overcame Fear for Swimming](#)
- [WHM: 20 Years of US Women Leading the World at International Competitions](#)
- Kick Set Podcast: Mariah Denigan ([Audio Podcast](#) | Visual Podcast on the [USA Swimming Network](#))

Social Content:

- [International Women's Day](#)
- [NBC Olympics and Katie Ledecky](#)
- [UVA's fifth-consecutive NCAA title](#)
- [Mom. Coach. Hero. with Gabi Albiero](#)
- [Female coaches who inspire you](#)



Women Coaches in Governance Nominations Open

Nominations are now open for the Women Coaches in Governance fellowship program. The self-nomination form is available [here](#). The LSC nomination form is available [here](#). Self-nominations will be accepted. However, priority will be given to LSC nominated individuals first.

The fellowship is geared towards women coaches with a minimum of five years coaching experience and less than one year of governance experience. Discussion topics will include:

- Why We Need You in Governance
- How to Take Ownership of Being the Only Female in the Room
- Career Growth and Development
- Learning from Female Officials
- Business 101
- Female Head Coaches
- LSC Governance and Structure
- USA Swimming Committees and

- Working Groups
- Career Reflections
- Course Wrap-Up and What is Next

READ MORE

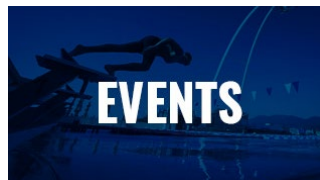
Virtual Opportunities

- Safe Sport
 - For Parents:
 - May 7 | 8 p.m. ET | [Register](#)
 - June 11 | 8 p.m. ET | [Register](#)
 - For Athletes:
 - May 8 | 8 p.m. ET | [Register](#)
 - June 12 | 8 p.m. ET | [Register](#)
- 11-14 Coaching Network
 - **April 16** | 1-2 p.m. ET | [Register](#)
 - Topic: Orchestrating an age group practice
- Club Marketing Network
 - **April 22** | noon ET | [Register](#)
 - Topic: Marketing resources to drive kids from learn-to-swim and summer leagues to year round competitive swimming.
- Senior Coaching Network
 - **April 23** | 12:30 p.m. ET | [Register](#)
 - Topic: Video analysis with Dr. G, Genadijus Sokolovas, Ph.D.
- Club Business Network
 - **April 30** | 12:30 p.m. ET | [Register](#)
 - Topic: Revenue: Sources, Maximization, and Ethics
- [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.

New Network Content

Check out the latest [USA Swimming Network](#) videos, including specialized content for swimmers from the newest content provider, Linnea Mack!



U.S. Masters Swimming

The U.S. Masters Swimming channel is the newest addition to the USA Swimming Network, bringing event live stream, swimming technique, and training videos.

Recent Events

Explore the recent events channel for replays of live streams and race clips from recent events.

Abbie Fish

Check out the Swim Like A. Fish channel where Abbie Fish covers a variety of coaching topics including how to tackle consecutive meet weekends, how to help swimmers with pre-race anxiety, and more.

Upcoming Events

- [Speedo Sectionals](#)
 - Various locations and dates
 - LCM & SCY
 - [Social graphics](#) (under Meets/Events)
- [TYR Pro Swim Series Sacramento](#)
 - April 2-5
 - LCM
 - [Tickets](#)
- [Eastern Zone Age Group Championships](#)
 - April 2-5 in Webster, N.Y.
 - SCY
- [Western Zone Senior Championships](#)
 - April 2-5 in St. George, Utah
 - SCY
- [Open Water National and Junior National Championships](#)
 - April 4-6 in Sarasota, Fla.
- [Southern Zone Open Water Championships](#)
 - April 25-27 in Fort Myers Beach, Fla.
- [TYR Pro Swim Series Fort Lauderdale](#)
 - April 30-May 3
 - LCM
 - [Tickets](#)

View all events [here](#).

The Facility Initiative

The Facility Initiative aims to assist member clubs and affiliated organizations. This includes developing and planning new aquatic facilities as well as renovating and upgrading existing facilities.

[LEARN MORE](#)

Special Discount April 10-11

The Official USA Swimming Shop has everything you need to show your USA Swimming pride in style.



Take advantage of a 20% discount off orders \$50 and over for coaches on April 10-11.

Click [here](#) to access.

From Our Partners



OneAmerica Financial

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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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