



## LANE LINES



### Happy Holidays from USA Swimming!

With the holidays coming up, check out USA Swimming's holiday gift guide to give the swimmers in your life the perfect gift.

[GIFT GUIDE](#)

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### Membership Renewals

Memberships expire December 31. Renew your membership now for the 2023-2024 season!



[MEMBERSHIP RENEWAL](#)

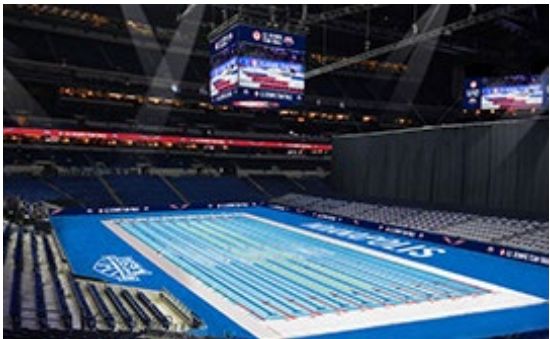
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## Toyota U.S. Open

The 2023 Toyota U.S. Open occurred earlier this month, with numerous meet records falling. Watch the top-5 finishes [here](#). Click [here](#) for complete meet results.

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## Olympic Trials Single-Day Tickets On Sale

Olympic Trials is your chance to watch the world's fastest swim meet. The 2024 edition brings swimming to an NFL Stadium for the first time and sets the stage for the largest swim meet ever. Don't miss your opportunity to see their opportunity and be part of an unforgettable event. Click the image to learn more.

[TICKETS](#)

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## USA Swimming Foundation VIP Hospitality Experience

Access exclusive VIP Hospitality at the 2024 U.S. Olympic Team Trials - Swimming by donating to the USA Swimming Foundation.

This add-on experience can transform your time at this once-in-a-lifetime event! It even includes an opportunity to swim in the Trials Pool!

[VIP Hospitality](#)

For questions, please contact  
[foundation@usaswimming.org](mailto:foundation@usaswimming.org)



## USA Swimming Staff Gives Back

USA Swimming staff members recently built bicycles to donate to Toys for Tots this holiday season.

Did you and your club do anything fun for the holidays? Email [Splash@usaswimming.org](mailto:Splash@usaswimming.org) to let us know!



## Kick Set Podcast

World Championships medalist and winner of the Golden Goggle Awards Breakout Performer of the Year, Jack Alexy, joins the Kick Set podcast to discuss his remarkable year.

Watch on our [YouTube channel](#) and listen wherever you get your podcasts!

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## USADA Reminder

THE PROHIBITED LIST IS CHANGING!

Major changes will go into effect on January 1, 2024, including changes to the status of tramadol and plasmapheresis. Learn more about the 2024

Prohibited List [here](#). Be sure to check the status of all medications at [Global DRO - Home](#).

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## Upcoming National Events

- [TYR Pro Swim Series Knoxville](#)
  - Jan. 10-13 | Greensboro, N.C. | LCM
- [Speedo Sectionals](#)
  - February/March | Multi-site | SCY & LCM
- [TYR Pro Swim Series San Antonio](#)
  - March 6-9 | Westmont, Ill. | LCM

Head to [usaswimming.org/events](https://usaswimming.org/events) to see the full slate of both competitive and non-competitive events coming up.

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## News & Virtual Offerings

### News

- [Nine Days of Swimming Bring Nine Days of Deals](#)
- [USA Swimming Announces 18-Athlete Roster for the 2024 World Aquatics Swimming Championships](#)
- [USA Swimming Announces Five Athlete Roster for the 2024 World Aquatics Open Water Championships](#)
- [USA Swimming Foundation Announces Results of Board of Directors Elections](#)
- [Fluidra Becomes Official Pool Equipment Supplier to USA Swimming](#)

### Virtual Offerings

- Senior Coaching Network | Tapering (How to Navigate the Variables)
  - January 8: Western & Central Zone | 2 p.m. ET | [Register](#)
  - Jan. 9: Eastern & Southern Zone | 12 p.m. ET | [Register](#)
- 10 & Under Coaching Network | Building Blocks for Athlete Development
  - Jan. 17 | 2:30 p.m. ET | [Register](#)
  - Jan. 18 | 2:30 p.m. ET | [Register](#)

[Click here](#) to view all upcoming webinars and past webinar recordings.

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## From Our Partners

### 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).

## OneAmerica



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

## 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. Give the gift of movement this holiday season with next-level air compression massage. Normatec is designed to decrease inflammation, increase circulation, and unlock sore muscles, so you can move better in your everyday life.



## USANA

More professional and Olympic athletes trust USANA than any other nutritional supplement in the world. Backed by a team of leading nutritional scientists and researchers, USANA products are globally recognized for their quality, purity, and effectiveness.



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