



LANE LINES



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2023 World Aquatics Championships

The World Aquatics Championships in Fukuoka, Japan are underway! Click below for all you need to know about the U.S. team, and follow @USASwimming on Facebook, Twitter and Instagram to see more behind-the-scenes content.

READ MORE



Message From Matt Barbini

With the 2023 World Aquatics Championships underway, USA Swimming's National Team Performance Director Matt Barbini gives an update from the team's training camp in Singapore.

Congrats, Katie!

With her bronze medal in the World Championships 10K, Katie Grimes has **qualified to swim the 10K at the 2024 Paris Summer Olympic Games!**

She becomes the first American athlete to qualify for Paris, and just the fourth American



woman in history to qualify to swim the 10K at an Olympic Games.

[READ MORE](#)



Three-Day Tickets on Sale

Want to watch your favorite swimmers qualify for the Paris Olympics? #SwimTrials24 tickets have moved to three-day packages — get yours at the link below.

[TICKETS](#)



Join the #Swimclusion Campaign!

Showcase your diversity!

USA Swimming is running its #Swimclusion social media campaign from July 30-August 2 and is looking to spotlight coaches, athletes and members who are championing diversity.

Check out the social media guide to see how you can get involved, and your content may get shared by USA Swimming.

[SOCIAL MEDIA GUIDE](#)



Community Impact Grants

USA Swimming and the USA Swimming Foundation announced the newest Community Impact Grant recipients on July 20.

The organizations will award an additional 11 programs \$5,000 grants in 2023 to provide aquatics programming, support diverse coaches and create competitive opportunities.

[READ MORE](#)

From Our Partners



Speedo

Our partners at Speedo have put together a digital magazine that features a swimwear style guide, content with Regan Smith and Abbey Weitzeil and more.

[Click here](#) to check it out.

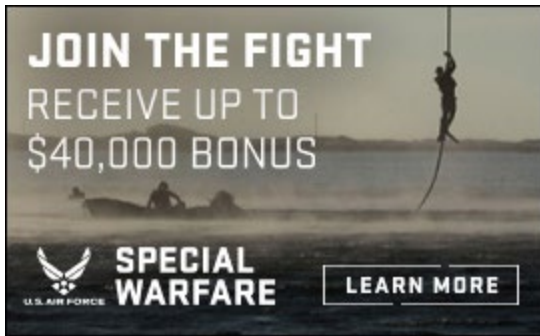


Hyperice

Upgrade your warm-up and recovery experience with the Official Recovery Partner of USA Swimming. Experience instant sore muscle relief with cutting-edge recovery technology from Hyperice.

Air Force Special Warfare

Join the Fight. Receive up to \$40,000 bonus. Click the image to learn more.



New Episode of Kick Set



Rowdy Gaines, the voice of swimming, joined the Kick Set Podcast to preview the upcoming World Championships, discuss water safety and World Drowning Prevention Day and more.

[LISTEN](#)



New Off the Blocks!

A strong support system is essential to being a swimmer. Watch episode three of the new season of Off the Blocks, where **Regan Smith**, **Beata Nelson** and **Erin Gemmell** highlight the importance of surrounding themselves with people that share a common interest and help keep them motivated.

[Watch episode three now](#) on the USA Swimming Network.

Missed episode two? Watch [now on our YouTube channel!](#)



SSRP Club Spotlight

There were 25 clubs that earned USA Swimming Safe Sport Recognition in June!

[Click here](#) to see the full list, and visit usaswimming.org/SSRP for more.



Coaches' Leadership Summit

Are you a coach looking to connect with peers and grow your coaching skill set? Attend this year's Coaches' Leadership Summit!

[Applications are open](#) now through August 16.

USADA Reminder

REALIZE, recognize and reduce!

Dietary supplements are risky because they could contain prohibited substances that could cause a positive anti-doping test or ingredients that cause health problems. Learn more about the risks of supplements [here](#).

Upcoming National Events

- [Futures Championships](#)
 - July 26-29 | Multi-site | LCM
- [TYR Pro Championships](#)
 - July 26-29 | Irvine, Calif. | LCM
- [Speedo Junior National Championships](#)
 - July 31-August 4 | Irvine, Calif. | LCM

Head to usaswimming.org/events to see the full slate of both competitive and non-competitive events coming up.

News & Virtual Offerings

News:

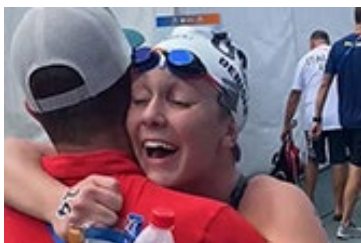
- [Rosters Set for 2023 World Aquatics Junior Championships](#)
- [Kate Douglass a Semifinalist for AAU James E. Sullivan Award; Public Voting Now Open](#)
- [Chargers Aquatics Coach Utilizes Athlete Surveys to Gain Insights](#)
- [Community Swim Night at the Phillips 66 National Championships](#)
- [Emerging Talents: Looking Back on the 18&Under Performances at Phillips 66 National Championships](#)

Interested in reading swimming news from outside the organization? Check out our [News Notebook page](#) which details programs, athletes and clubs that have made the headlines.

Virtual Offerings:

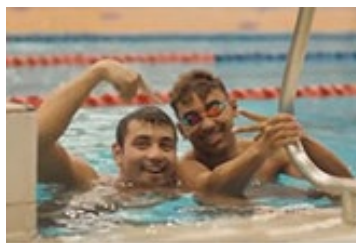
- Monthly Safe Sport Trainings:
 - For Parents:
 - August 9, 8 p.m. ET | [REGISTER](#)
 - September 13, 8 p.m. ET | [REGISTER](#)
 - For Athletes:
 - August 10, 8 p.m. ET | [REGISTER](#)
 - September 14, 8 p.m. ET | [REGISTER](#)
 - For Coaches:
 - August 11, 3 p.m. ET | [REGISTER](#)
 - September 15, 3 p.m. ET | [REGISTER](#)
- Learn-to-Swim/Pre-Competitive Webinar Series
 - August 9, 12:30 p.m. ET | [REGISTER](#)
 - Topic: How to Maximize your Aquatic Relationships: Marketing Strategies
- DEI Webinar
 - August 10, 7 p.m. ET | [REGISTER](#)
 - Topic: LGBTQ+ 301: Creating Inclusive Policy

Social Scene



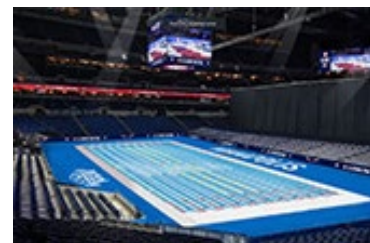
Instagram

The Open Water team was hyped up after Katie Grimes



Twitter

Check out some of the highlights from the U.S. team's



YouTube

A new wave of speed is coming to Indianapolis. Get ready for

and Mariah Denigan posted top-eight finishes in the World Championships 10K.

[VIEW POST](#)

journey to Singapore for World Championships Training Camp.

[VIEW POST](#)

U.S. Olympic Team Trials - Swimming with this quick video.

[VIEW POST](#)



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