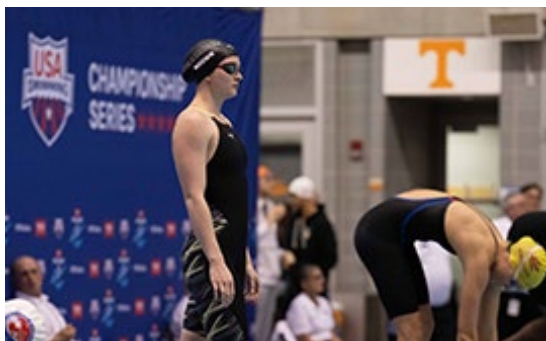




## LANE LINES



### TYR Pro Swim Series Knoxville

The TYR Pro Swim Series Knoxville wrapped up earlier this month, headlined by [Kate Douglass' American Record](#) in the 200-meter breaststroke.

[Click here](#) to see the results, and head to our [YouTube channel](#) to see the highlights.

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### Kick Set Podcast

What was the best swim of 2023? What are some of the storylines going into 2024?



The latest episode of Kick Set podcasts discusses these storylines and answers some fan questions. Watch below or listen wherever you get your podcasts.

[WATCH](#)



## Olympic Trials Tickets

**We are officially in the Olympic year with the 2024 Olympic Trials less than five months away.** Don't miss your chance to see the nation's fastest athletes compete in an NFL stadium as part of the largest swim meet ever.

When: June 15-23, 2024

Where: Lucas Oil Stadium, Indianapolis, IN

Single day tickets are on sale now!

[TICKETS](#)



## 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](#)

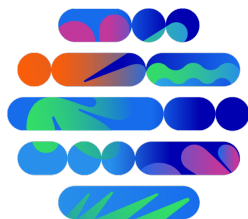
For questions, please contact [foundation@usaswimming.org](mailto:foundation@usaswimming.org)



## National Diversity Select Camp

Athlete applications are open for the 2024 National Diversity Select Camp, which will be held in Indianapolis from June 13-16. Apply before the February 18 deadline.

[CAMP DETAILS & APPLICATION](#)



## WORLD AQUATICS CHAMPIONSHIPS

DOHA 2024

بطولة العالم للألعاب المائية

## World Aquatics Championships Championships

The 2024 World Aquatics Championships takes place February 3-17 in Doha, Qatar. Click [here](#) to see the updated U.S. roster and be sure to follow @USASwimming on social media to follow along.

USADA Reminder

The USADA 2024 #CleanSport Handbook is now live! [Download your copy](#) today for all the latest updates to ensure you #CompeteClean.

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## Upcoming National Events

- [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

- [2023 Speedo Winter Junior Championships Recap](#)
- [USA Swimming Network Adds McCaffery Swim Archive Channel](#)
- [USOPE Honors Dale Neuburger with Sport Leadership Award](#)

### Virtual Offerings

- 11-14 Coaching Network
  - Jan. 31 | 12 p.m. ET | [Register](#)
  - Topic: Gamification: Making Practices Purposeful, Productive and FUN. Description: Ideas for best use of time, space, and equipment at practice to keep athletes' attention and practice structure, make it fun yet still accomplish the goals that need to be met to keep your group on track.
- Safe Sport Trainings
  - Parents: Feb. 21 | 8 p.m. ET | [Register](#)
  - Athletes: Feb. 22 | 8 p.m. ET | [Register](#)
  - Coaches: Feb. 23 | 3 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. 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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