



LANE LINES



Holiday Gift Guide

The 2024 USA Swimming Holiday Gift Guide has arrived!

Click [here](#) to get the perfect gifts for the swimmers in your life.



Toyota U.S. Open

The #ToyotaUSOpen begins NEXT WEEK in Greensboro, North Carolina. [Click here](#) to witness some of the nation's best, and click below for additional meet information. Watch all sessions live on the USA Swimming Network.

[EVENT INFORMATION](#)



World Aquatics Championships (25m)

[Many of your favorite swimmers](#) will represent the U.S. in Budapest from December 10-15 for the World Aquatics Championships (25m). Follow @USASwimming on social media to keep up with all the action.

[EVENT INFORMATION](#)



Speedo Winter Junior Championships

Hundreds of emerging talents will head to Austin, Texas, and Greensboro, North Carolina from December 11-14 for the 2024 Speedo Winter Junior Championships.

[EVENT INFORMATION](#)



2024 Golden Goggle Awards Recap

The 2024 Golden Goggle Awards took place earlier this month in Indianapolis, IN. Amidst the speeches, trophies, and memories, the swim community's collective effort towards this year's #GoldenGoggles helped raise more than \$300,000 for the USA Swimming Foundation's mission of *Saving Lives, Building Champions, and Impacting Communities*.

Click [here](#) to see who came home with the hardware!



Put Your #GogglesOn

Our #GogglesOn campaign offers a variety of free assets to help showcase your swimmers and club. You can download new social media graphic templates and customize them by following the steps in [this instructional video](#). Be sure to tag @usaswimming and use #GogglesOn in the caption so we can interact with your post

[Click here](#) to watch the latest Goggles On video with Olympian Regan Smith, and click below to browse free marketing assets available to you.

EXPLORE MORE ASSETS



Grant Opportunities

Grant deadlines are quickly approaching! Apply while there is still time.

- [Youth and Adult Learn-to-Swim Grants](#)
 - **Offered By:** USA Swimming, the USA Swimming Foundation, and U.S. Masters Swimming
 - **Application deadline:** December 15
 - **Available for:** programs directly benefiting children and adults who would not otherwise have the opportunity to learn to swim
- [Community Impact Grants](#)
 - **Offered By:** USA Swimming and the USA Swimming Foundation
 - **Application deadline:** December 15
 - **Available for:** competitive swim programs within underrepresented swimming communities, diverse coaches, and uplifting municipal community swim club programs within USA Swimming clubs
- [Historically Black Colleges and Universities \(HBCU\) Grants](#)
 - **Offered By:** USA Swimming, the USA Swimming Foundation, and OneAmerica Financial
 - **Application deadline:** December 15
 - **Available for:** HBCU institutions looking to start youth water safety lessons and expand university-based swim clubs

GRANT INFORMATION

USA Swimming Network

From fun lifestyle content to 40 years of race footage in the Michael McCaffery Swim Archive, the USA Swimming Network has all the swimming content you need.



Download the app on your [Connected TV device today](#) to watch dozens of content debuts over the holiday season.



Scholastic All-America

USA Swimming posted the Scholastic All-America list earlier this month. See who excelled in the classroom and in the pool for the 2023-2024 season.

[READ MORE](#)



New Kick Set Podcast

Paris Olympian Luke Hobson joined Kick Set to talk about his swim journey, Paris experiences, and coaches who have impacted his life.

[Watch on YouTube](#) or listen on [Apple Podcasts](#), [Spotify](#), or wherever you get your podcasts.

USADA Reminder

The World Anti-Doping Agency (WADA) has published the [2025 List of Prohibited Substances and Methods](#), which was approved by WADA's Executive Committee (ExCo) during its meeting on 12 September 2024 and enters into force on **1 January 2025**.

Check out Major Modifications for 2025 [here](#).

Please be sure to check the status of all medications at [GlobalDRO.com](#).

News & Virtual Offerings

News

- [Asheville Jewish Community Center Gives Back After Hurricane Helene](#)
- [Leverenz Smith, Meili Elected to USA Swimming Board of Directors](#)
- [4 Ways to Get Athletes More Fuel During Breakfast](#)

Marketing Toolkit Featured Items

USA Swimming's [Marketing Toolkit](#) features a library of downloadable and customizable assets that can be used to showcase your club and swimmer(s) to your community. Check out some of the FREE items and tools that you can use throughout the season:

- Tips & Tricks
 - [Social Media Tips & Tricks](#)
 - [Website](#)
 - [Presentation](#)
 - [Ways to Stand Out](#)
 - [QR Codes](#)

Educational Offerings

- Safe Sport Trainings
 - Parents: December 4 | 8 p.m. ET | [Register](#)
 - Athletes: December 5 | 8 p.m. ET | [Register](#)
 - Coaches: December 6 | 3 p.m. ET | [Register](#)
- NCAA Eligibility Center Webinar for Homeschooled College-Bound Student Athletes
 - December 11 | 2 p.m. ET | [Register](#)

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

From Our Partners



Cirkul

We know you're a fan of water, but hydrating with Cirkul is a stroke of genius. Taste victory with every sip of 100+ flavors with no sugar and zero calories!



OneAmerica Financial

Practice. Preparation. Pace. Reaching any goal is possible with vision and support. For more than 145 years the companies of OneAmerica Financial have been supporting individuals, families and businesses as they pursue their lifestyle goals and dreams. [Click here](#) to learn more.



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.



Swimming World Magazine

Stay up to date with the latest swimming news by downloading the [Swimming World App](#). This app highlights all the recent events in the swimming community and offers news alerts, sharing features, and more.

Hyperice

Give the gift of better movement.

The most advanced wellness technology is the ultimate gift for everyone on your list. From warmup to recovery, support your friends and family's performance with the Official Recovery Partner of USA Swimming.

[EXPLORE MORE](#)



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