Women's History Month

March is Women's History Month. Read about some of the impactful women in our sport:

- [USA Swimming Celebrates Women’s History Month](#)
- [Women Officials at U.S. Olympic Team Trials – Swimming](#)
- [Women’s History Month: Record-Breaking Moments at Olympic Trials](#)
Single-Session Tickets

Witness the greatest swim meet in history for as low as $15!

Single-session tickets are now available for the U.S. Olympic Team Trials - Swimming, June 15-23 in Indianapolis, IN.

TICKETS

NextGen Revamp

The @USASwimmingNextGen account on Instagram has a new look!

In addition to continued spotlights of emerging talent, the account will start featuring developmental tips and educational opportunities for coaches. Follow along for new content!

FOLLOW

Open Water Qualifier

This year’s Open Water National Championships serves as a qualifier for the U.S. National Team, National Junior Team, and U.S. roster at the 2024 World Aquatics Open Water Junior Championships in Alghero, Italy. Click below for more details.

EVENT INFO

USA Swimming Foundation
Champion’s Club Swim in the Trials Pool
Will you be in Indianapolis this summer for the fastest meet in the world? Join the USA Swimming Foundation for exclusive opportunities to swim in the Olympic Trials pool!

Opportunities are available for Champions Club members. For questions, reach out to our Foundation team at foundation@usaswimming.org.

Kick Set Podcast: Nic Askew

Nic Askew, the Director of Howard University's Swimming & Diving Program, joined the Kick Set podcast to discuss how he revived the Howard program and has worked to create an energetic dynamic at meets.

Watch on YouTube or listen wherever you get your podcasts.

Swimposium

There is a new coach track available in this year's Swimposium programming.

Registration is now open for the Cody, Wyoming Swimposium. Click here for details.

Swimming World Digital

March's digital edition of Swimming World Magazine has arrived.

Check out all this magazine has to offer, including a Spring Set insert of USA Swimming's Splash
USADA Reminder

Be sure to check out USADA’s Nutrition Guide for details on how to best fuel your body for peak performance.

Get your copy here.

Upcoming National Events

- **Speedo Sectionals**
  - March & May | Multi-site | SCY & LCM
- **TYR Pro Swim Series San Antonio**
  - March 6-9 | Westmont, Ill. | LCM
- **18&Under Spring Cups**
  - May 1-5 | Multi-site | LCM
- **Open Water National Championships**
  - May 3-5 | Sarasota, Fla. | Open Water
- **Club Excellence Challenge Series**
  - May 15-18 | Multi-site | LCM

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

News & Virtual Offerings

**News**

- What is Clean Sport and Why Does it Matter?
- U.S. Olympic Team Trials – Swimming - Pool Party Ticket Challenge
- JustLight Becomes the Official Supplier of Smart (Red) Light Therapy™ for USA Swimming
- OneAmerica Financial and Indiana University Health Named as First Centennial Partners of USA Swimming
- USA Swimming and USANA Announce Renewal of Deal Through 2026
- Cirkul Announced as Official Hydration Partner of USA Swimming
USA Swimming Network Exclusives

- The Cody Miller Show: Lucas Oil Stadium & Olympic Trials
- Cody Miller: The Road to Trials, Episode 5
- Women's History Month: Emily Swett
- Women's History Month: Kayla Griffin

Download the USA Swimming Network on your phone or Connected TV device for more swimming content.

Educational Offerings

- 11-14 Coaching Network | Coach Education through USA Swimming University
  - April 16 | 12 p.m. ET | Register
  - April 18 | 2 p.m. ET | Register
- Safe Sport Trainings
  - Parents: April 10 | 8 p.m. ET | Register
  - Athletes: April 11 | 8 p.m. ET | Register
  - Coaches: April 12 | 3 p.m. ET | Register

Click here to view all upcoming webinars and past webinar recordings.

From Our Partners

JustLight

JustLight and USA Swimming are proud to announce our Smart Light Therapy TM partnership.

Use code USA40 to receive 40% off at checkout.

BUY NOW

Speedo

The new era of speed has arrived with

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.

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.