



## LANE LINES



### 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](#)

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## 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.

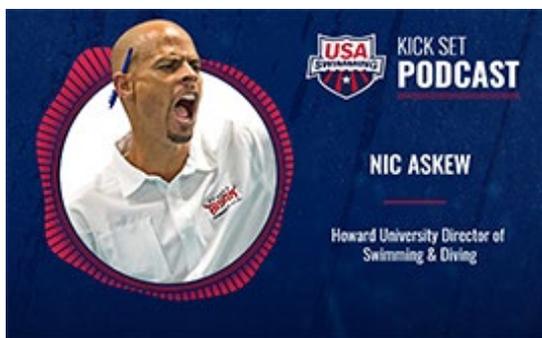
[EVENT INFO](#)

## 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](mailto: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*



Magazine content.

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## 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](#).

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## 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](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

- [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.

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## From Our Partners



### JustLight

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

Use code USA40 to receive 40% off at checkout.

[BUY NOW](#)

### 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.



## 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](mailto:teamsupport@tyr.com).



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