



LANE LINES



Single-Session Tickets

We are less than 50 days away from the U.S. Olympic Team Trials - Swimming!

Single-session tickets are now on sale — get yours at www.usaswimming.org/TrialsTickets.

Open Water Nationals

Many of the nation's top open water swimmers will be on display THIS WEEK at the 2024 Open Water National & Junior National Championships.



Click below for additional information, and watch along on the [USA Swimming Network](#).

[EVENT INFO](#)



Congratulations, Graduates!

Show your support for the class of 2024 with new, graduation-themed materials that are FREE to use in USA Swimming's Marketing Toolkit.

Whether you're looking for yard signs, stickers, or social media graphics, the Marketing Toolkit has you covered.

[SEE MORE](#)



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: Bobby Finke



Olympic champion, Bobby Finke, joined Kick Set Podcast to share stories from the decorated Florida training group, his preparation for Trials, and more.

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



Thank You, Coach!

In preparation for #ThankYouCoachMonth this fall, we want to hear about how your coach has impacted you.

Record a quick, selfie-style video (filmed horizontally) about why you are thankful for your coach and send it to

Splash@usaswimming.org for a chance to be included in a future video on USA Swimming's social media channels.



New TYR Kit

TYR launched its 2024 National Team Kit ahead of the Paris Olympics, complete with shoes, jackets, joggers, and more.

[READ MORE](#)

AC Swim Club wins 2023 Swim-a-Thon Grand Prize

Congratulations to AC Swim Club, out of Pacific Swimming, for winning the 2023 Swim-a-Thon Grand Prize.

Read more about their efforts and prize [here](#),



and find out how you can host a Swim-a-Thon [here](#).

USADA Reminder

The Supplement Connect High Risk List has new items added to it every month!

Be sure to check this resource regularly [here](#) to reduce your risk from dietary supplements.

Upcoming National Events

- [Speedo Sectionals](#)
 - Throughout May | Multi-site | SCY & 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
- [U.S. Olympic Team Trials - Swimming](#)
 - June 15-23 | Indianapolis, Ind. | LCM

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

News & Virtual Offerings

News

- [Up-and-Coming Athletes Named to the National Diversity Select Camp Roster](#)
- [Zone Select Camp Rosters Announced](#)
- [USA Swimming and Child Abuse Prevention Month](#)
- [Scandary, Vetterlein to Represent U.S. by Officiating at Paris Olympics](#)
- [USA Swimming Expands 2024 International Water Safety Day, Four Cities Announced](#)
- [Indianapolis Colts and Pacers Sports & Entertainment Named Centennial Partners of USA](#)

[Swimming](#)

- [USA Swimming Foundation Awards \\$780,000 in 2024 Learn-to-Swim Grant Funding for Swim Lesson Providers](#)

[USA Swimming Network Exclusives](#)

- Cody Miller: The Road to Trials, Episode 6

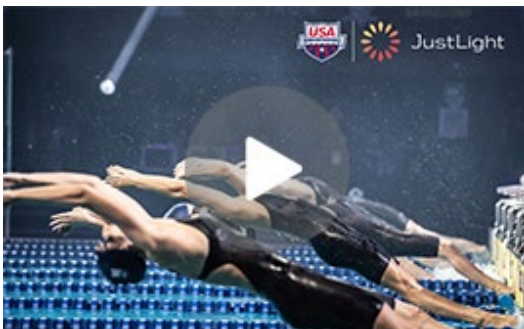
[Download the USA Swimming Network](#) on your phone or Connected TV device for more swimming content.

[Educational Offerings](#)

- Senior Coaching Network | How to Navigate the SWIMS Reporting Tools
 - May 7 | 11 a.m. MT | [Register](#)
 - May 8 | 9 a.m. MT | [Register](#)
- 10 & Under Coaching Network | Let's Dive In - Swimming Long Course
 - May 21 | 1 p.m. MT | [Register](#)
- Safe Sport Trainings
 - Parents: May 8 | 8 p.m. ET | [Register](#)
 - Athletes: May 9 | 8 p.m. ET | [Register](#)
 - Coaches: May 10 | 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 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.



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