



LANE LINES



Put Your #GogglesOn

Celebrate the swimmers in your life as they start the new swim and school year!

Our #GogglesOn campaign offers a variety of free assets to help showcase your swimmers and club. You can download the new social media graphic template and customize it 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 the free marketing assets that are available to you.

EXPLORE MORE ASSETS



Celebrate the Best Athletes from Paris at #GoldenGoggles

USA Swimming and the USA Swimming Foundation cordially invite you to celebrate the 2024 United States Olympic Team at the 21st Annual Golden Goggle Awards. This prestigious black-tie event will occur on November 23 at the Indianapolis Downtown Marriott. See how you can participate in the event by exploring the links below.

- [Secure your seat or table](#)
- [Pre-register for the online auction](#)
- [Cast your votes](#)
- [Event information](#)

Be sure to follow the USA Swimming Foundation on [Instagram](#), [Facebook](#), and [X](#) for additional updates and content about the event. If you have any questions about the Golden Goggle Awards, you can send them to GoldenGoggles@usaswimming.org.



U.S. Named "Team of the Meet" at Open Water World Junior Championships

After the team's six-medal showing, the U.S. was named "Team of the Meet" at the 2024 World Aquatics Open Water Swimming Junior World Championships in Alghero, Italy. Click below to read about the team's effort, while additional content can be found on the [@usaswimmingnextgen Instagram](#) account.

[READ MORE](#)



2024-2025 National Team

Check out the who made the 2024-2025 U.S. National Team, presented by Toyota.

[READ MORE](#)



2024-2025 National Junior Team

Check out the who made the 2024-2025 U.S. National Junior Team, presented by the USA Swimming Foundation.

[READ MORE](#)



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.



Kick Set Podcast with Torri Huske

Fresh off her five-medal showing at the Paris Olympics, Torri Huske joined USA Swimming's Kick Set podcast to talk about her Olympic experience, Golden Goggle Awards nominations, and outlook towards the upcoming season.

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

USADA Reminder

Checking medications is easy to do at home or on the go with [Global DRO](#).

[Click here](#) to learn more about searching the prohibited status of medications and active ingredients.

Upcoming Events

- [Western Zone Open Water Championships](#)
 - September 28 | Coronado, Calif. | Open Water
- [Golden Goggle Awards](#)
 - November 23 | Indianapolis, Ind. | Non-competitive Event
 - [Tickets](#)
- [Toyota U.S. Open](#)
 - December 4-7 | Greensboro, N.C. | SCY
- [Speedo Winter Junior Championships](#)
 - December 11-14 | Multi-Site | SCY

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

News & Virtual Offerings

News

- [How to Model Sportsmanship through Emotional Regulation](#)
- [Top Ways to Teach Sportsmanship through Effective Communication](#)

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 that you can use throughout the season:

- Lawn Sign - Swimmer Lives Here ([Light Blue](#) | [Navy](#))
 - Download *Adobe Acrobat*, a free software that will allow you to edit PDF files
 - Download the light blue or navy sign PDF linked above
 - Open the PDF through Adobe Acrobat, and add "Full-Color Primary Logo PNG File"
 - Export the image and bring the file to a local printing shop, where they can print on a 12"x12" poster

Educational Offerings

- Safe Sport Trainings
 - Parents: October 9 | 8 p.m. ET | [Register](#)
 - Athletes: October 10 | 8 p.m. ET | [Register](#)
 - Coaches: October 11 | 3 p.m. ET | [Register](#)

- 11-14 Coaching Network | Cultivating Independence for Long-Term Athletic Success
 - October 16 | 12 p.m. ET | [Register](#)
- 11-14 Coaching Network | Autonomy Based Learning
 - November 6 | 12 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.

TYR

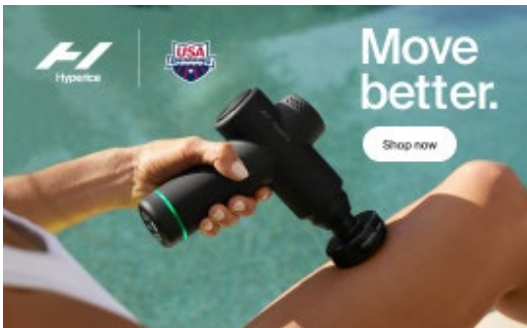


From our national support for USA swimming to your local recreational or high school team, TYR is investing in all levels of the sport. We provide your team with hands-on sponsorship regardless of your size or performance level. If you are interested in becoming a TYR team, email teamsupport@tyr.com.

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

Upgrade your warmup and recovery routine with the most advanced warmup and recovery technology on the market. Designed to unlock sore muscles, relieve tension, and maintain your full range of motion, so you always perform at your peak. [Shop 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.



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