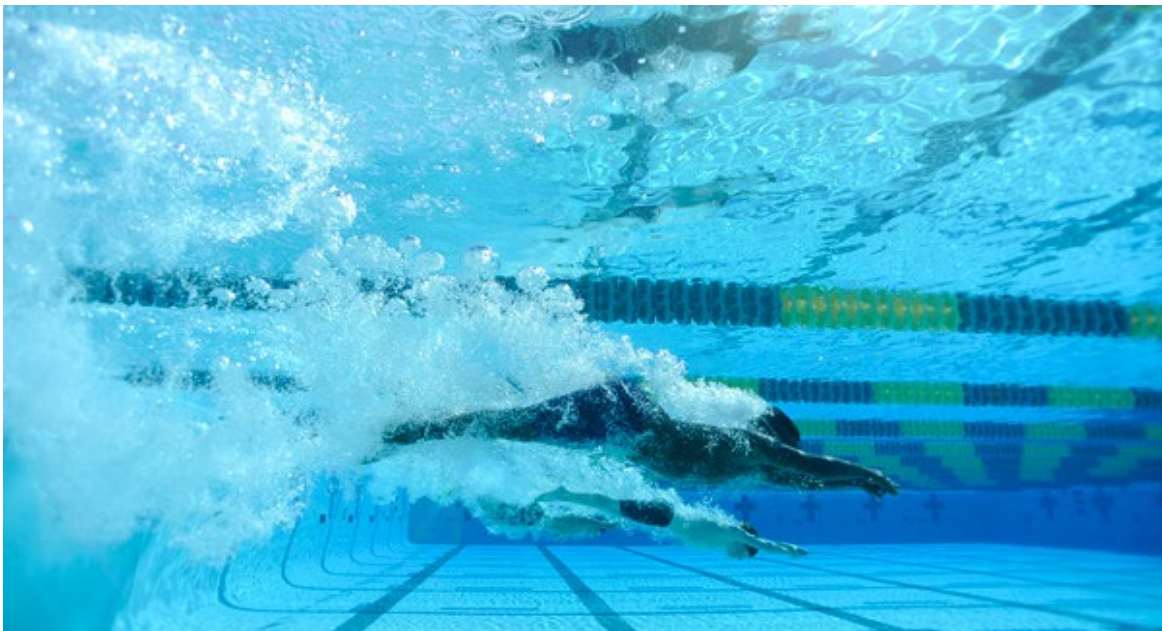




LANE LINES

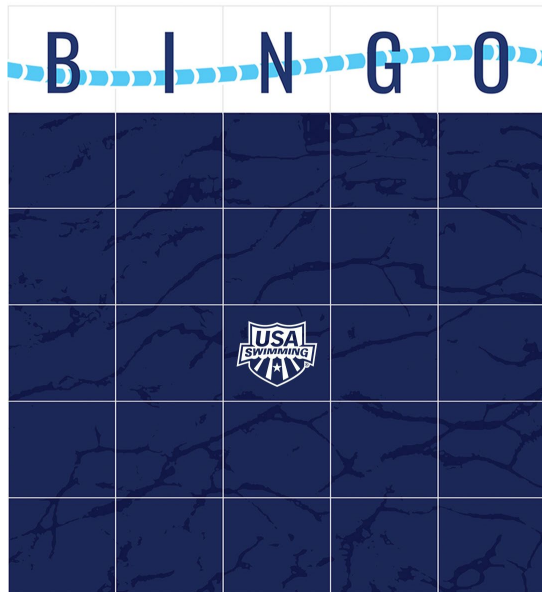


What Goals Do You Have for 2025?

Looking for a fun way to track your swim goals this year? Utilize our BINGO card in the Marketing Toolkit!

The template can be found under the Goggles On dropdown of the [Marketing Toolkit page](#). Print it out and display it at home as a reminder of what you want to do this year, or post it to your social channels with the #GogglesOn hashtag so we can interact with your post and encourage you along the way.

GOGGLES  ON



National Select Camp

Many of the nation's top emerging talents were at the U.S. Olympic & Paralympic Training Center earlier this month for USA Swimming's National Select Camp. Visit [@USASwimmingNextGen on Instagram](#) to see what the camp was like, and [click here](#) to learn more about the experience.



2025 Events

Check out the 2025 national events calendar to see what competitive and non-competitive opportunities are coming your way.

[EVENTS CALENDAR](#)

USA Swimming Network

Start the new year right with new content on the USA Swimming Network! With new videos from Abbie Fish, Caeleb Dressel, and more, the



Network has thousands of videos available for swim fans of all ages.

Download the app on your mobile device or [Connected TV device today](#) to watch dozens of content debuts over the coming weeks.



**SAVING LIVES
BUILDING CHAMPIONS
IMPACTING COMMUNITIES**

National Team Transition Fund

The National Team Transition Fund provides financial support to assist athletes who have hung up their goggles and are ready to enter the next phase of life. Whether athletes already have their dream job set up or have no idea where to start their career search, the National Team Transition Fund aims to provide stability in a time filled with uncertainty.

[DONATE TODAY](#)



New Kick Set Podcast

USA Swimming's new National Junior Team Director Brendan Hansen joined Kick Set to talk about his vision for the program, experience with the athletes at National Select Camp, and more.

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

National Diversity Select Camp Applications

Applications for the 2025 National Diversity Select Camp are open NOW. Apply today before the February 9 deadline.



[READ MORE](#)

USADA Reminder

A reminder that the [2025 List of Prohibited Substances and Methods](#) is now in effect, as of January 1, 2025. Check out Major Modifications for 2025 [here](#).

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

Additionally, [click here](#) to see USADA's 2025 Resource Card. Please post this card with valuable resources on your team website and distribute to all athletes, coaches, parents/guardians.

Upcoming Competitions

- [Speedo Sectionals](#)
 - Throughout February and March
 - Multisite
 - SCY & LCM
- [TYR Pro Swim Series Westmont](#)
 - March 5-8
 - Westmont, Ill.
 - LCM
 - [Tickets](#)

News & Virtual Offerings

News

- [USA Swimming Honored with International Sports Convention Fan Engagement Award for 2024 U.S. Olympic Trials – Swimming, presented by Lilly](#)
- [USA Swimming Foundation Board of Directors Elects New Members](#)
- [Is Your Athlete at Risk of Caffeine Poisoning?](#)
- [5 Things to Know About IV Rehydration and Vitamin Infusions](#)

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. Looking for ways to celebrate athletes as they head into their championship meet? Download and customize these items to celebrate their success before, during, and after!

- [Good luck locker magnet](#)
 - Tip: Customize with the athlete's name and the swim meet they're attending.
- Good luck poster ([Light blue](#) | [Navy](#))
 - Tip: Print out the poster, have all attending athletes sign it, and hang it up before the meet.
- [Temporary tattoos and stickers](#)
 - Tip: Print and bring with you to your meet.
- Press release for swimmers attending a meet ([PDF](#) | [Word](#))
 - Tip: Fill out and send to your local newspaper or a journalist who covers swimming. It's a great way to showcase both an individual athlete or a group from your club.

Don't forget, all items can be printed at a local print shop.

Educational Offerings

- Safe Sport Trainings
 - Parents: February 19 | 8 p.m. ET | [Register](#)
 - Athletes: February 20 | 8 p.m. ET | [Register](#)
- 11-14 Coaching Network
 - Topic: Teaching the Crossover Turn
 - February 5 | 12:30 p.m. ET | [Register](#)

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

From Our Partners



USA Swimming Fanshop

The Official USA Swimming Shop has everything you need to show your USA Swimming pride in style. Browse an unbeatable selection of officially licensed USA Swimming apparel and merchandise, such as hats, shirts, accessories and more to add to your wardrobe.

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.



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