



LANE LINES



Black History Month



We are proud to honor and celebrate athletes and coaches of the past, present, and future for Black History Month! Learn more through the links below:

- [Pacific Swimming Diversity, Equity, and Inclusion Athlete Representative Provides Free Resource for Inclusion in Swimming](#)
- [Deep Dive: A Look Back on the Desegregation of Pools in America](#)
- [A Feat More Impressive a Decade Later](#)
- [Black History Month Panel with Natalie Hinds, Simone Manuel, and Coach Candess Tucker](#) (full panel available on the USA Swimming Network)
- Kick Set Podcast | University of Georgia Associate Head Coach Mike Norment (coming soon to [YouTube](#) and [podcast platforms](#))



#SpeedoSectionals Graphics

Are you competing at Speedo Sectionals this spring?!

Let your followers know by building free, customizable Speedo Sectionals graphics through [USA Swimming's Marketing Toolkit](#). Pick your option under the "Meets/Events" dropdown, and follow these [video instructions](#) to create yours.

Post on Instagram with the hashtag #SpeedoSectionals and be sure to tag @USASwimmingNextGen for a chance to be featured.

TYR Pro Swim Series



The TYR Pro Swim Series makes its 2025 debut in just a few weeks!

[Click here](#) for tickets, meet details, and all you need to know about the TYR Pro Swim Series Westmont, which takes place March 5-8 in Westmont, Illinois.



USA Swimming Network

Former U.S. National Team member Linnea Mack recently joined the USA Swimming Network to provide yoga tips and poses that can help your swimming career.

Download the app on your mobile device or [Connected TV device today](#) to watch content that is sure to help grow your skills as a swimmer or coach.



**SAVING LIVES
BUILDING CHAMPIONS
IMPACTING COMMUNITIES**

USA Swimming Foundation Impact Report

Read about how 2024 donations to the USA Swimming Foundation impacted the sport of swimming across the nation.

[READ MORE](#)



Coach Development Academy

This in-person clinic will be held in Colorado this April, and focuses on helping coaches become more effective teachers and communicators through interactive and immersive educational sessions.

[READ MORE](#)



Three Additional Coaching Network Webinars are Live on USA Swimming University

With the new additions, there are now 13 free Coaching Network Webinar courses members can utilize through the USA Swimming University.

[READ MORE](#)

USADA Reminder

Have you checked out the 2025 Clean Sport Handbook and Pocket Guide? These resources are designed to provide athletes and athlete support personnel with a summary of the information needed to successfully participate in the anti-doping program governing their sport. Find the resources [here](#).

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

- [A Perfect Match: How a Pacific Northwest Official Turned Officiating Hours into a Donation to the USA Swimming Foundation](#)
- [Do Olympic Years Matter?](#)
- [USA Swimming Foundation Gives Back to Community Ahead of Super Bowl LIX](#)

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 earn time cuts? Download and customize these items to celebrate their success before, during, and after!

- First time earning a cut ([A](#) | [AA](#) | [AAA](#) | [AAAA](#) | [B](#) | [BB](#))
- General cut ([A](#) | [AA](#) | [AAA](#) | [AAAA](#) | [B](#) | [BB](#))

Download the PNG files above, and watch [this instructional video](#) to see how you can finalize your free social graphic.

Educational Offerings

- Safe Sport Trainings
 - Parents: February 19 | 8 p.m. ET | [Register](#)
 - Athletes: February 20 | 8 p.m. ET | [Register](#)
- Senior Coaching Network Webinar
 - Topic: Beyond Meet Mobile: What Red and Green Don't Tell You
 - February 19 | 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.



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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1 Olympic Plaza Colorado Springs, CO, 80909