



## LANE LINES



### Women's History Month

March is Women's History Month! Take a moment to honor the women in swimming by utilizing [free, customizable social media templates through the marketing toolkit](#), or by viewing the content below:

- [20 Years of US Women Leading the World at International Competitions](#)
- [How Whitney Stortz Overcame Fear for Swimming](#)
- [U.S. National Teamers Share Who Inspires Them](#)
- [International Women's Day Post](#)
- *Coming soon:* Kick Set Podcast with

Open Water Olympian Mariah Denigan



## Open Water National & Junior National Championships

The nation's marquee open-water competition takes place in just a few weeks!

This year's Open Water National & Junior National Championships serve as a qualifier for numerous national and international teams. The event will be held in Sarasota, Florida, from April 4-6.

[MEET DETAILS](#)



## TYR Pro Swim Series

The TYR Pro Swim Series returns April 2-5 in Sacramento, California.

[Click here](#) for tickets, meet details, and all you need to know.



## Speedo Sectionals

There are five more Speedo Sectionals meets this month! Head to [usaswimming.org/events](https://usaswimming.org/events) for additional info at each site, and be sure to utilize our customizable [Speedo Sectionals graphics from the Marketing Toolkit](#) to congratulate swimmers who are competing!

## The 2024 Swim-a-Thon Winner Is...

U.S. National Team member and World Aquatics World Cup Series winner Beata Nelson announced the winner of the 2024 Swim-a-



Thon program.

Click the video to see who won and find additional information on how you and your club can host a Swim-a-Thon [here](#).



## USA Swimming Network

Do you want a recap of the top-5 finishes from the TYR Pro Swim Series Westmont? Are you looking for coach advice? How about dryland tips from a former U.S. National Team member?

The USA Swimming Network has all this and more. Download the app on your mobile device or [Connected TV device today](#).

## USADA Reminder

USADA's publications aim to help athletes and athlete support personnel understand their anti-doping rights and responsibilities. The 2025 Clean Sport Handbook and the Pocket Guide are now available. [Click here](#) to review USADA's 2025 resources and publications.

## Additional Upcoming Competitions

- [TYR Pro Swim Series Ft. Lauderdale](#)
  - April 30-May 3
  - Ft. Lauderdale, Fla.
  - LCM
- [National Championships](#)
  - June 3-7
  - Indianapolis, Ind.
  - LCM

## News & Virtual Offerings

## News

- [How to Make a Plant-Based Diet Work in Sports](#)

## 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.

Are you gearing up for graduation? Utilize these custom lawn signs to showcase the swimmer in your life who is wearing the cap and gown this spring:

- Swimmer Graduation Poster ([Light Blue](#) | [Navy](#) | [Instructions](#))
- Lawn Sign - Swimmer Grad Lives Here ([Light Blue](#) | [Navy](#) | [Instructions](#))
- Lawn Sign - Swimmer Graduate ([Light Blue](#) | [Navy](#) | [Instructions](#))

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

## Educational Offerings

- 10&U Coaching Network: Ideas From Coaches, For Coaches
  - April 1 | 11:30 a.m. ET | [Register](#)
  - Guest speakers: Ronald Vaughn (Ridgefield Aquatic Club in Connecticut LSC), Laura Colon (COOL Swim Team in Missouri Valley LSC), Chrissy Gentry (Lakeside Aquatic Club in North Texas LSC)
- Safe Sport Trainings
  - Parents: April 2 | 8 p.m. ET | [Register](#)
  - Athletes: April 3 | 8 p.m. ET | [Register](#)
- Senior Coaching Network
  - April 23 | 12:30 p.m. ET | [Register](#)
  - Topic: Video Analysis
  - Guest speakers: Dr. G, Genadijus Sokolavas, Ph.D.
- Club Business Network
  - April 29 | 12:30 p.m. ET | [Register](#)
  - Topic: Revenue: Sources, Maximization, and Ethics
  - Guest speaker: Head of Business Management at SwimMAC Carolina, Tom Avischious

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

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## 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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