

## Lake Erie Swimming, Inc.

January 21, 2023

Every Friday LE will publish an electronic newsletter on latest developments. All club contacts and non-athlete who have a valid email address will automatically receive the newsletter. Others may email [pamswim@aol.com](mailto:pamswim@aol.com) to get on the distribution list. The newsletter will also be posted on the web. Please share with other club officers and post at your practice facility for your parents and athletes. Send/email me any input you may wish to share with the LE swimming community. If you check email infrequently, always check it on Friday.

Meet Information is posted on the LE website – <http://www.lakeerieswimming.com>

To get “breaking news” to your mobile device, follow LE on Twitter (@LESwimming)

**Club Name Change – CWW has changed their club name to CAQ – Copley Aquatics. Amanda Hinton is the head coach.**

**LESI Strategic Plan Feedback/Input** <https://forms.gle/FL63hJmwQyTvAb8v5>

**The Quality Coaching Framework** course is due for ALL existing coaches has been extended to 6/6/2023. This course can be found by logging into your SWIMS account and selecting the “Education” tab, then clicking “All Courses”. We are working on where that completion will appear, but in the meantime, please ask your coaches to screenshot their certificate once they are done so they have proof of completion. It is a one-time course, no renewing annually, and the goal of the course is really to let existing coaches know what framework we used to build the new Coaching Certifications. Most, if not all, of the information will not be new to them, but just so they know the direction USA Swimming is going with our newer coaches and their education.

**LESI eNewsletter** If there are members of your club or anyone else who wants to be on the email distribution list, email me ([pamswim@aol.com](mailto:pamswim@aol.com)) to be added to the list – anyone can be on this list and receive the weekly eNewsletter. The newsletter is also posted on the LESI website.

### **USA Swimming Updates** **Week of January 16, 2023**

- **LSC Leaders Zoom:** The full agenda, including links to the recording of meetings, and links for all specifics discussed on all calls can be found here:

- o <https://drive.google.com/drive/u/1/folders/1eh0WugGdopgAovEi8x9UhL1AcTrXTDjj>

- o [January LSC Leaders call 10-11 am MT-20230112\\_090146-Meeting Recording.mp4](#)

- *Safe Sport Trainings*

**For Parents:**

- o February 15, 2023 at 8 p.m. ET | [REGISTER](#)

**For Athletes:**

o March 15, 2023 at 8 p.m. ET | [REGISTER](#)

o January 19, 2023 at 8 p.m. ET | [REGISTER](#)

o February 16, 2023 at 8 p.m. ET | [REGISTER](#)

**For Coaches:**

o March 16, 2023 at 8 p.m. ET | [REGISTER](#)

o January 20, 2023 at 3 p.m. ET | [REGISTER](#)

o February 17, 2023 at 3 p.m. ET | [REGISTER](#)

o March 17, 2023 at 3 p.m. ET | [REGISTER](#)

- **Camp Assistant Coach Application:** Coaches are integral to our mission, guiding swimmers to excellence in the pool, and instilling in them the tools they need to succeed in life beyond competition. The 2023 USA Swimming Zone, Regional, and National camps will invite 5 assistant coaches through an application process to assist with the programming, coaching, and overall execution of the camps. Any USA Swimming certified coaches are invited to apply for this unique coaching experience. Applications will open on Tuesday, January 17<sup>th</sup>, and will be distributed via email to qualified coaches.

- **Regional Coach Clinics-**

USA Swimming's Regional Coach Clinics provide coaches of all levels and experience with the blueprint and best in class expertise to reform their coaching using facilitated education, discussions, and activities. Regional Coach Clinics are open to all USAS, YMCA, high school, or local swim coaches in the area. This year, five clinics will be hosted across each zone throughout the year.

- **Spring Women's Leadership Summit-**

WLS helps female coaches with varying levels of experience build their confidence and expertise in leadership, wellness, and coaching through immersive educational sessions and networking opportunities with fellow members of the USA Swimming community. This event will host 40 female USA Swimming coaches. The Spring WLS will be held March 31<sup>st</sup>-April 2<sup>nd</sup> at the La Forest Retreat Center in Colorado Springs, Colorado. Applications will open later this month.

**More Information:** Click [here](#).

- **National Diversity Select Camp-**

**Who:** Athletes who represent an underrepresented community and/or ethnically underrepresented population that is less than 10% of the current USA Swimming member base. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American, and others.

**Where:** US Olympic and Paralympic Training Center- Colorado Springs, Colorado

**When:** May 4<sup>th</sup>-7<sup>th</sup>

**More Information:** The National Diversity Select Camp requires an athlete application. Athletes will NOT automatically be selected for this camp based on 2022 swims or IMX scores. The 2023 application is open until Friday, February 10<sup>th</sup> at 5pm MST. Please see the [NDSC Application](#) for more information.

- **Zone Select Camp-**

Zone Select Camps invite the top fifty-six 12, 13, and 14-year-old athletes in each zone for a unique motivational experience, training, and facilitations. Athletes will be selected based on their 2022 LCM IMX scores, and times. Athletes, coaches, and parents will be notified of their swimmers' selection no later than Friday, March 3<sup>rd</sup>. Zone select camps will be held at a university campus in each zone. ZSC are scheduled for May and June. **For more information on Zone sites and dates, the selection process, and the camp, click [here](#).**

- **Regional Diversity Select Camp-**

**Who:** Athletes who represent an underrepresented community and/or ethnically underrepresented population that is less than 10% of the current USA Swimming member base. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American, and others.

**Where:** Multiple locations.

**When:** June 1-4, and June 8-11.

**More Information:** The Regional Diversity Select Camp requires an athlete application. Athletes will NOT automatically be selected for this camp based on 2022 swims or IMX scores. The 2023 RDSC application will be open on Monday, February 13<sup>th</sup> and close on Friday, March 31<sup>st</sup> at 5pm MST. Click [here](#) for more information.

- **More information:** Click [here](#). Registration opens on Tuesday, January 17<sup>th</sup>!

- **Club Marketing Toolkit:**

- <https://www.usaswimming.org/coaches-leaders/team-leaders/marketing-toolkit>

- **SWIMS 3.0 Questions:**

- <https://www.usaswimming.org/about-usas/resources/swims-database>

- Email: [Swims3.0@usaswimming.org](mailto:Swims3.0@usaswimming.org)

- **Coach Certification Resources**

- [Coach Certification Program \(usaswimming.org\)](https://www.usaswimming.org/coach-certification-program)

### **Flex Membership**

The USA Swimming Board of Directors has approved two changes to the USA Swimming Flex Membership category. Both changes are effective September 1, 2022, for the 2023 membership year.

In January of 2020, the USA Swimming Board of Directors approved changes to the Flex Membership for the 2021 Membership Year, which included restrictions by age and tiered increases in price. That action was delayed until the 2023 Membership Year due to COVID-19. Since then, the Board of Directors has simplified the changes to Flex for the 2023 Membership Year, to begin September 1, 2022.

First, the Flex Membership category will be available only for athletes ages 12 and younger. This is intended to maximize the benefit of the Flex Membership, given current membership trends and projections.

Additionally, the Board approved changing the Flex Membership fee to \$30, with \$20 of the fee going to USA Swimming and \$10 going to the Local Swimming Committee (LSC) [Note: the LSC may not charge more than the \$10 fee]. The previous fee for this

category of membership has not kept pace with fee increases to the Premium Membership, and this change is intended to keep this fee in line with other membership increases.

For questions, please contact [membership@usaswimming.org](mailto:membership@usaswimming.org).

- **LSC Leaders Resources folder:** Access information on the Governance Series, notes from LSC Leaders meetings, and leading practices from LSCs for ideas and shared services moving forward  
<https://drive.google.com/drive/folders/1eh0WugGdopgAovEi8x9UhL1AcTrXTDjj?usp=sharing>
- **LSC Board and Staff Change Form** please use this form moving forward to update USA Swimming on LSC leadership positions. This form is also available on the website under about/LSC Governance.  
<https://fs22.formsite.com/usaswimming/qbaao4q5ry/index.html>
- **New Membership Category**
- <https://www.usaswimming.org/news/2021/12/10/new-categories-of-individuals-required-to-be-non-athlete-members>
- **Webinars & Clinics** (upcoming & previously recorded):  
<https://www.usaswimming.org/coaches-leaders/team-leaders/programs-services#webinars---presentations>
- **12 and Under Banned/Approved Suit list** – Including the FINA Numbers
- Doc: <https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/12-under-approved-suits-2-18-21.pdf>
- Article: <https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>

FAQ: <https://www.usaswimming.org/news/2021/03/15/12-under-tech-suit-restrictions---frequently-asked-questions>