



COACHING CONNECTION



Connect with Team Services

[USA Swimming's Team Services staff](#) travel across the country to support clubs each week. Please review the dates and locations below to schedule an in-person meeting with your Advisor.

[Beth Winkowski:](#)

- March 24-27 | Maryland club visits and Speedo Sectionals (St. Mary's City)
- March/April TBD | Various Georgia Swimming club visits
- April 1-4 | Open Water Nationals and Junior Nationals
- April 17-19 | Connecticut athlete camp
- April 30-May 1 | National Diversity Select Camp

[Dana Skelton:](#)

- April 25-26 | New Mexico DEI clinic and club visits
- May 1-3 | North Carolina Swimming Women Coach Clinic
- May 15-17 | Oklahoma Swimming meet and club visits

[Jay Chambers:](#)

- March 26-27 | Speedo Sectionals (Indianapolis)
- March 28-29 | Speedo Sectionals (Carmel)
- March 30-April 3 Y Nationals
- April 11 Indiana Coach Clinic

[Mark Hesse:](#)

- April 9-12 | New Orleans coach clinic
- April 16-20 | ASCA Kansas City regional clinic
- April 24-26 | Central States clinic
- April 30-May 1 | National Diversity Select Camp
- May 1-4 | Dakota coaches clinic and House of Delegates

[Mike Novell:](#)

- April 11 | Indiana coach clinic
- April 16-19 | Coach Development Academy

[Nate Chessey:](#)

- March 16-19 | Connecticut Swimming meet and club visits
- March 19-22 | New England Swimming meet and club visits
- April 17-19 | Wyoming Swimming mini-Swimposium
- April 24-26 | Ohio Swimming Swimposium
- May TBD | International Water Safety Day event in New York Swimming and club visits

[Terry Jones:](#)

- March 28-30 | Mississippi House of Delegates and club visits
- April 16-19 | Coach Development Academy
- April 30-May 1 | National Diversity Select Camp

Do you have an LSC related question? Reach out to LSC Services Advisors [here](#).

NCAA Volunteer Coach Lawsuit – File Your Claim Now

The NCAA recently agreed to a \$303 million settlement in a case challenging a former Division I rule limiting compensation for “volunteer coaches.” If you worked as a Division I volunteer coach in any sport (except baseball) between March 17, 2019 and June 30, 2023, you’re eligible to receive compensation from the settlement. The average award (before court-approved deductions) is expected to be over \$39,000, with actual amounts depending on your school, sport, and number of seasons worked. To receive a share of the settlement, you must file a claim before June 2, 2026. Please visit <https://ncaavolunteercoachlawsuit.com/> for more information and to file your claim. And please help us spread the word to anyone you know who might be eligible!



Block Party Spotlight - Rochester Swim Club

Block Party meets are fully sanctioned USA Swimming competitions available to any USA Swimming member club. They are directly sanctioned by USA Swimming and allow any member, regardless of membership type or meet number restrictions, to participate. Learn more about how to sanction a Block Party meet [here](#).

Rochester Swim Club (MN) embraced the Block Party format in their 2024 season as a tool for developing athlete engagement. Under the leadership of Head Age Group Coach Tom Walsh, the program boosted participation among beginners and reshaped the club's culture.

Rochester Swim Club had four challenges to overcome:

1. Declining participation among younger athletes.
2. Intimidating and expensive traditional meet formats.
3. Limited race experiences.
4. A need to train new coaches, volunteers, and officials.

By introducing Block Party, the results were:

1. Increased athlete participation.
2. Desirable athlete experience and culture shift.
3. Increased family engagement.
4. Staff and volunteer development.
5. Increased revenue and sustainability.

Learn more about the Rochester Swim Club case study [here](#). Listen to Walsh discuss the benefits of implementing Block Party [here](#).

[LEARN MORE ABOUT BLOCK PARTY](#)

Last Call for Assistant Coach Camp Applications

Assistant coach applications for [2026 Sport Development Camps](#) close **March 31**. Applicants must be a current USA Swimming coach in good standing and hold a valid driver's license.



Coach Development Academy

There are still spots available for the 2026 Coach Development Academy, set to take place at the La Foret Conference and Retreat Center in Black Forest, Colorado April 16-19, 2026.

This opportunity sold out last year, so register now to claim your spot at this four-day immersive experience.

[LEARN MORE AND REGISTER HERE](#)



Historically Black Colleges & Universities Grants Released

Congratulations to the seven HBCU programs who will receive funding. Since the program's inception in 2021, over \$400,000 has supported 15 different programs.

Learn more [here](#).



Community Impact Grants Released

Congratulations to the 13 programs who received \$65,000 in funding this year. Since 2020, \$630,000 has been distributed to 53 programs to provide aquatic programming, support diverse coaches, and create competitive opportunities locally.

Learn more [here](#).



Virtual Opportunities Supported by USA Swimming University

- Safe Sport
 - For Parents:
 - March 17 | 8 p.m. | [Register](#)
 - April 21 | 8 p.m. ET | [Register](#)
 - May 19 | 8 p.m. ET | [Register](#)
 - June 23 | 8 p.m. ET | [Register](#)
 - For Athletes:
 - March 19 | 8 p.m. ET | [Register](#)
 - April 23 | 8 p.m. ET | [Register](#)
 - May 21 | 8 p.m. ET | [Register](#)
 - June 25 | 8 p.m. ET | [Register](#)
- 11-14 Coaching Network Webinar | Age Group Practice Set Exchange
 - March 25 | noon ET | [Register](#)
- 10&U Coaching Network Webinar | The Importance of Free Play
 - March 31 | 2 p.m. ET | [Register](#)
- Senior Coaching Network Webinar | Training and Practice Design
 - April 8 | 11:30 a.m. ET | [Register](#)
- Child Abuse Prevention and Sexual Assault Awareness Month Webinar | Co-led with the Colorado Springs Police Department
 - Topic: Creating healthy space for athletes to disclose, how to respond when athletes bring something up, peer to peer misconduct, inappropriate conduct that kids might want to share, and why criminal charges aren't typically brought.
 - April 8 | 2 p.m. ET | [Register](#)
- Child Abuse Prevention and Sexual Assault Awareness Month Webinar | Co-led with the Colorado Springs Police Department
 - Topic: Understanding online safety.
 - April 15 | 3 p.m. ET | [Register](#)
- Club Business Network | Building Relationships for Success
 - April 22 | 12:30 p.m. ET | [Register](#)
- 11-14 Coaching Network Webinar | Age Group Coaches as Head Coach: Models for Leadership
 - May 27 | noon ET | [Register](#)



The Legacy Project: Cyndi Gallagher

Learn from coaches like **Coach Cyndi Gallagher**, who have made an undeniable, positive impact on swim coaching and generations of swimmers

through The Legacy Project. These courses, available free to logged-in members, are a masterclass series and are approximately 1 hour long.

View the Cyndi Gallagher course [here](#).

Coaching Clinic Opportunities from ASCA

Click the images below for more information on upcoming opportunities in April.

MISSOURI VALLEY SWIM COACHES Clinics KANSAS CITY, MO | APRIL 17-19, 2026
KIRK FAMILY YMCA | 222 W 11TH STREET KANSAS CITY, MO 64105

MISSOURI VALLEY SWIM COACHES CLINIC

PRICING

PRIMARY COACH \$190	TEAM 4+ COACHES \$600 8+ COACHES PLEASE CONTACT CLINICS@SWIMMINGCOACH.ORG
ASCA STROKE SCHOOL WITH RUSSELL MARK \$115	THE PLANNING, WRITING & MANAGING AGE GROUP & NOVICE WORKOUTS WITH MJ TRUEX \$70

SPEAKERS

- DAVE SALO
ASSOCIATE HEAD COACH
ARIZONA STATE UNIVERSITY
- MIKE KOLEBER
HEAD COACH
NITRO SWIMMING
- RUSSELL MARK
PERFORMANCE & EDUCATION ADVISOR, ASCA
- MJ TRUEX
DIRECTOR OF PROGRAMS AND EVENTS, ASCA

REGISTER HERE

FOR MORE INFORMATION & TO REGISTER VISIT SWIMMINGCOACH.ORG/CLINICS

44TH ANNUAL CENTRAL STATES Clinics CHICAGO, IL | APRIL 24-26, 2026
HILTON CHICAGO/OAK BROOK HILLS RESORT & CONFERENCE CENTER
3500 MIDWEST ROAD OAK BROOK, IL 60523 | \$165/NIGHT

CENTRAL STATES CLINIC

PRICING

PRIMARY COACH EARLY BIRD (THROUGH 2/26) \$190 REGULAR \$205	ADDITIONAL COACHES EARLY BIRD (THROUGH 2/26) \$175 REGULAR \$190
ASCA STROKE SCHOOL WITH RUSSELL MARK \$115	THE PLANNING, WRITING & MANAGING AGE GROUP & NOVICE WORKOUTS WITH MJ TRUEX \$70

SPEAKERS

- RUSSELL MARK
HEAD AGE GROUP COACH,
SWIMMAG CAROLINA
- CAROL CAPITANI
WOMEN'S HEAD COACH,
UNIVERSITY OF TEXAS
- RUSSELL MARK
PERFORMANCE & EDUCATION
ADVISOR, ASCA
- MJ TRUEX
DIRECTOR OF PROGRAMS
AND EVENTS, ASCA
- NATALIE HINDS
OLYMPIAN
- ALEXIS KETO
ASSOCIATE HEAD COACH,
POLLS SWIMMING
- KYLE GOLLER
HEAD COACH,
WANDERLUST LAKES AQUATIC CLUB
- CULLEN JONES
OLYMPIAN

REGISTER HERE

ATHLETE TRACK AT FMC AQUATICS CENTER SATURDAY 9AM-3PM - SUNDAY 9AM-12PM
FEATURING CULLEN JONES, NATALIE HINDS AND KYLE GOLLER

FOR MORE INFORMATION & TO REGISTER VISIT SWIMMINGCOACH.ORG/CLINICS

Save the Date for Future Education

Although speakers have not been finalized for these opportunities, we wanted to give you the chance to save the date in your calendars for upcoming Coaching Networks.

- May 20 | 10&U Coaching Network: Team Culture

Registration link will be available [here](#) when finalized.

Swim Staff Select

Are you hiring for your club this season? Swim Staff Select is a free, web-based screening tool designed specifically for USA Swimming clubs to help you recruit, vet, and onboard staff and volunteers with confidence. From job postings and applications to reference checks and interview scripts, it puts everything in one place to streamline your hiring process and support a safer, more professional club environment.

Learn more [here](#).

Nominate Your Positive Athlete Swimmer Before April 15!

As part of USA Swimming's strategic alliance with **Positive Athlete**, we continue to celebrate this nomination season by putting a spotlight on the character, leadership, and resilience that high school-age student-athletes in our sport demonstrate every day.

Positive Athlete nominations close April 15, 2026, and we want to make sure the incredible young leaders in the USA Swimming community are recognized nationwide.

If you know a high school swimmer (grades 9–12) who demonstrates character, leadership, and perseverance — in and out of the pool — now is the time to nominate them. A simple nomination can be a powerful moment of encouragement that tells a young athlete: who you are matters just as much as what you achieve.

Positive Athlete nominees may also receive:

- Scholarship opportunities
- National and regional recognition
- Every nominated student athlete receives FREE lifetime access to leadership, career, and personal development resources through the Positive Athlete app.

Swimming teaches discipline, resilience, teamwork, and character. Let's make sure the young people who live those values every day are recognized for it and understand how these skills transfer for success in life and career. **Don't wait — nominations close April 15.**

Nominate a swimmer here: www.positiveathlete.org/nominate

Thank you for everything you do to help young athletes grow not only as swimmers, but as leaders in their communities. Learn more [here](#).

Upcoming Events

- [Speedo Sectionals](#)
 - Multi-site | Various dates
 - Free templates available on the [Marketing Toolkit](#) under "Meets/Events"
- [Open Water National and Junior National Championships \(Sarasota, Fla.\)](#)
 - April 2-4, 2026
 - Free templates available on the Marketing Toolkit under "Meets/Events"
- [Pro Swim Series \(Sacramento, Calif.\)](#)
 - May 20-23, 2026 | LCM
- [Pro Swim Series \(Indianapolis, Ind.\)](#)
 - June 17-20, 2026 | LCM
- [Toyota National Championships \(Irvine, Calif.\)](#)
 - July 28-August 1, 2026 | LCM
- [Futures Championships](#)
 - July 29-August 1, 2026 | LCM
 - Multi-site
- [Speedo Junior National Championships](#)
 - August 3-7, 2026 | LCM
- Pan Pacific Open Water Championships (Long Beach, Calif.)
 - August 10, 2026

Pan Pacific Swimming Championships (Irvine, Calif.)

- August 12-15, 2026 | LCM
- *Date and location of OW competition are TBD*

View all events [here](#).

From Our Partners



OneAmerica Financial

Financial security is the foundation of a confident future. There are many ways to safeguard yourself and your loved ones in the years ahead by following simple financial wellness tips.

The companies of OneAmerica Financial have been advancing financial security for almost 150 years, supporting millions of customers with solutions and guidance across life insurance, retirement, employee benefits and long-term care.

[Click here](#) to explore some helpful financial wellness tips.



USA Swimming Fan Shop

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. Click [here](#) to access.



© 2026 USA Swimming
1 Olympic Plaza Colorado Springs, CO, 80909