



LANE LINES

A certificate template titled "THANK YOU COACH! MONTH 2025". Below the title is a small graphic of a swimmer. The main heading is "PRESENTED TO COACH". Underneath, it says "For being the best at: (Check all that apply!)" followed by a grid of checkboxes and labels: "Motivating me", "Working me tough", "Cheering for me", "Pushing me to be my best", "Believing in me", "Teaching me new skills", "Helping me stay positive", and "Inspiring me to play". At the bottom, there are lines for "DATE" and "SIGNATURE", and a small USA Swimming logo.

Thank You Coach Month

Be sure to thank your coach this month!

There are new and [free Thank You Coach Month assets on our Marketing Toolkit page](#) (located under the "coach appreciation" dropdown) that you can utilize to thank your coach in person or on your social media channels.



Giving Tuesday

With Giving Tuesday coming up on December 2, consider giving to the USA Swimming Foundation this year! Your contributions go back into our sport through learn-to-swim initiatives, various grants to clubs and lesson providers, and U.S. National Team support. Make an impact today and create a ripple effect in our sport.

[DONATE NOW!](#)



Block Party

As the year winds down, it's the perfect time to keep your team engaged with a holiday-themed Block Party meet!

Block Party meets are simple, flexible, and fun. They fit easily into the busy holiday season and give you a low-stress way to add competition, welcome new families, and energize your team calendar.

[LEARN MORE](#) | [BLOCK PARTY LEADERBOARD](#)

New TYR Pro Swim Series



Format

The 2026 TYR Pro Swim Series will have a different look to it! The format changes includes alternating prelim-semi-final formats across the four stops.

[READ MORE](#)



USA Swimming Network

Check out some of the NEW content featured on the USA Swimming Network:

- Guess the Imposter, with numerous U.S. National Teamers
- Swimming Superlatives
- Behind the Scenes at National Team Onboarding and Golden Goggle Awards

Download the app on your [mobile device](#), desktop, or [Connected TV device today](#).



Parent Articles

Looking for some tips for your kids as we approach the new year? Check out the below articles from our friends at TrueSport.

- [8 Ways to Help Your Student-Athlete Recover from Change](#)
- [How Coaches Can Better Support Athletes After Change](#)

USADA Reminder

The World Anti-Doping Agency (WADA) has published the [2026 Prohibited List](#). This list goes into force on **January 1, 2026**.

Major modifications for 2026 can be found [here](#).

Monitoring Program for 2026 information: The [2026 Monitoring Program](#), includes substances that are not on the List, but that WADA wishes to monitor in order to detect potential patterns of misuse in sport.

it is important to check [GlobalDRO.com](#) and search by brand name or ingredients for the most up to date anti-doping status information. This should be done for any substance you put in your body via eyes, ears, nose, mouth, or skin (prescription or over the counter).

Additional Upcoming Competitions

- [Toyota U.S. Open](#)
 - December 3-6 | Austin, Texas | LCM
- [Speedo Winter Junior Championships](#)
 - December 10-13 | Multi-site | SCY
- [TYR Pro Swim Series Austin](#)
 - January 14-17 | Austin, Texas | LCM

News & Virtual Offerings

News

- [Three Additional Interactive Coaching Mini Courses Added to USA Swimming University](#)
- [Gretchen Walsh is Just Getting Started](#)
- [USA Swimming Elects Brent Lang as Board Chair to Serve Through 2029](#)
- [USA Swimming Announces Partnership with CrewLAB Offering Critical Coaching and Communication Tools to USA Swimming Member Clubs](#)

Educational Offerings

- Safe Sport Trainings
 - Parents: December 9 | 8 p.m. ET | [Register](#)
 - Athletes: December 11 | 8 p.m. ET | [Register](#)

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

From Our Partners

OneAmerica Financial

Take charge of your financial future today!
Enroll in Know Yourself, Grow Your



Wealth®, a free, self-paced e-learning course for those aged 18 and older. Designed to boost your financial confidence, this certificate program can give you practical tools to help set and pursue your financial goals. Gain self-knowledge and the power to make informed, personal financial decisions. Learn anytime, anywhere! Offered exclusively by **OneAmerica Financial**.

To register for the e-learning course, please [click here](#). Registration deadline is Dec 31, 2025. Select 'Free Financial Wellness – USA Swim' from the dropdown 'Organization.'



Bag Tags, Inc.

Create custom event credentials, luggage tags, and lanyards that elevate every swim meet or event. From professional swim meets, to the back of your bag, we deliver high-quality, memorable keepsakes and credentials that showcase your team in style. See more at www.bagtagsinc.com.

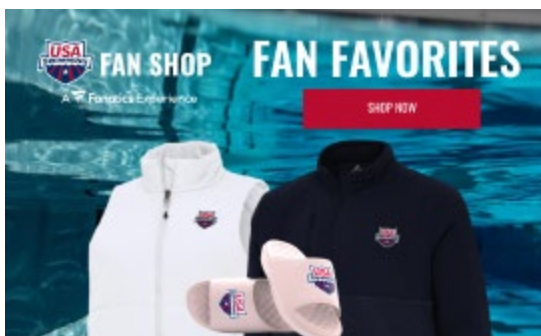


Mack's

Keep water out of your ears and help prevent swimmer's ear infections with Mack's® Earplugs, USA's #1-selling and #1 Doctor-Recommended earplug brand. Get off the bench and back into the water with Mack's® waterproof swimming earplugs. When it comes to ear health, trust Mack's®, the brand ear doctors trust. Mack's® is the Official Ear Care Supplier of USA Swimming. macksearplugs.com

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. [Click here](#) to access.



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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