



LANE LINES



USA Swimming's Updated Mission, Vision and Core Values

USA Swimming has published updated [Mission, Vision and Core Values](#) to guide our work moving forward.

Developed through engagement with staff, Board leadership, coaches, athletes, partners and stakeholders nationwide, this framework reflects collective input from our community. It establishes a clear foundation for our strategic priorities and reinforces our commitment to performance, growth and stewardship at every level of the sport.

We invite you to review the updated Mission, Vision and Core Values [here](#) and learn more about how they will shape USA Swimming's future.

**Message from CEO and
President, Kevin Ring**



Hear from Kevin Ring, Chief Executive Officer of USA Swimming and USA Swimming Foundation, as he talks about the organization's new Mission, Vision, and Values on the latest episode of the [Unfiltered Waters Podcast](#).

LSC Task Force

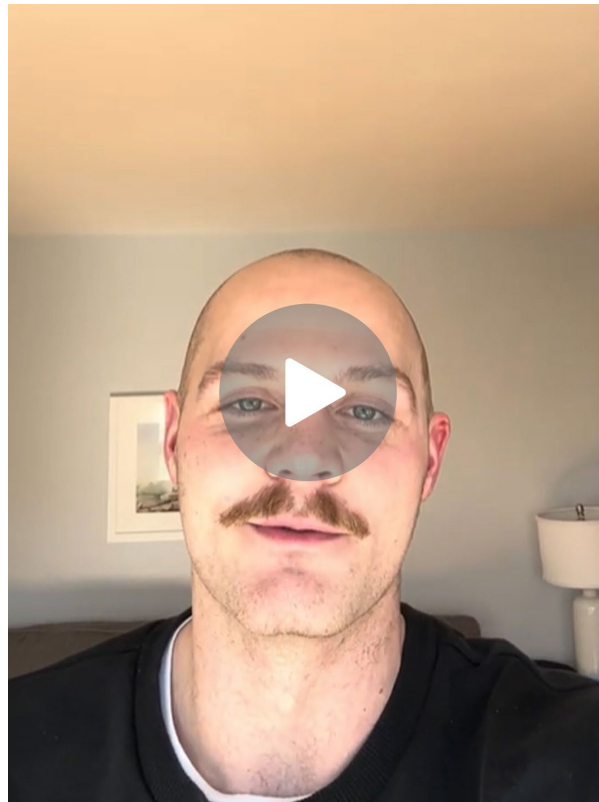
USA Swimming's Board of Directors has appointed a Local Swimming Committee (LSC) Task Force to conduct a comprehensive review to ensure that USA Swimming is effectively leveraging its 58 LSCs to support clubs, athletes, coaches, and volunteers.

Co-Chaired by Paris Jacobs and Michael Lawrence, the 12-member LSC Task Force will focus on addressing the key issues identified in the 2025 IntelliSport Survey of membership growth and retention; coach development and retention; facility access and cost; and financial challenges experienced by clubs and families.

The Task Force is comprised of the following individuals:

Co-Chair Paris Jacobs (PV), Co-Chair Michael Lawrence (IL), Karen Ammon (CO), Clark Hammond (SE), April Hayes (WT), Emily Melina (OR), Mike Varozza (ST), Scott Ward (MD), 10-Year+ Athlete Mary Plant (GA), 2-Year Athlete Juli Arzave (SI), 2-Year Athlete Anakin Fischer (MV), and 2-Year Athlete Ryan Gibbons (IL).

To fully understand the breadth and variability of our local governance structure, the LSC Task Force is interested in hearing from involved stakeholders across the nation and has set up an email address to receive input. Please email taskforcelsc@gmail.com to share your input with the LSC Task Force.



Wish Competing Athletes Good Luck

Who will you be cheering for at the TYR Pro Swim Series Westmont? Post a personalized video or photo with the "[Cheering for You!](#)" Marketing Toolkit graphic for a chance to be featured on USA Swimming's and/or the athlete's profile.

There are two ways to participate:

The first way to participate is simple. Just upload a video message of yourself [here](#) and explain who you are cheering for and why.

The second way to participate is by posting on social media. Follow these easy steps:

1. Download the "[Cheering for You!](#)" Marketing Toolkit image,
2. Customize by adding a special video message or photo of yourself for a competing athlete, and
3. Post on Instagram.

Pro tip: Don't forget to tag [@USASwimming](#), [@USASwimmingNextGen](#) and the athlete if you are posting on Instagram.

Other helpful information:

- The TYR Pro Swim Series Westmont meet will run March 4-7 with prelims and finals every day. Learn more about the meet [here](#).
- Watch all sessions of the meet on the [USA Swimming Network](#).
- If your Instagram profile is private, USA Swimming and athletes won't be able to see your post.

- You can post a message before, during, or after the meet, but customize your message accordingly.
- Are you interested in attending live? Buy your tickets [here](#).

U.S. Center for SafeSport Training Updates

Please be aware that the following courses will be updated on Wednesday, March 25. If any learners have started but not finished any of these courses, please complete them before March 25 to avoid having to restart them from the beginning.

- SafeSport Trained Core
- Refreshers 1, 2, and 3
- SafeSport for Volunteers
- Understanding Mandatory Reporting
- Creating Safe and Inclusive Environments for Athletes with Disabilities

Updates to the courses will include:

- New content reflecting the 2026 U.S. Center for SafeSport Code,
- Simplified definitions to improve learner understanding, and
- Technical fixes to correct minor bugs.

[Technical questions on the above can be submitted to the U.S. Center for SafeSport here.](#)



Block Party - Shamrock Showdown

Dive into March with a St. Patrick's Day-themed [Block Party Meet](#)! These short, fun, one-day events are designed to bring athletes, families, and clubs together. **Pro tip: For ease, coaches have run Block Party meets during weekday practices and on Saturday mornings to help with timing and the availability of participating athletes.**

Athletes can earn a spot on the Shamrock Showdown [National Leaderboard](#) by swimming the 50 back and 50 breast in one session through March 31. Times are combined for an aggregate 100, with rankings by age group from 6&U through 15&O.

[LEARN MORE](#)



Beneath the Surface

Learn more about Olympians [Regan Smith](#) and [Luke Hobson](#) as they share personal stories about how they've approached their mindset and motivation throughout their swimming careers.

Watch the full videos on [YouTube](#) or the [USA Swimming Network](#).



2026 Historically Black Colleges and Universities Grant Recipients Announced

Congratulations to the seven Historically Black College and University (HBCU) programs who will receive funding this year. These grants will help them start youth and adult water safety lessons, serve a community USA Swimming club, or expand university-based swim clubs.

[LEARN MORE](#)

Clean Sport: If a Product Is on a Store Shelf, It Must Be Safe, Right?

If a product is on a store shelf, it must be safe, right? The short answer is NO.

Dietary supplements are regulated post-market, meaning the Food and Drug Administration (FDA) does not evaluate their contents or effects before they are sold.

Click [here](#) for more supplement information, and see the full post from USADA [here](#).

Upcoming Competitions

- [Speedo Sectionals](#)
 - Throughout February and March | Multi-site | LCM and SCY
- [Pro Swim Series \(Westmont, Ill.\)](#)
 - March 4-7, 2026 | LCM
 - [Tickets](#)
- [Open Water National and Junior National Championships \(Sarasota, Fla.\)](#)
 - April 2-4, 2026

News and Virtual Offerings

News

- [How Caregivers Can Encourage Growth with Calculated Risk Taking](#)

Educational Offerings

- Safe Sport
 - For Parents:
 - March 17 | 8 p.m. | [Register](#)
 - For Athletes:
 - March 19 | 8 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. [Click here](#) to access.



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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.



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