

ILLINOIS SWIMMING

NEWSLETTER

Message from the General Chair

Illinois Swimming Coaches-

The Illinois Swimming Board of Directors are proud to announce that Amie Adams has accepted the position of Program Director for Illinois Swimming. Amie comes to us after many years involved with swimming. Currently she is finishing her final season as the Head Coach of the Dundee Dolphins Swim Team.

In her new role with the LSC she will be working our committee chairs and the current Illinois Swimming Office to increase the efficiency and success of our volunteer organization. Amie will oversee camps, clinics and other programming that the LSC will be putting on now and in the future. In her role she will work on developing new opportunities for our swimmers and coaches with the goal of Illinois Swimming being the best overall LSC in all of USA Swimming.

The Illinois Swimming Board is extremely excited to see the impact Amie will have on the LSC.

Please feel free to reach out to Amie at Amie.Adams@ilswim.org.

Best of luck with the end of your seasons.

Jeff Arce

Illinois Swimming General Chair

GeneralChair@ilswim.org

Message from the Program Director

Coaches,

I am looking forward to this opportunity to work within Illinois Swimming in the role as Program Director, and to collaborate with the board of directors, office staff and the committees to bring opportunities to our athletes and coaches.

In addition to being the head coach of the Dundee Dolphins since 2013, I come with a background in school counseling and higher education, most recently involved in the building and growing of the dual credit program at two local community colleges.

But nothing has compared to the excitement and fulfillment that is found on a pool deck. Although I'll miss a swarm of kids calling me "Coach Amie" and asking for a heat sheet at 7am on a Saturday, I am excited for this transition in my career and to help Illinois Swimming continue to make progress in the right direction.

I look forward to working with you all!

Amie Adams

FEBRUARY 2023



IN THIS ISSUE

MESSAGE FROM THE
GENERAL CHAIR AND
PROGRAM DIRECTOR

FEBRUARY FRIENDLY
REMINDERS

COMMITTEE UPDATES

SAVE THE DATE

SATURDAY MARCH 11TH

Coaches Social - Hobart, IN

SUNDAY APRIL 16TH

**House of Delegates
(Virtual)**

SUNDAY APRIL 30TH

**Women Coaches
in Illinois Swimming
Wine Tasting at the
Chicago Wine Co.**

February Reminders:

Coach Certifications: Make sure your coaching certifications are up to date to be on deck at meets...

Safety Certifications are to be sent directly to the Illinois Swimming office:

- CPR
- Safety Training for Swim Coaches In-Water
- Safety training for Swim Coaches Online Content Only
- Concussion Protocol

The following will match to your membership record and do not need to be sent to ISI:

- Background Check
- Athlete Protection Training
- Coaches Advantage Tutorial
- Coach Education: Welcome to USA Swimming, USA Swimming Rules and Regulations, Quality Coaching Framework, CORE courses

*If you have taken an above course and it is not updated on your membership record within 3 business days, please contact the Illinois Swimming office with the completion certification.

OME for Champ Meets: Start your entries early!

This is a new process. Detailed instructions can be found in the Championship meet packets, found [HERE](#)

Brief Committee Updates...

Championship Meet Task Force:

This task force was created to review the entire championship meet structure and institute changes as needed for the next quad to ensure we are providing the best experience for our athletes. They are currently reviewing data and analyzing the strengths and weaknesses as an LSC to determine what changes to recommend.

Age Group Committee:

Age Group Committee is planning an age group camp in conjunction with TYR Pro Series at FMC Natatorium sponsored by USA Swimming & TYR - Saturday April 15th.

Senior Committee:

Senior Committee is planning a travel camp to Florida the week of June 5th. 32 athletes will be invited.

Coaches Committee:

Coaches Social - Saturday March 11th in Hobart, IN. More info to come.

Committee is also working on topics and implementation of a regular coaches zoom/webinar.

Friendly reminder: Quality Coaching Framework course is required to be completed by June 6th. Login to your USA Swimming account, click Education to complete.

DEI:

PCA Workshops will be held monthly through the rest of the year... March info coming soon!

SAFE SPORT

Safe Sport Club Recognition Training Opportunities:

Training for Parents (Feb 15th), Athletes (Feb 16th) and Coaches (Feb 17th)

<https://www.usaswimming.org/safe-sport/ssrp-training-resources>