



COACHES NEWSLETTER

A recap of recent events, upcoming events and friendly reminders...

Please ensure your coaching staff has received this email (check spam). If a coach did not receive this, please reach out to amie.adams@ilswim.org with their name and email.

Championship Meets

Congratulations on great swims this past weekend and good luck to all these last few weeks of the season!

[July 20-23rd - Illinois Swimming Age Group Championships](#)

- Technical Meeting Wednesday July 19th at 6pm

[July 27-30th - Illinois Swimming Senior Championships](#)

[August 8th - Illinois Swimming Open Water State at Lake Manteno](#)

2024 LC Championship Meet Bids - Due August 1

Regional and Age Group Championship bids can be sent to agegroup@ilswim.org

Senior Championship bids can be sent to senior@ilswim.org

[Championship Meets Bid Application](#)

Recent Events - Recap

Aim for the Stars Camp - June 30th

10&U Regional Qualifiers (without a state cut) received invitations to attend the camp offered at two (2) locations:

Peoria & St. Charles

50 athletes at St. Charles and 29 at Peoria participated in ice breaker and team building activities led by our athlete reps and volunteers, along with in-water technique training led by the coaching staff at each site.

Peoria: Head Coach - Derek Amerman (PAWW), Chase McQuigg (PAWW), James Helm (NTA).

Athletes: Bridget McGann (ACAD), Tanner Stumpfenhorst (ACAD), Isaac Carr (HEAT)

St Charles: Head Coach - Andy Sheely (HOSC), Melissa Ochalek (DUND), Kim McGraw (FVfy), Emily Floyds (FVfy), Temo Flores (DLTA).

Athletes: Aidan Puk (ACAD), Savanna Huang (TIDE), Gabe Niemi (DUND)

In addition, an Officials Stroke & Turn Clinic was offered at both locations for parents of camp athletes



Interested in coaching an Illinois Swimming sponsored camp or event?

Please complete the interest form!

[GENERAL CAMP COACH INTEREST FORM](#)

UPCOMING EVENTS

Board of Directors Meeting

August 16th at 7:00pm

Senior Fall Camp

September 23-24th

More info to come soon.



September 30th

Hall of Fame Ceremony

Illinois Swimming is excited to announce the inaugural class of the Illinois Swimming Hall of Fame. Hall of Fame inductees will be celebrated and honored at the Induction Ceremony hosted by Olympian Rowdy Gaines, on Saturday, September 30th at the Hyatt Regency O'Hare in Rosemont, Illinois.

Buy your tickets [HERE](#).



October 1

House of Delegates & Athlete Banquet

Join us the next day for the House of Delegates.

Each club should send representatives. Elections will be held and additional information about championship meets, quad plans, etc. will be presented.

The Athlete banquet will be a dinner in the evening. Athlete will receive invites in August.



SAA
SCHOLASTIC
ALL-AMERICA

Scholastic All American

Let's get Illinois Swimming to the top of this list!

Encourage your swimmers to complete their application for SAA. Applicants must have swum an individual pool time equal to or faster than the 2022 Winter Junior National qualifying time in any individual event during the SAA qualifying period (Sep 1, 2022-Aug 31, 2023) with the qualifying times in SWIMS.

Only ONE time is necessary and only ONE application is necessary.

To help clubs plan their meet schedule and for host teams to promote their open meets in Illinois, a [google meet calendar is available](#) for the 2023-2024 SC Season.

This is for planning purposes. All sanctioned events must be submitted electronically via [ilswim.org>event>Meet Forms and Sanction Application](#).

Meets listed on the planning calendar have been voluntarily listed. Teams using this calendar should verify the meet has been sanctioned. Sanctioned meets can be found on the Illinois Swimming home page under team events.

Coach Certifications

Friendly reminder on where to send your certifications

To be sent to the Office...

To be sent directly to
pam.lowenthal@ilswim.org

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

Certifications that match to your membership record (and do not need to be sent)

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

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Illinois Swimming

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