



COACHES NEWSLETTER

Good luck to all this 2023-2024 Season!

Please forward this newsletter to your coaching staff. We will be updating our email list throughout the registration period. Anything you need as a club, feel free to reach out to me at amie.adams@ilswim.org

UPCOMING EVENTS

Coaches "Coffee Talk" - Sunday 9/17 @1pm

[Zoom Link](#)

The Coaches Committee is hosting the first Coaches "Coffee Talk" on Sunday September 17th at 1pm.

We will briefly cover some general housekeeping items and also what you can expect to see at the House of Delegates Meeting on October 1st.

Team Illinois LC Training

[Dates & Reservations](#)

TIL LC Training is a long course meter (LCM) training opportunity for any swimmer with a 2023 Speedo Winter Junior Championships qualifying standard as we move towards Indianapolis in June 2024 and beyond.

First training opportunity is September 17th 8-10am. Click [HERE](#) for more information.



Senior Quad Challenge - September 23&24

[64 HS age male athletes](#) were accepted into the first Illinois Swimming camp of the season being held at Stevenson High School September 23rd & 24th.

Saturday: In water/Classroom focusing on Body Mechanics, Nutrition and Culinary Basics.

Sunday: 4 Teams will compete in the Quad Challenge which includes a 50 Free Elimination.

SAVE THE DATE: January 6th & 7th for the camp open to HS Girls.

Interested in coaching an Illinois Swimming sponsored camp or event?

Please complete the interest form!

[GENERAL CAMP COACH INTEREST FORM](#)



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.

LAST CHANCE to buy your tickets [HERE](#). Registration closes 9/7 at noon!



October 1st

House of Delegates @ 1pm

Join us for our in-person House of Delegates Meeting at 1pm

Hyatt Regency O'Hare

Each club should send representatives. Check In begins at noon.

Elections will be held and additional information about championship meets, quad plans, etc. will be presented.

[2023 BOD Slate of Candidates](#)

[Legislation Packet](#)

Also on October 1st...

Athlete Recognition Banquet @ 5pm

The top 3 athletes in their age group and event from the 2022-2023 season

received an invite to the annual Illinois Swimming Athlete Recognition Event.

Head Coaches also received an email with those invited from their club. All guests must RSVP by Friday September 15th

Click [HERE](#) for list of invitees



Meet Planning Calendar

Calendar

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

A reminder on where to send your certifications...

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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