



## COACHES NEWSLETTER

Please pass this newsletter to your coaching staff and ensure they are receiving this communication. \*The mailing list will be updated periodically.

**CLUB VISITS:** I will be reaching out to clubs to set up a visit. If there is anything you need in the meantime, feel free to reach out to me at [amie.adams@ilswim.org](mailto:amie.adams@ilswim.org)

Wishing all a happy and healthy holiday season!

## RECAP & UPCOMING EVENTS

### National Club Excellence

Congratulations to the Illinois Swimming teams recognized in the 2024 USA Swimming National Club Excellence Program. The announcement from USA Swimming can be found [HERE](#).



#### Silver Medal Clubs

Academy Bullets

NASA Wildcat Aquatics

FMC Aquatic

Chicago Wolfpack Aquatic Club

Patriot Aquatic Club

Fox Valley Park District Riptides

Fox Valley Swim Team



#### Bronze Medal Clubs

Hinsdale Swim Club



## Girls Senior Quad Challenge

[JANUARY 6-7th @ Stevenson HS](#)

The camp filled by 2nd round invites.

Camp Roster can be found [HERE](#). Please make sure your athletes received the camp acceptance email/waiver from Illinois Swimming.

### Camp Coaches:

Tara Drum (CORE)

Annika Macy (WILD)

Sammy Jo Mahler (RISE)

Deidre Morgan (DUND)

CAMP ROSTER

COACH INTEREST FORM

## Coach Certification Reminders

To be sent directly to [pam.lowenthal@ilswim.org](mailto: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

## 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.

## Check out our recent events on social media



### Illinois Swimming

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