



COACHES NEWSLETTER

Good Luck to all in Championship Season!

*Please pass this newsletter to your coaching staff and ensure they are receiving this communication - let me know if anyone on your staff is not.

Amie Adams, amie.adams@ilswim.org

CHAMP MEETS

2024 Spring Champ Meet Info

[Regional Championships](#)

February 23-25

[Senior Championships](#)

February 29-March 3 at Patriot Natatorium, Stevenson HS

Friendly Reminders...

- 200 Free & Medley Relays were added - use 400 Qualifying times in OME.
- Bonus finals heat will be Age restricted to 16&U athletes ONLY.

[Age Group Championships](#)

March 7-10th in Hobart, IN.

**See meet packets for more information.*

2025 Spring Champ Meet Bids

Bids for 2025 Spring Champ Meets are due March 9, 2024.

Meet structures can be found [HERE.](#)

Technical committees will make recommendations that will be presented for approval at the Spring Virtual Town Hall Meeting.

TOWNHALL
SAVE-THE-DATE
Sunday April 7, 2024

HS OBSERVED MEETS

Info

In lieu of the Coaches Coffee Talk, the Coaches Committee in collaboration with the Officials Chair and Pam, sent out information

Feb 2nd on HS Observed Meets – Process, rule differences, etc.

Click [HERE](#) to view communication.

The Coaches Committee is moving their quarterly Coffee Talk to a podcast format for April on Camp Programming. More info to come.

2024 TEAM ILLINOIS CAMPS

Camps

Illinois Swimming is hosting multiple camps this year to bring opportunities to our athletes and coaches.

Most notably, we are kicking off Project LA – June 8 & 9th, a progressive camp leading to the Olympics in LA in 2028. The complete 2024 schedule and "PLA" Camp Progression can be viewed [HERE](#).

As camps are finalized, the website will be updated and more information will be sent out. If you are interested in participating as a camp coach, please complete the Camp Coach Interest form below.

*If you have already filled out the form, you are on the list and do not need to complete again. Committees will reach out when filling coaching spots.

2024 TIL CAMPS

CAMP COACH INTEREST FORM

USA SWIMMING PROGRAMS

[The Senior Swimming Coaching Network](#) is designed to help coaches increase connectivity, build a strong supportive network, and provide education opportunities for swim coaches working with the 13 and over athletes in their club's senior program.

Upcoming Sessions:

Senior Network Topic: Short Course Training in a LC Season – **How to get good results without access to a LC Pool...**

- March 26, 2024 at 1PM CST ([REGISTER](#))
- March 27, 2024 at 11AM CST ([REGISTER](#))

[USA Swimming Coaches' Leadership Summit 2024](#) – April 19–21 (in-person) in Black Forest, CO.

- Application closes soon! Scholarships available.

Click [HERE](#) for more info.

MEET PLANNING CALENDAR

Calendar

Already set up for LC Season! Promote your meet [HERE](#).

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 for planning purposes. 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

Cert Reminders

Please ensure you and your coaches are up to date for membership.

Click [HERE](#) for a helpful list of certifications that need to be sent to Pam and those that automatically match to your membership record.

Check out our recent events on social media



Illinois Swimming

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