



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 to learn about your club and meet with athletes to talk Illinois Swimming and ways to get involved. Anything you need in the meantime, please reach out - amie.adams@ilswim.org

COACH CERTIFICATIONS

Cert Reminders

Please ensure you and your coaches have renewed their membership for 2024.

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

CHAMP MEETS

2024 Champ Meet Info

2024 Winter Regional, Age Group and Senior Championship Meet Info can be found [HERE](#).

Regional Championships - February 23-25 ([Team Assignments](#))

Senior Championships - February 29-March 3

Age Group Championships - March 7-10th

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

GIRLS SENIOR QUAD CHALLENGE RECAP

Camps

The Girls Senior Quad challenge was held [JANUARY 6-7th @ Stevenson HS](#) [64 athletes](#) participated in a full day of education focused on Nutrition, Body Mechanics and Culinary followed by a meet the next day. Congratulations to

Team Prairie State on their win!

Thank you to our coaches - Tara Drum (CORE), Annika Macy (WILD), Sammy Jo Mahler (RISE), Deidre Morgan (DUND)



SAVE THE DATE - UPCOMING CAMPS

Age Group Select Camp (Medalists at State) - Early May

Project LA - June 8 & 9th

10&U Aim for the Stars / Senior Leadership - June 27th & 28th (10&U)

***More info coming soon!**

CAMP COACH INTEREST FORM

USA SWIMMING EDUCATION OPPORTUNITIES

The 10 & Under Network was started in 2022 to help increase connections, build networking, and provide education. Since then, they have also started the 11-14 and Senior Series for USA Swimming Members.

Upcoming Sessions:

10&U Network Topic: *Building blocks for athlete development and why what you do matters. (both webinars will follow the same agenda)*

- January 17, 2024 at 2:30-3:30 p.m. EST ([REGISTER](#))
- January 18, 2024 at 12:30-1:30 p.m. EST ([REGISTER](#))

11-14 Dive In & Discuss Topic: *Gamification: Making Practices Purposeful, Productive and FUN. Ideas for using best use of time, space, and equipment at practice...*

- January 31, 2023 at 12pm EST ([REGISTER](#))

*You should also have received these invites via USA Swimming Team Services Advisors. Any questions contact:

10&U - Dana [Skelton, dskelton@usaswimming.org](mailto:dskelton@usaswimming.org)

11-14 - Bernadine [Dickman, bdickman@usaswimming.org](mailto:bdickman@usaswimming.org)

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](https://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.

Check out our recent events on social media



Illinois Swimming

1600 Golf Road Suite 1200, Rolling Meadows
Illinois 60008 United States

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