



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 in their inbox, please reach out to amie.adams@ilswim.org with their name and email.

Recent Events – Recap

May 5–7th

Duel in the Pool

All-Star teams from Illinois, Indiana, and Gulf Swimming competed at FMC Natatorium on Saturday and Sunday, May 6–7, at the third annual *Duel in the Pool*, taking home another first place finish.



June 5–8th

2023 Senior Select Camp

24 Athletes spent the week in Ocala, Florida at FAST – Florida Aquatics Swimming & Training Facility. Morning practices were led by Coach Gregg Troy with informal classroom sessions after.

Coach Troy focused on teaching efficiency through technique work and discussed taking ownership with the athletes – "The most important person in the water is you". He also referenced Ted Lasso, regarding positivity & "how good you can be if you look for the right things"



Upcoming Events



Board of Directors Meeting

Tuesday June 13th at 7:30.



Central Zone Open Water Champs

Central Zone Open Water

Championships is taking place on Friday June 16th at Lake Andrea.
Registration has closed

Great Lakes LSC Open Water Meet - June 29th

Thursday June 29th, also at Lake Andrea. This event will be treated as a prep meet for Illinois Swimming athletes. Time standards are slightly easier than Illinois Swimming Open Water State time standards. See meet packet for more info.



Aim for the Stars Camp - June 30th 1-4pm

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

Peoria & St. Charles

St. Charles filled quickly. Currently have 25 swimmers committed to Peoria.

Our Athlete Reps are leading the teambuilding/icebreaker activities

Interested in coaching an Illinois Swimming sponsored camp or event? Please complete the interest form to be added to the list!

[GENERAL CAMP COACH INTEREST FORM](#)

Championship Meets

July 14-16th - Illinois Swimming Summer Regionals

July 20-23rd - Illinois Swimming Age Group Championships

July 27-30th - Illinois Swimming Senior Championships

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



SAA

SCHOLASTIC ALL-AMERICA

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.

Interested in joining the Board of Directors?

Any coach, official, or USA–Swimming non–member can run for election. No previous experience is necessary.

Positions up for election in October of 2023:

- Age Group Vice Chair
- Coaches Representative – Small Club
- Operational Risk Chair
- Program Operations Vice Chair
- Safe Sport Chair
- Treasurer
- Governance Committee Member (non–board)

Questions, email the Governance Committee at governance@ilswim.org

[Click here if interested and for Job Descriptions](#)

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.](#)

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

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

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