



COACHES NEWSLETTER

Upcoming events, friendly reminders, recap of April events...

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.

Upcoming Events



Board of Directors Meeting

Wednesday May 10th at 7:30.

A closed strategic planning meeting session will be held May 13th to focus on the next quad planning.



White Sox Night

Friday May 19th at 7:10pm vs. Kansas City Royals!!! Buy your tickets now for a great evening of fun and excitement! Each ticket purchased will receive a swim cap with the White Sox logo.



Duel in the Pool

All-Star teams from Illinois, Indiana, and Gulf Swimming will be competing at the FMC Natatorium on Saturday and Sunday, May 6-7, at the third annual *Duel in the Pool*.



2023 Summer Senior Camp

32 Athletes (16 Female and 16 Male athletes) were invited to attend the camp being held in Ocala, FL from June 5th - June 8th, 2023, with special guest Coach Gregg Troy.

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

April Recap



March 30th-April 2nd

USA Swimming Women in Leadership Summit

Nancy Reese (COHO), Melissa Healy (MMSC), Morgan Wind (LYON) and Amie Adams (ISI) attended the Women in Leadership Summit in Black Forest, Co.

This summit is held annually in the spring and recommended to all women coaches looking to establish connections and strengthen their leadership or involvement in the sport.

Morgan Wind: This was my first time attending a leadership conference. I think this women's leadership summit really set my expectations high for any other ones in my future. I got to make connections with some wonderful women, moms and coaches. It really helped me to learn more about myself and my leadership skills.



April 30th

Women Coaches Wine Tasting & Bingo

The Chicago Wine Co. hosted a Wine Tasting and Bingo for Women Coaches in Illinois Swimming on Sunday April 30th, with 13 attendees & many bingo prize winners - thank you Pam for the prize donations.

Huge thank you to Debbie and Pete Duffy, and The Chicago Wine Co. for hosting this successful event.

We hope to make this an annual event.

April 19-23

2023 USA Swimming Workshop

The 2023 USA Swimming Workshops were held in Denver, Colorado featuring tracks for officials, new refs, coaches, LSC leaders and athletes, along with programming for those who were part of Women in Governance.

This was a great opportunity for to collaborate, connect and come together to discuss how to grow the sport and create impactful experiences for our members.



April 15th

2023 Age Group Pro Series Camp

Sixty (60) of our 12&U athletes



participated in training and team building at Superior Training Facility & lunch at Zazzo's before going to the TYR Pro Series Meet on Saturday evening at FMC.

Thank you to the Team Illinois coaching staff - Dustin (PPD), Leigh (GBS), Nick (HOSC), Rebecca (FOX) and Rob (NTA).

[Camp Page](#)

April 16th

Illinois Swimming Athlete Banquet

Congratulations to our Award Winners from the 2021-2022 competition year

Carolyn Lambert Award

FMC Aquatic Swim Team

Don Drumm Award

Academy Bullets

Volunteer of the Year Award

Jack Yetter

Breakthru Female Swimmer of the Year

Julieta Tracy (Chicago Wolfpack Aquatic Club)

Breakthru Male Swimmer of the Year

Brayden Capen (Academy Bullets)

Senior Coach of the Year

Nancy Hooper (Fox Valley Park District Riptides)

Age Group Coach of the Year

Glenn Brown and Misty O'Connell (Academy Bullets)

Open Water Coach of the Year

Rob Emary (Barrington Swim Club)

Open Water Female Swimmer of the Year

Abby Hill (Barrington Swim Club)

Open Water Male Swimmer of the Year

Rylan Anselm (Barrington Swim Club)

Female Swimmer of the Year

Leah Hayes (Fox Valley Park District Riptides)

Male Swimmer of the Year

Colin Zhang (Glenbrook Swim Club)

SAVE THE DATE: The next Athlete Banquet will be a dinner, Sunday October 1st at the Hyatt Regency O'hare



2022 Honored Female Athletes



2022 Honored Male Athletes

Illinois Swimming Town Hall

Illinois Swimming also hosted a virtual Town Hall on Sunday April 16th. The Board of Directors and each committee provided updates.

You can view the Town Hall [HERE](#)

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Illinois Swimming

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