



COACHES NEWSLETTER

Please ensure your coaching staff is receiving this newsletter. The email 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

RECAP & UPCOMING EVENTS

Athlete Election Results

Election Info

Congratulations to our newly elected Junior Athlete Representatives!

Lindsay Forebaugh (FMC)

Emma Overall (HSC)

Elyse Newlands (NTA) At-Large Athlete Rep

Johnathan Feiro (HSC) was also appointed to fulfill a 1 year term remaining for At-Large Athlete Rep.

We had a large number of athletes participate in elections as candidates (10) and in votes (300+). The athlete reps are making a push in athlete engagement across committees and the LSC. They will be communicating ways for all athletes to get involved and stay informed.



2023 Scholastic All American Team

ISI Recipients

USA Swimming announced the [2023 Scholastic All American Team](#). Congratulations to the [40 Illinois Swimming Scholar-Athletes](#) on their achievement!

Girls Senior Quad Challenge

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



Invitations will be sent out and the application will open in tiers to senior girls (14+ & in high school) on a first come first serve basis until 64 athletes are reached.

November 27th: Junior Nationals

December 1st: Futures

December 5th: Sectionals

December 8th: Senior State

See [camp page](#) for more info.

Interested in coaching this camp? Or any ISI camp/event?

Please complete the interest form!

GENERAL CAMP COACH INTEREST FORM

Team Illinois LC Training

Reservations

TIL LC Training is a long course meter (LCM) training opportunity for any swimmer with a 2023 Speedo Winter Junior Championships qualifying standard as we move towards Indianapolis in June 2024 and beyond. Click [HERE](#) for more information.

Next one: November 26th

10&U Network – Let's Dive In Session

Register

Offered by USA Swimming for 10&U Coaches. Age Group and Senior Networks will be starting soon!

Topic: Teaching Dives. This could be something as basic as introducing swimmers to diving for the first time or working with kids that are already using the starting blocks.

When: November 28th at 1:00–2:00 p.m. EST ([REGISTER](#))

Who: 10 & Under Coaches

Let's Dive In Guidelines:

- Any coach that would like to speak and share their idea, you will put your name and email in the chat.
- The purpose of including your email is for coaches to follow up if they have any questions. This is also a great way to start connecting with coaches across the country!
- Once you are called on you will have 3 minutes to share.
- Speakers will be limited to 3 minutes to allow time for us to hear as many ideas as possible within the hour.
- After an hour we will close the session
- This is meant to create an environment that is open to sharing, kind and courteous to others.

A great opportunity to learn and share with coaches across the country!

Coach Certification Reminders

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

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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