



COACHES NEWSLETTER

Please forward this newsletter to your coaching staff. We will be updating our email list throughout the registration period.

[COACHES SURVEY:](#) The coaches survey is still accepting responses. Please take a few minutes to complete this if you haven't already.

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

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 (***Not available 10/25**)
- Coaches Advantage Tutorial
- Coach Education: Welcome to USA Swimming, USA Swimming Rules and Regulations, Quality Coaching Framework, CORE courses

UPCOMING EVENTS & RECAP

Athlete Representative Elections

[Rep/Committee Info](#)

[Applications](#) for Illinois Swimming Athlete Junior Representatives are due this Saturday October 21st at noon! Please encourage your athletes to get involved and also VOTE!

Elections will take place electronically October 27th-30th. The elected representatives will be announced November 1st.

Team Illinois LC Training

[Dates & 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.



Senior Quad Challenge

[64 HS male athletes](#) attended the Senior Quad Challenge (9/23-9/24). Saturday consisted of both in water and classroom sessions, focusing on Body Mechanics with Dr. Brian Cunningham, Nutrition with Andrea Rudser-Rusin and Culinary Basics with SHS Head Chef Thomas Rubeo.

Sunday, they split into 4 teams to compete in the Quad Challenge. Congratulations to TEAM FLATLANDERS! Thank you to our coaches: Nick Flynn (PAC), Matt Harder (RISE), Jake Darlinger (FOX) and Spencer Walker (ACAD).

SAVE THE DATE: January 6th & 7th for the camp open to HS Girls. Invites will be going out late November. We are looking for coaches (targeting female coaches for the Jan. Camp)

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

Please complete the interest form!

[GENERAL CAMP COACH INTEREST FORM](#)



Hall of Fame Ceremony

Hall of Fame inductees (28 in attendance) were celebrated and honored at the Induction Ceremony hosted by Olympian Rowdy Gaines, on Saturday, September 30th at the Hyatt Regency O'Hare in Rosemont, Illinois.

A photo gallery of the event can be viewed [HERE](#).

House of Delegates

HOD was held October



1st. Congratulations to our newly elected [board members](#):

Program Operations Vice Chair: Nick Parry

Operational Risk Chair: Brennan Warren

Safe Sport Chair: Kate Chronic

Athlete Recognition Banquet

[Top Athletes](#)

[The top 3 athletes](#) in their age group and event from the 2022-2023 season were invited to the annual Illinois Swimming Athlete Recognition Banquet held October 1st.

***Certificates will be mailed to the club for those that did not attend.**

Congratulations to all athletes and award winners. Click [HERE](#) for a list of award winners.

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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