

## USA SWIMMING Updates for Y Coaches

Week of January 16, 2023

### Regional Coach Clinics-

USA Swimming's Regional Coach Clinics provide coaches of all levels and experience with the blueprint and best in class expertise to reform their coaching using facilitated education, discussions, and activities. Regional Coach Clinics are open to all USAS, YMCA, high school, or local swim coaches in the area. This year, five clinics will be hosted across each zone throughout the year.

**More information:** Click [here](#). Registration opens on Tuesday, January 17<sup>th</sup>!

### Spring Women's Leadership Summit-

WLS helps female coaches with varying levels of experience build their confidence and expertise in leadership, wellness, and coaching through immersive educational sessions and networking opportunities with fellow members of the USA Swimming community. This event will host 40 female USA Swimming coaches. The Spring WLS will be held March 31<sup>st</sup>-April 2<sup>nd</sup> at the La Forest Retreat Center in Colorado Springs, Colorado. Applications open on Tuesday, January 17<sup>th</sup>!

**More Information:** Click [here](#).

### National Diversity Select Camp-

**Who:** Athletes who represent an underrepresented community and/or ethnically underrepresented population that is less than 10% of the current USA Swimming member base. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American, and others.

**Where:** US Olympic and Paralympic Training Center- Colorado Springs, Colorado

**When:** May 4<sup>th</sup>-7<sup>th</sup>

**More Information:** The National Diversity Select Camp requires an athlete application. Athletes will NOT automatically be selected for this camp based on 2022 swims or IMX scores. The 2023 application is open until Friday, February 10<sup>th</sup> at 5pm MST. Please see the [NDSC Application](#) for more information.

### Zone Select Camp-

Zone Select Camps invite the top fifty-six 12, 13, and 14-year-old athletes in each zone for a unique motivational experience, training, and facilitations. Athletes will be selected based on their 2022 LCM IMX scores, and times. Athletes, coaches, and parents will be notified of their swimmers' selection no later than Friday, March 3<sup>rd</sup>. Zone select camps will be held at a university campus in each zone. ZSC are scheduled for May and June.

**For more information on Zone sites and dates, the selection process, and the camp, click [here](#).**

### Regional Diversity Select Camp-

**Who:** Athletes who represent an underrepresented community and/or ethnically underrepresented population that is less than 10% of the current USA Swimming member base. These populations can include African American/Black, Hispanic/Latinx, Asian or Pacific Islander, Native American, and others.

**Where:** Multiple locations.

**When:** June 1-4, and June 8-11.

**More Information:** The Regional Diversity Select Camp requires an athlete application. Athletes will NOT automatically be selected for this camp based on 2022 swims or IMX scores. The 2023 RDSC application will be open on Monday, February 13<sup>th</sup> and close on Friday, March 31<sup>st</sup> at 5pm MST. Click [here](#) for more information.

**Camp Assistant Coach Application:** Coaches are integral to our mission, guiding swimmers to excellence in the pool, and instilling in them the tools they need to succeed in life beyond competition. The 2023 USA Swimming Zone, Regional, and National camps will invite 5 assistant coaches through an application process to assist with the programming, coaching, and overall execution of the camps. Any USA Swimming certified coaches are invited to apply for this unique coaching experience. Applications will open on Tuesday, January 17<sup>th</sup>, and will be distributed via email to qualified coaches.