

## July 2023 LESI Coach Newsletter

Greetings LESI Coaches,

Please take a few seconds to skim the headers in red, and read more as you need! If you find that formatting helpful or have other suggestions, let us know.

*\*\*Please take a moment to ask coaches on your teams if they are receiving monthly email updates from us (or if they received this email). If not, please forward this message along, confirm that the respective coaches are included on [The LESI Contacts Listserv](#), and reply to this message with their contact information.\*\**

1. **LESI AG & Senior Champs Swim Meets This Month:** Good luck to all teams competing in the LESI [Age Group Champs](#) and [Senior Champs](#) meets.
2. **Youth & Adult Swim Clinics with OLYMPIC GOLD MEDALISTS in Westlake, OH:** Olympic Gold Medalists and USA Swimming Foundation Ambassadors, **Missy Franklin** and **Cullen Jones** will be at the Westlake Recreation Center **Sunday, July 30**, hosting two (2) different swimming clinics. In between these sessions, participants can join these featured Olympic Gold Medalists for lunch and learn about their Olympic achievements and their current involvement in our sport. [Click HERE](#) to secure your spot *before July 27th!*
3. **2023 Central Zones:** The Lake Erie Swimming registration and information site for the [2023 Central Zone 14 & Under Championships](#) is up. The event form should be completed by eligible athletes after the LESI AG Champs meet. [Click here](#) for more information.
4. **USA Swimming HOD Proposed Legislation:** [Click HERE](#) to see what proposals will be voted on during the 2023 USA Swimming HOD Meeting on September 23, 2023. Some additional information can be found [HERE](#), however, if you have any additional concerns or questions about one or more specific approvals, reply all to this message with details.
5. **Coach Provisional Membership:** Interested in a way for new coaches to get to work faster and with less financial impact on your teams? USA Swimming is adding a Provisional Coach Membership option in the Online Member Registration (OMR), beginning **September 1, 2023**. Learn more about this upcoming offering [HERE!](#)
6. **The Quality Coaching Framework Course DUE Sept. 1:** As we head into August, a month many teams take a break from practices for a few weeks, we want to remind all coaches to please complete this training by **September 1st** of this year, if you haven't already. This course can be found by logging into your SWIMS account and selecting the "Education" tab, then clicking "All Courses". Coaches may send a screenshot of their certificate to Pam once they are done so they have proof of completion. Please note: New coaches are still required to take the QCF course before getting on deck.
7. **New Middle School Meet Opportunity:** [Click Here](#) for information about a Holiday Meet available for Middle School aged swimmers in grades 6-8. *This December 17th meet is a sanctioned USA Meet that will not be on the LE Meet Schedule.*
8. **"Also Included in the LESI eNewsletter":** Check out Pam's most recent (June 30th) update for information on the topics listed below:

1. 2023 USA Swimming Speedo Sectionals
2. USA Swimming's Learn-to-Swim/Pre-Competitive Webinar Series
3. Selection of USA Swimming HOD members
4. Group Opportunities for visiting clubs, LSCs, and youth organizations planning to come to Indy in June 2024 for the Olympic Trials.
5. Sport Development Division Resources & LSC Leaders Call
6. Club Marketing, Safe Sport, and Coach Tools and Resources

Once again, please check the Coach Contact List mentioned above to confirm your email address, as we will use this listserv for emails next month. Thank you, and happy start of July!

Thank you for taking the time to read the contents of this message. Have a great and prosperous week!

**~Jelani Watkins & EJ McIlduff, LESI Coach Reps**

Thank you for taking the time to read the contents of this message. Have a great and prosperous week!

***Jelani Watkins***

**Co-Director of the Middle School | Hawken School**  
**Coach/Admin Support | Lake Erie Silver Dolphins (LESD)**  
**Assistant Director | Cleveland Chamber Choir**  
*Georgia State University M.M. '17*  
*Morehouse College B.A. '15*  
*404.786.7027(mobile)*