

Lake Erie Swimming, Inc.

March 31, 2023

Every Friday LE will publish an electronic newsletter on latest developments. All club contacts and non-athlete who have a valid email address will automatically receive the newsletter. Others may email pamswim@aol.com to get on the distribution list. The newsletter will also be posted on the web. Please share with other club officers and post at your practice facility for your parents and athletes. Send/email me any input you may wish to share with the LE swimming community. If you check email infrequently, always check it on Friday.

Meet Information is posted on the LE website – <http://www.lakeerieswimming.com>

To get “breaking news” to your mobile device, follow LE on Twitter (@LESwimming)

LESI Spring House of Delegates – April 30, 2023 St. Noel’s

Athlete Nominations - The athlete representatives are still looking for nominations for the next Junior Athlete Rep and Athletes Executive Committee (AEC). To be eligible for Junior Athlete Rep, the athlete must be a rising Junior at the time of nomination. To be eligible for the AEC, the athlete must be a rising freshman and no greater than a rising junior at the time of nomination.

The nominations for each must include name, club team, # of years swimming, a short explanation why you want to serve in the position, and a picture. Send all items to lakeerieathletescommittee@gmail.com!

LESI Strategic Plan Feedback/Input <https://forms.gle/FL63hJmwQytvAb8v5>

The Quality Coaching Framework course is due for **ALL** existing coaches has been extended to 6/6/2023. This course can be found by logging into your SWIMS account and selecting the “Education” tab, then clicking “All Courses”. We are working on where that completion will appear, but in the meantime, please ask your coaches to screenshot their certificate once they are done so they have proof of completion. It is a one-time course, no renewing annually, and the goal of the course is really to let existing coaches know what framework we used to build the new Coaching Certifications. Most, if not all, of the information will not be new to them, but just so they know the direction USA Swimming is going with our newer coaches and their education.

LESI eNewsletter **If there are members of your club or anyone else who wants to be on the email distribution list, email me (pamswim@aol.com) to be added to the list – anyone can be on this list and receive the weekly eNewsletter. The newsletter is also posted on the LESI website.**

USA Swimming Updates **Week of March 26 2023**

- **LSC Leaders Call**
 - o All info and recordings can be found:
<https://www.usaswimming.org/about/lsc-governance>

- o [Scroll to bottom for the resources](#)
- [2023 USA Swimming Workshop presented by LIVEBARN](#)
 - <https://www.usaswimming.org/coaches-leaders/team-leaders/programs-services#usa-swimming-workshop-presented-by-livebarn>
 -

Safe Sport Trainings

For Parents:

- **April 5, 10 p.m. ET | [REGISTER](#)**
- May 10, 8 p.m. ET | [REGISTER](#)
- June 7, 8 p.m. ET | [REGISTER](#)

For Athletes:

- **April 6, 10 p.m. ET | [REGISTER](#)**
- May 11, 8 p.m. ET | [REGISTER](#)
- June 8, 8 p.m. ET | [REGISTER](#)

For Coaches:

- **April 7, 2 p.m. ET | [REGISTER](#)**
- May 12, 3 p.m. ET | [REGISTER](#)

- **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 17th, and will be distributed via email to qualified coaches.

- **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.

- **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 4th-7th

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 10th at 5pm MST. Please see the [NDSC Application](#) for more information.

- **Club Marketing Toolkit:**
 - <https://www.usaswimming.org/coaches-leaders/team-leaders/marketing-toolkit>
- **SWIMS 3.0 Questions:**
 - <https://www.usaswimming.org/about-usas/resources/swims-database>
 - Email: Swims3.0@usaswimming.org
- **Coach Certification Resources** [Coach Certification Program \(usaswimming.org\)](#)

Flex Membership

The USA Swimming Board of Directors has approved two changes to the USA Swimming Flex Membership category. Both changes are effective September 1, 2022, for the 2023 membership year.

- First, the Flex Membership category will be available only for athletes ages 12 and younger. This is intended to maximize the benefit of the Flex Membership, given current membership trends and projections.
- Additionally, the Board approved changing the Flex Membership fee to \$30, with \$20 of the fee going to USA Swimming and \$10 going to the Local Swimming Committee (LSC) [Note: the LSC may not charge more than the \$10 fee]. The previous fee for this category of membership has not kept pace with fee increases to the Premium Membership, and this change is intended to keep this fee in line with other membership increases.
For questions, please contact membership@usaswimming.org.
- **LSC Leaders Resources folder:** Access information on the Governance Series, notes from LSC Leaders meetings, and leading practices from LSCs for ideas and shared services moving forward
<https://drive.google.com/drive/folders/1eh0WugGdopgAovEi8x9UHL1AcTrXTDjj?usp=sharing>
 - [LSC Board and Staff Change Form](#) please use this form moving forward to update USA Swimming on LSC leadership positions. This form is also available on the website under about/LSC Governance.
<https://fs22.formsite.com/usaswimming/qbaao4q5ry/index.html>
- **New Membership Category**
 - <https://www.usaswimming.org/news/2021/12/10/new-categories-of-individuals-required-to-be-non-athlete-members>

- **Webinars & Clinics** (upcoming & previously recorded):
<https://www.usaswimming.org/coaches-leaders/team-leaders/programs-services#webinars---presentations>
- **12 and Under Banned/Approved Suit list** – Including the FINA Numbers
- Doc: <https://www.usaswimming.org/docs/default-source/rules-regulations/tech-suit-restrictions/12-under-approved-suits-2-18-21.pdf>
- Article: <https://www.usaswimming.org/news/2020/08/24/tech-suit-restriction-for-12-and-under-swimmers>

FAQ: <https://www.usaswimming.org/news/2021/03/15/12-under-tech-suit-restrictions---frequently-asked-questions>