

Lake Erie Swimming, Inc.

January 7, 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.lakeeriewimming.com>

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

Club Name Change – CWW has changed their club name to CAQ – Copley Aquatics. Amanda Hinton is the head coach.

LESI Strategic PlaFeedback/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.

SWIMS 3.0 – 2023 Club Renewals- Clubs need to do the following to renew their club for 2023:

- Go online to renew the club with USA Swimming – USA Swimming fee of \$70
- Email pamswim@aol.com the LE 2023 Club Application and the club will be billed for the LSC club fee (\$30)

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 January 2, 2023

- All returning coaches are required to complete the Quality Coaching Framework course on the Coaching Certification Platform. Based on your feedback, this requirement has been pushed to June 6, 2023. This is a one-time requirement that never expires, which can be taken at any time before the deadline.

To access this course:

- o Login to your USA Swimming account;
- o Click Education in the blue banner
- o Click Course Catalog under Education
- o Click All Courses on the left hand side
- o Scroll and click Quality Coaching Framework
- o Open the course in either English or Spanish to complete
View the [Coach Certification Flow Chart](#) to ensure you continue to be a USA Swimming member coach in good standing.

- **The updated 2023 national events calendar is listed below:**

<i>Date</i>	<i>Competition</i>	<i>Location</i>
Jan 11-14	TYR Pro Swim Series	Knoxville, T
Mar 1-4	TYR Pro Swim Series	Ft Lauderdale, FL
Apr 12-15	TYR Pro Swim Series	Westmont, IL
Apr 21-23	Open Water Nationals	Sarasota, FL
May 17-20	TYR Pro Swim Series	Mission Viejo, CA
Jun 27-July 1	Phillips 66 National Championships	Indianapolis, IN
Jul 26-29	TYR Pro Championships	Irvine, CA
Jul 31-Aug 4	Speedo Junior National Championships	Irvine, CA
Nov 29-Dec 2	Toyota U.S. Open	TBD
Dec 6-9	Speedo Winter Junior Championships (East)	Ohio State U
Dec 6-9	Speedo Winter Junior Championships (West)	TBD

For more details on USA Swimming national events, visit www.usaswimming.org/events.

- **Club Marketing Toolkit:**
 - o <https://www.usaswimming.org/coaches-leaders/team-leaders/marketing-toolkit> ;
- **Futures 2023:** 5 Sites, New Map
 - o <https://www.usaswimming.org/event/2023/07/26/default-calendar/2023-futures-championships> ;
- **SWIMS 3.0 Questions:**
 - o <https://www.usaswimming.org/about-usas/resources/swims-database>
 - o Email: Swims3.0@usaswimming.org

- **Coach Certification Resources**
 - [Coach Certification Program \(usaswimming.org\)](https://usaswimming.org)
- **2023 Tyr Pro Series:** Time Standards will be Winter Junior times.
- There will no longer be a 30 day grace period for 18 and older athletes to complete their Athlete Protection Training.
- **LSC Leaders Zoom:** The full agenda, including links to the recording of meetings, and links for all specifics discussed on all calls can be found here:
 - <https://drive.google.com/drive/u/1/folders/1eh0WugGdopgAovEi8x9UhL1AcTrXTDjj>
- **Safe Sport Trainings**
- **Athletes:** Thurs, Jan 19 at 8 p.m. ET
- https://usaswimming.zoom.us/j/947pXm_Mry0G3pFE0hU9
- **Parents:** Wed, Jan 18 at 8 p.m.
 - https://usaswimming.zoom.us/j/947pXm_Mry0G3pFE0hU9
- **Coaches:** Friday, Jan 20 at 3 p.m. ET
 - https://usaswimming.zoom.us/j/947pXm_Mry0G3pFE0hU9

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.

In January of 2020, the USA Swimming Board of Directors approved changes to the Flex Membership for the 2021 Membership Year, which included restrictions by age and tiered increases in price. That action was delayed until the 2023 Membership Year due to COVID-19. Since then, the Board of Directors has simplified the changes to Flex for the 2023 Membership Year, to begin September 1, 2022.

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>