



What Is Available From USA Swimming?

PROGRAM/SERVICE

For Swimmers:

Splash Magazine (6 issues per year)
USA Swimming Website
SwimKids & Forum on website
Splash TV
Swim-A-Thon Champs & Prizes
National Postal Meet
LSC "Catch the Spirit" Camps
Regional & National Select Camps
Scholastic All-America Program
Fast Times & Results
Top 16 Rankings
DartSwim CD
Nutrition & Supplements Info
Drug Control Information
Insurance /Risk Mgmt Programs
Safe, Sanctioned Swim Meets
Educated, Certified Coaches

For Parents:

USA Swimming Website
Nutrition & Supplements Info
Swim Parent Survival Guide
Swim Parent Handbook
Parent Education & Awareness Kit
PEAK Kit Booklet
Swimming 101
Parents Forum on Website
Officials Education & Certification
Drug Control Information

CONTACT

Direct mailed to family

Kim Holmes
Dave Thomas
Christine Schemmel
Sue Anderson

Larry Herr
Local Top 16 Tabulator
John Walker
Charlene Boudreau
Stacy Michael
Member Services

Charlene Boudreau
Christine Schemmel
Christine Schemmel
Christine Schemmel
Christine Schemmel
Christine Schemmel

LSC Officials Chair
Stacy Michael

WEBSITE LINK

www.usa-swimming.org
www.usa-swimming.org/swimkids
www.usa-swimming.org/swimkids/template.pl?opt=news&pubid=2474
www.usa-swimming.org/programs/template.pl?opt=news&pubid=2454
www.usa-swimming.org/media_services/template.pl?opt=news&pubid=2856
www.usa-swimming.org/programs/template.pl?opt=camps
www.usa-swimming.org/programs/template.pl?opt=camps
www.usa-swimming.org/media_services/template.pl?opt=news&pubid=2821
www.usa-swimming.org/fast_times
www.usa-swimming.org/fast_times
www.dartswim.com
www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2682
www.usa-swimming.org/programs/template.pl?opt=drugcontrol

www.usa-swimming.org
www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2682
www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908
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www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908
www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908
www.usa-swimming.org/ubb/cgi-bin/Ultimate.cgi
www.usa-swimming.org/programs/template.pl?opt=officials
www.usa-swimming.org/programs/template.pl?opt=drugcontrol

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| <u>PROGRAM/SERVICE</u> | <u>CONTACT</u> | <u>WEBSITE LINK</u> |
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| <i>For Clubs:</i> | | |
| USA Swimming Website | | www.usa-swimming.org |
| Club Leadership & Business Management School | Tom Avischious | |
| Club Toolbox (it's free!) | Ruth Flint | www.usa-swimming.org/programs/template.pl?opt=news&pubid=2678 |
| Public Service Announcements | | |
| Club Administration Handbook | | |
| Sample Club Bylaws & Handbook | | |
| Manuals for Disabled Athletes | Kim Holmes | www.usa-swimming.org/programs/template.pl?opt=news&pubid=1137 |
| "Come Swim With Us" Brochure | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Recruiting Posters & Postcards | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Club Fundraising Idea Book | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Inspirational Videos | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Officiating Videos | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Official Rulebook & Mini-Rulebook | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Prospective Club Membership Packet | Mary Illich | |
| Club Excellence Program | Pat Hogan | www.usa-swimming.org/programs/template.pl?opt=news&pubid=2491 |
| Club Profile Project | | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2475 |
| Sports Medicine & Science Network | Charlene Boudreau | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=1568 |
| Swim-A-Thon | Lee Lopez | www.usa-swimming.org/programs/template.pl?opt=news&pubid=2454 |
| April Pool's Day | Amanda Bryant | www.aprilpoolsday.com |
| Nickelodeon Splash 'N Swim Program | | |
| Strategic Planning Seminars | Tom Avischious | |
| Safety/Loss Control Manual | Mary Illich | |
| Outreach Manual | Kim Holmes | |
| Build-a-Pool Handbook | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| USA Swimming Yearbooks | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| USA Swimming Directory | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Meet Directors Handbook | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Logo Usage | David Zane | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Hertz Meeting Rates | David Zane | |
| Insurance & Risk Mgmt. Information | Member Services | www.usa-swimming.org/programs/template.pl?opt=memberservices |
| Optional Directors/Officers Insurance | Member Services | |
| Educated, Certified Coaches | | |
| Club Development Coordinators as consultants/resources | | |

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| <i>For Coaches:</i> | | |
| Coaches' Quarterly Magazine | Direct mail to coach | |
| Coaches Section -Website | Peter O'Neill | www.usa-swimming.org/programs/template.pl?opt=coaches |
| Coaches' Clinics & Workshops | Tom Avischious | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=3091 www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=3092 |
| Coaches' Incentive Program | Everett Uchiyama | |
| Regular Blast Emails | Club Development Coordinators | |
| Coaches Forum on Website | | www.usa-swimming.org/ubb/cgi-bin/Ultimate.cgi |
| Staff Articles | | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=824 |
| Race Analysis | John Walker | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=882 |
| DartSwim | John Walker | www.dartswim.com |
| Nutrition & Supplements Info | Charlene Boudreau | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2682 |
| Sports Medicine Info | Charlene Boudreau | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2168 |
| Shoulder Injury Prevention | Charlene Boudreau | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2608 |
| Club Profile Project | | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2475 |
| Mental Tool Box | | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=243 |
| Active Tracking Project | Dr. Genadijus Sokolovas | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2060 |
| Seasonal Training Design | Dr. Genadijus Sokolovas | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=1906 |
| Land /Water Strength Testing | Dr. Genadijus Sokolovas | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=1955 |
| Lactate Clearance & HR Profile | Dr. Genadijus Sokolovas | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=2961 |
| Computer Training Design | Dr. Genadijus Sokolovas | www.usa-swimming.org/programs/template.pl?opt=news&pubid=666 |
| Time Trials Analysis | Dr. Genadijus Sokolovas | www.usa-swimming.org/programs/template.pl?opt=news&pubid=708 |
| Long-Term Performance Progression | Dr. Genadijus Sokolovas | |
| Drug Control Information | Stacy Michael | www.usa-swimming.org/programs/template.pl?opt=drugcontrol |
| Downloadable Workouts | | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=1719 |
| Swimming Resource Database | | www4.usa-swimming.org/infodrv/rdb/ResourceDB.htm |
| Core Strength Training Video | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Foundations of Coaching Book | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Progressions for Development | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Boomer Video Series | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Michael Phelps Video | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Liability & Excess Accident Insurance | Member Services | |
| Risk Management & Safety Info | Member Services | |
| Club Development Coordinators as consultants/resources | | |

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| <i>For Local Swim Committees (LSCs) ...</i> | | |
| USA Swimming Website | | www.usa-swimming.org |
| Swimposiums | Carol Burch | |
| Articles & Resource Information | Member Services | |
| Officials Education & Certification | LSC Officials Chair | www.usa-swimming.org/programs/template.pl?opt=officials |
| Officiating Videos | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Official Rulebook & Mini-Rulebook | Christine Schemmel | www.usa-swimming.org/programs/template.pl?opt=coaches&pubid=908 |
| Hertz Meeting Rates | David Zane | |
| Insurance & Risk Mgmt. Information | Member Services | www.usa-swimming.org/programs/template.pl?opt=memberservices |
| Clinics & Training for LSC Volunteers | Member Services | |
| Awards & Recognition for Volunteers | | |
| Member Services staff as LSC liasons | | |
| Club Development Coordinators as consultants/resources | | |

To contact a staff member at USA Swimming:

**First initial and last name @ usa-swimming.org
(example: Christine Schemmel = cschemmel@usa-swimming.org)**

or

Call 719-866-4578