



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

<http://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/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>
<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		

<u>PROGRAM/SERVICE</u>	<u>CONTACT</u>	<u>WEBSITE LINK</u>
<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		http://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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<u>PROGRAM/SERVICE</u>	<u>CONTACT</u>	<u>WEBSITE LINK</u>
<i>For Local Swim Committees (LSC's) ...</i>		
USA Swimming Website		www.usa-swimming.org
Swimposium	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 liaisons		
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