



Member Newsletter - January/February 2023

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Welcome, 2023!

We are looking forward to another great year of Masters Swimming in Illinois! The year is kicking off with a new website and a regular newsletter. The goal is to provide better communication to our members through a bi-monthly newsletter with current information regarding meets, results, trends in Masters Swimming, and positive things happening throughout Illinois. You can expect an email with a link to the newsletter when it is published, as well as find it and archived versions on the website: www.ilmsa.com

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ILMSA Awards

It is Awards Season for the ILMSA. Every year, three prestigious awards are handed out during our state meet. We are looking for swimmers, coaches and volunteers who fit the following:

- Coach of the Year
- Volunteer of the Year
- Bill Mulliken Legends Award

The deadline for applications is February 1. More information about each category and the application will soon be available on the website. If you have any questions, you can reach out to Mike at awards@ilmsa.com.

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Coaches Corner



Each publication will include information for coaches to use at the pool. Feel free to submit workouts either in type or with a photo of a whiteboard that we can post for others to use.

[Submit a Workout Here](#)

Did you know that there are 7 coaches from around the country paid by USMS to write workouts for members to use? Our very own Andy Seibt from Fossil Fish is one of the contributors to this awesome resource provided by USMS. Just log in to your USMS account and click on “Workout Library” to get access to hundreds of workouts!

Free Coaches Clinic on February 4 in Joliet

ILMSA Coaches are welcome to attend a free clinic at the Inwood Athletic Club pool in Joliet on Saturday, February 4 from 10:00-3:00. This will include a 2 hour classroom session where information presented at the National Coaches Clinic last October will be shared, a free lunch, and then a 2 hour pool session where we discuss the latest in drills, techniques, and injury prevention.

[Let us know you can come by filling out this form to reserve your spot!](#)

Space is limited to 30 coaches.

Questions? Contact Molly Hoover at mhoover@jolietpark.org

Swimmers of the Month

Do you have someone on your team who deserves some recognition? Maybe they just completed their first 100 fly. Maybe they did their first dive or flip turn. Maybe they just set a national record. Whatever it is, we'd love to hear about it! Use the button below to submit a photo and quick blurb about the swimmer. All submissions will be included in the next newsletter.

[Submit a swimmer here](#)

Upcoming

Saturday, January 21 - [Lemont "Get Kraken" Meet](#)

Sunday, January 29 - [Evanston January Invite](#)

Saturday, February 4 - Coaches Clinic in Joliet, [info and registration here](#)

Sunday, February 19 - [John May Winter Classic](#)

Saturday-Sunday, February 25-26 - [Swedish Fish March Madness](#)

Sunday, March 5 - Bloomington, info coming

Sunday, March 12 - Naperville, info coming

Friday-Sunday, March 31-April 2 - ILSMA State Meet, FMC, info coming



Swim Snap

Did you take a cool picture recently that is swimming related? Click the button to share it with us and we will select some to share in our upcoming newsletters.

[Submit a pic](#)
