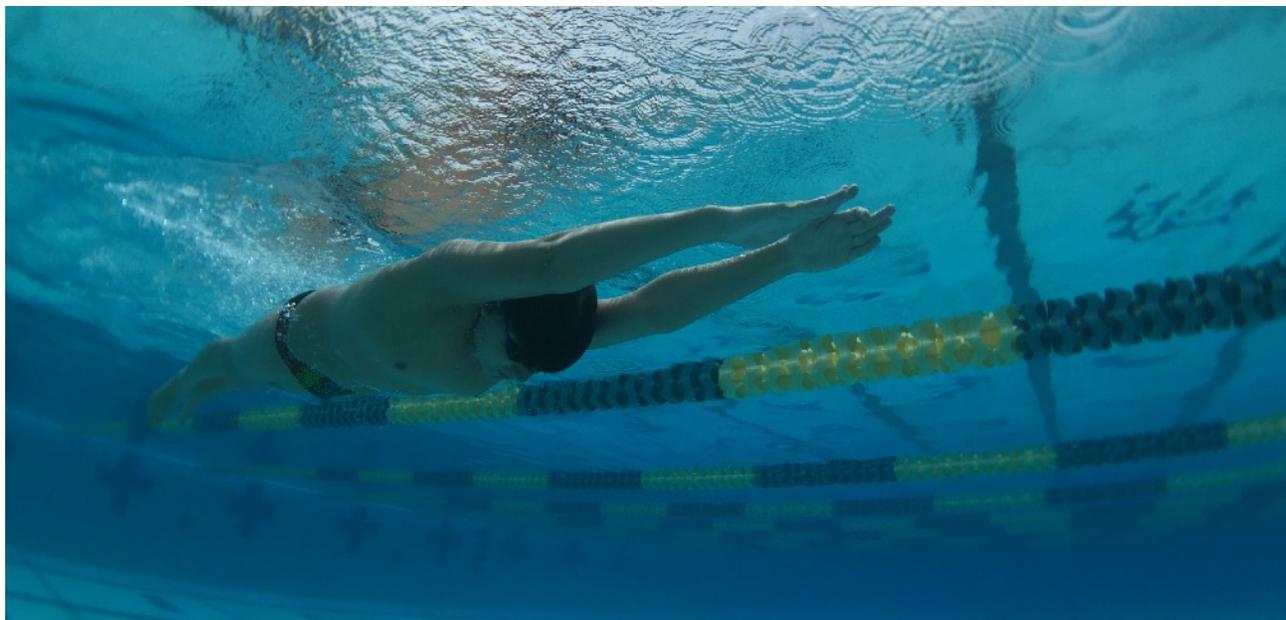

GOSWIM.TV & ILLINOIS SWIMMING



Presents - ISI Coaches Super Group

GoSwim will create a "super group" (Training Group) for Illinois Swimming to share educational / technique content to all the 1000 + coaches in the Illinois LSC.

This program is completely free and allows Illinois Swimming to share one GoSwim video clip (lesson) per day with all Illinois LSC coaches. The shared video for the day will be sent to all coaches who have accepted the invitation to the Illinois Swimming Training Group. Participation is 100% opt in, and coaches are free to turn off notifications.

Under this arrangement with GoSwim, Illinois Swimming will be able to create their own short clips for sharing with all 1000+ coaches at once.

This is a partnership between Illinois Swimming and GoSwim.tv. If any Illinois coach wishes to upgrade their account to a paid subscription, Illinois Swimming will share in the proceeds.

The content shared through the GoSwim.tv platform will vary from elite to age-group, connecting the learning to the performing.

Coach's will receive an INVITATION to the Illinois Coach Training Group. If you already have an account with GoSwim, click the link at the bottom of the invitation page that indicates your account is already active. If you don't have an account, you'll be directed to set up a new, free account.

If interested in sharing content with your own athletes, Coach's can set up their own Training Group at the PLANS page:

<https://www.goswim.tv/plans>

A Coach Plan allows a coach to share a video everyday, to up to 100 athletes. The Coach Plan also gives coaches the ability to film their own swimmers, and securely share them to the athletes immediately. You can read more about the Coach Features here:

<https://www.goswim.tv/features>

GoSwim.tv is a swimming technique platform, featuring thousands of videos to teach swimmers the technique coaches want them to learn. The ability to send videos to your entire training group at the same times, builds consistency of message. The ease of sharing also means educational content will get to the swimmers more consistently.

You can see a searchable list of the GoSwim.tv Courses here:

<https://www.goswim.tv/courses>

You can also search through the thousands of Lessons here:

<https://www.goswim.tv/lessons>

