

To: Zone Directors, LSC General Chairs, Committee Chairs, Club Presidents and Coaches

Five New Resources From USA Swimming

ZOOM

Zoom (<https://www.zoom.us/>), an enterprise video conferencing with real-time messaging and content, has become one of the most prominent virtual tools during the Coronavirus crisis. For many members, the program has helped facilitate continued athlete engagement, virtual training and business continuity.

Beginning today, we have secured 'Enterprise' licenses, which provide the greatest number of features, for USA Swimming clubs for a 90-day period. Access requests should be sent to Paula D'Amico at pdamico@usaswimming.org.

In addition to the one Enterprise license per club, we also encourage you to register for free Basic accounts as needed.

USA Swimming Employee Assistance Program (EAP) mental health services for Coaches

During the COVID-19 pandemic coaches can now utilize the online/phone USA Swimming Employee Assistance Program (EAP) mental health services. The program provides health and wellness information as well as online resources and assistance for concerns such as: coping with Stress and Anxiety, Financial Fitness, Managing Work and Career, Parenting Resources, Older Adult Resources, Mental Health Conditions, Overcoming Depression and Grief, Relationship Resources and more.

Further information can be accessed here: <https://www.usaswimming.org/news-landing-page/2020/04/08/usa-swimming-employee-assistance-program>

THE LAST GOLD MOVIE

Members can now watch The Last Gold free of charge. This documentary film was produced by USA Swimming in 2016.

Narrated by Emmy-winner Julianna Margulies, The Last Gold is a feature-length documentary film that reveals one of the greatest untold stories in Olympic swimming history. Forty years ago, at the 1976 Montreal Games, a team of doped East German athletes thrashed their rivals from the United States, until a remarkable final race.

The central player was a transcendent American athlete denied her due and since lost in time: Shirley Babashoff. Babashoff and her teammates were surrogates in a Cold War struggle, who battled a tragic conspiracy with a blazing honesty and a ferocious, endless tenacity. In 1976,

the U.S. Olympic swim team entered the Games in Montreal looking forward to its usual dominance. The men did not disappoint, delivering the most dominant performance in Olympic swimming history. They won every race but one, and in that race won the silver and bronze medals.

For the women, it was a completely different story. They were overwhelmed by an East German machine that had emerged on the world stage leading up to the Games with frighteningly fast performances. In a competition where 15 American records were set, the U.S. women had only four silver medals and one bronze medal to show for it. After an entire competition of disappointing results, winning no races and facing a critical media that heaped on additional pressure, the U.S. women finally came together to do as a team what they could not do individually. It was the final race when four women stepped to the blocks in an attempt to do what nobody thought possible... win The Last Gold.

The movie can be viewed by visiting: <https://vimeo.com/155310924>
password: lastgold2016

VIRTUAL SWIMBIZ PROGRAM

Traditionally, #Swimbiz is an annual marketing conference that emphasizes social media, advertising, branding, communications, sponsorship and local promotions for teams.

Subject matter experts are now being scheduled to deliver virtual seminars for club leaders and coaches. Beginning April 27, these presentations will be made available via the Swimming Community Coronavirus Resources page on usaswimming.org:
<https://www.usaswimming.org/utility/swimming-community-coronavirus-resources>.

ONE AMERICA INFORMATIONAL SESSIONS

We have worked with OneAmerica, one of USA Swimming's financial services providers, to offer education and resources to help you navigate the days ahead. Whether you are looking for more information on budgeting, dealing with market volatility, or if you would be interested in connecting with a financial advisor, please visit: <https://www.usaswimming.org/news-landing-page/2020/04/17/oneamerica-financial-resources>

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