

# THE MEGA LSC PAN PAC ATHLETE EXPERIENCE



August 12–16, 2026





# DEVELOPING FUTURE LEADERS, CHAMPIONS, AND AMBASSADORS FOR SWIMMING



## What is this Program?

A collaborative athlete development initiative involving four major USA Swimming LSCs:

- Middle Atlantic
- Southern California
- Indiana
- North Carolina

## Athletes receive:

- Elite training opportunities
- Competitive racing
- Leadership development
- Educational experiences
- Attendance at Pan Pacific Championship Finals

This is not simply another swim meet - it is an athlete development experience.

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**SWIMMING SUCCESS IS  
ABOUT FAST TIMES AND  
SO MUCH MORE!**

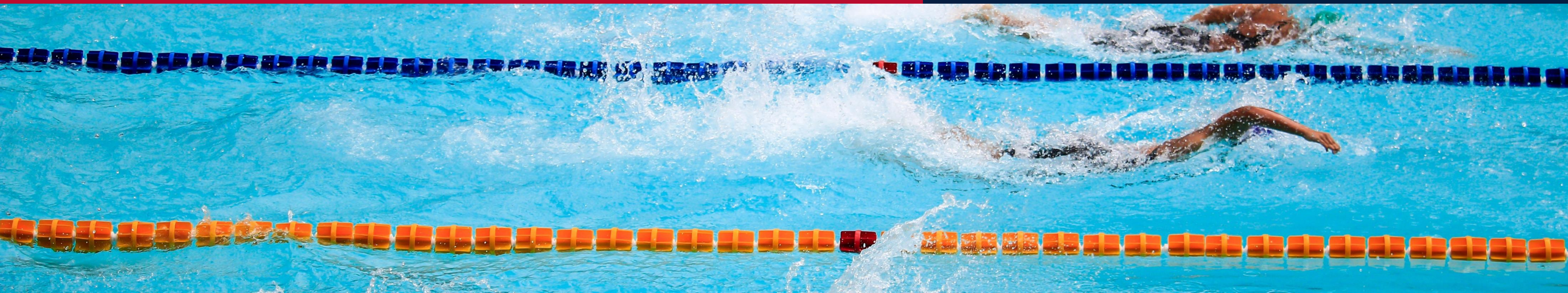
**The best athletes are developed through:**

- **Exposure**
- **Inspiration**
- **Mentorship**
- **Leadership**
- **Goal setting**

**The Mega LSC experience intentionally  
provides all five.**

**Athletes return home with:**

- **Bigger goals**
- **Greater confidence**
- **Stronger commitment**
- **Expanded perspective**



# THE ATHLETE EXPERIENCE

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## Schedule:

August 12–16, 2026

### Wednesday

- Travel Day

### Thursday

- Training Session
- Attend Pan Pac Finals

### Friday

- Training & Competition
- Attend Pan Pac Finals

### Saturday

- Training & Competition
- Attend Pan Pac Finals

### Sunday

- Return Home

## Experience:

- Five days immersed in high-performance swimming.
- Bigger Goals
- Investment in Motivation
- Leadership Skills
- A Broader Perspective
- Pride in our Sport



# OPPORTUNITIES BEYOND RACING

Athletes may interact with:

- Olympians
- USA Swimming leaders
- Hall of Fame coaches
- National Team athletes
- Elite international competitors

## Why This Matters:

Many swimmers never experience elite-level swimming environments. This program brings that environment directly to them.



# LEADERSHIP DEVELOPMENT



## Creating Future Leaders

## Impact

### Program goals include:

- Building confidence
- Developing communication skills
- Creating accountability
- Encouraging team leadership

### Leadership skills benefit:

- Clubs
- Teammates
- Coaches
- Middle Atlantic Swimming





# WHY COACHES SHOULD BE EXCITED



## **Athletes return with:**

- **Renewed motivation**
- **Greater engagement**
- **Improved maturity**
- **Stronger commitment to training**

## **Coaches Gain**

- **Better team culture**
- **Increased retention**
- **Enhanced athlete aspirations**
- **Stronger leadership within programs**

# MORE THAN ANOTHER MEET



**This experience is to develop people in addition to performances.**



## **Traditional Meet**

- **Race and leave**
- **Limited education**
- **Club-only environment**
- **Local focus**
- **Immediate impact**

## **LSC Mega Experience**

- **Five-day immersion**
- **Specific Leadership programming**
- **National collaboration**
- **International exposure**
- **Long-term development**

# UTILIZING USA SWIMMING DATA



The goals of these selection procedures are twofold:

1. Capture athletes who are strong performers and still improving rapidly
2. Expose a different group of athletes to a unique opportunity

In researching what drives higher level performance, one of the key factors was versatility. In these procedures, event versatility is rewarded through the average improvement % across multiple events. In using the two-step selection method, performance is still rewarded to a grand degree, but so is event diversification.



# NATIONAL PARTNERS

