



National Select Camps "2008" January 22-25, 2009

Basic Facts:

- **Camp Dates:** Held at the Olympic training center January 22-25, 2009.
- **Selection:** 30 male and 30 female athletes shall be selected to participate in this camp. 26 athletes male/female shall be selected after Junior Nationals based on the SWIMS database of top times. The fastest two eligible athletes in each event will be invited. (50 free excluded) Doubles will be resolved by placing the athlete in his/her highest Hy-tek power point event. 4 additional females and 4 additional males will be selected based on their individual IMX Power Point scores. The 4 highest scoring 13-14 females not previously selected for an individual event and the 4 highest scoring 15-16 males, not previously selected for an individual event will be invited.
- **Eligibility:** Athletes who are on or have been on any National Teams or USA Swimming international trips, including the 2008 National Junior Team will not be eligible for the National Select Camp. Athletes who previously attended a National Select Camp are not eligible. **Males must be aged 16 or under** at the time of their performance (May-August, 2008). **Females must be aged 14 and under** at the time of their performance (May-August 2008). Both females and males are now able to progress from the National Select Camp to National Junior Team the following year.
- **Invited coaches:** The coach of each athlete is invited for it is thought crucial to the success of this program that each home coach attends with

their athlete. Playing a major role in the National Select Camp are members of the National Team Performance Support staff as well as the Club Development Performance Consultants. Separate educational tracts for the athlete's and the coach are offered.

- **Right of refusal:** The home coach has the final say in determining if a selected athlete attends the camp.
- **Curriculum:**
 - **Sample topics for athletes:** Physiological basis for post race recovery; drug and supplement education; practical psychological training skills; nutrition; race strategy and race analysis.
 - **Sample topics for coaches:** Mental skills; race analysis; biomechanical tools for the coach; introduction to video analysis; testing programs for physiology; nutrition; drug testing responsibilities.
- **Travel:** Athletes and coaches each receive a maximum of \$200 travel reimbursement for purchased tickets following attendance at the National Select Camp.
- **Camp Staff:** Staff for the Select Camps will be selected in two ways. The National Team Coordinator will select the Head Coach and Manager for each camp. Three assistant coaches will be selected by an application process. Applications are available on the USA Swimming web site. Applicants must be the coach of an athlete at the current Summer Nationals or Junior Nationals.

Comments from previous camps:

From athletes who attended:

- "Video taping and race analysis were wonderful. I have things to take home and work on."
- "I thought the camp was fun and at the same time it was very educational and really motivated me."
- "The camp put a lot of things in perspective for me. It makes me want to work hard to become an even better swimmer."
- "I'm not used to swimming with people who can beat me in workout. It was an eye opener!"

From home coaches who attended:

- "By far the most beneficial clinic I've been to."
- "Great opportunity for kids and coaches to branch out from their normal ideas and preconceptions"
- "The meetings were very informative: provided information to take home to the club team"
- "Great scientific information, an area many coaches struggle with."
- "This camp made me feel differently about our headquarters staff: so helpful and friendly!"