



National Select Camps 2005

Information for Coaches

Basic Facts:

- **Dates:** There will be two National Select Camps held in Colorado Springs in November 2005.
 - Girls: November 10-13
 - Boys: November 17-20
- **Selection:** 30 athletes will be selected for each camp. 26 athletes for each camp will be selected after Summer Nationals based on the STAR database of top times. The fastest two eligible athletes in each event will be invited. (Excluding the 50 free.) Doubles will be resolved by placing the athlete in his/her highest Hy-tek power point event.
- **New in 2005: 4 additional girls and 4 additional boys will be selected for each camp based on IMX Power Point scores.** The 4 highest scoring 13-14 girls, not previously selected for an individual event and the 4 highest scoring 15-16 boys, 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 2006 National Junior Team will not be eligible for the National Select Camp. Athletes who attended a previous National Select Camps are not eligible. Boys must be **aged 16** or under at the time of performance (May-August, 2005).
- **New in 2005: Girls must be aged 14 and under at the time of performance (May-August 2005).** The age change for females aligns National Select Camp eligibility with National Junior Team eligibility. Girls and boys will now be able to progress from National Select Camp to National Junior Team the following year.
- **Invited coaches:** The coach of each athlete will also be invited and it is crucial to the success of this program that the coach attends with the athlete. The National Team Performance Science and Technology (PST) staff plays a major role in the National Select Camps with separate educational tracts for the athlete and the coach.
- **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 a Manager from the National trip list. Three assistant coaches will be selected by application. Applications will be 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!"
- "The food is awesome!"