



WHAT IS THE NATIONAL SELECT CAMP?

The National Select Camps provide the top athletes aged 14-16 years old the opportunity to capitalize on their extraordinary achievements in the sport. Through an automated selection process, athletes are chosen based on their times and IMX scores to do something that very few get to do: train at the US Olympic and Paralympic Training Center (OPTC) with other high-achieving athletes. Through a series of pool sessions and classroom facilitations, you will experience what it means to be a part of Team USA. From Ryan Murphy to Katie Ledecky, various athletes representing our country on the world's largest stages have gone through this very same camp and used the knowledge, experiences, and life-long friendships to transform their approach to the sport of swimming.

To learn more about the specific selection criteria, please visit the [National Select Camp webpage](#).

WHEN AND WHERE IS THE NATIONAL SELECT CAMP?

USA Swimming hosts two National Select Camps, one for each competition category. The 2023 Boys National Select Camp will be held from **October 12-15, 2023**. The 2023 Girls National Select Camp will be held from **October 26-29, 2023**. Both camps will be held at the Olympic and Paralympic Training Center (OPTC), which has the following address:

1 Olympic Plaza
Colorado Springs, CO 80909

Athletes must be available to attend the entirety of the camp. We will not permit someone to arrive after the start of camp or leave before the end of camp.

HOW MUCH DOES NATIONAL SELECT CAMP COST?

USA Swimming will cover the cost of meals, lodging, camp gear, and ground transportation during the duration of the camp. Athletes/families are responsible for the cost of their athletes' travel to camp, whether that be flying, driving, or another mode of transportation. This includes, but is not limited to: airfare, gas, Unaccompanied Minor fees, checked luggage, and/or meals at the airport.

USA Swimming will reimburse up to \$200 towards your airfare or car mileage after the camp is over. For athletes who are flying to camp, you will be required to submit your airfare receipt. USA Swimming will not reimburse for flights purchased with "miles".

HOW AND WHEN DOES MY ATHLETE GET TO NATIONAL SELECT CAMP?

Boys National Select Camp

- **If your athlete is flying to camp**, please arrange for flights to arrive at the Colorado Springs Airport (COS) between 9:00 am and 12:00 pm MT on Thursday, October 12th and depart from the Colorado Springs Airport (COS) on Sunday, October 15th between 6:00 am and 9:00 am MT. USA Swimming will provide shuttle transportation to OPTC chaperoned by USA Swimming National Select Camp staff once your athlete arrives in Colorado Springs. ***Please note that we will NOT be providing transportation to or from the Denver International Airport (DEN).***
- **If you or another person will be driving to drop your athlete off at camp**, athletes must arrive on campus between 11:00 am and 1:00 pm MT on Thursday, October 12th and be picked up between 7:00 am and 10:00 am MT on Sunday, October 15th.

Girls National Select Camp

- **If your athlete is flying to camp**, please arrange for flights to arrive at the Colorado Springs Airport (COS) between 9:00 am and 12:00 pm MT on Thursday, October 26th and depart from the Colorado Springs Airport (COS) on Sunday, October 29th between 6:00 am and 9:00 am MT. USA Swimming will provide shuttle transportation to the OPTC chaperoned by USA Swimming National Select Camp staff once your athlete arrives in Colorado Springs. ***Please note that we will NOT be providing transportation to or from the Denver International Airport (DEN).***
- **If you or another person will be driving to drop your athlete off at camp**, athletes must arrive on campus between 11:00 am and 1:00 pm MT on Thursday, October 26th and be picked up between 7:00 am and 10:00 am MT on Sunday, October 29th.

WHAT IF MY ATHLETE IS FLYING AS AN UNACCOMPANIED MINOR?

One of our Camp Staff will be at the gate to greet your child when they arrive at the airport and escort them to the chaperoned shuttle. We will provide the name and necessary contact information of that staff member at a later date. If you cannot make the booking without inputting an adult guardian to receive your athlete upon their arrival to Colorado Springs, please email Kristin Alfano at kalfano@usaswimming.org

CAN I ACCOMPANY MY ATHLETE TO CAMP?

Parents/guardians are allowed to fly or drive with their athletes to Colorado Springs. However, they are not permitted to attend the camp sessions, practices, or meals.

WHERE WILL MY ATHLETE STAY FOR NATIONAL SELECT CAMP?

Athletes will stay in the Athlete Dorms on-site at the OPTC. Roommates will be assigned based on age and geographic location to encourage cross-country interaction. Athletes will have access to a mini-fridge in their rooms for food and medication storage, if needed. The training center will provide pillows, sheets, and towels.

WHAT WILL MY ATHLETE BE DOING AT NATIONAL SELECT CAMP?

Final agendas will be distributed to athletes once a full roster has been confirmed, but athletes will be engaged in sessions in and out of the water. Athletes will be completing 5 pool practices throughout the weekend: Thursday afternoon, Friday morning, Friday afternoon, Saturday morning, and Saturday afternoon. They will also be engaging with out-of-the-water content that may include: nutrition, strength and conditioning, sports psychology, USADA, mental health, Safe Sport, and more.

WHO WILL BE COACHING AND SUPERVISING MY ATHLETE AT NATIONAL SELECT CAMP?

The full coaching roster will be announced prior to the start of camp. The Head Coach and Assistant Coaches will be responsible for conducting the 5 pool sessions. The Head Manager and Assistant Manager will be there to provide snacks before and after practice, curfew supervision for all participants, and support to any athlete who might need assistance with an on-site injury, illness, or other event. Camp coaches and managers are selected through a thorough application process and appointed for these positions. They have a history of success in the sport and a deep passion for developing athletes to get to the next level. All coaches are background and Safe Sport checked prior to attending camp. USA Swimming staff will also be present throughout the duration of camp and athletes will have access to an on-call doctor through the Olympic and Paralympic Training Center.

WHAT ARE THE GOALS OF THE NATIONAL SELECT CAMP?

The themes and goals of the camp are:

- To provide ignition, motivation, and information for athletes to continue to set goals, work hard, and excel in swimming.
- To empower athletes to take ownership of their swimming careers and become the elite swimmer they wish to be.
- To provide athletes the tools to become better leaders in their communities.
- To introduce athletes to the Team USA Family.

WHAT IF MY ATHLETE HAS FOOD ALLERGIES?

We will be collecting a thorough medical history in the 2023 National Select Camp General Information Form and will be alerting the dining hall staff of any food allergies, sensitivities, and dietary restrictions. The dining hall has menu signs above the hot food line that clearly show what allergens are in a dish. If they are unsure about the allergens, they will have a disclaimer sign that states they do not have specific information. If an athlete does have a food sensitivity, they should stay away from any item that has this sign. If at any time an athlete is unsure about an item, they can ask the staff to verify the ingredients. Athletes can also ask for a walk through with a staff person when they enter the dining hall.

IF MY ATHLETE ACCEPTS THE INVITATION TO CAMP, WHERE CAN I LEARN MORE?

We will host a parent webinar for both Girls and Boys National Select Camps on Wednesday, October 4th at 10am MST. The link for the meeting will be shared with selected athletes and parents after a full roster has been confirmed. A recording will also be made available if you cannot attend live.

