



USA Swimming 2010 National Open Water Select Camp

Description and Purpose:

From June 2-5, 2010, USA Swimming will sponsor The National Open Water Select Camp in Long Beach, CA. USA Swimming seeks to identify the best distance swimmers, offering them a unique motivational and educational experience. The National Open Water Camp is viewed as an integral step for athletes to move from the pool to Open Water, then to the international scene.

Eligibility:

12 male and 12 female athletes will be selected off of the top 2009 times in the Swims database in the 1500 meter freestyle.

Other criteria:

- ◆ Only Long Course times will be considered.
- ◆ Times must be achieved between January 1, 2009 and December 31, 2009.
- ◆ Athlete must be registered with USA Swimming.
- ◆ All athletes must be US citizens.
- ◆ Athletes who have previously attended a National Open Water Select Camp or have been a member of any USA Swimming National Open Water Team are not eligible for Camp. Athletes can attend one National Open Water Select Camp. An athlete who turns down the opportunity would be eligible the following year if he/she still meets the time criteria. An athlete who accepts the invitation and does not attend is not eligible the following year unless an alternate was able to attend in his/her place.

Home Coaches

The coach of a selected athlete is invited and strongly encouraged to attend the National Open Water Select Camp in Long Beach, CA. An educational track, conducted by the Open Water National Team and staff, has been developed for the home coaches. This focuses on strategies to develop both your elite level athlete and the other athletes in your program.

Location:

The camp location will be at Cal State University Long Beach. College campuses are preferred since they provide on campus housing and dining accommodations. Private sites will be considered if college sites cannot be secured.

Dates:

The preferred date for the camps is around the Open Water Nationals. The 2010 camp dates are June 2-5th. The 10K OW National Championship is on June 4, 2010. All camp athletes will be registered in the 10K Open Water National Championships. All athletes are also strongly encouraged to register for the 5K Open Water National Championship on Sunday, June 6th (after the camp has officially concluded).

The 10K Open Water National Championship on Friday is a **National Team selection meet**.

Athletes have the opportunity to qualify for the Open Water World Championships in Roberval, Quebec, Canada (July 17-23, 2010) and for the Open Water Pan Pacific Championships (Irvine, CA August 22, 2010). Specific qualifying criteria are currently being developed. Please check the website at www.usaswimming.org for further details.

Athletes may also qualify for the Open Water Youth Team and will be eligible to compete in the 2010 Pan Pacs Open Water Championships. Please check the USA Swimming website at www.usaswimming.org for more information on Youth Team qualification.

9 of the 12 spots from last year's selection competition featured current year or past National Open Water Select Camp athletes. Athletes will learn strategies, OW technique, nutrition and recovery for open water, and much, much more from elite Open Water coaches.

2009-2010 Open Water National Team

Fran Crippen**	Germantown Academy Aquatic Club	
Andrew Gemmell	Delaware Swim Team	09 camp
Sean Ryan	Scenic City Aquatic Club	09 camp
Alex Meyer	Unattached/Harvard University	09 camp
Deni Cullom	Mission Viejo Nadadores	
Joe Kinderwater	North Carolina/West Shore YMCA	07 camp
Emily Brunemann	Club Wolverine	09 camp
Eva Fabian	Greenwood Memorial Swim Club	08 camp
Emily Hanson	Club Wolverine	09 camp
Chloe Sutton	Mission Viejo Nadadores	06 camp
Christine Jennings	Minnesota Aquatics	
Nicole Vernon	Delaware Swim Team	09 camp

**2010 Athlete Representative for the Open Water Select Camp

Costs:

All athlete expenses at the camps will be covered by USA Swimming. Home coaches will be reimbursed up to \$200.00 for travel to the camp. Once on site all housing, meals and ground transportation will be covered by USA Swimming. Expenses between June 2nd and check-out at noon on June 5th are covered. If athletes would like to stay to compete in the 10K expenses must be out of pocket.

Staff:

USA Swimming will select a the staff for each camp. At least one male and one female assistant must be on the staff. In addition, one National Open Water Team athlete will attend the camp and at least one member of the USA Swimming National Headquarters staff will attend to assist with educational sessions.

This year's 2010 National Open Water Select Camp Staff is as follows:

Rick Walker	Athlete Training & Education
Steve Munatones	Home Coach Education & On Site Director
Shannon Gillespy	Manager Training
Catherine Vogt	Assist Rick Walker with athlete training & education
Fran Crippen	Elite Athlete
Managers	TBD

Gear and Materials:

USA Swimming will provide each athlete and staff member with appropriate gear, equipment and educational materials.

Camp Schedule:

The 2010 Camp will include long course workouts, salt water workouts and fresh water workouts in addition educational sessions. The athletes will also be entered into the National 5k event as part of the camp. They will represent their home teams. Athletes are required to stay the entire time and must stay onsite in the accommodations provided by the host.

Notification:

Selection of athletes typically begins after January 1. Personal coaches will be notified and have "right of refusal" for their athletes. In the case of a refusal, either by a coach or athlete, the next eligible athlete will be invited until all slots are filled in each camp.

Additional Information:

Check the USA Swimming website in the Camps and Clinics section for additional details.