



National YMCA Coaches Association *Presents*

YMCA Altitude Training Camp **Olympic Training Center – Colorado Springs, Colorado** ***August 14-20, 2011*** *(pending USOC approval)*

What excitement there will be in Colorado this August! Once again, the YMCA Coaches Association will be sending a selected team of athletes to The United States Olympic Training Center in Colorado Springs for a week of training and fun! We will be selecting 40 athletes (20 men and 20 women) based on your performances at the 2011 Short Course Meet. We can only take those athletes that apply. If we have more than 20 men and 20 women that apply, we will select the team based on your two highest scored events at the 2011 Short Course National Meet. This training camp is a great way to prepare yourself for fantastic times next short course season! This unique altitude training experience will include specialized testing, analysis and education for our outstanding YMCA swimmers.

Along with the 40 athletes we will be sending four coaches and the team director to attend the camp. Each swimmer must be a USA Swimming registered member, have one of the attached **LONG COURSE** times or a “AAAA” short course time and have swum at the 2011 YMCA Short Course Nationals. Priority will also be given to those that have never been to the OTC. Any swimmer who has a qualifying time should apply, as this camp has proved, time and time again, to be a highlight of each participant’s career!

We will arrive in Colorado Springs on Sunday (8/14), have two long course practices per day, a filming sessions with underwater filming, have discussions with USA Swimming National Team staff, various discussions within the group on leadership, and how each of us can be better leaders at home, enjoy a great day trip to the top of Pike’s Peak as well as getting to know a new group of YMCA friends. Departure date will be early AM on Saturday, August 20, 2011

USA Swimming and the YMCA Coaches Association will partially fund this trip for our athletes. We will be housed on site at the OTC and meals are also included. Testing, classes and filming costs will be covered by the YMCA Coaches Association. ***You will be responsible for your own plane fare getting to Colorado Springs*** along with spending money for day trips as well as the OTC gift shop. All athletes chosen will need to arrive at the Colorado Springs Airport on Sunday, August 14th between 10am-2pm

More information will be available by emailing camp Director
G. Michael Gobrecht – Camp Director/Head Coach

APPLICATIONS DUE BY
Monday, June 13, 2011

SELECTIONS MADE BY
Wednesday, June 29, 2011

West Shore YMCA
410 Fallowfield Road
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Athletes must have the long course standards listed below, HOWEVER if we do not fill the 40 “slots” we will take athletes that do not have the standards based on your two highest placed events at the 2011 Short Course National Meet, based on the applications received by Monday, June 13, 2011

Times must be achieved within one calendar year of the camp.

| Long Course Meters ONLY | | |
|--------------------------------|-------------------|-------------|
| Female | Stroke | Male |
| 29.79 | 50 Free | 27.79 |
| 1:04.49 | 100 Free | 1:00.49 |
| 2:19.09 | 200 Free | 2:11.29 |
| 4:50.29 | 400 Free | 4:37.59 |
| 9:53.99 | 800 Free | 9:36.89 |
| 18:56.49 | 1500 Free | 18:16.09 |
| 1:11.39 | 100 Back | 1:08.19 |
| 2:33.49 | 200 Back | 2:27.29 |
| 1:21.59 | 100 Breast | 1:14.59 |
| 2:55.99 | 200 Breast | 2:46.89 |
| 1:10.09 | 100 Fly | 1:05.09 |
| 2:34.19 | 200 Fly | 2:25.49 |
| 2:37.19 | 200 IM | 2:28.89 |
| 5:30.99 | 400 IM | 5:15.79 |