



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

SWIMMERS APPLICATION

Name _____ Date of Birth _____
USA Swimming # _____ Phone _____
Address _____ Cell # _____
City, State, Zip _____
Your email contact _____
Parent's Names _____
Number of previous trips to Olympic Training Center _____
YMCA Team _____ Coach _____

By my signature I agree to the following:

1. If selected I agree to accept a position on the YMCA Altitude Training Team.
2. Cancellation on my part, less than one month prior to the camp could result in a charge of up to \$130.
3. I agree to sign and follow a United States Olympic Committee Code of Ethics.
I will also follow the ethics set forth by The YMCA of the USA.
4. I will report to the Training Camp in the **best possible condition**. I agree to participate in the Training Camp to the best of my ability.
5. I understand that ***I will be responsible for the airfare cost of the trip.***

Applicant Signature _____ Date _____
Coach's Signature _____ Date _____
Parent's Signature _____ Date _____

Events and Place at 2011 Nationals

Please return this form **along with proof of time to:**

G. Michael Gobrecht – Camp Director/Head Coach

West Shore YMCA
410 Fallowfield Road
Camp Hill, PA 17011-4900
(p) 717 514-2287
(fax) 717 728-3561
mike@wsyswim.org

APPLICATIONS DUE BY
Monday, June 13, 2011

SELECTIONS MADE BY
Wednesday, June 29, 2011

We will be selecting 20 men and 20 women to participate in this camp based on your results at the 2011 Short Course Meet. We can only make selections from those who apply!



National YMCA Coaches Association

Presents

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

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 Meter 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