

Texas Swim Association 2011 All-Star Committee Report

Texas Select Camp Proposal

TSA 2011

Attendance: ST: Tim O'Brien

NT: Ron Forrest

WT: Andrew Korda

Border: LeAnn Carr

Gulf: Jennie Shamburger

TSA Chair Appointee: Eddie Reese

All-Star Committee Chair Appointee: Neil Walker

Athlete Representative:

Chair: Derek Howorth

Texas Select Camp's purpose is the following:

1. Identify emerging young athletes in the state of Texas and offer them a unique motivational and educational experience.
2. Educate emerging young Texas athletes on USA Swimming's camp system.
3. Prepare emerging young Texas athletes to take the leadership role at USA Swimming's Zone and National Select Camps.
4. Provide leadership training for Texas age group athletes to take back to their home clubs.

Estimated Costs:

Travel: \$250

Hotel: \$100/athlete (two nights)

Food: \$100/athlete

USAS fee: none

Ground transport: 2 busses

\$500/athlete x 80 = \$40,000

Total per LSC: \$8,000

Total for five (5) LSC's = \$40,000

Proposal: Allow each LSC to determine how to reach a contribution of \$500/athlete, LSC contribution and athlete contribution.

Selection Process:

1. The top two (2) IMX point scorers from each age group (11, 12, 13, and 14) from each LSC. The next highest IMX point scorer will be invited should one of the top two IMX point scorers become unavailable

Topics for Education Sessions:

1. Start, turn and finish like an Olympian!
2. Under Water Video and create DVD: add commentary, times into and out of walls, 15M start and time
3. USA Swimming Video Analysis
4. Nutrition/Supplements (Always a good idea)
5. Goal Setting
6. Take ownership of swimming: what do you own? What do your parents own?
7. Stress of competing at a high level
8. DVD Review pre/post

Race Analysis

1. Draw out race analysis
2. Choose two (2) events at the start of camp
3. Race on Saturday, analyze Saturday/Sunday before end of camp
4. Classroom session(s) to review
5. MJ from USA Swimming has agreed to come help with Race Analysis

Other Criteria:

- Preference to LCM
- Times must be achieved between September 1, 2010 and August 20, 2011.?
- Athletes must be registered in an LSC within the Texas at the time of the qualifying swim.?
- All athletes must be US citizens. US citizens (dual citizens) that have represented another country in international competition are ineligible.
- Athletes who qualify for or are selected to Zone Select Camp, National Select Camp, National Youth Team, or any USA Swimming National Team are not eligible for Texas Select Camps.
- An athlete who turns down the opportunity would be eligible the following year if he/she still meets the age 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.

Location:

Sites will be on a rotating basis per the All Star format. The rotation will start in San Antonio, TX in November 2011. **Next sites?**

USA Swimming Involvement will include the following information:

1. Understanding Race Analysis
2. Recovery and Nutrition
3. Lactate Testing
4. Goal setting
5. Latest stroke technique from the National Team (Back, Breast, Starts)
6. Progressions to the USA Swimming National Team

Gear and Materials:

TSA will provide 1 cap, 2 shirts, and 1 water bottle and educational materials

Traditionally TSA has provided t-shirts to the winning team. We would as that TSA provide funding for two t-shirts for athletes and two staff collared shirts.

Staff:

The All Star Committee will select the Head Coach and Head Manager. Coaches who have been a member of a USA Swimming Select Camp staff will have first priority. LSCs will provide 1-2 assistant coaches based on the number of athletes each LSC provides. Coaches are expected to follow the same code of conduct that staff members of a USA Swimming camp follow.

If site and date is secured well in advance, USA Swimming will be contacted to see if a sports performance consultant is available to run the education sessions similar to how they run the Zone Select and National Select Camp education sessions.

Notification:

Question: How should we take care of this? LSC/Committee?

Personal coaches are notified and have "right of refusal" for their athletes. Athletes are then notified of selection and are given a reasonable amount of time to accept or decline the invitation. 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.

2011 Specifics:

- Derek Howorth will be the Head Coach for the 2011 Camp. He has been a coach on both the Zone Select and National Select Camp.
- The camp dates will be November 11-13, 2011 in South Texas. Tentative plans are the Northside Natatorium.
- Efforts will be made to offer LCM practices.
- MJ from USA Swimming staff member and a National Team member to help with the camp.