

Tyler Messerschmidt to Attend National Select Camp

YMCA WSF swimmer Tyler Messerschmidt was recently selected to attend the 2009 National Select Camp in Colorado. We are extremely excited for Tyler and can't wait to hear his report on the experience when he gets back!

Below is more information about the camp:

Basic Facts:

- **Camp Dates:** Held at the Olympic training center January 22-25, 2009.
- **Selection:** 30 male and 30 female athletes shall be selected to participate in this camp. 26 athletes male/female shall be selected after Junior Nationals based on the SWIMS database of top times. The fastest two eligible athletes in each event will be invited. (50 free excluded) Doubles will be resolved by placing the athlete in his/her highest Hy-tek power point event. 4 additional females and 4 additional males will be selected based on their individual IMX Power Point scores. The 4 highest scoring 13-14 females not previously selected for an individual event and the 4 highest scoring 15-16 males, not previously selected for an individual event will be invited.
- **Eligibility:** Athletes who are on or have been on any National Teams or USA Swimming international trips, including the 2008 National Junior Team will not be eligible for the National Select Camp. Athletes who previously attended a National Select Camp are not eligible. **Males must be aged 16 or under** at the time of their performance (May-August, 2008). **Females must be aged 14 and under** at the time of their performance (May-August 2008). Both females and males are now able to progress from the National Select Camp to National Junior Team the following year.
- **Curriculum:**
 - o **Sample topics for athletes:** Physiological basis for post race recovery; drug and supplement education; practical psychological training skills; nutrition; race strategy and race analysis.
 - o **Sample topics for coaches:** Mental skills; race analysis; biomechanical tools for the coach; introduction to video analysis; testing programs for physiology; nutrition; drug testing responsibilities.
- **Camp Staff:** Staff for the Select Camps will be selected in two ways. The National Team Coordinator will select the Head Coach and Manager for each camp. Three assistant coaches will be selected by an application process. Applications are available on the USA Swimming web site. Applicants must be the coach of an athlete at the current Summer Nationals or Junior Nationals.