



TBAY Brandon, through lots of hard work and Coach Chelsea's National Team Experiences and networking, has been officially invited to the **US Olympic Training Center in Colorado Springs, Colorado** (<http://www.teamusa.org/For-Athletes/Olympic-Training-Centers-and-Sites/Colorado-Springs.aspx>) this summer for a once in a lifetime Camp experience. Not many teams, swimmers, or athletes in general get the opportunity to train or visit the USOTC, and I feel very fortunate to offer this experience to our athletes.

The selection to the USOTC is very selective and limited as athletes of all sports utilize the facility year round, so we can only take a small, committed group of athletes.

***Those selected by Coach Dave*** will be leaving for the USOTC **Tuesday morning July 23<sup>rd</sup>** with Coach Dave, Coach Chelsea, and Chaperone Liz Lehr. Most of the team\* (non-Summer Junior National qualifiers) will be returning to Tampa **Thursday August 1<sup>st</sup>** with Chaperone Liz Lehr and/or Coach Chelsea. Upon return to Tampa, camp participants are expected to attend Area 3/5 Championships at SPA Friday August 2<sup>nd</sup> – Sunday August 4<sup>th</sup>. The meet is SC yards, and those not going to Junior Nationals should turn their focus on Short Course Yards and making HS State Championships, getting prepared for College, so this is a great opportunity coming off the best training environment in our sport to swim extremely well at the end of the summer. Those swimmers that would normally race at Senior Championships will have meets in June that will be a focus, and if not going to Junior Nationals, will finish the summer with Area 3/5 Championships.

FLAG Swimmers will still focus on that as a Long Course Championship meet, but will race Short Course Yards at Area 3/5's following the trip to the USOTC.

\*Those swimmers on the Summer Junior National Team will fly with Coach Dave directly to Irvine, California Friday August 2<sup>nd</sup> from the USOTC.



**TRIP Details:** Upon arrival into Colorado Springs airport, the USOTC will provide a shuttle service to the complex and back to airport on day of departure. The team stays on campus at the USOTC in dorm room facilities (most are 2 to a room sometimes 3 on occasion, 1 bed per athlete. All linens are provided upon arrival, however, swimmers should bring own towels for pool use. For US Citizens, the cost of the USOTC per day is \$45. This includes all pool time (10 Lanes, 50meter pool) directed and run by Coach Dave and Chelsea with a great possibility of National Team Coaches dropping in, Dryland and Weight room usage, Dining hall (the best nutritional food possible from 5:30am – 8:30pm), and dorm room accommodations. So for those staying at the USOTC for 10 days the cost is roughly \$450. The cost to help offset the cost of sending 2 Coaches and Chaperone for trip is \$150 per swimmer. Each swimmer can take advantage of 1 massage during the trip; will have access to underwater video analysis and several classroom technique sessions. So, we are looking at approximately \$600 plus airfare.

**Flight options:** Are currently being worked out, but we have estimated around \$400 roundtrip. Those heading to California for Junior Nationals from Colorado Springs and then back to Tampa will get with Dave on flight schedules/days of travel, etc.

### **Minimum Criteria for Selection**

- Must be in Good Standing with USA Swimming, TBAY and TBAY Brandon
- Must be a full time swimmer **(12 yrs. of age and Older)** with demonstrated commitment to self-improvement and improvement of **TEAM** as a whole
- Each Swimmer must be Healthy, and in great training shape at the time our Final roster is due (May 10<sup>th</sup>) and able to train at very High Level. Training at Altitude for people not in condition can be very dangerous.
- Must attend Championship meet following trip (Area 3/5's, Juniors)
- This is a Highly Competitive trip for those Committed to getting the very most out of their swimming experience. It is our hope that a trip like this helps everyone take a "Leap" and changes lives and perspective on our sport. We will be preparing physically, mentally, and emotionally for high level performances in the best environment possible with no distractions, this is NOT a VACATION.
- Each participant is expected to help teammates with anything learned at the OTC to help teammates not in attendance.
- This is a USA Swimming Sanctioned Trip; all swimmers MUST sign and adhere to all USA rules and regulations, forms, waivers in order to participate.

***Swimmers selected will be emailed Invitation with appropriate forms, and deadlines to give to Dave.***

### **Recognition**

TBAY is about family and TEAM and in this our 10 Year Anniversary of the program, what a fitting opportunity for our current swimmers to benefit from one of our very first TBAY Swimmers, Chelsea Nauta. She had such a tremendous experience and sense of family at TBAY that not only does she care about the program, but gives back through coaching and has given our program an opportunity of a lifetime by utilizing her resources from her competitive days as one of the nation's finest athletes and ambassadors. She will be attending the trip to make sure we get the VIP treatment with some of the top minds and talent in USA Swimming. So when you see her, make sure to thank her for all that she continues to do for our TEAM.

*Coach Dave Gesacion*