

2024 Iowa Swimming (IASI) Select Camp

Colorado Springs, CO

U.S. Olympic Training Center

1 Olympic Plaza, Colorado Springs, CO 80909

Section 1: Introduction and Camp Overview

Section 2: Administration

- Itinerary
- Job descriptions
- Pre-Camp Communication
- Staff orientation meeting

Section 3: Training Details and Workout Parameters

- Training Details
- Workout Parameters

Section 4: Athlete Meetings and Scheduled Activities

- Overview
- Scheduled Meeting Topics
- Dress Codes

Section 5: Concerning the Athletes

- Code of Conduct
- Communication
- Check-In and Check-OUT
- Evaluation?

Section 6: Sample Emails

- Pre/Post-Camp

Section 7: Honor Code

Section 1: Introduction

Welcome to IASI Swimming's LSC Select Camp. Your responsibility will be to help lead some of the most talented 13-18 year-old athletes in the LSC and bring them together for an exciting weekend of education, motivation, camaraderie and training. The idea is to unite them so the athletes and the entire staff benefit.

The following materials cover administrative issues, camp logistics, training details, and team meeting themes. Also included is information designed to make your experience more enjoyable.

These camps can be rewarding experiences for the athletes and coaches who participate. Your involvement in this year's program is greatly appreciated, and IASI Swimming looks forward to continuing offering the best camp series in its history.

If you have questions, need logistics guidance or require IASI Swimming assistance, please do not hesitate to contact Marie Koeningsfeld (marie@iaswim.org) Should you need more information about camp content, please contact: Jackson Leonard (jackson.leonard@iaswim.org)

Jackson Leonard- (954) 240- 3014

Please take notes and mark this manual. You do not need to return it to IASI Swimming. However, your suggestions, input and evaluations are encouraged and welcome throughout the planning and follow-up phases of your camp.

Overview

Camp Purpose: The purpose of the IASI Select Camp for our athletes is:

1. Act as a stepping stone to the Zone and National Select Camps
2. Introduction to the National Team “culture.”
3. Education for better training and performance
4. Offer a unique motivational, inspirational opportunity
5. Provide training with top performers in the LSC.

The purpose of the camp is **not** to see how much yardage can be covered or how hard practices can be. A portion of the camp will not have trained long course routinely, if at all. Home programs training yardage may range from 4,000-8,000+ yards per day. In addition, this is not a stroke correction camp! Feel free to comment on streamlines and breakouts. If there is a major error in the stroke, you may mention a correction that the athlete should take up with their coach. We do not want an athlete going back home doubting their coach’s expertise!!!

Athlete Eligibility: Athletes were selected based on National level qualifying times. Once the qualifying period closed, Camp staff listed the swimmers from fastest Q time to slowest. Selected athletes must be 13 or older on the day of the camp. Our objective in odd numbered years is to cultivate and inspire further dedication to the sport and to performing at more challenging meets (Zones, Spring Sectionals, Summer Sectionals, and beyond). We hope to make selection criteria more stringent and focused in even numbered years.

Wednesday, April 17, 2024: Travel Day

Between 10:00 -11:00 a.m.- Arrive at OPTC
- Meet at OPTC for check in
Lunch
- Group gathering
 - Team discussion
 - Guidelines & Expectations
Rest
4:40 p.m. - Dynamic warm up and stretch
5:00 - 7:00 p.m.- Practice #1
7:15 p.m. - Dinner
8:00p.m.
 - Weekend Outline
 - Team building activity
9:00 p.m. - Lights out

Thursday, April 18, 2024

6:30 a.m. - Wake Up
7:00 a.m. - Breakfast
8:40 a.m. - Dynamic Warm Up & Stretching
9:00- 11:00 a.m.- Practice #2
11:30 a.m. - Lunch
12:30 - 1:30 p.m. - Down Time / Nap
1:45 - 3:15 p.m. - Connection with Team Services: Dirks Rm (USA Swimming)
3:30 - 4:30 p.m. - Safe Sport : Dirks Rm (USA Swimming)
4:45 p.m. - Dynamic Warm Up
5:00 - 7:00 p.m.- Practice #3
7:15 p.m. - Dinner
8:00 p.m. - Team Activity
9:00 p.m. - Lights Out

Friday, April 19th, 2024

6:45 a.m. - Wake Up
7:00 a.m. - Breakfast
8:40 a.m. - Dynamic Warm Up & Stretching
9:00- 11:00 a.m.- Practice #4
11:15 a.m.- Lunch
11:45 a.m. - Depart for Garden of the Gods
1:30 p.m. - Return to OPTC
1:45 p.m. - 3:00 p.m. - Down Time / Nap
3:15 p.m. - Arrive at Dirks Rm
3:30 - 4:30 p.m. - USADA : Dirks Rm (USA Swimming)
4:45 p.m. - Dynamic Warm Up
5:00 - 7:00 p.m.- Practice #5
7:15 p.m. - Dinner
8:00 p.m. - Team Activity
9:00 p.m. - Lights Out

Saturday, April 20th, 2024

6:45 a.m. - Wake Up
7:00 a.m. - Breakfast
7:30 a.m. - Explore OPTC Grounds
8:40 a.m. - Dynamic Warm Up & Stretching
9:00- 11:00 a.m.- Practice #6
11:15 a.m.- Lunch
11:45 a.m. - Depart for Manitou Incline
1:45 p.m. - Return to OPTC
2:00 p.m. - 3:00 p.m. - Down Time / Nap
3:00 - 4:40 p.m. - TBD
4:45 p.m. - Dynamic Warm Up
5:00 - 7:00 p.m.- Practice #7
7:15 p.m. - Dinner
8:00 p.m. - Team Activity
9:00 p.m. - Lights Out

Sunday, April 21st, 2024

6:45 a.m. - Wake Up
7:00 a.m. - Breakfast
7:45 a.m. - Group Picture
8:00 a.m. - Group Discussion / Recap
8:40 a.m. - Dynamic Warm Up & Stretching
9:00- 11:00 a.m.- Practice #8
11:20 a.m.- Lunch

Depart for COS Airport- Noon (UA) & 2:00 p.m. (AA)

Job Descriptions

All Staff: All Staff will assist in the supervision of the athletes at all times. The staff will respect all the athletes and their fellow staff members. The staff will preface all personal philosophy as opinion and recommend athletes discuss any changes with their home coach following camp. The staff will remain positive and will not reinforce a swimmer's negative attitude toward other staff, fellow athletes or their home program. All staff and coaches must eat meals with camp, attend all activities and practices, and participate/supervise in all team activities. The staff will only promote USA Swimming, IASI Swimming, and not their own program. Staff shall wear shirts provided for the camp. Finally, the staff will follow the Code of Conduct in this manual.

Camp Director: The Camp Director will organize the camp during the months leading up to the camp. They will secure all necessary contracts, pool time, etc. All schedule, lodging, meals, building and pool issues will ultimately be the responsibility of the Camp Director. The Camp Director will collect post-camp paperwork for IASI Swimming and retain all necessary receipts and contracts. They must communicate the schedule with the IASI Swimming site staff no later than two weeks prior to camp, for review, before distributing to the entire staff.

The Camp Director must communicate with the IASI Select Camp staff before, during, and after the camp. They will also communicate with the camp athletes (Example: Campus rules, safety, and expectations).

Once the camp begins the Camp Director will act as a liaison between the host site and the camp staff; receive and store all materials shipped to the host site by USA Swimming. During the camp, the Camp Director is expected to be easily accessible during workouts and available throughout the weekend.

Coaches: Communication with athletes' home coaches prior to the camp is encouraged (see provided sample form). During athlete registration, the coaches should have a short meeting (2-3 minutes) with each athlete to review their two-week training log and determine how healthy they are and what their training goals are for the camp.

The coaches will work collaboratively to run practices, to run team meetings and coaching staff meetings. Typically, the Camp Director/coach runs the first workout with other coaches assisting since the swimmers are not yet divided into specialty groups. Then after consulting with coaches, all coaches will work together to write and run practice group(s) the rest of the camp. The coaches will ultimately be responsible for the content of every training session and the grouping of athletes based on their ability to handle the workload. Accepting athlete input for this up to the coaches. The Camp Director/Coach will reinforce the material from the educational

sessions and promote IASI Swimming. The Camp Director and coaches will assist in the supervision of the athletes at all times.

Pre-Camp Communication

All staff must have at least one call with one another prior to camp to discuss expectations, schedules, logistics, etc. We will plan to have this meeting on Zoom the week of May 22nd.

Staff Orientation Meeting

There will be a staff orientation meeting conducted by the IASI office and the Camp Director on the Thursday night preceding the camp (April 11th). This meeting must be attended by the entire camp staff. We will follow up with a parent and swimmer meeting the following evening, April 12th.

At the meeting, the following will be discussed by IASI Swimming Select Camp Staff:

1. We are not a “yardage camp” or “stroke camp.” We are here to educate the athletes about the development through USA Swimming. We’ll aim to provide a “Training Camp” atmosphere for athletes to prepare them for future National Team camps and competitions
 - a. Introduction to the National Team culture
 - b. Working with unfamiliar coaches
 - c. Training with other fast athletes
 - d. Handling training away from home
2. Inspire each athlete and help develop their self-confidence based on how “elite” they are to have qualified for the LSC Select Camp
3. Raise the level of training experiences for each swimmer, as well as his/her level of personal expectation
4. Develop leaders for future National Teams and role models for their home clubs
5. Code of Conduct for staff

The following information should be discussed by the Camp Director

1. Camp Itinerary
2. Punctuality! Be early for everything! (National Team Culture: Five minutes early is late!”)
3. Code of Conduct for athletes
4. Check-Out procedure
5. Review the procedure for injuries requiring medical assistance
6. Anything the staff and/or athletes should know about the site

The following points should be reinforced:

1. Know the schedule
2. Support the other coaches
3. Learn something about the swimmers beyond their times
4. Athletes must travel in at least pairs if given permission to walk around campus
5. Supervise the athletes and their behavior
6. Communicate with each other and the athletes
7. Share and learn from the athletes and each other
8. Discuss ideas to improve the camp and your own program
9. Support the home coaches

Section 3: Training Details and Workout Parameters

Training Details

Four practices are scheduled for the weekend. IASI Swimming has made recommendations for each practice based on the evaluation of successful and not-so-successful camps for more than 20 years. Ultimately the coaches will be responsible for the content of each practice. Someone should be assigned to chronicle the entire workout so it can be recorded and copied in a timely fashion for home coaches. Every athlete should receive an electronic version of the workouts at the end of the camp.

Workout Parameters

Note: The purpose of the camp is not to see how much yardage can be covered or how hard practices can be. About half the camp will not have trained long course regularly, if at all. Home programs training yardage may range from 4,000-8,000+ yards per day.

Workouts will be planned separately from this manual.

Section 5: Concerning the Athletes

Code of Conduct

Signing of the Sport Development Honor Code is a pledge to observe the rules established by USA Swimming. The Camp Director and IASI Select Camp Swimming Staff will discuss the Code with the team in brief before the camp starts and in detail at Meeting #1 Friday afternoon. Emphasize social media “Do’s and Don’ts’s!”

The honor code is presented in Section 8 of this document and signed by all attendees before arriving at the camp.

Discipline or penalties are the responsibility of the Camp Director and IASI Select Camp Swimming Staff members. All infractions must be reported to the Camp Director and IASI Swimming office immediately.

Communication

Communication is key. It is essential that the staff make some contact each session with each athlete. Keep comments positive, cheerful and calm. Help some of the more bashful or younger athletes along. Daily team meetings keep the communication flowing, although this shouldn't be the only means of staying in touch with the swimmers.

Uniform

Among other things, IASI Swimming provides a t-shirt for each camper (or shorts, if second year attending.) Campers should wear the shirt for Saturday’s activities. Keep in mind the need for a clean shirt for the team photo.

Each camper will also receive two caps. Select Camp caps are mandatory throughout the camp.

Leave your team apparel at home!

Section 7: Sample Emails

IMPORTANT: These are only examples of information that should be contained in camp correspondence. Please add your personal touch to each message and include the information that is pertinent to your camp.

Sample Pre-Camp Email #1 from Camp Director to parents/athletes (to be sent approximately one month before camp):

Include:

- Provide lead staff contact information

Sample Pre-Camp Email from Camp Director to Home Coaches (to be sent approximately one month before camp):

Include:

- Link to athlete information form for home coach to complete
- Congratulations to home coaches for athlete's selection
- Open communication invitation for any coaches who wish to talk to coaches about their athlete(s) before camp
- Purpose of LSC Select Camp
- Thank you for sending athlete(s) to camp

Section 8: Honor Code

IASI Select Camp Honor Code

As a participant in the IASI Select Camp conducted by Iowa Swimming, Inc. , I, understand and will comply with the following guidelines as set forth by USA Swimming and the Olympic International Operations Committee regulations at all times during the IASI Select Camp.

1. The possession or use of alcohol, tobacco products or controlled substances by any athlete or staff member participating in the Event is prohibited throughout the duration of the trip (until the team has officially disbanded).
2. Participants and staff will attend all program functions including meetings, educational sessions, practices and social events unless excused by the Camp Director or coaches.
3. For specific programs, staff members will wear IASI Swimming outfitting during all sessions of the program. Athletes will wear outfitting when instructed to do so.
4. Participants and staff will refrain from any illegal or inappropriate behavior that would detract from a positive image of IASI Swimming or be detrimental to the program.
5. Participants will display proper respect and sportsmanship toward coaches, fellow participants, administrators and the public. This includes no cell phone / smart phones usage during any presentations etc.

IMPLEMENTATION:

1. All team and staff are apprised in writing of this code. Signature of this document constitutes unconditional agreement to comply with all parts of this Honor Code.
2. Failure to comply with the Honor Code as set forth in this document may result in disciplinary action. Such discipline may include, but may not be limited to:
 1. Dismissal from the camp and immediate return home at the participant's expense or at the expense of their guardians.
 2. Denial of travel reimbursement or travel scholarship money.
 3. Immediate return of all gear and equipment received as a participant for specific programs.
 4. Disqualification from future IASI Swimming camps and/or selection for Team Iowa trips.
 5. Financial penalties.

