



Iowa Select Camp
Draft, as of: 1/12/2025

The goal is to set up a format for an annual camp that is easily replicated in the future.

Iowa Select Camp would bring together the top 13 & Over swimmers in the state in early Spring. Consider this type of camp a step down from the Regional Select Camps and Zone Select Camps that USA Swimming offers. Coaches would meet via Zoom twice in the lead-up to the event to discuss presentation topics, plan the overall training sessions, and discuss focus points. A collective Google doc would be set up to work collaboratively on practices before arriving on site.

Swimmers would stay with their parents in nearby hotels for Iowa versions; in team hotels for travel versions. Some meals would be provided (pizza lunches, etc); other meals would be 'on your own' within certain timeframes.

Odd years in the Olympic quad: (2023,2025,2027): Iowa sites

Friday afternoon & evening , Saturday morning and afternoon when in Iowa

(Keeps travel costs to a minimum).

Open to: Spring Sectional qualifiers and above. Qualifying period: August 15 - End of SCY season.

Spring 2025 Cuts

https://www.gomotionapp.com/cenzone/UserFiles/File/Speedo/TimeStandards/2025springsectionals_087218.pdf

***This is valuable info to us as an LSC. We'd want to be able to track 1) who qualifies for meets faster than our LSC Champ meet (Sectionals, Futures, etc), 2) incentivize making those meets with attendance at the Select Camps, 3) drive up interest to then *compete* at those upper level meets. As an LSC, we'll be able to track who makes the cuts vs. who attends those meets. Incentivizing making Sectionals with a printed certificate congratulating them on their swim *and* inviting them to the IA Select Camp might be a unique extrinsic, motivating factor.

Coaches: Applications sent to all IASI coaches. SR Committee would select the staff based on experience, knowledge of senior level swimming, training, etc.

I recommend we keep the "Camp Director" position limited to coaches with 10+ years experience and "Assistant Coaches" a healthy mix of new(er) coaches and the everyday Senior coaches for each athlete attending. This could be a chance for younger IASI coaches to gain experience working with high achieving athletes.

Even years in the Olympic quad: (2024,2026,2028): OTC or other altitude sites

All day Friday, Saturday, Sunday AM when not in IA.

Leaves Thursday and Sunday PM for travel.

Open to: Futures qualifiers and above



Spring 2023: IA CItY, CRWC

Preferred Dates:

April 18-19, 2025

Costs: on IASI to cover; facilities

- Meeting Room
- Practice Pool
- Dryland Area / Crash Area (if applicable)

Family Costs:

Nearby, walkable hotels: ~\$150 per night (potentially less if a block is set up)

Iowa Select Camp apparel: Caps, Shirts, Water bottles

Tentative Schedule:

Friday PM:

1 p.m. – 2 p.m.: **Camp Overview and Icebreakers**

2:00 – 3:00 p.m.: **Coach led presentations**

3:15-4:00 p.m.: **Dryland** and dynamic warm up

4:30 – 6:30 p.m.: **Swim (LCM)**

6:45 – 7:45 p.m.: Dinner

7:45 – 8:15 p.m. : **Technique presentation**

8:30 – 9:00 p.m.: **Starts** and video work

Saturday:

7:00 a.m. – 8:00 a.m.: Breakfast and **Technique presentation**

8:15 – 9:00 a.m.: **Dryland**

9:15 – 9:45 a.m.: **Video analysis**

10:00- noon: **Swim (LCM)**

12:15 p.m. – 1:00 p.m. Lunch

1:00 – 2:00: **Coach led presentations**

2:15- 4:00 p.m.: **Swim (LCM)**

4 hours of meeting room time: ~\$360

6.5 hours of practice time: ~\$1200

1.5 hours of dryland: ~\$136