

Fellow Board Members –

I have no written report pertaining to my “At Large” position, but wanted to pass along and request feedback on the below outline for a Distance Camp to be held for Middle School Aged Athletes sometime in 2013. I want to take the opportunity over the next few weekends of Champ Meets to talk with coaches of 11-14-year-old swimmers to help determine the optimal time of year to hold this event. Please get back to me with any suggestions, and talk the camp up amongst your own team / age group coaching staff, and let’s see if we can’t finalize a format and set a date for this camp before the start of the SCY Season!

NOTE that these are just my own thoughts / ideas / visions for this camp, and are NOT final by any means. I welcome any and all feedback and suggestions that would help improve the camp and make it more beneficial for the participants.

NEW JERSEY SWIMMING
MIDDLE SCHOOL DISTANCE CAMP

WHEN: To Be Determined.
Suggestion: Saturday of Senior States 2013 (2nd or 3rd weekend Feb)

WHERE: To be determined; (8 lane pool preferable, 6 is workable)

ELIGIBILITY: 6th, 7th, and 8th graders who are currently NJS Registered swimmers and have achieved an ‘A’ level time in the 400/500 Freestyle, 800/1000 Freestyle, or 1500/1650 Freestyle as either an 11-12 or a 13-14 since Jan 1, 2011.

(So, a 13-year-old boy who goes 5:38 in his 500 but who was a 5:55 as a 12-year-old would be eligible to apply as he is a victim of unfortunate circumstance, as he was recently an ‘A’ level swimmer and in all likelihood will reach ‘A’ level status again as a 14-year-old the following season).

I prefer ‘A’ time NJS Silver as it eliminates the most worrisome segment of potential applicants. If we truly want to run an in-water workout, raising that bottom rung from 6:30 to 6:09 / 6:04 will help tremendously. It also eliminates a large number of novice athletes from the application pool, which I think will help to attract and serve our more established and experienced distance swimmers.)

CAMP OBJECTIVES:

- To promote distance swimming within the New Jersey LSC for Middle School Aged Athletes by recognizing their achievements with a camp designed just for them.
- To provide these NJS athletes with an opportunity to record an official time in either the 1000 or 1650 Freestyle (camp time trial = approved meet)
- To provide these aspiring distance swimmers with education, resources, and inspiration (by way of a celebrity athlete guest) specific to their area of expertise.
- To encourage a “community learning environment” by gathering young athletes with common goals / interests together so that they can learn from one another as well as from the coaches and role models on hand.

CAMP SCHEDULE:

9:00-10:15;

(out of water) Meet w/ Athlete, discuss what it means to be a “distance swimmer,” talk about specific training techniques (i.e. how distance training differs from typical training, “war stories” hardest sets you’ve ever done), go over racing / pacing strategies, watch film (in the background maybe? And highlight when appropriate).

10:15-10:30:

Get ready to swim

10:30-12:30:

(in water) Long warm-up (15min), Distance Tech (30min), Aerobic (30-40min depend on age / ability), Break / Recovery (5-10min), Pace / Race Strategy (30min)

12:30-12:45:

Swimmers change / transition

12:45-1:45:

Lunch & Nutrition. Social / feeding time first half, second half structured talk on proper distance-swimmer dieting and hydration techniques – how do distance swimmers need to eat / drink differently than other athletes? How should they be eating the week of, the night before, on race day, and following the swim.

1:45-2:00:

Back to the pool – some may be putting on racing / nicer suits/

2:00-2:30:

General Warm-up

2:30-Finish

Timed Swims – we can go 2 per lane if time is an issue.