

NEW JERSEY SWIMMING
MIDDLE SCHOOL DISTANCE CAMP

WHEN: May (second half) / June (first half) 2013
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, 2012.

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;

(Classroom) 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:

(Classroom) Lunch & Nutrition. Social / feeding time first half (30min), 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 preparing the week of, the night before, and on race day. How should they be recovering after the race, after big volume workouts, etc, to stay healthy.

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.

NOTES:

As it relates to the

(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 USA Swimming 2013-2016 'A' time over 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.)