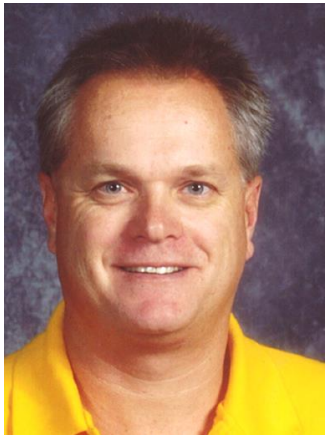
Mark Hesse

Sport Performance Consultant



- With USA Swimming since June 2012
- 27+ year career as a club coach in Potomac Valley, Florida, Texas, Indiana & Colorado
- Placed swimmers in Olympic Trials Semi-Finals and on National Junior Team
- ASCA Level 5 Certified Coach
- 25 years of involvement in LSC Governance and USA Swimming National Committees

National Team Program Progressions

Camp Handouts:

usaswimming.org/zoneselectcamps

SELECT CAMP

SCAN FOR THIS PATCH NOW!

DECK PASS

WAY TO GO!

YOU PARTICIPATED IN THE 2017 ZONE SELECT CAMP!

DECK PASS PLUS

Camp Pictures/Blogs:

facebook *USA Swimming Clubs*

twitter *@USA_SwimClubs*

#SZSC

USA Swimming Opportunities

National Junior Team?

Pool Competition

LC World Championships

Duel In Pool | Pan Am Games | World Univ. Games | World Champs (scm) | Pan Pacific Games

National Junior Team

National Select Camp

Central Zone Select Camp | Eastern Zone Select Camp | Southern Zone Select Camp | Western Zone Select Camp

Open Water

LC World Championship

World Univ. Games

Pan Am Games

Pan Pacific Games

World Champs (scm)

Open Water Junior Team

National Open Water Select Camp

LSC Open Water Camp

USA SWIMMING

Progressive Success

79% of National Select Camp >Zone Select Camp

45% National Junior Team > National Select Camp

60% National Team > National Junior Team

75% OW National Team > OW National Select Camp

National Team Culture

- Personal Accountability
- Do Things the Right Way - Team First
- Sportsmanship
- Personal Excellence
- Team Unity – Harmony – Fun

All Camps/Teams Facts

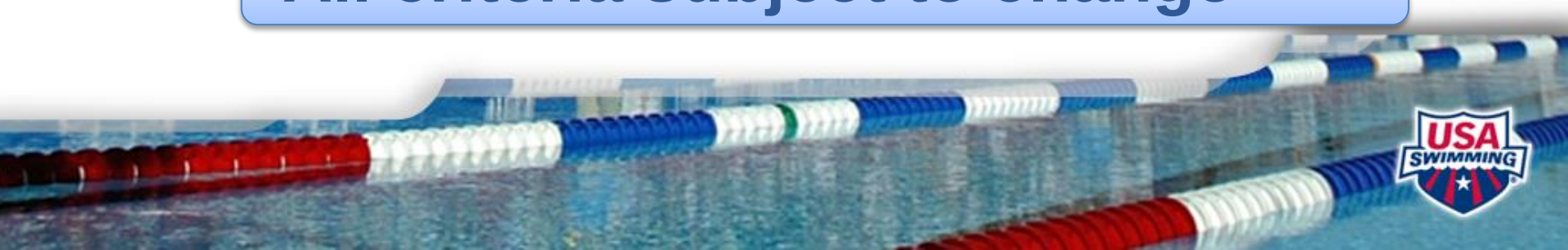
Must be a US citizen

Never represented another country

No previous higher experience

All Camps/Teams Facts

- Long Course times only
- **No time trials, relay lead off, or intermediary splits considered**
- All criteria subject to change



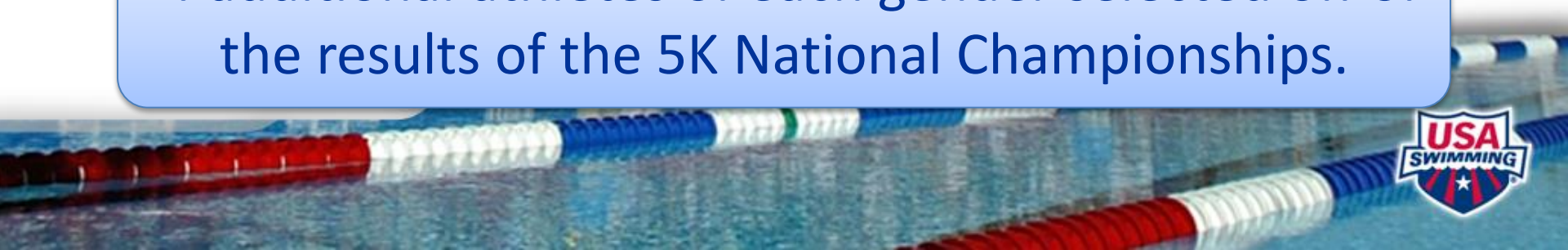
Open Water Athlete Progression

- National OW Select Camp
- Junior International Event
- National Junior Team
- National Team
- International Team
- Olympic Team

National OW Select Camp

Top 8 athletes of each gender in the 1500m free

4 additional athletes of each gender selected off of the results of the 5K National Championships.



National OW Select Camp

Junior International Event

FINA World Juniors (Even Years) – July 16-18, 2016 Hoorn, Netherlands

FINA World Cup (Odd Years)

Selection

- Based on finish at open water nationals
- Past years – Top 25 (~3 minutes behind the leader) has qualified for a team

Example of Qualifications
2016 FINA World Junior Team

800m	1500m	1000scy	1650scy
Women			
8:52.40	16:52.37	9:59.83	16:41.77
8:59.63	17:12.23	10:20.17	16:31.43
9:11.05	17:34.97	10:03.37	16:53.23
9:24.84	17:34.04	10:01.96	17:02.69
Men			
8:15.10	15:37.51	9:06.83	15:07.25
8:11.14	15:34.10	9:07.24	15:02.23
8:31.14	16:23.62	9:20.70	15:32.73

Ages 14-16 Times

Ages 17-18 Times

National OW Select Camp

Junior International Event

National Junior Team

- The best 18&U open water swimmers in the USA
- How to qualify:
  - Be named to an international junior team
  - Top 6 18&u from Open Water Nationals

National OW Select Camp

Junior International Event

National Junior Team

National Team

- How to qualify
  - Be named to the World championship team
  - Top 6 at open water nationals
- Benefits
  - Funding for 3-4 world cup events
  - Access and funding at the Olympic training center
  - Other athlete services

- World Championships (odd years)
- World University Games (odd years)
- Pan American Games (2019)
- Typically selected from nationals

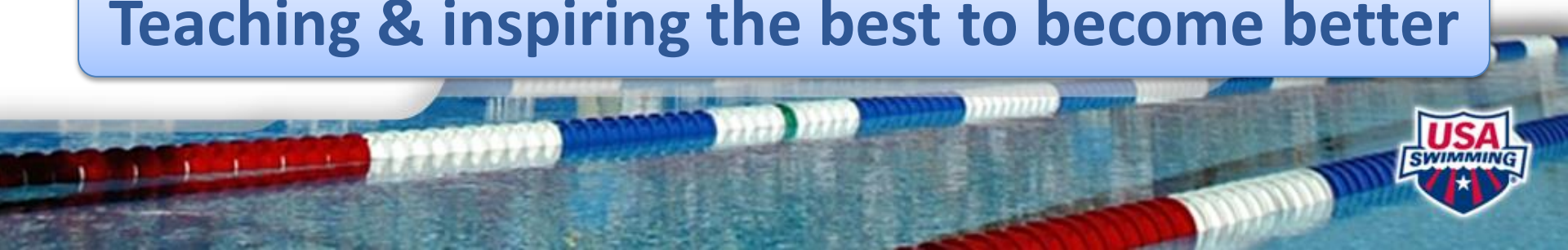
Three step process

- Qualify for nationals
- Qualify to swim the 10K at the 2019 FINA World Championships
- Finish in the top 10

NATIONAL SELECT CAMP

USA SWIMMING

Teaching & inspiring the best to become better



United States Olympic Training Center

NATIONAL SELECT CAMP
USA SWIMMING

COLORADO SPRINGS
OLYMPIC CITY USA

Qualifying Period

Sept 1-August 31 previous year

Age at time of performance

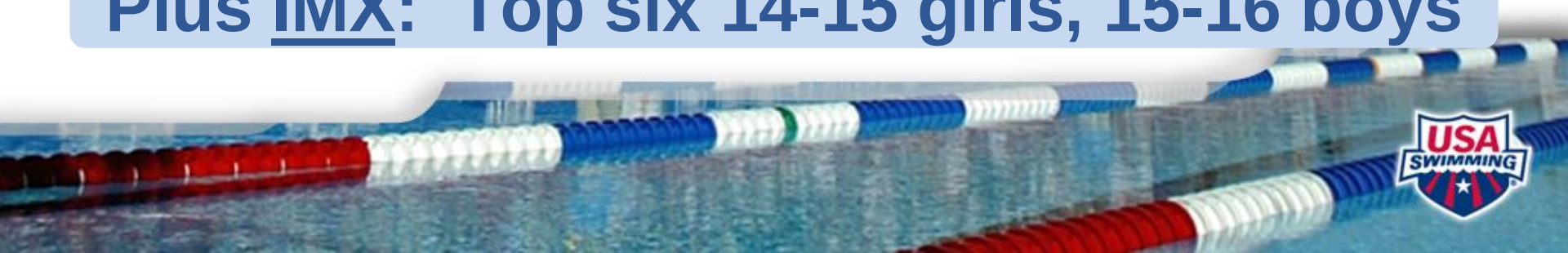
14-16

Held in October

Two camps – separate genders

Fastest 3 eligible in each Olympic event

Plus IMX: Top six 14-15 girls, 15-16 boys



Katie Ledecki

"Participating at National Select Camp in 2011was a wonderful experience. It provided me opportunity to experience the inspiring training atmosphere and facilities found at the Olympic Training Center and allowed me to gain insights from presentations by veteran USA Swimming athletes and Olympians such as Chloe Sutton and Allison Schmitt. I consider it a great milestone leading to my eventual participation at the 2012 Olympics."

October 2011 →

August 2012 →

Top 50 American male & female swimmers based on 18 & under World Rankings

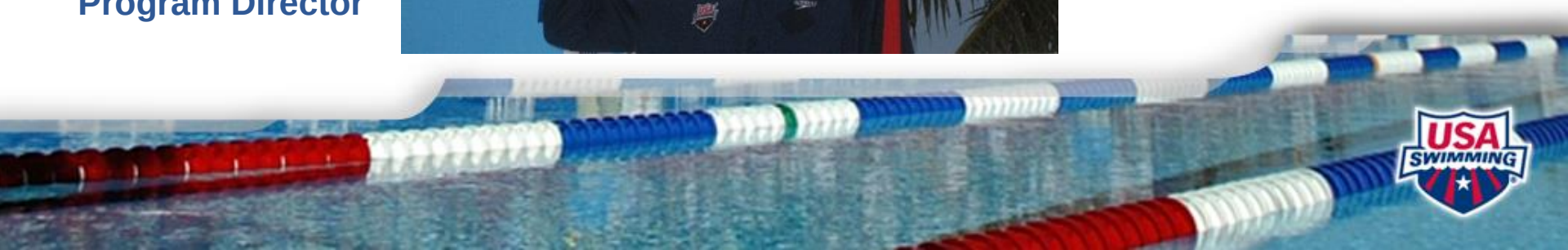
Find your world ranking here:
https://www.usaswimming.org/Times/data-hub

Athletes who have not yet represented the USA internationally are eligible to attend the Mel Zajac meet in Canada in May

National Junior Team

National Junior Team

Mitch Dalton
National Junior Team Program Director



2016 Olympians with NJT Experience

- Camille Adams
- Nathan Adrian
- Haley Anderson
- Kathleen Baker
- Gunnar Bentz
- Jack Conger
- Kevin Cordes
- Maya Dirado
- Caeleb Dressel
- Anthony Ervin
- Jimmy Feigen
- Hali Flickinger
- Missy Franklin
- Townley Haas
- Molly Hannis
- Chase Kalisz
- Lily King
- Jay Litherland
- Ryan Lochte
- Simone Manuel
- Melanie Margalis
- Cody Miller
- Lia Neal
- Jacob Pebley
- David Plummer
- Josh Prenot
- Allison Schmitt
- Tom Shields
- Leah Smith
- Olivia Smoliga
- Abby Weitzel
- Jordan Wilimovsky

USA SWIMMING

May participate more than once

18 or younger on September 1

Times from any USA Swimming or FINA meet January 1-September 1

Priority 1: Top 2 athletes in each Olympic event

Priority 2: 3rd & 4th ranked swimmers in the 100 & 200 freestyle

Priority 3: Based on World Rankings for all ages: Girls ranked in the Top 75 & Boys ranked in the Top 100 in an Olympic event

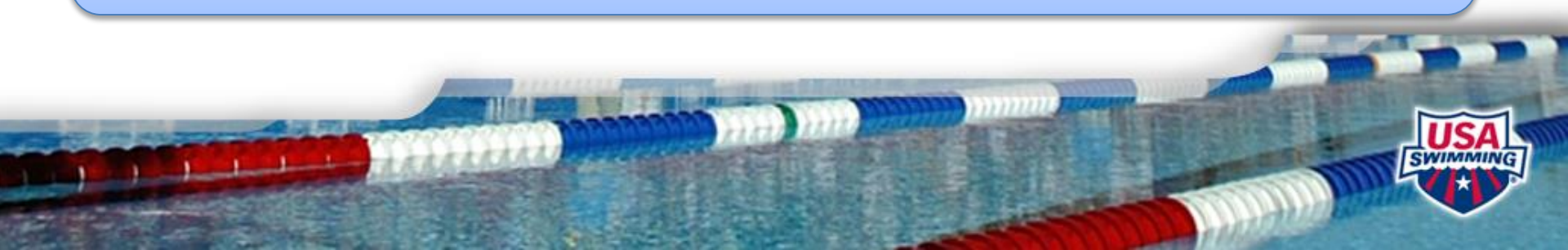
National Junior Team

Spring Camp at Olympic Training Center for all members on roster

International Junior Competition

Due to roster size restrictions not all NJT swimmers are selected to compete internationally

Athletes must meet age qualification on start date of competition



World Junior Championships

August 2017 Indianapolis, IN

Qualifying from World Championship Trials

Up to 26 Women & 26 Men

Women 14-17, Men 15-18 as of Dec 31, 2017

Junior Pan-Pacific Games

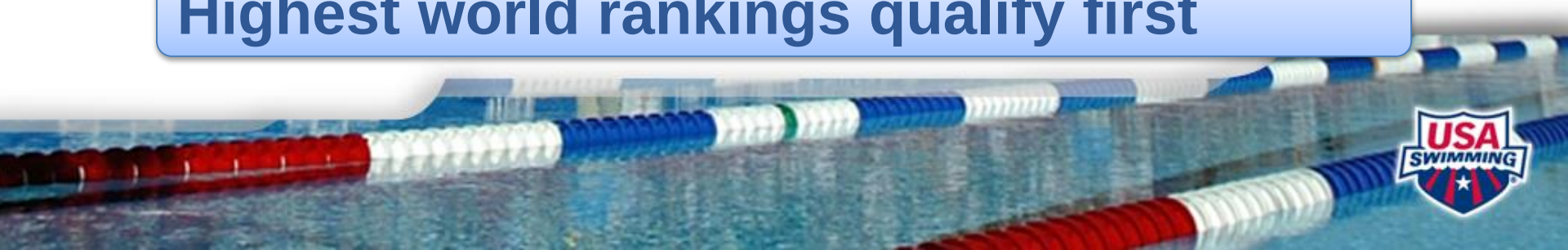
August 2018 Kihei, Hawaii

Up to 20 women & 20 men

Selected at 2018 Phillips 66 Nationals

18-U World Cup

- Up to 10 Female & 10 Male athletes
- Female: Top 50 World Ranking
- Male: Top 75 World Ranking
- Highest world rankings qualify first



18-U World Cup

2 World Cup meets October 2017

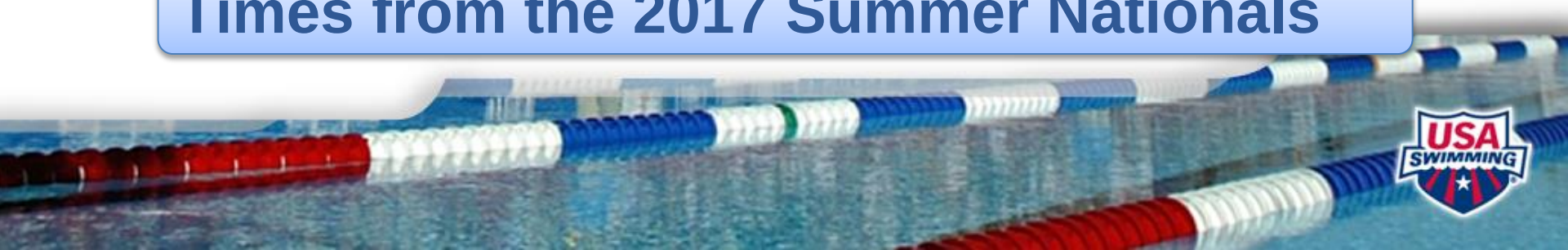
Youth Olympic Games

2018 Buenos Aires, Argentina

4 women and 4 men

Full selection Criteria: *usaswimming.org*

Times from the 2017 Summer Nationals



NJT Past International Competitions

Guam
Lima, Peru
Hawaii
Canada
Berlin
Australia
Dubai
Tokyo

National Team

National Team Director
Frank Busch

National Team

Top 6 athletes in each Olympic Event based on times from January 1-August 31 at any USA Swimming or FINA meet

National Team Competitions

Teams that will be picked at 2017 Summer Nationals:

World Championship Team

World University Games Team

Junior World Championship Team

National Team Competitions

Teams that will be picked at 2018 Summer Nationals:

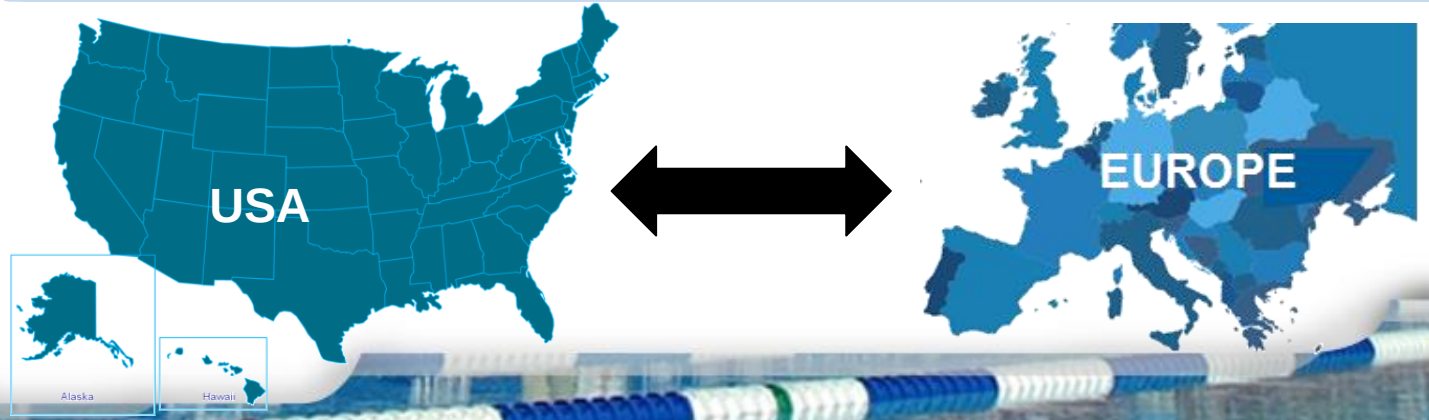
- World Championship
- Pan Pacific Championship
- World University Games
- Pan American Games
- Junior Pan Pacific Championship

Duel in the Pool

Originally: USA vs Australia

USA vs European All-Stars

Dec. 11-12, 2015: Indianapolis, USA



Duel in the Pool

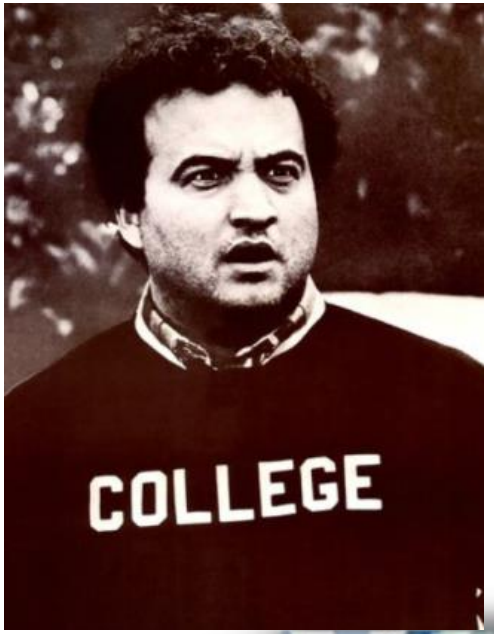
2013 Tie Breaker Mixed Relay

World University Games

Nickname: “WUGs”

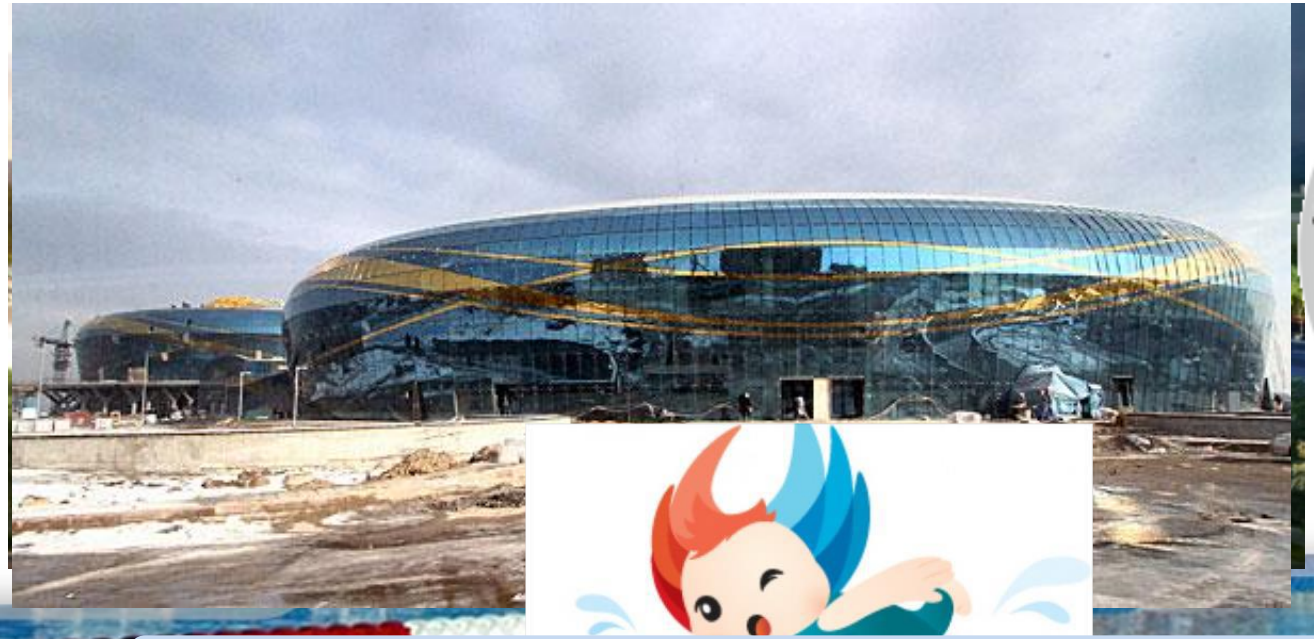
College age athletes

Held every 2 years



World University Games

August 2017: Taipei City, Taipei China



July 2019: Naples, Italy

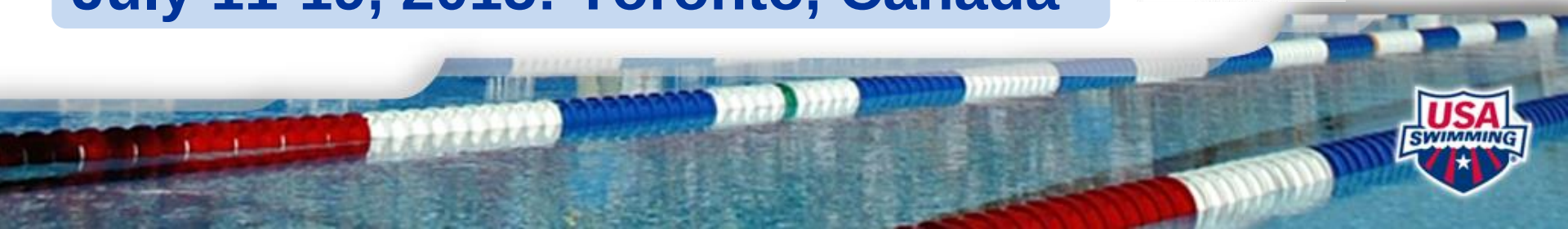
Pan-American Games

Nickname: “Pan-Ams”

North & South America

Held once per quad

July 11-19, 2015: Toronto, Canada



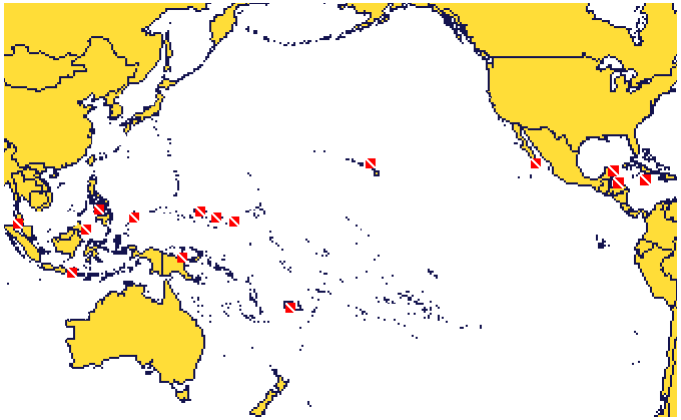
Pan-American Games

July, 2019: Lima, Peru

Pan-Pacific Championships

Nickname: "Pan-Pacs"

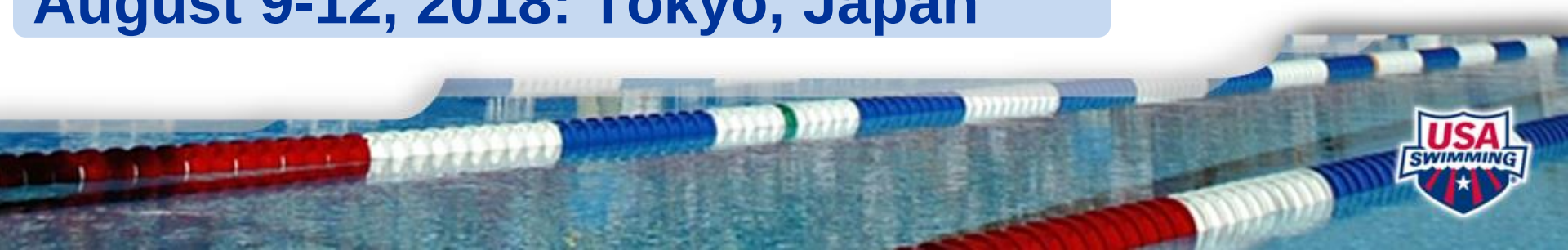
Countries from the "Pacific rim"



Once per quad

August, 2014: Gold Coast, Australia

August 9-12, 2018: Tokyo, Japan



World Championships

(Short Course Meters)

- Held every 2 years
- Selected by LCM World Rankings Jan. 1- Sept. 1
- December 1-5, 2018 Hangzhou, China

World Championships (LC)

Highest Priority meet besides Olympics

Held every 2 years

July 15-30, 2017: Budapest, Hungry

July 21-28, 2019: Korea

https://www.usaswimming.org/resources-home/resource-programs-services

The National Team Division provides programs and services to empower athletes for Olympic success.

NATIONAL TEAM ATHLETE SERVICES

- Athlete Assistance
- Travel Reimbursements
- Grants

SEE ALL >

SELECTION AND ROSTERS

- Selection
- Rosters

COACHES AND MANAGERS

- National Team Manager's Network
- National Team Coaches

QUAD PLAN

- Quad Plan

OPEN WATER

- Selection
- Policies
- Quad Plan

NATIONAL JUNIOR TEAM

- Education
- Selection and Rosters

Reality!

Although there is a Select Camp & National Team progression there is no single pathway to the top!

Scott Weltz

May 2012 →

June 2012 →

Ryan Held

March 2016

August 2016

USA

UNITED STATES OLYMPIC TEAM

TEAM USA

USA Olympic Team

Limited to 2 per event (6 for free relays)

Only need to qualify at Olympic Trials!

Late June 2020: Omaha, Nebraska

2020 Olympic Games

Your
Picture
Here