**Concept:** IASI will run two camp for the LSC’s national level swimmers

**Goal**- To increase the number of IASI swimmers who qualify for Junior and USA Swimming National Championship Meets each year with the expectation of doubling the number of swimmers who swam as IASI swimmers during their age group and senior developmental years from 2020 to 2024 Olympic Trial Qualifiers. The ultimate goal is to place IASI swimmers on the USA Olympic team.

**Measurable** – At the conclusion of each summer, IASI will track on the number of swimmers achieving Futures, Winter Juniors, Summer Juniors and USA Swimming’s National Championships.

**How To Achieve This Goal -** Building a camp system that will encourage and promote swimmers to:

1. Work to achieve a standard to be a part of these camps
2. Provide resources and services for IASI swimmers achieving these standards
3. Motivate these athletes to reach for higher levels of success
4. Inspire these athletes and teach them what it takes to achieve the next level

**Camps** – IASI will hold two camps:

* Fall Camp: The first weekend prior to Thanksgiving in the fall (this should straddle the high school girls’ season and high school boys season enough).
* Spring Camp: The second weekend would be the last weekend in April to allow enough time for kids to begin to get into shape for the summer season and not conflict with spring meets and graduations.

**Camp Numbers** - The camp size would be 25-50 swimmers with no more than 6 to 7 swimmers per lane.

**Camp Invitations** - Athletes invited will be prioritized in order of times listed below.

1. Senior National/US Open Cuts
2. Summer Junior National Qualifiers
3. Winter Junior National Qualifiers
4. Futures Qualifiers.
5. If Futures level athletes are invited and there are more than 50 swimmers, athletes with the highest placing cuts at the futures level will be prioritized.
6. The Senior Vice Chair will have the option to invite additionally swimmers if there is space available.

**Elite Coach Invited to Run the Camp**- The goal of the camp is to contract a high level coach from outside the LSC. Hopefully, the lead coach will be one who has had Olympic athletes or coaches that have worked alongside a program that has had a lasting legacy of outputting Olympic level athletes.

**LSC Coaches Invited** - Any coach that has an athlete invited is welcome on the pool deck or teaching sessions that a host camp coach maybe running.  High School coaches will also be invited or welcome to attend.

**Camp Format**

* Friday Evening Workout Session
* Saturday AM Workout Session
* Saturday PM/Post Lunch Classroom discussion
* Saturday PM Workout Session
* Dinner question answer session
* Sunday AM where all Iowa coaches question answer session with a coach

Athletes will get three training sessions with coach, two opportunities to learn and ask questions and Sunday coaches will get their chance to question answer the coach before them

**IASI Budget Needs:** For 2020-2021, Senior Swimming is asking for $13,700 to help pay camp expenses for these camps

$3,000 - Pay for an outside coach to attend and lead the camp

$300 – Hotel for coach

$500 – Airfare for coach

$150 – Meals for the lead coach

$2,500 - Facility Rental and Expenditures

$400 – Miscellaneous Expenditures to help the camps be successful

**Cost for IASI Athletes invited to these Camps:** Athletes and IASI coaches are responsible for their own travel, meals and lodging expenses. All other cost associated with running these camps will be covered by IASI.