

CAQ trip to the US Olympic Training Center

Charger Aquatics is proud to announce that we have been approved by USA Swimming and the US Olympic Training Center (USOTC) for a team training session April 20-22. We have the opportunity to spend the weekend training in the same facility, eating in the same cafeteria and having access to the same benefits as all of the top national level athletes.

We will be taking 30 athletes, 15 girls and 15 boys, along with 4 coaches to the OTC. The following information will give you some guidelines as to who is eligible to go, how we will determine the athletes selected, deadlines for applications, cost associated with the program and a general overview of what we will be doing during our stay.

This will be a fantastic experience for all swimmers who are able to attend. We will expect the swimmers to behave like top-notch athletes while on this trip.

- Dates:** April 20-22, 2018. We will leave from ABQ early on that Friday depending upon our schedule in Colorado Springs. A detailed itinerary will be available closer to the departure date.
- Ages:** Swimmers must be at least 12 years old as of April 20, 2018 – this is a USOTC rule, not ours.
- Eligibility:**
- 1- Must be actively registered with CAQ for a period of 1 year prior to the trip.
 - 2- Top 5 swimmers will be selected based on their short course IMX score average. For the 12 year old swimmer, it is based on 5 events (400 FREE, 200 IM, and 100 FLY, BACK & BREAST) and for the 13 & over swimmer it is based on 6 events (200 & 400 IM, 400 FREE, 200 FLY, BACK & BREAST). We will take the swimmers total IMX score and divide it by either 5 or 6 to determine an average score.
 - 3- The next 10 swimmers, both male and female, will be selected by the coaching staff from the applicants who meet the deadline of February 21st.
 - 4- All potential participants will need to fill out an application by the deadline, Wednesday February 21, 2018. We chose this date because we have a deadline to meet with the OTC, which, unfortunately, is prior to the SC Champs meet.
 - 5- Swimmers will travel to and from the USOTC with the coaches via bus. Sorry parents, but you will have to send them alone on this trip.
- Schedule:** We will have workout time in the 50m pool, possible classroom time – most likely on Friday evening and Saturday between workouts, and a team activity. Depending on USA Swimming staff availability, there may, or may not be classroom time with presentations. Topics might include Nutrition, Goal Setting, Starts, Stroke Technique, Race Stats or National Team Stepping Stones.
- Cost:** For all swimmers, there is a fee to use the USOTC of \$90 per day. The cost of transportation to and from the USOTC will be split by the swimmers attending.
- Questions:** Please direct all questions to Coach Tom at Cyprus@aa.edu or 505-858-8871