



Athlete Newsletter

Volume 1, Issue 2

Select Camp Recap

This year's Select Camp which took place in September in Myrtle Beach featured Coach Joe Bernal, who was formerly the Head Coach of Harvard University; the US Olympics Coach in both 1984 and 1988, and the US Coach for the Pan American Games in 1991. In all, Joe Bernal has coached six Olympians. Recent Olympians include Ray Carey ('96), Scott Jaffe ('96), and David Berkoff ('88 & '92). The guest athlete was Kaitlin Sandino who was part of both the 2000 US Olympic team at the Sydney Olympics as well as the 2004 Athens games. Sandino won a total of three metals at the Athens games with a bronze in the 400 meter freestyle, silver in the 400 IM, as well as gold in the 800 meter freestyle relay which set the world record.

In contrast to last year's camp which focused more on technique and skill, this year's select camp was more of an endurance based camp. In addition to working on improving skill, Coach Bernal and Kaitlin worked with campers on endurance performance and heart rate control in sets. Saturday night after a challenging in water session, campers were invited back to the hotel for a cookout on the beach. Sunday morning included another challenging in water session which was followed by an autograph signing and picture session with both Kaitlin and Coach Bernal. Special thanks go to Coach Jimmy Smith and all of the zone coaches for once again making this year's select camp a huge success.

-Bailey Dowe, Athlete Secretary

From the Reps

As the 2009-2010 short course season flies by, we want to take the time to recognize some of our athlete's biggest accomplishments. Congratulations to Heidi and Laura Nichols of YCSC who have signed with Delta State University, Samantha Klutz of SMRT who has signed with the University of North Texas and Matt Anderson of TG who has signed with Gardner Webb University. We wish you all the best as you continue your swimming careers at the collegiate level, and encourage team reps to send us all the names of your teammates who have also made this exciting commitment.

USAS Convention

Chrissy and I had the opportunity to attend the United States Aquatic Sports (USAS) Convention this past September and certainly learned a lot from the experience. Some of the information we received there has become old news by now, like the decision to ban non-permeable suits beginning on October 1 rather than in January. However, some of the other materials we gained access to are still very relevant.

Some of our most important workshops involved college swimming, especially timelines for recruiting and resources to use while deciding which schools interest you. I have a CD that they distributed that includes documents that outline everything from what to take with you on a recruiting trip to revised eligibility standards. If you want access to any of those resources please don't hesitate to let me know so I can e-mail them to you or your coach.

USA Swimming is also working to do more networking, much like we're trying to make sure SC athletes have access to as much information as possible. If you have a Twitter account, the USA Swimming Athlete's Executive Committee posts occasional updates on their page, at http://twitter.com/USASwimming_AEC. Following them is an easy way to stay updated, and I promise they aren't excessive.

-Yuko Gruber, Senior Athlete Rep

Speedo Short Course Junior National Athletes

Congratulations to the following athletes who competed in the Speedo Short Course Junior National Championships in Columbus, Ohio in December. If your name was not included, please contact Yuko Gruber, Chrissy Oberg, or Bailey Dowe.

From **YSSC**: Haley Lips, Annie Gillig, Lauren Raczkowski, Caroline Fore, Kendall Crawford, Danielle Galyer, David Ingraham, Jay Warner, Jared Kauffman. **MPSC**: Zach Lierley, Jon Lierley. **SMRT**: Haldeman Shelbourne, Bjorn Hornikel. **PALM**: Walker Layne. **Swim Spartanburg**: Chrissy Oberg. **Spartan Splash School**: Lauryl Williams. **H2A**: Courtney Collett. **TG**: Andrew Tanzey, Wyatt Boliek, and Matt Anderson

-Compiled by Chrissy Oberg, Junior Athlete Rep