



2022 Summer Senior Blast
Held at the North Shore Aquatic Complex
901 North Shore Drive NE, St. Petersburg, FL 33701
Meet Dates July 26– 30, 2022

What: Annual 'ISCA' Summer Senior Blast, July 26-July 30th at the North Shore Aquatic Complex.

This has been one of the premier 'end of summer' meets in the country for the last several years. In years past, numerous National Age Group records have been broken at this meet along with former and future Olympians and National Champions competing, including Caleb Dressel and Ryan Lochte. This is a Prelim/Final Championship meet that will serve as our end of season "taper" (rest) meet and is the focus of our summer training.

The past several years we have not had been able to have a training trip or 'national level' meet and I feel this meet is a great fit for our swimmers. I have been asked this year and in years past why do we need to attend a meet so far away? There is a myriad of answers to this question but some of the ones that best fit our team and current circumstances are as follows:

- The 'state meet' although a great meet and an honor for our swimmers to attend can become more of a guarantee than something we work towards but expected. This meet will offer each swimmer the opportunity to retain their focus, become excited and get prepared for a new adventure.
- The expectation for being on the Senior Gold and Silver level is that each swimmer will attend the 'championship meet' we are attending as a team.
- These types of meets also allow us to create a much stronger team bond. Being in a strange environment, with different swimmers, under different conditions creates team unity like nothing else.
- Initially for the individual these types of 'national level' meets are all about gaining experience. The more often one competes under these higher stress situations the better they become in future high-level meets (including, HS State, sectionals and Junior Nationals). It is always better to have built oneself a foundation at these types of meets. That will help to create a comfort level for all future 'championship' meets they attend.
- Competing and watching strong swimmers will only help us to get more and more of our swimmers to that level and beyond. It builds a sense of belonging in that environment and longing toward wanting to train harder and get towards that level of swimming for the next season.
- Adapting to a strange environment, with different competitors will only help to make all of our swimmers stronger mentally when they are challenged in the future.
- In the Spring of 2019, we had flights and hotels rooms and were days away from attending NCSA Jr. Nationals when the world shut down. In the interim time the Senior group lost their focus towards national level meets a bit, along with going through many changes within our group since Covid-19 became a fixture in our lives. Coming out of the pandemic was not always easy for the swimmers as a lack of incentive and focus to train became harder and harder to overcome. I feel this group has made gigantic strides in overcoming these challenges. We have begun to have much more consistent number of swimmers at practice along with much better training sets being swum. The 2022 Summer Senior Blast offers continued incentive and a reward for all the commitment these swimmers are showing to the sport.
- Just as the we are rebounding from Covid-19 so are swim meets and this meet is not alone in rebuilding. This year to ensure the meet reaches its full capacity (which it has meet its full capacity) the QUALIFYING TIMES HAVE BEEN removed for all events 50m and 100m in length. All events 200m and longer will still have qualifying times. Which opens the door for us to bring a larger team and more swimmers.

- A few quotes from other participating clubs from this meet:
 - *We like that there are teams from all over the country and that the awards are always first class. (Aaron, GM of Occoquan Swimming)*
 - *We love the venue at in St Petersburg, and the amazing competition. (Heather, Mason Makos Swim Team)*
 - *I love that the announcer for the meet is really energetic and gets the kids excited, the high level of competition from all around the country, and the organization of the meet. (Shauna, Greenwood Swimming)*

Who: The team will establish baseline time standards to attend the meet. Swimmers with an **'A' time** may attend the meet and of course if they have a qualifying time for the 200 and longer events. The meet is also open to our Collegiate swimmers if they wish to attend.

Currently Qualified Swimmers:

Amanda Beckman	Paul Busse	
Emily Berger*	Anna Dickmann*	
Megan Grindle	Eleanor Lake	* Denotes 13-14 may attend either
Clara Lake*	Kaitlyn Peters	the Senior Blast or the 14 Under
Tony Peters	Max Richardson*	Age Group Meet. Rising Freshman
Kajsa Rosenkvist	Dylan Ryniak	may want to opt for the Senior meet
Peyton Ryniak	Emily Schmeiser	so there is a longer break for HS swim
Kenzie Stute	Zach Vinson	

**Travel
Info:**

***We are hoping that the swimmers who wish to compete in this meet will "team travel". Ideally the swimmers would travel, lodge and do any other activities as a unit. Some of you may wish to attend and have the swimmers stay with you IF THAT IS THE CASE please let Coach Lake know your preference but we would still want to do 'logical' team meals together (ones that make sense within our timeline each day) and attend all sessions we have swimmer competing.*

Potential Itinerary.

- Monday, July 25th (Possibly the 24th depending on flights) –
 - Arrive in St. Petersburg (may warm-up that day)
- Tuesday, July 26th
 - Relays and some Distance events, Warm-up swims for all others
- Wed – Sat, July 27-30th
 - Prelim/Finals each day
- Sunday, July 31
 - Depart (if flights line-up that way)

Potential Costs:

- Flights as of today are anywhere from \$333 to \$450 depending on times, days and location. Cheapest and most number of flight times are from O'Hare. Most expensive are from Madison and around \$400 are either 'Allegiant' from Rockford or multiple airlines from Milwaukee.

Once we get a good number of commitments, I will let you know what flight and each person can go and book their own flight ** Note 14 & Unders might have to be booked with myself. I will double check.

- Lodging- Need to get a number of people but currently with taxes it looks to be anywhere from \$37 to \$45 a night per swimmer.

- Daily food – Your best judgement but enough \$ for lunch and dinner each night and any addition money for snacks, gifts, meet souvenirs etc...

PLEASE do the following AS SOON AS POSSIBLE:

- * Put your commitment on our website
- * Email Coach Lake if you are attending and if you are wanting to team travel
- * I will get a block of rooms so parents or families can all stay in the same hotel if they wish

