



## **WHAT IS THE NATIONAL SELECT CAMP?**

The National Select Camps provide the top athletes aged 14-16 years old the opportunity to capitalize on their extraordinary achievements in the sport. Through an automated selection process, athletes are chosen based on their times and IMX scores to do something that very few get to do: train at the US Olympic and Paralympic Training Center (OPTC) with other high-achieving athletes. Through a series of pool sessions and classroom facilitations, your athlete will experience what it means to be a part of Team USA. From Ryan Murphy to Katie Ledecky, various athletes representing our country on the world's largest stages have gone through this very same camp and used the knowledge, experiences, and life-long friendships to transform their approach to the sport of swimming.

To learn more about the specific selection criteria, please visit the [National Select Camps](#) webpage.

## **WHEN AND WHERE IS THE NATIONAL SELECT CAMP?**

USA Swimming hosts two National Select Camps, one for each competition category. The 2024 Boys National Select Camp will be held from January 9-12, 2025. The 2024 Girls National Select Camp will be held from January 23-26, 2025. Both camps will be held at the Olympic and Paralympic Training Center (OPTC), which has the following address:

**1 Olympic Plaza Colorado Springs, CO 80909**

*Typically held in October, the 2024 National Select Camps will be held in January 2025 due to the quadrennial pool closure at the OPTC after each Olympic and Paralympic Games.*

## **CAN COACHES ATTEND THE NATIONAL SELECT CAMP AS WELL?**

Yes! Selected athletes will have the opportunity to bring a coach to the National Select Camp to participate in this experience as well. This individual is referred to as a "Home Coach". Home Coaches and athletes will have separate schedules, with some occasional crossover. Home Coaches will not be coaching athletes during the camp – the goal of the Home Coach education track is for coaches of elite athletes to gather with one another and with USA Swimming staff to broaden their professional network.

## **HOW MUCH DOES NATIONAL SELECT CAMP COST?**

USA Swimming will cover the cost of meals, lodging, camp gear, and ground transportation during the duration of the camp. Home Coaches will be responsible for the cost of their travel to camp, whether that be flying, driving, or another mode of transportation. This includes, but is not limited to: airfare, gas, checked luggage, and/or meals at the airport.

USA Swimming will reimburse up to \$200 towards your airfare or mileage after the camp is over. For coaches who are flying to camp, you will be required to submit your airfare receipt. USA Swimming will not reimburse for flights purchased with “miles”.

## **HOW AND WHEN DOES MY ATHLETE GET TO NATIONAL SELECT CAMP?**

***If you are planning to fly to camp, Home Coaches are expected to arrive on the same flight as their athlete.***

### *Boys National Select Camp*

- **If you are flying to camp**, please arrange for flights to arrive at the Colorado Springs Airport (COS) between 9:00 am and 12:00 pm MT on Thursday, January 9, and depart from the Colorado Springs Airport (COS) on Sunday, January 12 between 6:00 am and 9:00 am MT. USA Swimming will provide shuttle transportation to the OPTC once you arrive in Colorado Springs. ***Please note that we will NOT be providing transportation to or from the Denver International Airport (DEN).***
- **If you will be driving to camp**, please arrive between 11:00 am and 12:30 pm MT on Thursday, January 9 and depart before 10:00 am MT on Sunday, January 12.

### *Girls National Select Camp*

- **If you are flying to camp**, please arrange for flights to arrive at the Colorado Springs Airport (COS) between 9:00 am and 12:00 pm MT on Thursday, January 23, and depart from the Colorado Springs Airport (COS) on Sunday, January 26 between 6:00 am and 9:00 am MT. USA Swimming will provide shuttle transportation to the OPTC once you arrive in Colorado Springs. ***Please note that we will NOT be providing transportation to or from the Denver International Airport (DEN).***
- **If you will be driving to camp**, please arrive between 11:00 am and 12:30 pm MT on Thursday, January 23 and depart before 10:00 am MT on Sunday, January 26.

## **WHERE WILL I STAY FOR NATIONAL SELECT CAMP?**

Home Coaches will stay in the Athlete Dorms on-site at the OPTC. Roommates will be assigned based on age and geographic location to encourage cross-country interaction. You will have access to a mini-fridge in your room for food and medication storage, if needed. The training center will provide pillows, blankets, sheets, and towels.

## **WHAT WILL I BE DOING AT NATIONAL SELECT CAMP?**

Final agendas will be distributed to participants once a full roster has been confirmed, but Home Coaches will be engaged with topics that include but are not limited to: technical facilitations with Team Services staff, strength and conditioning curriculum, athlete and coach nutrition, USADA, Safe Sport, and more.

## **WHO WILL BE COACHING AND SUPERVISING MY ATHLETE AT NATIONAL SELECT CAMP?**

The full coaching roster will be announced prior to the start of camp. The Head Coach and Assistant Coaches will be responsible for conducting the 5 pool sessions. The Head Manager and Assistant Manager will be there to provide snacks before and after practice, curfew supervision for all participants, and support to any athlete who might need assistance with an on-site injury, illness, or other event. Home Coaches will not be coaching their athletes while at the National Select Camp.

## **CAN I SEND ANOTHER MEMBER OF MY COACHING STAFF TO THE NATIONAL SELECT CAMP IN MY PLACE?**

Yes, the attending Home Coach does not have to be the primary coach of the selected athlete.