

CAQ trip to the US Olympic Training Center

Charger Aquatics is pleased to announce that we have once again been approved by USA Swimming and the US Olympic Training Center (USOTC) for a team training session this April. The USOTC has just finished with a 4 month renovation and we will be one of the first teams to use the facility for a weekend training trip.

We will be taking 36 athletes, 18 girls and 18 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 which athletes will be selected, deadlines for applications and other paperwork, cost associated with the program, and a general overview of what we will be doing during our stay.

DUE TO THE TIMING OF THE NOTICE FROM USA SWIMMING, WE WILL ONLY CONSIDER TIMES FROM THROUGH THE SC STATE MEET

Dates: April 21-23, 2017. 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 21, 2017 – this is a USOTC rule, not ours.

Eligibility:

- 1- Must be actively registered and swimming with CAQ for a period of 1 year prior to the trip.
- 2- We will take the top 6 female and male swimmers based on their short course IMX score average. For the 12 year old swimmer, it is based on 5 events (500 FREE, 200 IM, and 100 FLY, BACK & BREAST) and for the 13 & over swimmer it is based on 6 events (200 & 400 IM, 500 FREE, 200 FLY, BACK & BREAST). We will take the swimmer's total IMX score and divide it by either 5 or 6 to determine their average score.
- 3- The coaching staff will select the next 12 female and 12 male swimmers to fill out the roster for the trip.
- 4- All interested participants will need to fill out an application by the deadline, Monday, March 6th, 2017. Applications will be available on the CAQ web site at a later date.
- 5- Times from the SC 2017 will be the only times used for consideration.
- 6- Swimmers will travel to and from the USOTC with the coaches on pre-arranged travel. Sorry parents, but you will have to send them alone on this trip.

Schedule: We will spend 4 sessions training in the 50m pool, along with classroom time – most likely on Friday evening and Saturday between workouts. The USOTC requires that each swimmer present attends classroom sessions on two topics: 1) *Supplements and Prohibited Substances*, and 2) *Safe Sport*. Other topics, depending on USOTC staff availability, might include Nutrition, Goal Setting, Starts, Stroke Technique, Race Stats or National Team Stepping Stones.

Cost: For all swimmers, there is a fee of \$90 per day to use the USOTC and a small charge for video split between the swimmers. The attending swimmers will split the cost of the transportation to and from the USOTC.

Note: This is a serious training trip for the top level athletes. If you plan on applying for acceptance, please be aware that we will expect you to honor your commitment to the team and the trip. All paperwork due to the USOTC must be completed by the deadline following announcement of the team. Failure to turn in paperwork in a timely manner may result in the swimmer not being able to attend.

Questions: Please direct all questions to Coach Tom at Cyprus@aa.edu or 505-858-8871