

## 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 next September. This is a program that they offer to members of USA Swimming. 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 including Michael Phelps, Ryan Lochte, Missy Franklin and Natalie Coughlin.

We will be taking 24 athletes, 12 girls and 12 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 and other paperwork, cost associated with the program and a general overview of what we will be doing during our stay.

Let me first start by saying that we, as a coaching staff, are incredibly excited about the opportunity to take a group of swimmers to the OTC and in doing such, are now part of a rather exclusive group of teams from across the nation. We will expect the swimmers to behave like top-notch athletes while on this trip.

- Dates: September 19-21, 2014. 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 September 21, 2014 – 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 12 swimmers will be selected based on their long 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- All potential participants will need to fill out an application by the deadline, the Monday prior to the LC state meet – more details later on that process. We chose this date so that we would have time to complete the rest of the paperwork required by the USOTC.
  - 4- Times from the LC 2014 will be the only times used for consideration.
  - 5- 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 in the 50m pool training, along with classroom time – most likely on Friday evening and Saturday between workouts. One rule of the USOTC is that each swimmer present must attend a classroom session on *Supplements and Prohibited Substances*. This will be one of our talks, along with other presentations. 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 to use the USOTC of \$45 per day. Charger Aquatics will help with part of the cost of transportation to and from the USOTC and the swimmers attending will split the remainder of that balance.
- Questions: Please direct all questions to Coach Tom at [Cyprus@aa.edu](mailto:Cyprus@aa.edu) or 505-858-8871