



2004 REGIONAL DISTANCE CAMP APPLICATION

ATTENTION ATHLETES: Do not fax or mail this application to USA Swimming! Send it to the camp director of your preferred site no later than 15 days before the camp start date! (See camp deadlines.)

- All athlete applicants must be US citizens, high school students (or age 13-18 on May 21, 2004), and must meet the time standards as listed below.
- Athletes who have ever been a member of the National A or B Team are not eligible.
- Each athlete provides his/her own transportation to the camp.
- Each site will have it's own costs based on housing, meals, and other expenses.
- Camp includes a T-shirt and swim cap and a workbook of educational materials.
- Camp will include educational curriculum written by USA Swimming Sports Science and presented by the coaches at the camp.
- Camp follows a 2 ½ day format. Attendees are required to stay the entire time and must stay on site in accommodations provided by the host.

Why should you attend? Here is what some swimmers said last year:

- ✓ "I learned a lot of helpful information that I need to know to be the swimmer I want to be!"
- ✓ "Camp was fun, everybody was pretty cool and I had a good time!"
- ✓ "I like to train with different people and see how I do."
- ✓ "It was cool to stay on a college campus and see what it's like."
- ✓ "The workouts were hard and I was proud of myself!"

- Camp includes 5 Long Course workouts and 4 educational sessions as well as recreational activities.
- Check with your LSC or club for information regarding tuition assistance.

Camp Selection Method: The goal at each site is to have approximately 30 spots for distance swimmers aged 13-14-15, with the remaining 20 spots for swimmers who may be older than 15. **Athletes must have achieved at least one time shown below.** Times must have been done between May 1, 2003 and May 1, 2004. **Acceptance to the camp is on a "First Come, First Served" basis.** This will allow those who apply early to make necessary travel plans.

CAMP LOCATIONS

University of Minnesota
 Minneapolis, MN
 Dates: May 21-23
 Deadline: May 6
 Head Coach: To be named
 National Team: To be named
 Director: Jim Andersen
 100 Cooke Hall
 1900 University Ave. SE
 Minneapolis, MN 55455-0155
 Ph: 612-625-1026 (ex. 2)
 Fax: 612-624-7050
 Email: ander371@umn.edu

Florida Gulf Coast University
 Ft. Myers, FL
 May 21-23
 Deadline: May 6
 Head Coach: To be named
 National Team: To be named
 Director: Gregg Cross
 21301 S. Tamiami Tr. 320-111
 Estero, FL 33928
 PH: 239-462-3322
 FAX: 239-992-9157
 Email: GreggC@lee.k12.fl.us

University of Arizona
 Tucson, AZ
 Dates: May 28-30
 Deadline: May 13
 Head Coach: Frank Busch
 National Team: Emily Mason
 Director: John Pontz
 4526 E. Fort Lowell
 Tucson AZ 85712
 PH: 520-621-4203
 FAX: 520-626-3171
 Email: jdPontz@msn.com

Penn State University
 State College, PA
 May 28-30
 Deadline: May 13
 Head Coach: Ed Bartsch
 National Team:
 Director: Nittaya McGuire
 McCoy Natatorium
 Penn State University
 University Park, PA 16802
 PH: 814-863-5527
 FAX: 814-865-3728
 Email: num10@psu.edu

MINIMUM TIME STANDARDS REQUIRED FOR APPLICATION

GIRLS							BOYS						
Short Course Yards			Long Course Meters				Age	Short Course Yards			Long Course Meters		
400 IM	1000 Fr	1650 Fr	400 IM	800 Fr	1500 Fr	400 IM		1000 Fr	1650 Fr	400 IM	800 Fr	1500 Fr	
4:53.49	11:00.69	18:42.89	5:32.09	9:55.39	19:19.59	13	4:36.99	10:32.99	17:49.99	5:15.29	9:40.29	18:26.89	
4:45.79	10:47.09	18:10.39	5:23.79	9:37.99	18:58.59	14	4:29.39	10:21.19	17:31.59	5:06.99	9:27.89	18:08.99	
4:42.89	10:40.09	18:07.89	5:22.29	9:33.69	18:55.09	15	4:20.99	10:10.09	17:15.09	4:59.89	9:11.09	17:39.59	
4:36.19	10:27.19	17:45.79	5:14.39	9:28.39	18:10.79	16-18	4:13.69	9:53.09	16:49.39	4:52.99	8:59.79	17:19.09	

ALL DISTANCE SWIMMERS WHO HAVE MET TIME STANDARDS ARE ENCOURAGED TO APPLY!

Please print clearly!

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE (____) _____ EMAIL _____

BEST TIME TO CALL: _____

USA Swimming REG. # _____ DATE OF BIRTH _____

GENDER () Male () Female Age on first day of camp _____

USA Swimming TEAM NAME _____

COACH'S NAME _____

LOCATION OF CAMP YOU ARE APPLYING TO: _____ (SELECT ONE!)

You may apply only to one camp. If you are not selected, you may apply to another camp.

- Proof of time must be attached to this application. Meet, date, course, and time must be shown.
- The following statement must be signed by coach, athlete, and parent.

This is to certify that (name of athlete) _____ achieved a time of _____ in the (name of event) _____. The age of the athlete on that date was _____.

Proof of time is attached. If selected, I agree to be physically ready for a challenging training regimen.

Athlete signature Date _____

Coach signature Date _____

Parent signature Date _____