

# USMS/USA Swimming/USOTC Training Camp Colorado Springs, Colorado

## COACHING APPLICATION

United States Masters Swimming, in association with USA Swimming and the US Olympic Training Center in Colorado Springs, Colorado, is offering outstanding swimmers a unique training experience that includes opportunities for specialized testing, analysis and education. Attendance for the camp will be limited to a limited number of USMS athletes, with a balanced distribution of men and women. Camp highlights include underwater filming and stroke analysis, blood draws and analysis, sports psychology consultations, flexibility assessments, heart rate/lactate threshold testing, and 2 x day training sessions.

The Coaches Committee Chair or designee, a previous camp coach, and the camp director will select coaches for each camp. More often than not, a coach will attend two consecutive camps. Coaches not selected may wish to submit their names as “interns,” and will be responsible for camp and travel expenses. A maximum of one intern may be selected for each camp.

Coaches chosen to attend the camp are expected to:

1. Be gifted and well-qualified in stroke analysis and teaching skills;
2. Work as a team with the other coaches in the preparation and training of our athletes;
3. Attend and participate in all sessions on the camp schedule as a coach;
4. Give one or two 30-minute presentations to the athletes on a topic of choice approved by the coaching staff;
5. Lead one or two video stroke analysis sessions in conjunction with the other coaches;
6. Assist in the dissemination of the camp information to USMS swimmers and coaches and the USMS Coaches Committee;

The USMS Coaches Committee will cover the expenses of the selected coaches. These expenses are as follows:

- a) round-trip coach air fare;
- b) ground transportation (provided by OTC);
- c) camp fees, including room and board.

Any other expenses shall be the responsibility of the selected coach.

Return the application to Camp Director, Nancy Ridout, [nancyridout@mindspring.com](mailto:nancyridout@mindspring.com).

**Applications are due by September 1<sup>st</sup> of the year preceding the next camp.**

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Colorado Springs, Colorado  
COACHING APPLICATION**

Complete this application On-Line and return it to Camp Director, Nancy Ridout at  
NancyRidout –AT- mindspring –DOT- com

NAME: \_\_\_\_\_  
STREET ADDRESS: \_\_\_\_\_  
CITY/STATE/ZIP: \_\_\_\_\_  
DAY PHONE: \_\_\_\_\_ EVENING PHONE: \_\_\_\_\_  
E-MAIL: \_\_\_\_\_ DATE OF APPLICATION: \_\_\_\_\_

COACHING BACKGROUND: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

AWARDS & ACHIEVEMENTS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

OTHER SERVICE TO U.S.M.S.: \_\_\_\_\_  
\_\_\_\_\_

AREAS OF SPECIAL INTEREST & EXPERTISE THAT COULD BE PRESENTED TO THE  
ATHLETES: \_\_\_\_\_  
\_\_\_\_\_

PRIORITIZE STROKES YOU ARE BEST AT ANALYZING & TEACHING:  
\_\_\_\_\_  
\_\_\_\_\_

TECHNICAL & ELECTRONICS EXPERIENCE: \_\_\_MINIMAL \_\_\_MODERATE \_\_\_EXTENSIVE  
\_\_\_\_\_  
REASONS FOR WANTING TO COACH AT THE CAMP: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

IF NOT SELECTED, WOULD YOU BE INTERESTED IN ATTENDING AS AN INTERN?  
YES \_\_\_\_\_ NO \_\_\_\_\_

IF NOT SELECTED, WOULD YOU LIKE TO HAVE YOUR APPLICATION HELD FOR  
CONSIDERATION FOR FUTURE CAMPS?  
YES \_\_\_\_\_ NO \_\_\_\_\_

Return this completed application to NancyRidout –AT- mindspring –DOT- com. Thank you for  
you interest in being a part of this extraordinary experience.