

### *ABOUT THE CAMP....*

This outstanding camp is offered to Masters swimmers through the combined efforts of United States Masters Swimming, USA Swimming, and the United States Olympic Training Center.

It is a rare opportunity to access the world's most sophisticated resources for assessing parameters of swimming performance. You'll stay with Olympic athletes in the inspiring and stimulating environment of the US Olympic Training Center in Colorado Springs. You will use the 50m indoor pool, biomechanic and physiology labs, and the OTC weight training center. You will eat, sleep in the OTC Athlete Center and dorms.

The camp is limited to a small number of dedicated Masters swimmers who are committed to advancing their skills and performances. You'll be taught and analyzed by outstanding USA Swimming, OTC, and USMS professionals in the fields of sports psychology, physiology, biomechanics, nutrition, technique, resistance and flexibility training.

### *WHAT YOU'LL DO....*

The camp emphasis is on testing and education. Pool time is dedicated to technique improvement rather than conditioning. You'll be tested for your Heart Rate/Lactate threshold and be filmed underwater for a full 50m of each stroke. Blood testing, stroke analysis, flexibility and ROM assessment and instruction, weight training education, sports psychology consultations, motivational and classroom presentations on topics such as biomechanics, physiology, sports psychology and training are all part of the program.

### *WHAT YOU'LL LEARN....*

You will learn the most up-to-date training and competitive theories and techniques and be able to correlate them to your personal swimming program and goals. An entire day will be devoted to providing individual results and feedback of all testing. Computerized biomechanic analysis of your stroke, body physiology, videotape review, flexibility and ROM assessment results and recommendations, blood analysis, and nutrition assessment and recommendations will be included. You will receive expert instruction and a critique of starts, turns, and drills. You'll take home computer printouts, handouts, videos, and test results along with personalized training program guidelines.

The camp will be intense, but there will be plenty of opportunity for interaction and socialization with the other Masters athletes.



### *ADDITIONAL INFORMATION....*

Any Masters swimmer is eligible to attend this camp. The fee for the camp is \$1800, and includes room, board, transportation to and from the airport (airfare is not included), instructional materials, camp shirt, and other gifts. Once you are selected, the fee is due in two non-refundable installments of \$900. For further information, contact Nancy Ridout at [nancyridout@mindspring.com](mailto:nancyridout@mindspring.com) or (415)892-0771.

### APPLICATION FOR THE USMS/USA SWIMMING/USOTC TRAINING CAMP

Please answer the following questions and return by email along with a scanned copy of your current USMS registration card to Nancy Ridout at the address below:

Nancy Ridout, 580 Sunset Parkway, Novato, CA, 94947, [nancyridout@mindspring.com](mailto:nancyridout@mindspring.com).

Camps are typically scheduled for early February with an arrival on Saturday afternoon and departure on Thursday morning. Applications for the camp are due by September 1<sup>st</sup>. You will be notified of your acceptance by December 1<sup>st</sup>.

The primary criteria for selection include: a balance of men and women, previous swimming achievements, and swimming background. Due to the limited number of athletes we are permitted and the tremendous interest in participation, your application will be rolled over for the next camp if you are not selected unless you indicate otherwise.

Answer the following questions and return by email.

1. NAME \_\_\_\_\_
2. ADDRESS \_\_\_\_\_  
\_\_\_\_\_
3. E-MAIL \_\_\_\_\_
4. PHONE \_\_\_\_\_ day \_\_\_\_\_ ev
5. AGE \_\_\_\_\_
6. DATE OF BIRTH \_\_\_\_\_
7. OCCUPATION \_\_\_\_\_
8. CURRENT USMS# \_\_\_\_\_
9. TEAM \_\_\_\_\_
10. REASONS FOR WANTING TO ATTEND THE CAMP \_\_\_\_\_

## APPLICATION FORM CONTINUED

11. LIST YOUR MAJOR SWIMMING ACHIEVEMENTS (USMS Top Ten placings within the past 2 years, regional placings, contributions to Masters swimming - national, regional, local.) \_\_\_\_\_
12. LIST RECENT TRAINING BACKGROUND (POOL, WEIGHT TRAINING & FLEXIBILITY, CROSS TRAINING) \_\_\_\_\_
13. WHAT IS YOUR BEST EVENT? \_\_\_\_\_
14. HOW WILL YOU SHARE WHAT YOU LEARN AT CAMP? \_\_\_\_\_
15. DATE OF APPLICATION \_\_\_\_\_
16. INDICATE WHETHER OR NOT YOU WISH YOUR APPLICATION TO BE CONSIDERED FOR FUTURE CAMPS. \_\_\_\_\_



### *CAMP STAFF*

Nancy Ridout, USMS Past President, Director  
Coaches TBA  
Steve Thompson, MPT, CSCS, ROM/Flexibility  
Rowdy Gaines, USA Swimming Liaison  
USA Swimming Staff

## *QUOTES FROM PREVIOUS CAMPERS....*

- "The camp was worth every penny. This experience cannot be equaled." Jon Klein
- "I am on information overload and I can't wait to go home and sort it all out. Loved my fellow campers and coaches. I wouldn't have missed it." Judy Tibma
- "This was really great... I got a lot out of my videotaping." John Havlik
- "I have not been coached for the past 12 years, and swimming technique has changed. The staff was great and it was absolutely worthwhile." Jennifer Peasley
- "Really appreciated the individual attention and input done in such a positive manner." Karl Wiedemann
- "Would like coaches like these everywhere." Danielle Ogier
- "This was a cataclysmic opportunity to measure where I am." Richard Burns
- "I came here hoping to have one-on-one instruction, which I did. The videos really helped. I got more than I expected." Elizabeth Cutter
- "Wonderful! I had great expectations. The camp experience exceeded my expectations greatly." George Quigley
- "As we age, we need to be more concerned with technique. This was a great opportunity to approach swimming from an intellectual standpoint." Nancy Surdoval
- "The best of all the camps I have ever attended." Norm Noe



# THE USMS/USA SWIMMING/USOTC TRAINING CAMPS

Next Camp TBA. Check web site for dates.



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