

# 2009 Indiana Swimming Open Water Camp

- What:** Indiana Swimming is proud to sponsor the 2009 Open Water Camp. This will be a fun and challenging opportunity to train with 40 of the best age group open water swimmers in Indiana. All workouts will be in an open water course unless severe weather exists
- Where:** Lake Clare, Huntington IN (1005 N Broadway St Huntington, IN 46750-2451, US)
- When:** June 19-20. Camp includes entry into the Huntington Mile or 5K  
(The Huntington Mile [www.huntingtonmile.org](http://www.huntingtonmile.org) )
- Cost:** **\$70 – This fee will cover, water time, meals, lodging and entry fee into the Huntington Mile**

**Head Coach:** **Rick Walker; Southern Illinois Head Men's & Women's Swimming Coach**

*Rick Walker serves as a prominent figure on the international level. Walker served a seven-year term on the NCAA Swimming and Diving Committee and has taken the lead in the process to place open water swimming in the 2008 Olympic Games in Beijing, China. Currently, he chairs the International Open Water Committee and is a voting member of the USA Swimming Olympic.*

*In the summer of 2005, Walker coached the U.S. National Open Water Swim Team to a fourth-place finish at the World Championships in Montreal, Quebec. The U.S. team tallied 72 points in the event, finishing one point out of trophy contention. For the first time since 1991, a member of the U.S. team earned a medal in a men's event at a world championship. Chip Peterson of Pine Knoll Shores, N.C., picked up the gold medal in the 10K and silver in the 5K. Margy Keefe picked up the team's third medal as she took the silver in the 5K.*

*For their efforts at the World Championship, Walker and his coaching staff were awarded the Glenn S. Hummer Award from USA Swimming. The award was given Sept. 16, 2005 at the USA Swimming House of Delegates meeting in Greensboro, N.C.*

**Sign-up:** **Please fill out the attached application and return it to (Don Cozad Camp Director - address below) so that it is postmarked by May 20, 2009.** Please include a check for \$70 (made payable to Indiana Swimming) with your completed application. You will be notified of acceptance by May 26, 2009 via email. 40 applicants (**See Camp Selection Criteria on page 2**) will be accepted for the camp after the camp staff has reviewed all submitted applications. If you are not accepted, your check will be returned to you. **A camp packet of information will follow the notice of acceptance to the camp.**

**Don Cozad  
Camp Director  
1160W-500N  
Huntington, IN 46750-8605  
260- 519-0261 cell  
260-356-4200  
ymcadon@kconline.com**

Please staple  
check here.

# 2009 Indiana Swimming Open Water Camp

## Camp Application Form

**ATTENTION ATHLETES:** Please mail this application along with a \$70 check (**made payable to Indiana Swimming**) to **OPEN WATER CAMP % Don Cozad 1160W-500N** **Huntington, IN 46750-8605** so that it is postmarked by **May 20, 2009.**

- All applicants must be current members of an IN Swimming registered team.
- Applicants must be 11-18 years of age. (see selection criteria on page 3)
- Each athlete must provide his/her own transportation to and from the camp.
- Each athlete must arrive by 12:00 noon on June 19<sup>th</sup> for camp registration.
- Each athlete must arrange to be picked up after the camp wrap up (Approx. 12:00 pm if swimming the 1 mile competition or Approx. 3:30 if swimming in the 5K at the Huntington Mile Open Water Race) for departure on June 20.
- Each athlete must agree to sign and abide by the Honor Code that you will receive if you are accepted for the camp.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

ADULT T-Shirt Size: \_\_\_\_\_

CLUB TEAM: \_\_\_\_\_

CLUB COACH: \_\_\_\_\_

GENDER: ( ) MALE ( ) FEMALE USA Swimming #: \_\_\_\_\_

### **BEST TIMES**

Event	SCY Time	LCM Time	Event	SCY Time	LCM Time

# Camp Selection Criteria:

Swimmers must have a National BB time for the longest freestyle distance for his or her age group to enter the camp. If the camp registrations exceed the 40 spots than priority selection shall be as follows;

- **Top 40 Age Group swimmers 11-18 years of age who have applied by May 20.**  
Indiana suggested selection criteria: (Qualifying period January 1, 2008 through registration deadline.)
  - 1<sup>st</sup> Criteria: USA Swimming Jr. National cut or above in camp qualifying event
  - 2<sup>nd</sup> Criteria: National Reportable Time cut in camp qualifying event
  - 3<sup>rd</sup> Criteria: AAAA Time Standard in camp qualifying event
  - 4<sup>th</sup> Criteria: AAA Time Standard in camp qualifying event
  - 5<sup>th</sup> Criteria: AA Time Standard in camp qualifying event
  - 6<sup>th</sup> Criteria: A Time Standard in camp qualifying event
  - 7<sup>th</sup> Criteria: Tie-Breaker: Top IMX Scores in each age group used to select final spots in each age group and sex for a total of 40 spots.

## TIME STANDARDS

**UPDATED 2009-2012 National BB Freestyle Cuts (see changes in red from 2008)**

GIRLS			EVENT	BOYS		
SCM	LCM	SCY	11 & 12	SCY	LCM	SCM
5:50.09	6:00.09	6:40.09	400 M / 500 Y	6:35.09	<b>5:54.39</b>	5:45.79
SCM	LCM	SCY	13 & 14	SCY	LCM	SCM
21:45.59	22:23.09	21:53.19	1500 M/ 1650 Y	<b>20:51.99</b>	<b>21:35.29</b>	<b>20:44.69</b>
SCM	LCM	SCY	15 & Over	SCY	LCM	SCM
<b>21:31.29</b>	22:10.69	21:38.89	1500 M/ 1650 Y	20:21.89	<b>20:49.49</b>	20:14.79