

National YMCA Coaches Association

Presents

YMCA Altitude Training Camp

Olympic Training Center

Colorado Springs, Colorado

August 20-25, 2006

What excitement there will be in Colorado coming off of Winter Olympics!

Once again, the Coaches Association will be sending a selected team of athletes to The United States Olympic Training Center in Colorado Springs for a week of training and fun! What a great way to prepare yourself for fantastic times next short course season!

This unique altitude training experience will include specialized testing, analysis and education for our outstanding YMCA swimmers.

We will select ten men and ten women, along with two coaches to attend the camp and possibly more if space allows. Each swimmer must be a USA swimming member, have one of the qualifying **LONG COURSE** times and swim at YMCA Nationals. First priority will be given to swimmers who place in an individual event at this year's short course meet. Priority will also be given to those that have never been to the OTC. Any swimmer who has the long course qualifying time should apply, as this camp has proved, time and time again, to be a highlight of each participant's young career!

USA Swimming will partially fund this trip for our athletes. We will be housed on site at the OTC and meals are also included. Testing, classes and filming costs will be covered by the Coaches Association. You will be responsible for your own plane fare getting to Colorado Springs along with spending money for day trips as well as the OTC gift shop. The Coaches Association will cover coach's expense as well as ground transportation for the group. Financial assistance may be available for special circumstances.

For the list of qualifying times and for more information please contact Camp Director Bill Sepich, Coach of the Burlington County YMCA at bills@ymca-bc.org.

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Apply now for one of the best times of your swimming career!!