

# United Swimming Club Summer Camps 2019

We are currently planning the summer training camps for January 2019 and need your response on whether you are interested in attending. This will enable us to confirm numbers and finalise the details.

The club considers the summer training camps to be a valuable experience for our swimmers. In addition to preparing for upcoming national meets, these camps provide the opportunity to build camaraderie and experience travelling and being away from home with the team. Accordingly, we endeavour to accommodate as many swimmers as possible but attendance can be limited by available pool space and accommodation, as well swimmers meeting minimum criteria for each camp.

We are planning two different camps in January 2019:

1. 8 day (7 nights) New Plymouth based camp, that will be available to all competitive swimmers that meet the eligibility criteria; and
2. 12 days (11 nights) Queensland based camp for swimmers 13 years and over who met the eligibility criteria, including being committed to representing United at all eligible national meets in 2018 and 2019.

## 8-day New Plymouth based camp

This camp is available to swimmers in the Bronze, Silver and Gold squads. Some of the details are still to be finalised because we need to know the number of swimmers interested in attending as this will determine the amount of lane space and accommodation that we book.

The preliminary details of the camp are as follows:

**Date:** We are looking at two different dates – (a) 13 – 20<sup>th</sup> January 2019 or (b) 8 – 15<sup>th</sup> January - this will be decided based on the numbers of interested swimmers and the amount of lane space and accommodation that is available for each period

**Location:** New Plymouth

**Purpose:** Preparation for national meets and team building

**Eligibility:** This camp is available to swimmers who are 10 years and older and in the Bronze, Silver and Gold squads, who consistently demonstrate the right attitude, commitment and discipline, including:

- meeting the attendance requirements of their squad, including arriving and being ready on time
- being disciplined and having a positive attitude at training, including following instructions and completing the training sets on the targeted times
- attending targeted meets and being committed to representing United at eligible regional and national meets in 2018 and 2019

If there is not sufficient space for all interested swimmers to attend, then the coaches will prioritize attendance based on the combination of their attitude and commitment to represent United at the national meets.

**Cost:** For budgeting purposes, the estimate is \$150 per day, but this is still subject to receiving final quotes and confirmations.

## Response required

***If your swimmer is interested in attending the 8-day New Plymouth camp, please confirm your interest to Henriette Smeets by email on [unitedmeetentries@gmail.com](mailto:unitedmeetentries@gmail.com) by **Monday 7<sup>th</sup> May 2018**.***

***Also, please indicate if you are available to assist with management of this camp.***

***If you are not sure whether you are eligible for this camp, then please discuss with your coach***

## 12 days Queensland based camp

This camp is for swimmers 13 years and over who have consistently demonstrated the required level of commitment and discipline and who are targeting and committed to representing United at all eligible national meets in 2018 and 2019. Attendance at this camp will be totally at the coaches' discretion and is considered to be a privilege and a reward for swimmers committed to competitive swimming and United.

The preliminary details of the camp are as follows:

**Date:** 11 – 22<sup>nd</sup> January 2019

**Location:** Sports Super Centre, Runaway Bay, Queensland. This is a purpose-built training facility <http://www.sportssupercentre.com.au>

**Pool:** Heated 50m outdoor pool

**Sessions:** There are 14-16 scheduled 1.5 to 2-hour pool sessions with a typical session comprising 5-6kms. In addition, there will be some dry land sessions.

**Rooms:** Air-conditioned, triple share rooms. Please note that there will be three swimmers per room – last time we attended this venue there were four swimmers per room, but this was considered too crowded for the 11-day period.

**Eligibility:** Swimmers 13 years and over from the Senior and Gold squads will be considered for the camp.

The primary criteria for attendance relates to consistently demonstrating the right attitude, commitment and discipline plus being able to train at the required level. This includes:

- meeting the attendance requirements of your squad, including arriving and being ready on time
- being disciplined and having a positive attitude at training, including following instructions and completing the training sets on the targeted times
- representing United at targeted meets throughout the year (including Level 1 meets) and at the key regional and national meets including NAGs, NZ Short Course and NZ Opens. This includes consistently wearing the correct United uniform at meets and for travel
- competitive swimming being your priority sport and you being committed to representing United at all eligible regional and national meets in 2018 and 2019
- qualified, or be likely to, for NAGs and/or NZ Opens
- being able to train at the required level at camp – for guidance, a typical training set is attached for both a general training set and a stroke specific set.

If you are uncertain whether you meet these criteria or are likely to achieve it by the time of the camp, please discuss this with Igor and Larissa.

Please also note that swimmers who do not maintain these standards throughout the year will not be eligible to attend even if they are initially accepted. In such cases, any funds paid will not necessarily be refunded and any refund will be considered in accordance with the club's policy on away meets – see this [link](#)

**Cost:** Estimate of NZ\$2,450 This is made up of airfares, accommodation costs, lane space, food, transport costs, coaches and managers' costs (depends on numbers attending) and leisure activities.

**Travel:** All travel will be with the Group bookings arranged with Air NZ on the same days – this enables all attendees to receive the same group rate and terms.

**Payment:** Interested swimmers will be required to pay a \$200 deposit by Monday 7<sup>th</sup> May 2018 and then there will be regular payments required throughout the year with the final payment due by November 2018. A full schedule will be provided to interested swimmers

We are mindful of the additional cost of having a camp in Australia but note that NAGS, NZ Springs and NZ Open will be in Auckland rather than Wellington, so there will not be the additional cost of another away meet. It is worth noting that the Gold Coast has a sub-tropical climate and in January there can be tropical storms that may interrupt the training in the outdoor pool.

## Response required

***If your swimmer is interested in attending the 12-day Queensland camp, please indicate your interest on the google doc at this [link](#) and pay the \$200 deposit – details on the google doc - by Monday 7<sup>th</sup> May 2018. The terms of the deposit are on the google doc. Also, please read the club's policy on costs for away camps at this [link](#) If you are not sure whether you meet the eligibility criteria, still please express your interest as the list of interested swimmers will be passed onto the coaches***