



**ILLINOIS /INDIANA SWIMMING SENIOR ELITE MEET**  
**SEPTEMBER 23-25, 2011**  
**INDIANAPOLIS, INDIANA**

**GOAL:**

To provide a positive meet/training, educational, and social experience for Illinois / Indiana Senior Elite Swimmers in an Olympic year. The Indianapolis Natatorium remains one of the finest facilities in the world. Host to many National and Olympic Trials events..

**EVENT INFORMATION:**

The event will be led by three Illinois coaches and three Indiana coaches with National experience. We are excited to announce the coaching staff of Illinois, Matt Rowe of HSC, Dave Krotiak of Fox, and a coach to be determined. The Team Manager is Todd Capen of ACAD. In the past the event has consisted of a swim meet with test sets, elite level training and educational experiences in the class room. USA Swimming has approved Rick Bishop, formerly Sport Performance Consultant now working exclusively with the USA Swimming National Team, to attend this event. (Please see bio attached.)

In addition a nationally recognized Speedo athlete will be attending the event.

It is important that the club coaches, parents, and most important the athletes, respect this opportunity. Being prepared for this type of training regiment is a MUST! All athletes should be in the pool training consistently prior to the trip. Athletes with injuries that would restrict any aspect of their training should not apply.

**APPLICATION INFORMATION:**

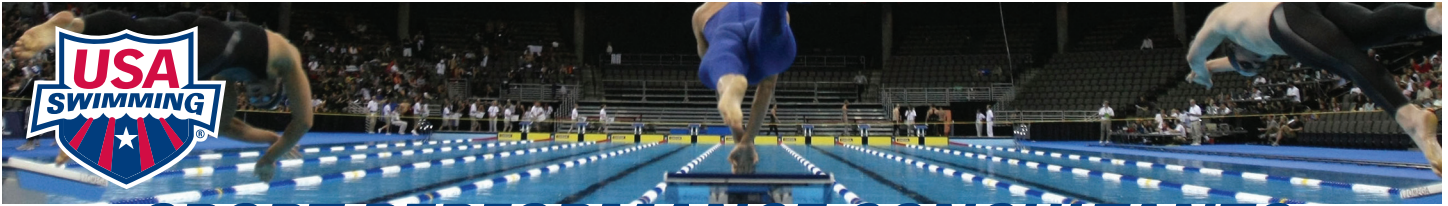
Application, qualifying standards, selections criteria, and a check list form can be located on the Illinois Swimming website under "SENIOR".

Applications will be accepted beginning September 2, 2011 at the Illinois Swimming office, 1400 E Touhy Road, Suite 245, Des Plaines, IL 60018. ALL applications must be fully completed with two separate checks one in the amount of \$225.00 (two hundred twenty five dollars) and another in the amount of \$75.00 (seventy five dollars) which covers the athlete's portion for the cost of the camp. Applications must be post marked or received in the Illinois Swimming office by Monday September 12, 2011. Late applications will not be accepted.

Athletes will be notified via email by Thursday September 15, 2011. In the case that all allotted spots are filled any applicant not accepted will have all checks and application returned immediately. Athletes accepted will be refunded \$225.00 (two hundred twenty five dollars), two weeks after the return from the trip. If an athlete does not attend after accepted the athlete will forfeit the entire amount of \$300.00 (three hundred dollars). If there is a cost occurred due to vandalism, damage, misconduct these costs will be deducted from the deposit.

A minimum of 18 (eighteen) athletes will be selected and a maximum of 25 (twenty five) selected to attend. Athletes will be selected based on FINA power points. Illinois Swimming will provide ground transportation to Indianapolis, Indiana, housing and meals. We recommend athletes have some spending money for travel meals and snacks. Hotel arrangements have been made at the Springhill Suites, a Marriott property, less than 10 minutes from the Natatorium. In addition, all meals have been pre-arranged.

Any questions please contact Coach Dave Krotiak or the Illinois Swimming Office.



# SPORT PERFORMANCE CONSULTANTS

*We connect coaches to ideas, research, and technology for faster swimming.*

In the summer of 2005, the Club Development Division at USA Swimming added the Sport Performance Consultant position to connect coaches with ideas, research, and technology to help their swimmers go faster. Many of our nationally recognized clubs have already taken advantage of these services. Sport Performance Consultants deliver the following services to coaches and athletes through regional clinics and free individual club visits.

## **PRESENTATIONS FOR COACHES:**

- Using Race Analysis to Swim Faster
- Effective Use of Video Capture
- Recovery and Nutrition
- Season Planning
- Lactate Testing
- DartFish training
- Latest stroke technique from the National Team (Back, Breast, Starts)
- Setting up dry-land training systems
- Progressions to the USA Swimming National Team

## **PRESENTATIONS FOR ATHLETES:**

- Understanding Race Analysis
- Recovery and Nutrition
- Lactate Testing
- Goal setting
- Latest stroke technique from the National Team (Back, Breast, Starts)
- Progressions to the USA Swimming National Team

## **OUR SPORT PERFORMANCE CONSULTANTS**



### **RICK BISHOP**

Rick comes to USA Swimming from Jacksonville, Florida where he was the head coach of the Bolles School and Bolles Sharks club team. During his accomplished 20-year coaching career, he experienced success with the

Memphis Tiger Swimming, Clearwater Aquatic Team, and Baylor Swim Club. Rick's teams have won state high school titles in both Tennessee and Florida. His 2007 Bolles Sharks team finished second in combined scoring at the USA Swimming Spring Nationals. Bishop has also coached international teams at the Pan American Games, World Championships as well as the Olympics.



### **SCOTT COLBY**

Since August 2007, Coach Scott Colby has been a Sport Performance Consultant for USA Swimming. Prior to that, Scott coached in Ohio, Louisiana, Texas, Atlanta and Long Island.

His Louisiana team placed top ten at Nationals. Also, his swimmers have finalled at Olympic Trials, won 2 National titles and 7 Junior National titles including all four strokes, set three National Age Group Records. Scott holds a Masters degree in Physical Education and is an ASCA Level 5 coach.



### **MARIEJO "MJ" PASION**

"MJ" spent the last quad working with USA Swimming's National Team Division. She was part of the Performance Science and Technology Services Team where she was able to work closely with the National Team athletes and

coaches. She has been part of the technical staff for the 2006 Short Course Worlds, 2006 Pan Pac's, 2007 Pan Am's and 2008 Short Course Worlds Teams.

MJ was a head coach on the collegiate level for 7 years, producing several All-Americans and has been coaching club swimming for the past 12 years. MJ is a graduate of New York University where she completed both her undergraduate and postgraduate work.

Contact us at: 719-866-4578 or [clubdevelopment@usaswimming.org](mailto:clubdevelopment@usaswimming.org)



**ILLINOIS/ INDIANA SWIMMING**  
**SENIOR ELITE MEET**



**ELITE ATHLETE'S TRAINING SCHEDULE**  
September 23-25, 2011

FRIDAY, SEPT, 23TH

- 11:15 -11:30am: Team arrival at training facility
- 11:35-12:15pm: Team Meeting/Introduction of staff, box lunch (subway)
- 12:30-2:00pm: Pool Session, Loosen up
- 2:30-3:00pm: Hotel Check-In (Springhill Suites, downtown Indianapolis)
- 4:15-5:30pm: Training Goals and Expectations for the weekend! (Catered: pasta dinner)
- 6:00-8:00pm: Pool Session
- 8:45-9:15pm: Team Meeting/ Recap of the day, next morning overview.
- 10:15pm: Lights Out

SATURDAY, SEPT, 24<sup>TH</sup>

- 7:15-8:00am: Team Breakfast (hotel)
- 8:30-11:00am: Pool Session
- 11:30-1:00pm: Team Lunch/Meeting (coaches presentation / guest speaker)
- 1:10-2:30pm: Athlete rest/study time
- 3:00-5:00pm: Pool Session
- 5:30-6:30pm: Team Dinner (guest speaker MC dinner talk, motivational)
- 7:00-9:00pm: Team Meeting
- 10:15pm: Lights Out

SUNDAY, SEPT, 25<sup>TH</sup>

- 7:30-8:40am: Team Breakfast and Checkout (hotel)
- 9:00-11:30am: Pool Session
- 11:45-1:00pm: Team Lunch and Closing Meeting (pool/catered in)
- 1:00-1:15pm: Athlete Pick up/Team Departure



ILLINOIS/ INDIANA SWIMMING  
SENIOR ELITE MEET



**RETURN CHECK LIST**

- \_\_\_ SENIOR ELITE PERMISSION FORM COMPLETED AND SIGNED
- \_\_\_ ILLINOIS SWIMMING CODE OF CONDUCT SIGNED
- \_\_\_ TOP TIMES REPORT FROM USA SWIMMING WEBSITE

**TWO CHECKS MADE OUT TO ILLINOIS SWIMMING**

- \_\_\_ \$225.00 DEPOSIT CHECK
- \_\_\_ \$75.00 SENIOR ELITE MEET ATHLETE FEE
- \_\_\_ POST MARKED BY or RECEIVED IN THE ILLINOIS SWIMMING OFFICE BY:  
MONDAY SEPTEMBER 12, 2011

*RETURN APPLICATIONS TO:  
Illinois Swimming Sr Elite Meet  
1400 E Touhy Ave  
Suite 245  
Des Plaines, IL 60018*

\*\*\*\*\*DO NOT REQUEST A SIGNATURE UPON DELIVERY OF ANY SENT APPLICATIONS\*\*\*\*\*

Questions regarding the Senior Elite Meet contact Dave Krotiak  
[coachdave@foxswimteam.com](mailto:coachdave@foxswimteam.com)

It is each swimmer's responsibility to make sure their application has been received. Check with Pam Lowenthal at the Illinois Swimming office, [ilswimoffice@ilswim.org](mailto:ilswimoffice@ilswim.org), or 847-824-1596 to confirm receipt of application. Please make a photo copy of your application for your records.

**REMEMBER THE DEADLINE DATE IS MONDAY SEPTEMBER 12, 2011. NO LATE APPLICATIONS WILL BE ACCEPTED.**



ILLINOIS/ INDIANA SWIMMING



SENIOR ELITE MEET

ATHLETE'S NAME: \_\_\_\_\_

ATHLETE'S EMAIL: \_\_\_\_\_

ATHLETE'S CELL PHONE: \_\_\_\_\_

ILLINOIS SWIMMING PERMISSION FORM

I, the undersigned parent, or guardians of \_\_\_\_\_ give permission to my child to travel with Illinois Swimming to Indianapolis, Indiana. For the purpose of a swim meet and other related activities. I also appoint administrators and coaches to act in my place and authorize emergency medical treatment if necessary.

Parent or Guardian Signature: \_\_\_\_\_

Relationship: \_\_\_\_\_ Date: \_\_\_\_\_

PARENT/ GUARDIAN INFORMATION:

Home Phone Number: \_\_\_\_\_

Work Phone Number: \_\_\_\_\_

Cell Phone: Father \_\_\_\_\_ Mother \_\_\_\_\_

Email Address: \_\_\_\_\_

Please submit an email address that is checked on a regular basis

MEDICAL AND EMERGENCY INFORMATION:

Contact Person: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone Home: \_\_\_\_\_ Work: \_\_\_\_\_ Cell: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please submit an email address that is checked on a regular basis

Medical Insurance Company: \_\_\_\_\_ Policy Number: \_\_\_\_\_

\*\*\*Additional medical information should be attached to this form\*\*\*

THIS FORM MUST BE SENT WITH ALL INFORMATION AND CHECKS TO:  
Illinois Swimming Sr Elite Meet, 1400 E Touhy Ave, Suite 245, Des Plaines, IL 60018  
Postmarked no later than MONDAY SEPTEMBER 12, 2011



## **ILLINOIS SWIMMING HONOR CODE**

\_\_\_\_\_ as a member of Illinois Indiana Sr Elite Meet, understand and will comply with the following guidelines as set forth by Illinois Swimming, USA Swimming and the Olympic / International Operations Committee regulations.

- The possession or use of alcohol, tobacco products or controlled substances by athlete or staff member of Team Illinois is prohibited throughout the duration of trip, meet, camp (until team has officially disbanded).
- Curfew established by the staff will be adhered to each day of the training camp and at the competition.
- Team members and staff will attend all team functions, including meetings, practices, exhibitions, press conferences, competitions, etc., unless otherwise excused or instructed by the Head Coach or Director.
- To insure the propriety of the athletes and to protect the staff, there will be no male athletes in female athletes' rooms, and no female athletes in male athletes' rooms. Every attempt will be made to provide an open area for all athletes and staff to gather.
- Team members and staff will comply with uniform requirements. Details of this policy will be further explained at the beginning of the training camps or competitions.
- Team members and staff will refrain from any illegal or inappropriate behavior that could detract from a positive image of Illinois Swimming or be detrimental to its performance objectives.
- Team members will display proper respect and sportsmanship toward coaches, officials, administrators, fellow competitors and the public.
- Any additional guidelines for Team Illinois will be established as needed by the Head Coach or Director.

Coaches, managers and athletes will all be included under these terms.

Implementation:

- All Team and staff are apprised in writing of this policy, signature of the document constitutes unconditional agreement to comply with the Honor Code of Illinois Swimming.
- And evaluation system will be established to determine if team and staff members have followed all aspects of the policy
- Failure to comply with the Honor Code as set forth in this document may result in disciplinary action.

Such disciplinary action may include, but not limited to:

- Dismissal from the Team and immediate return home at the expense of the parent/ athlete
- Disqualification from one or more events, or all events of competition
- Disqualification from future Team Illinois camps and competitions

Any appeal taken from any disciplinary action shall be in accordance with USA Swimming Rules and Regulations.

Name: \_\_\_\_\_ Event: \_\_\_\_\_

Signature of Swimmer / Date: \_\_\_\_\_

Signature of Parent/ Guardian: \_\_\_\_\_