

SWIMMING NEW ZEALAND

Distance Camp - 14 - 18 December 2020



DETAILS

Accommodation: Waiparuru Hall -
Auckland University, Grafton

Pool: Pt. Erin Pool, Westmere

Open Water Facility: Hyundai
Marine Sports Centre

STAFF

Head Coach: Sue Southgate
Camp Leader: Alastair Johnson
Camp Manager: Holly Fletcher

Additional coaches will be
selected when the team is
announced

CAMP GOALS

1. Learning opportunity to build coach and athlete capacity
2. Increase distance swimming knowledge, skills and have a clearer understanding of what it takes to be an international distance athlete
3. Teamwork
4. Challenging workouts to increase physical conditioning

Note - the training volumes and intensities will be high. As a guide, athletes should expect to cover approximately 70 km in 5 days, so all successful applicants must be physically prepared to benefit from being on the Camp.

Selection Criteria

All athletes will need to need to complete the application form as attached. Any athlete who does not meet the below criteria as below, but who wishes to be considered for selection, must complete the application form with an endorsement from their home coach.

All successful athletes must have completed the Level Two Drug Free Sport NZ E-Learning ([Linked Here](#)) prior to arrival at the camp.

Camp numbers are capped at 30 athletes to ensure that the Camp is manageable whilst providing appropriate level of coaching support.

All athletes will be informed of their selection (or otherwise) by 20 October 2020

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Applications will be ranked based on:

- Performance - number of times and/or Open Water Top 4 places achieved, and percentage of time relative to the next age group above.
- Quality of application
- Coach endorsement
- Age of athlete

Athletes should meet at least one the following performance standards to be considered for the Camp:

Open Water

Achieve a Top 4 placing at the NZ 2020 Open Water Championships as follows:

18 years & older	10km event
15 - 17 years	7.5 km event
13 - 14 years	5 km event

Pool

Achieve a minimum time standard (Senior Development time or National Age Programme Bronze time) achieved between 17 July - 18 October 2020

Event	Female					
	18 & older	17	16	15	14	13
400 Free	4.10.67	4.17.55	4.19.95	4.21.05	4.23.82	4.31.27
800 Free	8.43.45	8.54.75	8.56.50	8.58.50	9.05.00	9.20.57
1500 Free	16.30.00	16.55.00	17.01.00	17.10.00	17.17.00	17.55.00
400 Medley	4.41.72	4.52.41	4.54.85	4.57.77	5.03.29	5.08.31

Event	Male					
	19 & older	18	17	16	15	14
400 Free	3.48.59	3.53.11	3.56.14	4.00.83	4.07.93	4.15.02
800 Free	7.53.19	8.05.69	8.11.65	8.21.33	8.36.27	8.51.33
1500 Free	15.04.35	15.22.53	15.34.71	15.53.02	16.21.18	16.59.36
400 Medley	4.14.20	4.22.91	4.26.44	4.31.60	4.39.65	4.47.70

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SECTION 3: TRAINING DETAILS

Please indicate total training hours. This is inclusive of pre and post pool work, gym and dryland programmes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM							
PM							
ADDITIONAL COMMENTS							

SECTION 4:

This section can be written, or you may submit an video of your responses

WHY DO YOU WANT TO BE A PART OF THE NATIONAL PROGRAMME?

WHAT ARE YOUR CURRENT STRENGTHS?

WHAT AREAS DO YOU NEED TO IMPROVE ON?

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WHAT DO YOU EXPECT FROM THE NATIONAL PROGRAMME?

HOW CAN YOU CONTRIBUTE TO "TEAM NZ"?

WHAT ARE YOUR GOALS FOR 2021?

PLEASE ADD ANY OTHER INFORMATION OR COMMENTS TO SUPPORT YOUR APPLICATION

ATHLETE SIGNED AND DATED

SECTION 5: TO BE COMPLETED BY YOUR COACH

COACH COMMENTS AND ENDORSEMENTS

DATE:

SIGNED: