

Information Document

Aims

The Swim England East Region Open Water Development Camp runs annually to provide a development opportunity to athletes within the region where open water racing skills are taught and experienced.

Additional swimmers will attend the afternoon to take part in a race-simulation element of the camp to ensure a more realistic racing environment and to enable more swimmers to benefit from the camp.

Camp Format

The camp will be run over one full day which will encompass theory work in a classroom setting, lake practical, and a race simulation. There will be time allocated for showering between sessions.

Venue

Stanborough Lakes, Welwyn Garden City, Hertfordshire, AL8 6DQ. Please note, when arriving at Stanborough Lakes, if you have come from the A1(M) towards Stanborough there is no right turn into the park, you will need to turn around at the next roundabout and the entrance is the turning on the left just before the roundabout.

Date and time

11th June 2022, 9.15 registration, meet outside the main office. Collection at the end of the day will be at the same location at 5pm. (Race simulation only- register at 1pm and will be finished by 4.30pm).

Cost

£40 per swimmer. This will be used to fund venue hire, safety staff, hats, coach expenses and will cover the race simulation fee.

Camp Criteria and Entry

Usually, the criteria is open to swimmers who qualified to swim at the previous year's Swim England National Open Water Championships in the 12-16 years age groups. As there has been no Open Water Championships to qualify for, East Region will be using a different selection criteria for the 2022 Open Water Camp.

The selection will this year be through swimmer application via an [Expression of Interest online form](#). Athletes that are successful in gaining a place will receive confirmation via email, and will then be required to complete a confirmation form, and make payment. The confirmation form will include medical details, and agreement to adhere to the regional policies.

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The camp is open to swimmers that meet the following criteria;

- Club Compete member of a Swim England East Region affiliated club
- Aged 13- 17 years as at 31st December 2022
- Qualified for at least one event at the 2022 East Region Long Course Championships or associated Development Event
- Planning on competing at the forthcoming East Region Open Water Championships on 10th July 2022 at Whitlingham Lakes, or similar event
- Athletes attending development opportunities run directly by Swim England Talent, will not be eligible for selection

Selection will be open to 40 swimmers for the camp. If we are oversubscribed the region will consider rejections based upon FINA points on rankings, and/ or through coach endorsement. All athlete selections will be made jointly with the Swim England Talent Team Open Water Technical Lead and are final.

All selected athletes will be sent an invitation to the camp by email and will need to confirm their attendance via payment of £40 before the deadline given.

Race Simulation

A further group of athletes will be able to attend a race simulation event on the afternoon of the Open Water Development Camp to allow as many athletes as possible to make use of the opportunity of a race rehearsal. Those swimmers booked onto the camp will be automatically entered into the race simulation. Criteria for entry to the race simulation will be the same as the criteria for the open water camp.

If you meet the criteria shown above, and you just wish to come along to practice racing in a simulation event, you are able to do so, by simple booking onto the race simulation only via the [Online Booking Form](#) for a £7 fee.

If you are only attending the race simulation event, you will need to be at registration for 1pm at the main office. The racing will finish between 3.30pm – 4.30pm (two races are planned, finish time is dependent on the race you are in).

Coaches

The Open Water Development Camp will be staffed by qualified coaches with relevant open water swimming experience. All coach appointments will be made in consultation with the Swim England Talent Team Open Water Technical Lead.

Additional coaches are welcome and encouraged to attend to shadow the camp to develop their knowledge of coaching open water swimming. Coaches wishing to attend should complete the [Observation Booking Form](#) found on our website.

Team Managers

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Swim England East Region is unable to run regional camps without the support of team managers. All team managers must have completed a team manager course and hold a valid safeguarding certificate and DBS check. If you are interested in assisting as a Team Manager, please email leanne.brace@swimming.org.

Kit

- Swimwear (there will be 2x lake sessions so please bring more than one set of swimwear)
- Towel x2
- Goggles
- Swimming hat
- Pen and paper to use during the classroom sessions
- Sun cream if it is going to be a sunny day
- Warm clothes to put on after the lake sessions
- Lunch and any snacks
- Re-fillable plastic drinks bottles x2

Wetsuits will be allowed if the water temperature is considered too cold for just normal swimwear. However, if the water temperature is considered suitable for normal swimwear, athletes will be encouraged to swim without a wetsuit. FINA guidelines on wetsuits only apply to competitions. Athletes will be expected to provide their own wetsuit.

Please note: Swim England East Region will accept no responsibility for any valuable items, such as phones/tablets/jewellery, and asks that all items of any value are left at home.