



USAT SKILL DEVELOPMENT CAMP DESIGNATION CRITERIA

Purpose: This document establishes the criteria by which USAT Sport Performance will award the designation, “USAT Skill Development Camp,” as well as grants, when available, to support the growth and geographic reach of these camps.

Description: USAT-designated Skill Development Camps aim to serve athletes between the ages of 13 and 17. The goal of this national summer camp program is to introduce young athletes to the multisport camp experience and provide age-appropriate instruction and coaching in the sport of triathlon. Skills taught at these camps emphasize safe, fun, and effective preparation for sprint-distance or shorter triathlons. Skill camps typically follow a five or six day, overnight, format.

Core Requirements: The following expectations guide in the designation of Skill Development Camps and the design of each camp’s structure and itinerary:

- Curriculum: USAT Skill Development Camps must address the items on the sample itinerary outlined in Appendix A. Items shown in **red** are required.
- Staffing: The camp director/owner must hold at least a current USAT Level II Coach certification. Staff coaches in direct supervision of training sessions must hold at least USAT Level I Coach certification. Specialty coaches, such as collegiate swim coaches or professional bike racers, may be utilized to augment specific instruction, but the overall session must be supervised by a USAT certified coach. Parents and/or volunteers may assist in the conduct of the camp, at the camp director/owner’s discretion, but must have satisfied applicable state/local requirements, particularly CORI/SORI background checks, and may not hold supervisory positions.
- Athlete/Coach Ratio: A 5:1 athlete-to-certified coach ratio.
- Budget: The camp director/owner is responsible for all expenses associated with the conduct of the camp, included expected or unexpected losses, and retains all actual profits. The camp director/owner will set a market-based participation fee to ensure financial viability.
- Overnight Camps: The camp director/owner must remain onsite for the duration of the camp, including overnight. An assistant camp director must be designated and present in the event the camp director/owner is called away. The assistant director may be a USAT Level 1 Coach. Camp staff may not share sleeping quarters with campers (i.e. same room). Campers should not be assigned single rooms.
- Logo: Use of the USAT Skill Development Camp logo must comply with the current USAT Logo Use Standard.

- Licensing and Permitting: The camp director/owner is responsible for obtaining all required licenses and permits necessary to operate the camp.
- CPR/AED: All staff coaches should be certified in the use of an Automated External Defibrillator (AED) and be briefed on the location of AEDs onsite.
- Sanctioning and Insurance: Designation as a USAT Skill Development Camp will be conditionally-granted, pending USAT sanctioning approval and issuance of insurance. Failure to obtain or revocation of sanctioning will result in immediate loss of the right to use the designation.
- Compliance with State Law: The camp director/owner is responsible for operating the camp in full compliance with all applicable state laws and regulations. This includes, but is not limited to, SORI/CORI background check that may differ from those required by USAT for coaching recertification, insurance coverage, advertising, and first aid and fire safety requirements.
- USAT Rules and “Rules of the Road”: Coaches, volunteers, and campers must follow all applicable USA Triathlon Rules during the camp, including helmet wear, discarding trash, and relevant public safety laws. All participants are expected to represent USA Triathlon and the multisport community to the best of the ability. All campers must hold a current USAT annual membership.

Request for Designation: Coaches seeking to use the USAT Skill Development Camp designation and logo are asked to submit proposals containing the following:

- Executive Summary: a paragraph describing key information about the camp
- Description of Facilities: housing, dining, pool, track, cycling routes, etc.
- Staffing: identify coaches and key staff and their assigned roles
- Compliance: describe how camp will comply with relevant state and local law
- Fees: describe how you arrived at your participation fee
- Itinerary: attach a detailed, day-to-day plan for the camp
- Participants: explain how you plan to attract participants and number of spots available

Grant Program: From time-to-time, USAT may make available to Skill Development Camps needs-based financial grants to assist in underwriting the actual and necessary expenses of operating the camp and/or to lower athlete participation fees. The purpose, amount, renewability, and expectations of any such grant will be detailed in the Grant Letter provided to the camp director/owner. Once designated as a Skill Development Camp, the camp director/owner may request a grant by submitting a proposal containing the following:

- Camp Summary – dates, location, noteworthy details
- History – if not a first-year camp, provide a brief history of the camp, including financials
- Statement of Need – amount requested and how you plan to allocate it
- Budget – a detailed line item budget showing anticipated income/expenses

Submissions: Requests will be reviewed on a rolling, case-by-case basis. Grants may be awarded until such time as all funds are allocated or USAT suspends the program. Send proposals to Steve Kelley, Athlete Development Coordinator, at steve.kelley@usatriathlon.org, in a single PDF document.

Appendix A

Sample Itinerary

Monday

8:00-10:00am	Staff Orientation
10:00am to 11:30am	Check-in/Settle into room
11:30am	Staff and Participant Introductions
11:55am	Lunch
1:00pm	Safety/Orientation Meeting
1:30pm	Bike Build-up/Washing/Safety Checks
2:45pm	Run after dynamic warm-up instruction
4:00pm	Swim Assessment
5:45pm	Dinner
7:00pm	Presentation/Guest Speaker (recommended topic – Nutrition)
8:30pm	Race Video or Movie
10:30pm	Room check/Journals/Quiet Time

Tuesday

7:00am	Breakfast (light)
8:00am	200/800 Swim Test followed by instruction
10:15pm	Easy Run
10:45am	Transition Skills Demo (low speed trials)
11:50am	Lunch
1:00pm	Nap/Individual Sessions with Coaches
3:00pm	Strength and Conditioning presentation/discussion
4:00pm	Transition Skills Practice (observe bike handling and group by skill)
5:45pm	Dinner
7:00pm	Presentation/Guest Speaker
8:30pm	Race Video or Movie
10:30pm	Room check/Journals/Quiet Time

Wednesday

7:00am	Breakfast (light)
8:00am	Swim Session
10:30	Tempo Run
11:30am	Lunch
11:50am	Nap/Individual Sessions with coaches
1:30pm	Group Riding Skills and Drills (according to ability level)
2:30pm	Transition skills (med speed/small groups)
4:00pm	Presentation/Guest Speaker – USAT Athlete Development Pipeline
5:45pm	Dinner
7:00pm	One-on-One instruction based on identified limiters
8:00pm	Race Video or Movie
10:30pm	Room check/Journals/Quiet Time

Thursday

7:00am	Breakfast (light)
8:30am	Run test (3k) followed by long cool down jog
10:30am	Bike Hill Climbing Technique (1hr)
11:50am	Lunch
1:00pm	Visit to Bike Shop (20 min maintenance talk)
2:30pm	Nap/Individual Sessions with Coaches
4:00pm	Swim Workout
5:50pm	Dinner
7:00pm	Presentation/Guest Speaker - USADA
8:00pm	Race Video or Movie
10:30pm	Room check/Journals/Quiet Time

Friday

7:00am	Breakfast (light)
8:00am	Training Ride
9:30am	Transition Practice (full speed/videotape)
11:00am	Optional Run Session
11:50am	Lunch
12:30pm	Individual Meetings with Coaches
1:00pm	Early check-out for athletes racing on Saturday
2:00pm	Depart campus for “fun” event – visit local attraction, dinner out
7:00pm	End of camp fun event
8:00pm	Packing Up Time (Staff Debrief)
11:00pm	Room check/Journals/Quiet Time

Saturday

7:45am	“Long” Run or Pre-Race workouts if racing on Sunday
9:00am	Breakfast/Camp Awards
10:00am	Pack-up/Clean-up/Room Checks
10:30am – 11:30am	Athletes/Staff Depart

As an additional reference, please see the Junior Elite Clinic Endorsement Competencies.