



Illinois Swimming's Age Group Breakthrough Camp Saturday, May 15, 2010

This camp is by invitation only and will be held at
Stevenson High School – Lincolnshire, IL

Invitations have been sent and are due back at the Illinois
Swimming Office on May 3rd, 2010

- Camp participants share their spirit to move to the next level of competition.
- The camp will consist of:
 - 2 water sessions - 2 hours each led by IL coaches with help from our guest athletes.
 - 2 classroom sessions - 1 led by IL National Youth Team Members on their journey through Age Group swimming.
 - Lunch with staff and our IL Youth Team Athletes

The primary goal of this camp is to work with swimmers who are on the verge of reaching the top level of their age group in IL and to give them additional tools to reach the highest levels in the sport of swimming. Join a select group of Illinois athletes and a handful of Illinois Swimming coaches motivated to attain and share their passion for swimming.