



ILLINOIS
SWIMMING

In the fall of 2007, Illinois Swimming will host three Catch the Spirit Camps designed as a combination of education sessions, social opportunities and water activities.

Different levels will target key elements of development through which young swimmers are progressing. Swimmers are encouraged to apply for a camp if they meet the criteria, however swimmers may only apply to one of the three camps.

The following are goals of the Catch the Spirit Camps that relate to the objective of motivating and educating the participating swimmers:

1. Provide an educational experience for each participating swimmer.
2. Educate participants on the history and heroes of USA Swimming.
3. Improve swimmers self-image and confidence.
4. Promote LSC unity by camp participants.
5. Retain athletes in the sport of swimming.
6. Transfer information back to the swimmers home club.
7. Provide an opportunity for education, observation, communication and motivation to coaches.

Sunday, October 28, 2007: "Feel the Power" Camp

*The application criteria is a combined Power Point score of at least 400 using 50's of each stroke for 9-11 yr olds and 100's of each stroke for 12-14 yr olds.

*The camp location is Westmont High School, from 10:00am - 5:00pm.

*The first 50 applicants meeting the criteria will be selected to fill the camp

*The cost is \$25.00 and includes a camp t-shirt

*The application deadline is Monday, October 22, 2007



Saturday, October 13, 2007: "A Cut Above" Camp

*The application criteria is an Age Group Championship qualifying time from the 2007 short course or 2007 long course season.

*The camp location is Glenbrook North High School, from 10:00am - 5:00pm.

*The first 50 applicants meeting the criteria will be selected to fill the camp.

*The cost is \$25.00 and includes a camp t-shirt

*The application deadline is Monday, October 8, 2007



Sunday, October 14, 2007: Springfield Combined Camp

*The application criteria is a combined Power Point score of at least 400 using 50's of each stroke for 9-11 yr olds and 100's of each stroke for 12-14 yr olds

OR

an Age Group Championship qualifying time from the 2007 short course or 2007 long course season.

*The camp location is Eisenhower Pool, 2351 E. Cornell Street, Springfield from 10:00am - 5:00pm.

*A combination of the first 50 applicants meeting the criteria for either level will be selected to fill the camp.

*The cost is \$25.00 and includes a camp t-shirt

*The application deadline is Monday, October 8, 2007



Please contact the Illinois Swimming office at 847-824-1596 or ilswimoffice@sbcglobal.net if you have any questions.