



ISI "Catch the Spirit" Camp Application for Athletes

"Feel the Power" Camp
Sunday, September 20, 2009
9:00AM – 4:00PM
Lincoln- Way North High School
19900 S Harlem
Frankfort, IL 60423

First Name _____ Middle Initial _____ Last Name _____

Address _____

City/State/Zip _____ Phone _____

Email _____ Cell Phone _____

Male/ Female (circle) Date of Birth Age _____

USA Swimming ID _____ Club Name _____

*****Please make sure to enclose your check of \$25.00 (twenty five dollars and no cents) made payable to: Illinois Swimming**

“Feel the Power” Camp *Power Point Scores: (please follow these directions and attach printout)

- Log on to usaswimming.org.
- On the left side of the home page under USA Swimming tools click “my USA Swimming”.
- Scroll down to the middle of the page to:
- **“Click here” to create an account and learn more. If you've already created an account, “log in here”.**
- Once you have created an account and logged in, go to “Times/Time Standards” under USA Swimming tools.
- Click on “Individual Times”, type in the swimmer’s name, and select the most recent competition year. Under optional Parameters please select “Show only the fastest time by event”.
- You may choose all events or one specific course, but be sure to print out the page with the times and power point scores. Attach the printout to this application. Please contact USA Swimming if you have any questions or problems regarding the website.

*Please note that for the “Feel the Power” Camp you must provide your Power Point Score for a 50 of each stroke if you are age 9-11, and for a 100 of each stroke if you are age 12-14.

Return your application and payment to:

Illinois Swimming, Inc.
3166 S. River Road Suite 30
Des Plaines, IL 60018

Deadline: Wednesday, September 16, 2009 12:00PM (Noon)

“Feel the Power” Camp –

The application criterion 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 application deadline of Wednesday, September 16th, check and application must be received by the deadline.

The list of camp participants will be posted on the Illinois Swimming website on the Age Group page on Thursday, September 17th, for the “Feel the Power” camp.