



In the fall of 2009, Illinois Swimming will host one Catch the Spirit Camps designed as a combination of education sessions, social opportunities and water activities.

The Feel the Power Camp will target key elements of development through which young swimmers are progressing. Swimmers are encouraged to apply for this camp if they meet the criteria.

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 September 20,2009
"Feel the Power" Camp
9:00AM – 4:00PM
Lincoln -Way North High School
1900 S Harlem
Frankfort, IL 60423

- 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 first 50 applicants will be selected to fill the camp
- The cost is \$25.00 and includes a camp t-shirt and all meals and snacks.
- The application deadline is Wednesday, September 16, 2009 at 12:00PM (noon)

*Please include a check for \$25.00 payable to Illinois Swimming with your application.

*The application deadline is Friday, September 11, 2009 .

If the camp is filled prior to receiving your application and payment both will be returned to you immediately.

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