

The mission of USA Swimming and Illinois Swimming is to provide our members with an exciting camp experience that fosters the love of the sport of swimming from the grassroots to the national level. Fall and Spring camps have been developed at Illinois Swimming as a combination of education sessions, social opportunities and water activities. Each level targets key elements of development through which young swimmers are progressing.

DEVELOPMENTAL CAMPS:

- Camp participants ages 9-14 will submit applications found on Illinois Swimming website
- Designed for the needs of beginning competitive swimmers
- Focus will be on nutrition and stroke skills
- Learning environment
 - Sportsmanship
 - Social Interaction
 - Team Building Skills

BREAKTHROUGH CAMP:

- Camp participants ages 11-14* will be selected through an invitation only process
- Designed for the top age group competitive athlete to promote and introduce them to the next level of competition.
- Focus will be on a one day experience to prepare the athlete in the belief of their own ability to attain the level of "elite" swimmer through personal commitment.
- Introduction and discussion with an Illinois Swimming Jr / Sr National athlete
- Learning environment:
 - Discovering the personal qualities, characteristics, and habits of elite swimmers
 - Opportunities that exist for young elite swimmers on the local, national and international levels.
 - Understanding the contribution nutrition makes to the elite performance
 - Opportunity to interact with other swimmers at their level who they will see at elite meets throughout their swimming career
 - Advanced water workouts.

JR ELITE CAMP:

- Camp participants ages 11-14* will be selected through an invitation only process
- Designed for the top age group elite athlete to promote the opportunities of the next levels of competition.
- Focus is on a replication of a multi day/overnight national camp experience
- Learning environment
 - Advanced water workouts including test sets in a LCM facility
 - Emphasis on the "Team Illinois building experience" in and out of the pool
 - Learning and sharing what the Illinois Swimming age group program meant by discussion and interaction of returning college athletes
 - Education through classroom sessions for goal setting, nutrition, and leadership skills
 - Introduction and explanation of National Youth Teams and their opportunities.

* Age for the invited athlete is determined by the age of athlete at the time of March Age Group Championships