



ILLINOIS SWIMMING SENIOR ELITE MEET
MAY 6 – 9, 2010
COLORADO SPRINGS, CO

GOAL:

To provide a positive meet, training, educational, and social experience for Illinois Senior Elite Swimmers. The Olympic Training Center in Colorado Springs has both the facilities and additional educational professionals to meet this goal.

EVENT INFORMATION:

The event will be lead by three Illinois coaches with national level experience. We are excited to announce Judy Busse of EXPRESS, and Bob Kizer of NTSC have accepted camp coaching positions. A third coach will be selected in March. In the past the event has consisted of a swim meet with test sets, training and video-taping. Also included are educational experiences in the class room, dryland/weightroom instruction lead by Olympic Center Staff Members. Time is set aside for studying and social interaction as well.

It is important club coaches, parents, and most important the athletes respect this opportunity. Being prepared for this type of training regiment is a MUST! All athletes should be in the pool training consistently one month prior to the trip. Athletes with injuries that would restrict any aspect of their training should not apply.

APPLICATION INFORMATION:

Applications, qualifying standards, selection criteria, and a check list form can be located on the Illinois swimming website under "SENIOR".

Applications will be accepted beginning March 8, 2010 at the Illinois Swimming office, 3166 S River Road, Suite 30, Des Plaines, IL 60018. ALL applications must be fully completed with two separate checks one in the amount of \$225.00 (two hundred twenty five dollars) and another in the amount of \$75.00 (seventy five dollars) which covers the athletes portion for the cost of the camp. Applications, qualifying time standards, selection criteria, and a check list is posted on the Illinois Swimming website. Applications must be post marked or received in the ISI Office by Wednesday March 24, 2010. Late applications will not be accepted.

Athletes will be notified via email no later than Tuesday March 31, 2009. In the case that all allotted spots are filled any applicant not accepted will have all checks returned with in ten days. Athletes accepted will be refunded \$225.00 (two hundred twenty five dollars), two weeks after the return from the trip. If an athlete does not attend after accepted the athlete will forfeit the entire amount of \$300.00 (three hundred dollars). If there is a cost occurred due to vandalism, damage, misconduct these costs will be deducted from the deposit.

A minimum of 18 (eighteen) athletes will be selected and a maximum of 24 (twenty-four) selected to attend. Current Illinois Swimming registered athletes will be selected based on FINA power points. Illinois Swimming will provide airfare, ground transportation in Colorado Springs, housing and meals. We recommend athletes have some spending money for travel meals and gift shop items.

Any questions please contact Coach Dave Krotiak coachdave@foxswimteam.com, or the Illinois Swimming Office.

