

2008 VIRGINIA SWIMMING NORTHERN DISTRICT



**Saturday, April 12, 2008
at
Jeff Rouse Aquatic Center
9446 Taney Road
Manassas, VA 20110**

Head Coach: Ted Sallade of Poseidon Swimming

This is a Level 3 camp, which creates a learning environment for more advanced competitors to focus on such things as goal setting, nutrition, visualization, relaxation and racing strategies as well as leadership.

Eligibility: Swimmers ages 11-15 and must have at least two VSI Regional Cuts and must not have any VSI Senior Cuts.

**Camp Registration at 9:00 am
Camp starts at 9:15 am
Camp concludes at 4:30 pm**

All swimmers should bring their training equipment, a couple of towels and a change of clothes.

Team Registration is due by Saturday, March 8, 2008. Open Registration will begin on Sunday, March 9, 2008, and will remain open until either all spots are filled or until Sunday, March 22, 2008.

Cost: \$10.00 due at camp registration

COACHES REGISTRATION INSTRUCTIONS

All camp registrations must be made by a coach from the swimmer's home team. Teams should do their best to register an equal number of boys and girls if possible. Please email the following information to Nathan Rhoads, Camp Coordinator, at rhoadsn@hotmail.com:

1. Swimmer's Full Name
2. Gender
3. Address/City/State/ZIP
4. Phone Number
5. Email Address
6. Date of Birth
7. USA Swimming Number
8. Club Name
9. Club Coach and Phone Number
10. Medical and Dietary Considerations
11. Eligibility Requirements (distance, stroke, time)

The Camp Coordinator will email confirmations promptly upon receipt of registration information. Reminder emails will be sent out periodically. On Sunday, March 22, an email will be sent out letting all coaches and team presidents know how many slots are available. Swimmers will be signed up on a first-come basis.

CAMP OBJECTIVES AND GOALS

The following are goals that relate to the objectives:

1. Provide an educational experience for each participating swimmer.
2. Educate participants on the history and heroes of USA Swimming.
3. Improvement of swimmer's self-image.
4. Promote LSC unity by camp participants.
5. Retention of athletes.
6. The transfer of information back to the swimmers' home club.
7. Provide an opportunity for education, observation, communication and motivation to coaches.