



2013 IMX CAMP INFORMATION

October 26, 2012

Dear North Carolina Swimming Athletes, Coaches & Parents:

Attached is information concerning the 3rd Annual North Carolina Swimming IMX Camp. For our 2013 IMX Camp NCS athletes who ranked in the **top-20** positions in their single-age group (**age 11-13**) during the 2012 long course season are being invited to the camp. These individuals selected to the IMX camp will train with many of the strongest swimmers in North Carolina for two days and will be instructed by North Carolina coaches on training techniques, turns, dryland and race strategies. In addition, in the event that the camp does not fill all 20 slots in each single age group, we will fill the available slots from applicants whose efforts resulted in an IMX score above the threshold indicated on the next page. Last January, we had 120 athletes attend. We are hoping for another successful camp in 2013!

Athletes who have been selected to attend the **2013 IMX Camp January 5-6, 2013** are shown on the next page. If your athlete/child is interested in attending, please fill out the application, medical release and code of conduct and mail all with a check payable to **NC Swimming** for **\$150** to the address indicated. The IMX Camp is a 2-day camp being held **at the Greensboro Aquatic Center**.

By the end of the year, plans for the 2013 NCS Spring Select Camp will be available. The Select Camp is planned for April 27-28, 2013 at the MCAC in Charlotte. The NCS Zone Coaches run this camp each year. The NCS camp program re-launched in 2011 has received tremendous support and we hope you will consider sending your child/athlete to participate in an NCS Camp in the near future. Keep an eye on the NCS website at www.ncswim.org for more camp announcements.

Coaches who wish to assist with any of the camps are asked to send in an application to the address indicated. We are looking for coaches of all ages and experiences. Camp coaches will receive a stipend for their participation that varies slightly with each camp. Please send in the attached coach application if you are interested—we need you! Thank you in advance for your support of our Camps program and please let me hear from any of you with suggestions on improvements that can be made to our program.



NCS CAMP COMMITTEE EVENT



SELECTED 2013 CAMPERS

- Please return the IMX Camp Application no later than November 25, 2012 if you wish to attend the IMX Camp. After November 25th, spots unfilled in the IMX Camp will be offered to other athletes who apply by December 10, 2012 based on the IMX rankings from long course 2012 at or above the following IMX point levels:

SINGLE AGE GROUP	BOYS MINIMUM SCORE	GIRLS MINIMUM SCORE
11 year olds	1700	1700
12 year olds	2000	2000
13 year olds	1700	2000

- The following athletes have qualified for the IMX Camp and will be first accepted as long as the application and fee are received by November 25, 2012.

BOYS-11	BOYS-12	BOYS-13	GIRLS-11	GIRLS-12	GIRLS-13
Bretzmann, Thomas NCAC	Ammerman, Cole YOTA	Barden, Benjamin STAR	Ayscue, Riggan SWIMMAC	Burge, Alison YBAC	Adcock, Elena MOR
Dant, Ross YSST	Bagwell, Isaac SWIMMAC	Blandford, Connor MOR	Bathory, Blanka STAR	Furigay, Sophie YWNC	Butkowski, Ashlyn WAVE
Diacumakos, Noah RSA	Bathory, Levente STAR	Bunner, Colin DUKE	Black, Erynn SWIMMAC	Hauder, Caroline SWIMMAC	Cairns, Adelaide NCAC
Eudy, Alex NSS	Brauer, Beau CHY	Faltz, David WAVE	Blandford, Callie MOR	Hipp, Mary Jeanne MOR	Cherkez, Sophia YSST
Eudy, Robbie NSS	Brown, Zach MOR	Green, Jason ASC	Costley, Audrey NCAC	Homovich, M. NCAC	Dykstra, Emily MOR
Fore, Dylan TYDE	Burhans, Tucker STAR	Hinman, Maziar STAR	DeRonja, Josie MOR	Kerns, Abby NSS	Hair, Olivia RSA
Furigay, Jake YWNC	Compton, Peter YOTA	Li, Daniel SWIMMAC	Dragelin, Amy SWIMMAC	Knaven, Uma NCAC	Heineman, Ashley MOR
Ganesan, Aravind WAVE	Corkery, Owen SWIMMAC	Li, Michael DUKE	Gasper, Ashton MOR	Macphail, Madeline SWIMMAC	Leibold, Sarah WAVE
Henderson, Noah STAR	Dalbo, Connor WAVE	Manchester, C. SWIMMAC	Hefner, Faith YSST	Markert, Makena STAR	Marshall, Christina TYDE
Hering, Tanner GSA	Fenwick, Ben SWIMMAC	Meade, Grant MOR	Keever, Caroline YOTA	Medlin, Sam YOTA	Moore, Kate RSA
Herndon, Craig GCY	Healy, John WAVE	Mears, Riley WAVE	Namowicz, Kylie SWIMMAC	Menkhaus, Julia SWIMMAC	Nelson, Stephanie SWIMMAC
Knorr, Ethan RACY	Johnson, Luke SWIMMAC	Moran, Smith MOR	Nelson, Emme SWIMMAC	Morrell, Lily MOR	Nixon, McKenna MOR
Lyons, Scott SWIMMAC	Kawaguchi, Rhys MOR	Nichols, Jordan WAVE	Pilecki, Sarah RSA	Morrison, Kat STAR	Peterson, Emmaline YSST
Meadows, Grant CCS	Payne, Davis WAVE	Paque, James SWIMMAC	Redvanley, E. SWIMMAC	Motsinger, C. SWIMMAC	Poole, Julia RSA
Miller, Cameron SWIMMAC	Perelli, Teddy SWIMMAC	Peterson, Cole STAR	Reeder, Grace YWNC	Pruden, Mary WAVE	Shepherd, Sarah DUKE
Neely, Connor NSS	Ren, Jordan NCAC	Pfuhl, Christopher SWIMMAC	Riegler, Meredith CHY	Ross, Madeline MOR	Souther, Lexi SWIMMAC
Rzepecki, Jami SWIMMAC	Sept, Connor DUKE	Thompson, Aaron RSA	Rutledge, Abby WAVE	Rush, Lauren SWIMMAC	Taekman, Sarah CHY
Sherrill, Tyler SWIMMAC	Silver, Chris MOR	Totten, Caleb MOR	Rachel Strickland MOR	Sanders, Katie WAVE	Tennant, Kayla STAR
Vlahos, Luke TYDE	Taylor, Andrew STAR	Werden, Jacob NCAC	Westle, Amanda ASC	Schoonhagen, E. STAR	Turcanu, Maria YSST
Zheng, Andrew CHY	Watson, Cooper STAR	Wright, Hunter YOTA	Whitaker, Peyton MOR	Watts, Charlotte RSA	Vetrano, Megan WAVE



LOCATION: Greensboro, NC
SITE: Greensboro Aquatic Center
SITE ADDRESS: 1921 West Lee Street, Greensboro, NC 27403
DATE/TIME: Saturday, January 5 (8am)-Sunday, January 6, 2012 (12:45pm)
CAMP DIRECTOR: Jay Dodson, STAR Aquatics
E-MAIL: starcoachjay@yahoo.com
PHONE CONTACT: (336) 337-0169
MAX. CAMP SIZE: **120 participants (20 in each single age group—11, 12, and 13 boys/girls).**
SELECTION: Selected athletes are shown on the attached chart. Selection to the 2013 NCS IMX Camp is determined as follows:

- (1) The top-20 IMX scores among registered NCS athletes from the 2012 Long Course season in the 11, 12, and 13 year old single age groups (boys and girls) are automatically invited.
- (2) Additional athletes may be invited by the NCS Camp Coordinator in order to create a camp of up to 120 athletes with no more than 20 in any single age group between 11 and 13 years of age. Additional athletes will be selected based on IMX scores and receipt of an application.
- (3) Selected participants shall have until November 25, 2012 to confirm their acceptance with the application and payment of fee and then alternates will be offered the chance to attend.

PROVIDED: NC Swimming will provide apparel items and camp materials to all participants at the camp.

IMX CAMP OUTLINE

Saturday		
8:00-8:40am		Camp Check-in
8:40-9:00am		Staff Introductions/Camp Objectives
9:00-6:00pm		Program includes 2 workouts at pool Both workouts will be short course Lunch will be provided
6:00-6:45pm:		Dinner
7:00pm		Hotel Check-in
Sunday		
8:00am		Wake-up & Breakfast at hotel
9:00-12noon		Camp Program continues at pool One workout in the morning (short course)
12-12:45pm		Prizes, Awards & Camp Evaluation
12:45pm		Athlete Pick-up/Departure for home
The following staff will be present during this camp:		
Camp Director		Jay Dodson, starcoachjay@yahoo.com
Head Coach		TBA
Assistant Coaches		TBA—up to four
Senior Athlete		TBA—at least one
Chaperones		TBA—at least four





CAMP APPLICATION

Athlete's Name (first) _____ (MI) _____ (last) _____

Home street address: _____

City _____ State _____ Zip _____ Home Phone (____) _____

Parent's Name/s _____

Parent E-mail _____ (a confirmation of acceptance will be emailed to this email address by 12/15/12, so please be sure to print clearly and neatly. **Due to the manner of selection, there can be no refunds for swimmers who cancel their participation at this camp after the application has been received.**)

Applicant's Birthdate: Date of birth: _____ (month) _____ (day) _____ (year)

Please **check one**: MALE FEMALE

Swimmer's T-shirt size (**circle one**): Adult-SM Adult-M Adult-L Adult-XL

Swimmer's Jacket size (**circle one**): Adult-XS Adult-SM Adult-M Adult-L Adult-XL

USA Swimming Membership # _____ (ask home club coach)

Home Swim Club Name _____

Club Coach _____ Coach E-Mail _____

PLEASE SEE THE ATTACHED medical authorization form and waiver which must be returned with your fee and this application by the deadline.

PLEASE RETURN THE APPLICATION ALONG WITH A CHECK PAYABLE TO "NC SWIMMING" FOR \$150 NO LATER THAN NOVEMBER 25, 2012 to:

NC SWIMMING IMX Camp
c/o Jonathan Watson, NCS Camp Coordinator
6766 Chauncey Drive
Raleigh, NC 27615

QUESTIONS:

- Please address **camp-specific** questions about the **IMX Camp** to the **Camp Director, Jay Dodson**.
- All **registration** questions can be directed to **NCS Camp Coordinator, Jonathan Watson** at **01silversurfer@bellsouth.net**



North Carolina Swimming Camp

Medical Authorization Form

Date ____/____/____ Athlete Name _____

I do hereby voluntarily consent to clinic care including routine diagnostic procedures, medical and/or surgical treatment by the physician assigned by the North Carolina Swimming camp staff or the physician and facility chosen for _____ (athlete name).

I am aware that the practice of medicine and surgery is not an exact science and I acknowledge that no guarantee is to be made to me as to the result of the treatments or examinations by these persons or facilities.

Signature of Athlete

Date

Signature of Parent/Guardian

Date

Please include telephone numbers where a relative or guardian can be reached in case of an emergency:

Father (name) _____

Phone AM: (____)_____- _____

Phone PM: (____)_____- _____

Mother (name) _____

Phone AM: (____)_____- _____

Phone PM: (____)_____- _____

Legal Guardian: _____

Phone AM: (____)_____- _____

Phone PM: (____)_____- _____

Physician (name): _____

Phone: (____)_____- _____

Dentist (name): _____

Phone: (____)_____- _____

Medical Insurance (carrier): _____

Policy # _____

Allergies

Is there a history of skin or other untoward reaction or sickness following injection or oral administration (ingestion) of...? (please be specific, if YES):

- | | | | |
|-----|---|-----|----|
| (a) | Penicillin or other antibiotics | YES | NO |
| (b) | Morphine, codeine, Demerol (narcotics) | YES | NO |
| (c) | Novocain or other anesthetics | YES | NO |
| (d) | Aspirin, emperin, other pain remedies | YES | NO |
| (e) | Sulfa drugs | YES | NO |
| (f) | Tetanus, antitoxin or other serums | YES | NO |
| (g) | Adhesive tape | YES | NO |
| (h) | Iodine or methiolate | YES | NO |
| (i) | Any other drug or medication | YES | NO |
| (j) | Any foods (eggs, milk, chocolate, nuts, etc.) | YES | NO |
- Please list any foods to which you are known to be allergic: _____

Insect bites, bee stings, other
Other allergies not listed above _____

Drugs taken recently

Within the last six months that the athlete has taken:

- | | | | |
|-----|---|-----|----|
| (a) | Cortisone | YES | NO |
| (b) | ACTH | YES | NO |
| (c) | Anticoagulants | YES | NO |
| (d) | Tranquilizers | YES | NO |
| (e) | Hypotensives (high blood pressure medicine) | YES | NO |

Has the athlete ever received treatment for.....?:

Asthma/Rheumatism, Rheumatic fever	YES	NO
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Any other physical conditions of which the camp staff should be aware :

Does this athlete exhibit any shortcomings while training in the pool that our staff should be aware of prior to this athlete training at camp? If so, please list:

Please have the athlete's coach give a yardage range which the athlete above could be expected to swim at the time of the camp. This will help our staff be sure not to risk injury to the athlete. This athlete could be expected to average _____ yards per workout during this camp.

North Carolina Swimming Camp

Athlete Code of Conduct Form

The undersigned athlete participating in the NCS IMX CAMP agrees to abide by the standards of conduct outlined below in addition to those established by the staff at the camp location. Any additional guidelines regarding conduct will be presented at the first team meeting and will be considered rules governing conduct at the camp.

- Camp curfews and meeting times will be adhered to by participants at all times.
- All athletes are required to attend and participate in all team meetings and training sessions, unless excused by the Camp Director and/or Head Coach.
- The possession or use of alcohol, tobacco or any non-prescribed drugs is prohibited.
- All athletes are expected to follow the directions of the coaching staff and chaperones.
- Failure to comply with the Code of Conduct may result in, but not necessarily be limited to, the following actions:
 - A. Athlete may not be allowed to participate in some or all team activities
 - B. Athlete may be sent home from the camp at his/her parent's expense.
 - C. Athlete may be brought before the NCS Board of Review for disciplinary action.
- Upon notification of any violation of the Code of Conduct, a review committee, consisting of the camp coaching staff, a boy's captain and a girl's captain, shall promptly investigate the circumstances of the violation, notify the individual(s) charged and promptly determine what disciplinary action, if any, shall be taken.

I agree to abide by the Code of Conduct rules above as I have read them.

Athlete Signature

Date: ____/____/____

Parent/Legal Guardian Signature

Date: ____/____/____

2013 COACHES CAMP APPLICATION

Camp applying to participate in: _____

Coach's Name (first) _____ (MI) _____ (Last) _____

Mailing Address:

Street _____

City _____ State _____ Zip _____ Home Phone (____) _____

Coach's E-mail _____

(PLEASE PRINT NEATLY AND CLEARLY)

Please check one: **MALE** **FEMALE**

Coach's T-shirt size (circle one): **Adult-Small**
 Adult-Medium
 Adult-Large
 Adult-XL
 Adult-XXL
 Adult-XXXL

Home Swim Club Name _____

Age Group/s you coach now: **10U** **11-12** **13&Over**

How many years at present club? _____

How many years of coaching experience? _____

How many athletes from your club will be applying to attend this camp? _____

Please postmark this application no later than November 25, 2012.

Mail completed information above to:

Camp Coach Application
6766 Chauncey Drive
Raleigh, NC 27615 _____



NCS CAMP POLICIES

COACH CODE OF CONDUCT

I, the undersigned staff member, participating in an LSC Camp, agree to abide by the standards of conduct outlined below, in addition to those guidelines established by the Camp Director at the camp. Any additional guidelines regarding conduct will be presented at the first team meeting.

1. Staff members are required to attend all team meetings and training sessions, unless excused by the Camp Director.
2. The possession or use of alcohol, tobacco or any non-prescribed drugs is prohibited.
3. Staff members are prohibited from wearing any home team clothing or trying to recruit athletes, either directly or indirectly, for their home club.
4. All staff members shall be present in team hotel during the overnight lodging of athletes at the hotel should such a stay be required.
5. All staff members shall arrive 30 minutes prior to the posted start time of the camp and remain until excused by the Camp Director which will occur after all athletes have been picked up.
6. Staff shall be directed during the camp by the Camp Director and shall comply with such direction.
7. Failure to comply with this Code of Conduct may result in the following:
 - a. Loss of compensation for camp;
 - b. Suspension from working future camps;
 - c. The LSC Review Board shall, within 30 days, determine penalty and length of time according to the Board of Review procedures.

Coach Signature

Date

Coach's Name Printed