**2015 “Catch the Spirit Camp” (South)**

**Stroke Development Camp**

This camp is a feature of USA Swimming's Camp program.

**WHO:** 9-15 year old registered Indiana Swimming swimmers with one year of competitive

swimming experience.

**DATE: Saturday, May 2, 2015**

**TIME:** 8:00 a.m. - 4:30 p.m.

**WHERE: Seymour High School:** 1350 W. 2nd St. Seymour, IN 47274

**COST:** $40 (A Maximum of 60 total swimmers will be accepted-on first come first serve basis)

**\*\*\*\*\*Guest Coach/Presenter:**  **1980 Olympian & Co-Founder of GoSWIM: GLENN MILLS**

**Video Evaluation Service**

During the camp, Glenn Mills will video two lengths of the swimmer's stroke underwater. Glenn will evaluate and give suggestions to the swimmer and coach. This service is not to replace what the coach is telling the swimmer, but an impartial view from a different perspective. The evaluations should be reviewed by the swimmer with their coach and then decide if any of the suggestions are within the scope of their work and training. The evaluations will contain voice and annotations. The original, unedited video will also be delivered to the swimmer. All services will be shared privately online to the swimmer or their parents. An email of someone over the age of 18 (parent or guardian) will be necessary. The fee for this is $25/stroke. Depending on the quantity of requests, and time limitations, swimmers may be asked to request no more than two strokes. Delivery of the evaluations will be within one week of the camp while all the work done at the camp is still fresh in the swimmer's mind. ***\*A separate check written to Glenn Mills for $25 is to be turned in a camp registration.***

*Please send your check with your application. The check will be returned if a swimmer is not accepted to the camp. This is to reserve your spot in the camp.* ***Checks are to be made payable to: Indiana Swimming***

**FORMAT:**      A staff of coaches, selected by Indiana Swimming, will educate and motivate the swimmers on the championship developmental process and skill development  in this full day session.  The Camp agenda will consist of both Skill Development and Age & Skill appropriate training sessions. USA Swimming provides T-shirts and other motivational handouts and prizes for the swimmers

Please fill out the camp application below and return to:

**Dave Boggs: Camp Director % Catch the Spirit Camp**

**1535 Lady Marian Drive**

**Seymour, IN 47274**

**812-528-2413**

You can contact Camp Director: **Dave Boggs** [seymourswimming@comcast.net](mailto:seymourswimming@comcast.net)

**DEADLINE**

**FOR APPLICATIONS: Friday, April 24, 2015** Be sure to apply early. This camp fills fast!

***You will receive notification concerning acceptance BY April 27, 2015***

**2015 “CATCH THE SPIRT” CAMP APPLICATION**

NAME ID#

(Birthdate-mmddyy, First 3 letters of *legal* first name, MI, First 4 letters of last name)

ADDRESS \_\_\_ AGE \_\_\_\_ CLUB \_\_\_\_  
  
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CITY ST ZIP \_\_

DAYTIME PHONE NUMBER Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***For more camp information visit*** [***www.inswimming.org***](http://www.inswimming.org/)