

Senior Elite Camp ~ Charlotte 2016

Day Three



Day Three of the 2016 Senior Elite Camp opened with a short drive to the Moss Creek Aquatic Facility for some outdoor long course meters training. Under gorgeous Carolina skies, campers put in aerobic specialty work. Coach Elber took full advantage of the facility utilizing the diving well, LCM lanes, the adjacent

25 yard pool, and even the water slides. It was great to reconnect and share the pool with former FWA and AVON coach Aleks Fansler, who now leads the North Senior 1 group for SwimMAC Carolina.

Day 3 is a good time to thank the Dining Hall Staff for the great food and the wonderful service. The entire crew was very accomodating to the various needs of the athletes and coaches, and always met us with a smile.

After lunch and some rest, the campers heard from Jeff Dugdale, Head Coach of the 2016 NCAA Division II National Champions, Queens University Men's and Women's Swimming & Diving teams. Coach Dugdale inspired the campers with his talk on developing a Habit of Excellence and that Championship Teams are made by their actions at home, in the locker room, in the classroom, as well as what they do in the pool.



Afternoon the pool was switch to SCY and the training featured a Sr. Elite Camp tradition of 6 x 100 @ 6:00 Specialty. Thanks to the Queens staff we were able to use the timing system during the set. The group was consistently fast during the set. The racing and the energy on deck were amazing. A shout out to Jacob Destrampe for setting the tone with a 47.14 100 Free in the first heat. Right from the first horn, the group was "ALL IN."

Jacob Destrampe (FRST) and Mackenzie Looze (BSC) were recognized as Athletes of the Day for leading by example with their consistent training outdoors in the morning and during the Test Set in the evening. Both were outstanding teammates throughout the day.

