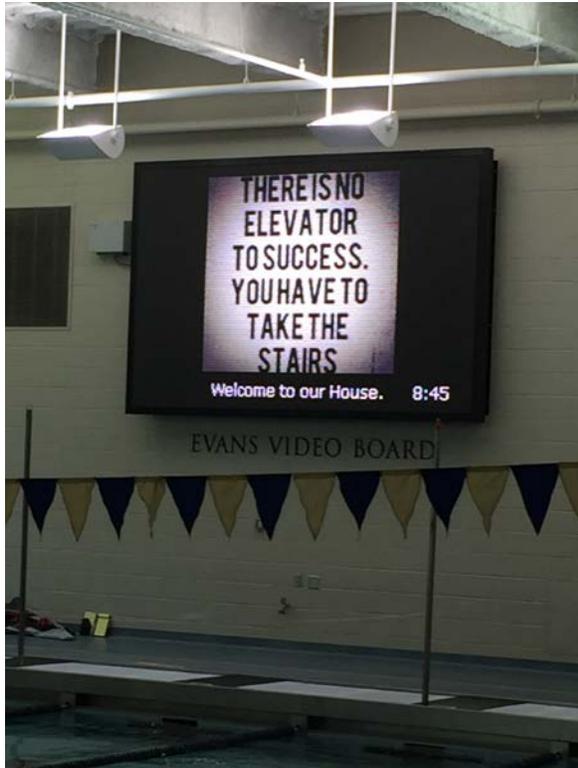


Senior Elite Camp ~ Charlotte 2016

Day Four



The last full day in Charlotte began with breakfast, a dryland session, and a pool session in the 33 1/3 meter format. Swimmers and coaches definitely needed to pay attention when the course requires 3 lengths for a 100 meter swim. The motivational saying on the Score Board set the tone for the day. Campers were back in the specialty groups for some solid aerobic work.



The staff reviewed the racing start progression provided by Coach John Long and the campers revisited the racing start testing protocol they went through on Thursday. All data was captured and pre/post analysis will begin when we return to Indiana. Since this technology currently exists in only two places in the world, Indiana Swimming Inc. is tremendously grateful to Queens University, SwimMac Carolina, and Kistler Group for providing this truly unique opportunity.

Following training the group headed out to the United States National Whitewater Center. Campers refueled with lunch and then set off to enjoy the wide variety of activities offered at the center: Rock Climbing, Zip Lining, High Ropes Courses, Mountain Biking, Paddle Boarding, Flat Water Kayaking, and more. At 4:00 PM the group assembled for our White Water Rafting Safety Orientation. We all geared up with PFDs and Helmets and set out on the White Water Course which is home to several of the US National Team Paddlers.



The boat pictured top/left had the added excitement of making a rescue of a rafter that was thrown from another boat shortly after this picture was taken. High praise for Mackenzie Looze for making a textbook reaching assist with her paddle to help our new friend, Kay from South Carolina, into our boat. Photo Credits to Coach Kyle Smith (BBSC).



The day ended with Pizza and a Team Meeting. All of the athletes and staff shared their main take-away from the week. The meeting concluded with Winners' Circle where everyone recognized and thanked people who helped make the camp a great experience. This was a truly powerful exercise. Ask anyone who attended to fill you in on it. Head Coach Tom Johnson (CON) concluded the meeting with the challenge to campers to fully embrace being Indiana's "Next Wave" both individually and as a group. We hope to see many of these campers return for Senior Elite OTC camps in the future.