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Coaches,

We are reaching out to you, hoping that you could help identify some high school aged swimmers from your program that would like to participate in the 9th Natalie Kate Bolin (NKB) Memorial Camp in Ely, MN August 6-11, 2018. Natalie was an Oshkosh YMCA swimmer that lost her life in a car accident in February of 2010. She was a positive upbeat swimmer that made friends everywhere she went and loved nothing more than working hard with her friends. We keep her spirit alive each year by running the NKB Camp bringing swimmers from around the country together to create friendships, work hard, and develop leaders.

NKB Camp is for everyone – we have had swimmers that range from future NCAA champions and Olympic Trials participants to swimmers that just love swimming and while NKB Camp has strenuous workouts, it isn't a camp about stroke technique and sets and times. It is a camp about teamwork, leadership, motivation, and friendships. All the swimming at NKB Camp is open water. In addition to swimming, campers run, hike, kayak, and participate in service projects

NKB Camp is great for:

- Swimmers that want to become better leaders
- Swimmers that love swimming but need a change of pace
- Swimmers that love the outdoors
- Swimmers that see swimming as much about experiences and friendships as times in the pool

NKB Camp is a program of the **Oshkosh YMCA**, staffed by former NKB Camp participants, Natalie's family, and Oshkosh YMCA coaches. There is no cost to participate in the NKB Camp. It is fully funded through the NKB Memorial Fund. Swimmers need to get to Oshkosh by the morning of Aug 6 and be picked up on the afternoon of Aug 11.

In the 8 years of NKB Camps the direct impact on participants has been significant and the indirect impact on the teams of participants has been even greater. NKB Camp participants return to their teams with a stronger, more positive attitude, an increased appetite for hard work and an understand of how their actions can affect those around them.

Follow this link to the Application for the 2018 NKB Camp:

<https://goo.gl/forms/DjMJRZ1Xx8VxoO4m2>

For a video from one of our past camps follow this link:

<https://www.youtube.com/watch?v=sLxWT4Y8it0>

For more questions email nkbcamp@gmail.com.

Thanks,
NKB Camp Team

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