



USA SWIMMING
“Catch the Spirit” in NE
October 18, 2008

With Olympic guest Elizabeth Beisel

The Catch the Spirit Camp program is sponsored by U.S.A. Swimming and is designed as a combination of education sessions, social opportunities and water activities. The camp will take place at Attleboro High School in Attleboro, Massachusetts and be available for New England Swimming registered swimmers ages 9 through 14. This will be a Level II/III camp focusing on creating a learning environment for competitors to focus on such things as time management, nutrition, leadership, self-talk, goal setting, visualization, relaxation and racing strategies.

The camp will include at least two hours of in-the-water instruction and several team meetings. **Elizabeth Beisel will lead a team meeting and discussion, answer questions and will join swimmers in the water for demonstration of swimming skills in the pool.** The cost of the one-day camp is \$30.00 (make check payable to: *NE Swimming*). Camp applications are available on the NE website: www.neswim.com and by request.

The camp registration will begin at 10:30 am and camp will conclude by 4:45 pm. There will also be a “Parents’ Clinic” held from 11:00 am to approximately 12:30 pm. Take this opportunity to learn more about USA Swimming and being a supportive swim parent!

The head coach is Jamie Bloom (WYST, NE Swimming Coach Representative, and Zone Coach). Assistant coaches (so far) are Chris Woolridge (GMSC and Zone Coach), Chris Sheppard (CRA and Zone Coach), and members of the Attleboro Bluefish Coaching staff.

For more information: Contact the Camp Director at sherbw@comcast.net

Note: Applications must be postmarked by October 11th; enrollment is limited.