



**SIERRA NEVADA SWIMMING
CATCH THE SPIRIT CAMP
SATURDAY, OCTOBER 26, 2019**



USA Swimming's **Catch the Spirit Camp** is designed to provide an educational experience for the swimmers in Sierra Nevada Swimming and build a stronger foundation for our athletes and the LSC. This will be done through opportunity, observation, communication and motivation from the selected Coaching Staff. The Camp will provide a carefully orchestrated program with video, water instruction, and class room instruction. Sierra Nevada Swimming is pleased once again to partner this camp with **SwimLabs Swim School – El Dorado Hills**. Athletes will spend either a morning or afternoon session at SwimLabs. This unique session will provide instant video feedback that transforms swim instruction. Parents and coaches will have access to the videos for each participant following the camp.

There will be additional classroom and pool sessions at **Cameron Park Community Services District (CSD) Aquatics Complex/Pool**. Participants will be transported between locations during the camp.

ELIGIBILITY: To be eligible for registration to the SNS Catch the Spirit Camp, a swimmer must be between the ages of **9-12 years old** and be registered with SNS in good standing. This means that the swimmer must not owe money to SNS and must not have been restricted from representing SNS because of past disciplinary problems. Participation with the SNS Catch the Spirit Camp is based on the swimmer's age on the day of the Camp.

REGISTRATION: Registration for this camp will take place **ONLY** on OME Swim Connection: <https://ome.swimconnection.com>

The Camp will have room for **40 Total Athletes** and registrations will be accepted on a **First Come, First Serve Basis** through OME Swim Connection starting **SATURDAY, OCTOBER 05, 2019 @ 7:00 PM.**

PLEASE NOTE: Athletes who have previously attended a SNS Catch the Spirit Camp, will **NOT** be allowed to register for this Camp.

Camp Head Coaches:	Cortney Martellucci (DART) & Darin Mai (AQUA/SwimLabs)
Staff Support:	Alex Ongaco
Meeting Point of Camp:	Cameron Park CSD Aquatics Complex (2502 Country Club Dr., Cameron Park, CA 95682) & SwimLabs (5009 Windplay Dr., #3, El Dorado Hills, CA 95762)
Check In:	<u>1:30 PM</u> @ Cameron Park (CSD) Aquatics Complex/Pool & SwimLabs El Dorado Hills
Check Out:	<u>8:00 PM</u> @ Cameron Park (CSD) Aquatics Complex/Pool
Swimmer co-pay:	<u>\$58.00</u> Lunch, snacks, hydration, Camp T-shirt/Swim Cap & Prizes included
Waiver Forms:	Located on OME Swim Connection – must present filled out <u>Required Forms</u> & <u>Athlete Health Insurance Card</u> at Check-In

Sierra Nevada Swimming CATCH THE SPIRIT CAMP



Saturday, October 26, 2019

Please Note: Swimmer must bring BOTH pages below filled out and signed by a parent to participate in the camp. Please turn in at Check-In.

CODE OF CONDUCT

The undersigned athlete participating in a LSC “Catch the Spirit” Camp agrees to abide by the standards of conduct outlined below in addition to those established at the campsite. Any additional guidelines regarding conduct will be presented at the first Team Meeting.

1. All athletes are required to attend and participate in all team meetings and training sessions, unless excused by the Camp Director or Head Coach.
2. The possession or use of alcohol, tobacco or any non-prescribed drugs is prohibited.
3. All athletes are expected to follow the directions of the coaching staff.
4. Failure to comply with the Code of Conduct may result in, but not necessarily limited to, either or both of the following actions:
 - a. Athlete will not be allowed to participate in some or all team activities.
 - b. Athlete will be sent home from camp.

Your signature of this document constitutes unconditional agreement to comply with the Sierra Nevada LSC code of conduct.

The undersigned has read, understands, and agrees to the terms of this Agreement.

Swimmer Signature

Date

Parent Signature

Date

