



## **I. M. X T R E M E C H A L L E N G E**

Monday, October 19, 2015

Dear Selected NCS IMX CAMP PARTICIPANT:

Congratulations on your acceptance to the NC Swimming IMXtreme Swim Camp to be held in Greensboro on January 23-24, 2016. In this camp, you will have the opportunity to meet other swimmers from North Carolina, undergo swim and dryland training and have a great time interacting with coaches and swimmers. The camp will offer a lot of swimming education, both in and out of the water, and will cover many different subjects.

Attached is **(1)** The IMX Camp Application; **(2)** A Medical Authorization Form, and **(3)** A Camp Code of Conduct. Both forms must be completed mailed **prior to Tuesday, November 10, 2015** to: NCS Camp Coordinator, Jonathan Watson, 6766 Chauncey Drive, Raleigh, NC 27615. The cost of the 2016 IMX Camp will be \$160 per athlete. Please enclose a check for this amount payable to "NORTH CAROLINA SWIMMING" along with the three forms listed above. Failure to mail the applications and check by the deadline will result in the athlete's spot being offered to the next swimmer on the list. If you have not yet confirmed your spot, please do so immediately by sending an email to [01silversurfer@bellsouth.net](mailto:01silversurfer@bellsouth.net).

The IMX Camp Director will be Jay Dodson ([starcoachjay@yahoo.com](mailto:starcoachjay@yahoo.com)) who will be directing this camp which is the sixth annual IMX Camp. Coach Dodson will be in charge of the lodging, meals, transportation and all camp logistics. Jay will be selecting a few adult chaperones to assist him throughout the camp and will send out camp specifics to all participants as they are finalized. The camp staff is being finalized this month and they will be in charge of creating and administering three camp workouts and all additional camp activities. We are also looking to have additional guests on hand to motivate our campers.

We look forward to another great IMX Camp with 120 athletes in attendance. We hope many of you will be back for the Select Camp in Greensboro this April 23-24, 2016 during the NCS Swimposium program. Good luck and please contact us if you have any questions.

Jonathan Watson  
[01silversurfer@bellsouth.net](mailto:01silversurfer@bellsouth.net)



The 2016 IMX Camp will take place at the Greensboro Aquatic Center (GAC) on January 23-24, 2016. The cost of the 2-day camp will be \$160 per athlete attending. A complete application and camp outline will be available by Oct. 31, 2015 at [www.ncswim.org](http://www.ncswim.org). Below is a listing of the top-20 girls (age 11, 12 and 13) who were selected based on their IMX long course IMX rankings during 2015. Five additional alternates are listed below and will be invited should any of the top-20 automatic swimmers decline so the camp has 20 athletes present in each age group. The deadline to apply will be November 10, 2015. In the meantime, please email Camp Coordinator, Jonathan Watson at [01silversurfer@bellsouth.net](mailto:01silversurfer@bellsouth.net) by October 25 with your intent to participate or decline.

**TOP-RANKED NCS GIRLS BY IMX SCORE**

#	11 YEAR OLDS	12 YEAR OLDS	13 YEAR OLDS
1	Hook, Charlotte (4163) – TAC	Nordstrom, Mia (3737) – MOR	Arens, Abby (4700) – MOR
2	Zhang, Jolene (3920) – TAC	Morgan, Sydney (3499) – NCAC	Crouse, Caroline (4261) – MOR
3	Browning, Jordan (3699) – SwimMAC	Jones, Morgan (3492) – SwimGSA	Hall, Darcy (4248) – RSA
4	Hollowell, Sarah (3658) – RSA	Davis, Laura (3486) – SwimMAC	Flickinger, Maddy (4246) – SwimMAC
5	Haroldson, Olivia (3422) – MOR	Ally, Emily (3441) – GCY	Merry, Anneliese (4136) – NCAC
6	Dona, Hanani (3373) – SwimMAC	Boulware, Sophie (3411) – MOR	Campbell, Mckenzie (4062) – GCY
7	Schoppa, Maura (3255) – SwimGSA	Burke, Lily (3405) – SwimMAC	Vannote, Ellie (4055) – SwimMAC
8	Anton, Isabella (3159) – SwimMAC	Zettel, Brooke (3290) – MOR	Turcanu, Nina (4015) – YSST
9	Alexander, Reece (3120) – TYDE	Pham, Jacquelyn (3289) – TAC	Turner, Haley (3764) – MOR
10	Grande, Isabella (3073) – MOR	Gaskey, Izza (3275) – SwimMAC	Dichak, Victoria (3705) – SwimMAC
11	Groce, April (3044) – RSA	Mumford, Susan (3275) – SwimMAC	Harris, Chloe (3697) – SwimMAC
12	Denson, Bethany (2944) – GCY	Woody, Sophia (3213) – ASC	Pozder, Ema (3677) – TAC
13	Curzan, Claire (2930) – NCAC	Rauch, Katie (3173) – ATOM	Mangaoang, Desirae (3670) – SwimMAC
14	Bartis, Rowan (2849) – SwimMAC	Smith, Corina (3145) – MOR	Stout, Alina (3645) – SwimMAC
15	Clark, Abby (2846) – TAC	Ricciardi, Carolina (3142) – SwimMAC	Pinnix, Omega (3594) – GCY
16	Jackson, Sarah (2828) – TAC	Yandle, Ava (3113) – SwimMAC	Cera, Adrianna (3584) – MOR
17	Campbell, Emily (2817) – MOR	Pape, Caroline (3080) – TYDE	Francis, Sophie (3568) – SwimMAC
18	Strout, Jennifer (2774) – TAC	Grotjohn, Kennedy (3080) – TAC	Lamoreux, Jordan (3535) – NMA
19	Speerschneider, Kate (2750) – YOTA	Russell, Claire (2968) – SwimMAC	Merritt, Kensley (3420) – SwimMAC
20	Szabo, Nicole (2734) – MOR	Carson, Megan (2925) – YOTA	Guo, Vivian (3415) – RSA
ALT	Behringer, Ashley (2706) – HAC	Said, Nisma (2923) – TAC	Peters, Evelyn (3380) – SwimMAC
ALT	Wilson, Peyton (2688) – GCY	Grimsrud, Lauren (2902) – WAVE	Morgan, Brooke (3364) – YOTA
ALT	Horn, Caitlin (2651) – NMA	Chen, Helen (2878) – RSA	Lichtenberger, Chloe (3238) – SwimMAC
ALT	Ivanov, Gabby (2651) – YWNC	Arwood, Fiona (2821) – YWNC	Joyce, Genna (3186) – MOR
ALT	McDevitt, Elizabeth (2647) – YBAC	Hartis, Sydney (2815) – MOR	Barnette, Isabella (3171) – MOR



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TOP-RANKED NCS BOYS BY IMX SCORE			
#	11 YEAR OLDS	12 YEAR OLDS	13 YEAR OLDS
1	Greeley, David (4138) – NCAC	Thakur, Jake (4347) – TAC	Whipple, Zack (4852) – SwimMAC
2	Duracinsky, Jacob (3957) – MOR	Barnett, Wesley (4081) – SwimMAC	Cairns, Zac (4388) – NCAC
3	Haughey, Braeden (3808) – TAC	Ghim, Christopher (3950) – TAC	Baldwin, Daniel (4222) – WAVE
4	Soule, Will (3708) – ASC	Thompson, Brian (3806) – TAC	Georges, Dylan (4097) -- NCAC
5	Kroll, Matthew (3685) – NMA	Silver, Ryan (3718) – MOR	Poteat, Max (3944) – NCAC
6	Miller, Brandon (3550) – RMY	Strukelj, Theo (3711) – NCAC	Duckworth, Ben (3943) – NMA
7	Willis, Gabe (3414) – NCAC	Baker, Jay (3707) – YOTA	Wiltsey, Kevin (3900) – SwimMAC
8	Zucker, Logan (3392) – SwimMAC	Connery, Timothy (3690) – NMA	Monahan, Conall (3895) – SwimMAC
9	Abaqueta, Cam (3250) – SwimMAC	Nelson, Baylor (3615) – SwimMAC	Marquardt, Jack (3879) – ATOM
10	Hoffman, Gregory (3201) – SwimMAC	Simmons, Victor (3613) – ATOM	Pritchard, Gator (3817) – DUKE
11	Riley, Nick (3175) – RSA	Chapman, JJ (3575) – MOR	Gehrig, John (3627) – SwimMAC
12	Sleater, Patrick (3147) – ASC	Hughes, Connor (3553) – WAVE	Lowe, Kenneth (3554) – SwimMAC
13	Johnson, AJ (3028) – YWNC	Kim, Stephen (3525) – SwimMAC	Wombacher, Rio (3511) – RSA
14	Cameron, Ian (3001) – NCAC	Nowacek, Jack (3504) – ECA	Lloyd, Owen (3495) – NCAC
15	Vasudevan, Srikanth (2972) – TAC	Hollowell, John (3453) – RSA	Forst, Preston (3367) – UN
16	Jao, Nathan (2931) – TYDE	Wyatt, Trevor (3422) – TYDE	Atkinson, Ike (3279) – SwimMAC
17	Lee, Hyoseon (2873) – WAVE	Payne, Mitchell (3372) – TAC	Guthrie, Wyatt (3238) – SwimGSA
18	Volpe, Michael (2871) – NCAC	Cotter, Michael (3332) – TAC	Svendsen, Hugh (3195) – SwimMAC
19	McGovern, Camden (2824) – YOTA	Qaqish, Danny (3275) – NCAC	Carter, Jared (3108) – WAVE
20	Congiusta, Matthew (2769) – YOTA	Griffey, Alex (3255) – SwimMAC	Vess, John (3019) – YWNC
ALT	Lim, Alex (2670) – NCAC	Benton, Jack (3232) – YOTA	Davis, Jackson (2864) – SwimMAC
ALT	Chang, Austin (2610) – NCAC	Boone, Garrett (3186) – ATOM	Nario, Austin (2797) – TYDE
ALT	Jong, Ethan (2572) – NCAC	Keaney, Reilly (3175) – SwimGSA	Barker, Christopher (2794) – WAVE
ALT	Taylor, Mason (2524) – MOR	Navarro, Josh (3138) – TAC	Donnelly, Jason (2398) – MOR
ALT	Thornhill, Kwame (2429) – SwimMAC	Powe, Harrison (3119) – NMA	Graham, Sam (2387) – TYDE

# IMX CAMP APPLICATION

**ATHLETE PARTICIPANT's NAME:**

(FIRST NAME) \_\_\_\_\_ (MI) \_\_\_\_\_ (LAST NAME) \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME PHONE (\_\_\_\_\_) \_\_\_\_\_ CELL PHONE CONTACT (\_\_\_\_\_) \_\_\_\_\_

**MOTHER's NAME & EMAIL**

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

**FATHER's NAME & EMAIL**

NAME \_\_\_\_\_ EMAIL \_\_\_\_\_ PHONE \_\_\_\_\_

A confirmation of the receipt of all forms and payment will be emailed to the email addresses above by 11/30/15, so please be sure to print clearly and neatly. **Due to the manner of selection, there can be no refunds for swimmers who cancel their participation at this camp after the application has been received.**

**CAMP PARTICIPANT'S USA SWIM ID # \_\_\_\_\_** (this ID # is available from your coach; it is the swimmer's birthdate, plus the first three letters of the swimmer's first name, middle initial and the first four letters of the swimmer's last name. John D. Smith born on 01/01/01 would be "010101JOHDSMIT")

**PARTICIPANTS APPAREL SIZES (CHECK SIZE FOR EACH ITEM).** Please note sizes are final and extra items are not available so please be sure to choose correct sizes.

**T-shirt size:** Adult-SMALL Adult-MEDIUM Adult-LARGE Adult-XLARGE

**Fleece Jacket size:** Adult-SMALL Adult-MEDIUM Adult-LARGE Adult-XLARGE

**Home Swim Club Name:** \_\_\_\_\_

**Club Coach Name:** \_\_\_\_\_

**Home Coach's E-Mail:** \_\_\_\_\_

**PLEASE SEE THE ATTACHED medical authorization form and waiver which must be returned with your fee and this application by the deadline of November 10, 2015.**

**PLEASE RETURN THIS APPLICATION, ACCOMPANYING FORMS AND A CHECK PAYABLE TO "NC SWIMMING" FOR \$160 NO LATER THAN NOVEMBER 10, 2015 to:**

NC SWIMMING IMX CAMP  
c/o Jonathan Watson, NCS Camp Coordinator  
6766 Chauncey Drive  
Raleigh, NC 27615

**QUESTIONS:**

- ◆ Please address camp-specific questions about the **IMX Camp** to the **Camp Director, Jay Dodson**.
- ◆ All registration questions can be directed to **NCS Camp Coordinator, Jonathan Watson, [01silversurfer@bellsouth.net](mailto:01silversurfer@bellsouth.net)**.

# North Carolina Swimming Camp

## Medical Authorization Form

Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Athlete Name \_\_\_\_\_

### IMX CAMP

I do hereby voluntarily consent to clinic care including routine diagnostic procedures, medical and/or surgical treatment by the physician assigned by the North Carolina Swimming camp staff or the physician and facility chosen for \_\_\_\_\_ (athlete name).

I am aware that the practice of medicine and surgery is not an exact science and I acknowledge that no guarantee is to be made to me as to the result of the treatments or examinations by these persons or facilities.

\_\_\_\_\_  
Signature of Athlete Date

\_\_\_\_\_  
Signature of Parent/Guardian Date

Please include telephone numbers where a relative or guardian can be reached in case of an emergency:

Father (name) \_\_\_\_\_ Phone AM: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_  
Phone PM: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Mother (name) \_\_\_\_\_ Phone AM: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_  
Phone PM: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Legal Guardian: \_\_\_\_\_ Phone AM: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_  
Phone PM: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Physician (name): \_\_\_\_\_ Phone: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Dentist (name): \_\_\_\_\_ Phone: (\_\_\_\_)\_\_\_\_\_-\_\_\_\_\_

Medical Insurance (carrier): \_\_\_\_\_ Policy # \_\_\_\_\_

**Allergies**

Is there a history of skin or other untoward reaction or sickness following injection or oral administration (ingestion) of (please be specific, if YES):

- (a) Penicillin or other antibiotics YES NO
  - (b) Morphine, codeine, Demerol (narcotics) YES NO
  - (c) Novocain or other anesthetics YES NO
  - (d) Aspirin, emperin, other pain remedies YES NO
  - (e) Sulfa drugs YES NO
  - (f) Tetanus, antitoxin or other serums YES NO
  - (g) Adhesive tape YES NO
  - (h) Iodine or methiolate YES NO
  - (i) Any other drug or medication YES NO
  - (j) Any foods (eggs, milk, chocolate, nuts, etc.) YES NO
- Please list any foods to which you are known to be allergic: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- (k) Insect bites, bee stings, other
- (l) Other allergies not listed above \_\_\_\_\_

Drugs taken recently (within the last six months that the athlete has taken):

- (a) Cortisone YES NO
- (b) ACTH YES NO
- (c) Anticoagulants YES NO
- (d) Tranquilizers YES NO
- (e) Hypotensives (high blood pressure medicine) YES NO

Has the athlete ever received treatment for:

- Asthma/Rheumatism, Rheumatic fever YES NO

Any other physical conditions of which we should be aware:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Does this athlete exhibit any shortcomings while training in the pool that our staff should be aware of prior to this athlete training at camp? If so, please list:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please have the coach of the athlete above give a yardage range which the athlete above could be expected to swim at this time of year. This will help our staff be sure not to risk injury to the athlete. **This athlete could be expected to average \_\_\_\_\_ yards per workout during this camp (please get this information from the athlete's coach).**

# North Carolina Swimming Camp

## Athlete Code of Conduct Form

The undersigned athlete participating in the NCS IMX CAMP agrees to abide by the standards of conduct outlined below in addition to those established by the staff at the camp location. Any additional guidelines regarding conduct will be presented at the first team meeting.

1. Camp curfews and meeting times will be adhered to by participants at all times.
2. All athletes are required to attend and participate in all team meetings and training sessions, unless excused by the Camp Director and/or Head Coach.
3. The possession or use of alcohol, tobacco or any non-prescribed drugs is prohibited.
4. All athletes are expected to follow the directions of the coaching staff and chaperones.
5. Failure to comply with the Code of Conduct may result in, but not necessarily be limited to, either or both of the following actions:
  - a. Athlete may not be allowed to participate in some or all team activities
  - b. Athlete may be sent home from the camp at his/her parent's expense.
  - c. Athlete may be brought before the NCS Board of Review for disciplinary action.
6. Upon notification of any violation of the Code of Conduct, a review committee, consisting of the camp coaching staff, a boy's captain and a girl's captain, shall promptly investigate the circumstances of the violation, notify the individual(s) charged and promptly determine what disciplinary action, if any, shall be taken.

I agree to abide by the Code of Conduct rules above as I have read them.

\_\_\_\_\_  
Athlete Signature

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

\_\_\_\_\_  
Parent/Legal Guardian Signature

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_