



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

October, 2016

Dear Selected 2017 NCS IMX CAMP PARTICIPANT:

Congratulations on your acceptance to the NC Swimming IMXtreme Swim Camp to be held in Greensboro on January 21-22, 2017. 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 NCS coaches and swimmers. The camp will offer swimming education, both in and out of the water, and will also cover many different swimming topics.

Attached is **(1)** The IMX Camp Application; **(2)** A Medical Authorization Form, and **(3)** A Camp Code of Conduct. All forms must be completed mailed **prior to Thursday, November 10, 2016** to: NCS Camp Coordinator, Jonathan Watson, 6766 Chauncey Drive, Raleigh, NC 27615. The cost of the 2017 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.

The IMX Camp Director will be Jay Dodson (starcoachjay@yahoo.com) who will be directing this camp which is the 7th 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—already more than half of the camp has confirmed their attendance. We hope many of you will be back for the Select Camp in Greensboro this April 22-23, 2017 during the NCS House of Delegates weekend events. Please feel free to contact Coach Dodson or myself if you have any questions.

Jonathan Watson, NCS Camp Coordinator
01silversurfer@bellsouth.net

Jay Dodson, IMX Camp Director
starcoachjay@yahoo.com



The 2017 IMX Camp will take place at the Greensboro Aquatic Center (GAC) on January 21-22, 2017. 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, 2016 at www.ncswim.org. Below is a listing of the top-20 girls (age 11, 12 and 13) who were selected based on their long course IMX rankings (in their single age group) during 2016. 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 submit the application will be November 10, 2016. In the meantime, please email NCS Camp Coordinator, Jonathan Watson at 01silversurfer@bellsouth.net by October 25, 2016 with your intent to participate or decline so that we can inform the alternates whether or not they will have a spot in the camp. Highlighted athletes below have already confirmed their attendance.

TOP-RANKED NCS GIRLS BY IMX SCORE			
#	11 YEAR OLDS	12 YEAR OLDS	13 YEAR OLDS
1	Dry, Elena (3884) – UN	Mohr, Katie (3750) – TYDE	Ray, Amanda (4465) – WAVE
2	Morris, Taylor (3732) – TAC	Menkhaus, Madeline (3742) -- SwimMAC	Boulware, Sophie (3898) – MOR
3	Hegland, Kate (3529) – NCAC	Zettel, Brooke (3694) – MOR	Smith, Corina (3860) – MOR
4	Pierce, Camila (3500) – RSA	Browning, Jordan (3569) – SwimMAC	Davis, Laura (3858) – SwimMAC
5	Cotter, Keelan (3493) – TAC	Ricciardi, Carolina (3462) – SwimMAC	Gaskey, Izza (3804) – SwimMAC
6	Wilhelm, Kiley (3342) – SwimMAC	Hastings, Emma (3391) – ECA	Grotjohn, Kennedy (3799) – TAC
7	Xu, Savannah (3307) – YOTA	Alexander, Reece (3345) – TYDE	Mumford, Susan (3718) – SwimMAC
8	Cruz, Agnes (3277) – GCY	Haroldson, Olivia (3330) – MOR	Jones, Morgan (3704) – SwimGSA
9	Rainey, Grace (3248) – SwimMAC	Dona, Hanani (3311) – SwimMAC	Arwood, Fiona (3672) – YWNC
10	Topp, Makenna (3246) – SwimMAC	Clark, Abby (3221) – TAC	Carson, Megan (3511) – YOTA
11	Jones, Jessica (3222) – SwimMAC	Schoppa, Maura (3211) – SwimGSA	Pape, Caroline (3500) – TYDE
12	Bloom, Taylor (3140) – MOR	Horn, Caitlin (3184) – EAC	Chen, Helen (3434) – RSA
13	Koh, Jenna (3068) – GCY	Razewski, Morgan (3183) – SwimMAC	Hohm, Anneliese (3420) – ATOM
14	Sept, Margaret (2973) – CAT	McDevitt, Elizabeth (3168) – YBAC	Grimsrud, Lauren (3412) – RSA
15	Burgess, Stefanie (2966) – MOR	Campbell, Emily (3040) – MOR	Pennington, Isabel (3300) – TYDE
16	Medins, Delaney (2955) – YOTA	Yang, Iris (3015) – SwimMAC	Ellison, Hannalee (3257) – MOR
17	Neal, Madison (2828) – TYDE	Anton, Isabella (3012) – SwimMAC	Schoppa, Abby (3234) – SwimGSA
18	Boulware, Olivia (2822) – MOR	Hollowell, Sarah (2994) – RSA	Russell, Claire (3085) – SwimMAC
19	Chan, Chloe (2821) – RSA	Wilson, Peyton (2987) – GCY	Yoder, Kylie (3023) – SwimMAC
20	Cox, Caroline (2795) – GCY	Pluska, Olivia (2983) – MOR	Hefner, Caitlin (3000) – YSST



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TOP-RANKED NCS BOYS BY IMX SCORE			
#	11 YEAR OLDS	12 YEAR OLDS	13 YEAR OLDS
1	Whelehan, Colin (3849) – TAC	Hoover, Sam (3639) – NCAC	Connery, Tim (4885) – SwimMAC
2	Bradshaw, Lane (3483) – SwimMAC	Abaqueta, Cam (3582) – SwimMAC	Chapman, JJ (4673) – MOR
3	Flickinger, Tyler (3472) – SwimMAC	Greeley, David (3525) – NCAC	Nelson, Baylor (4550) – SwimMAC
4	Xu, Ayden (3472) – YOTA	Riley, Nick (3505) – RSA	Boone, Garrett (4486) – ATOM
5	Dunlap, Willi (3461) – TAC	Kroll, Matthew (3462) – SwimMAC	Baker, Jay (4482) – YOTA
6	Noble, Ross (3320) – YOTA	Duracinsky, Jacob (3461) – MOR	Silver, Ryan (4477) – MOR
7	Thornhill, Kwame (3289) – SwimMAC	Weaver, Ryan (3458) – CAT	Cotter, Michael (4261) – TAC
8	Harris, Dax (3172) – GCY	Miller, Brandon (3441) – RMY	Bretzmann, Peter (4116) – NCAC
9	Lloyd, Landon (3039) – NCAC	Tars, Robert (3428) – GCY	Keaney, Reilly (4040) – SwimGSA
10	Deng, Jake (2900) – ATOM	Jao, Nathan (3366) – TYDE	Dorsel, Andy (3962) – SwimMAC
11	Weinstein, Tyler (2786) – SwimMAC	McGovern, Camden (3353) – YOTA	Carter, Jared (3960) – WAVE
12	Cayer, Connor (2699) – TYDE	Chang, Austin (3314) – NCAC	Qaqish, Danny (3959) – NCAC
13	McCarter, Gavin (2663) – SwimMAC	Willis, Gabe (3293) – TAC	Holder, Nate (3927) – TYDE
14	Rock, Noah (2654) – GCY	Prucha, John (3286) – YOTA	Wyatt, Trevor (3834) – TYDE
15	Adley, Logan (2568) – WAVE	Johnson, Gavin (3247) – SwimMAC	Faber, Samuel (3825) – YOTA
16	Taylor, John Reese (2447) – YOTA	Adams, Nathan (3214) – SwimMAC	McCreery, Coleman (3818) – ATOM
17	Hurlbert, Cole (2417) – WAVE	Congiusta, Matthew (3174) – YOTA	Nowacek, Jack (3750) – ECA
18	Wimberly, Jacob (2350) – SwimMAC	Norris, Lance (3161) – RMY	Reiger, Sam (3666) – ATOM
19	Holder, Deaven (2317) – SwimMAC	Russell, Kellen (3151) – TAC	Ringebach, Bode (3640) – MOR
20	Tangeman, Brady (2260) – TAC	Dyke, Thor (3064) – TAC	Cantrell, Eric (3627) – SwimGSA

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 _____

MOTHER'S EMAIL _____ PHONE _____

FATHER'S NAME _____

FATHER'S 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, 2016.

PLEASE RETURN THIS APPLICATION, ACCOMPANYING FORMS AND A CHECK PAYABLE TO "NC SWIMMING" FOR \$160 NO LATER THAN NOVEMBER 10, 2016 to:

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

QUESTIONS:

- ♦ For camp-specific questions about the IMX Camp to the Camp Director, Jay Dodson, starcoachjay@yahoo.com
- ♦ For registration questions contact NCS Camp Coordinator, Jonathan Watson, 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
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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: ____/____/____