



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

October, 2017

Dear Selected 2018 NCS IMX CAMP PARTICIPANT:

Congratulations on your acceptance to the NC Swimming IMXtreme Swim Camp to be held in Greensboro on January 20-21, 2018. 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 Friday, November 10, 2017** to: NCS Camp Coordinator, Jonathan Watson, 6766 Chauncey Drive, Raleigh, NC 27615. The cost of the 2018 IMX Camp will be \$165 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 8th 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 chosen from coaches who apply online 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. Complete information will be forthcoming via email in late December/early January.

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 28-29, 2018 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

2018 NCS IMX CAMP

The 2018 IMX Camp will take place at the Greensboro Aquatic Center (GAC) on January 20-21, 2018. The cost of the 2-day camp will be \$165 per athlete attending. The official application will be available by Oct. 31, 2017 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 2017. 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, 2017.** In the meantime, **please email NCS Camp Coordinator, Jonathan Watson at 01silversurfer@bellsouth.net by October 15 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. Alternates should also indicate their intention by email, so we will be able to contact them if a spot opens up in the camp.**

TOP-RANKED NCS GIRLS BY IMX SCORE

#	11 YEAR OLDS	12 YEAR OLDS	13 YEAR OLDS
1	Druhan, Abby (3604) – SwimMAC	Dry, Elena (4179) – TAC	Hook, Charlotte (5067) – TAC
2	Plaza, Sofia (3382) – ATOM	Wilhelm, Kiley (3964) – SwimMAC	Zettel, Brooke (5060) – TAC
3	Curran, Molly (3239) – TAC	Cotter, Keelan (3917) – TAC	Menkhaus, Madeline (4521) – SwimMAC
4	Cummings, Cassidy (3101)-SwimMAC	Rainey, Grace (3792) - SwimMAC	Zhang, Jolene (4449) – TAC
5	Eggers, Kaylee (3085) – RMY	Morris, Taylor (3663) – TAC	Razewski, Morgan (4172) – SwimMAC
6	Pitts, Emma (3049) – YSST	Bloom, Taylor (3645) – TAC	Dona, Hanani (4081) – SwimMAC
7	Kwong, Yasmine (2953) – YOTA	Hegland, Kate (3609) – TAC	Schoppa, Maura (4042) – SwimGSA
8	Lee, Emma (2925) – MSA	Stolberg, Emma (3489) – EAC	Browning, Jordan (4018) – SwimMAC
9	Barnes, Payton (2879) – TAC	Pierce, Camila (3429) – RSA	Pena, Karsen (3850) – TAC
10	Shanahan, Mary (2855) – HAC	Xu, Savannah (3389) – YOTA	Wilson, Peyton (3763) – GCY
11	Vannote, Carly (2663) – SwimMAC	Donlan, Molly (3382) – SwimMAC	Campbell, Emily (3748) – MOR
12	Sleime, Leyla (2656) – SwimMAC	Jackson, Claire (3326) – TAC	Hastings, Emma (3708) – ECA
13	Fan, Victoria (2587) – SwimMAC	Topp, Makenna (3284) – SwimMAC	Yandle, Ava (3627) – SwimMAC
14	Thome, Paige (2571) – SwimMAC	Thompson, Nicky (3253) – SwimMAC	Alexander, Reece (3622) – TYDE
15	Riley, Erin (2554) – UN	Burgess, Stefanie (3241) – MOR	Haroldson, Olivia (3537) – MOR
16	Nance, Lauren (2545) – TAC	Lajoie, Ava (3223) – ECA	Thome, Alison (3502) – SwimMAC
17	Ivanov, Katya (2529) – UN	Cruz, Agnes (3204) – EAC	Pham, Jacquelyn (3469) – TAC
18	Dolan, Maya (2508) – NCAC	Koh, Jenna (3174) – EAC	Lyons, Claire (3455) – SwimMAC
19	Legrand, Frannie (2503) – SwimMAC	Boulware, Olivia (3071) – MOR	Horn, Caitlin (3445) – EAC
20	Frondoza, Audrey (2464) – TYDE	Oxrider, Annegray (3041) – ATOM	McDevitt, Elizabeth (3389) – YBAC
ALT	Gaur, Tanvi (2392) – NCAC	Cornell, Caitlyn (2983) – SwimMAC	Ciancanelli, Makayla (3384) – GFSC
ALT	Baric, Catherine (2378) – YOTA	Armand, Samantha (2974) – YOTA	Grimsrud, Lauren (3350) – RSA
ALT	Bernardo, Lauren (2325) – SwimMAC	Bailey, Leigh (2932) – ATOM	Middlesworth, Maxine (3337) – ATOM
ALT	Floyd, Charley (2322) – SwimMAC	Murray, Avery (2930) – SwimMAC	Jackson, Sarah (3305) – TAC
ALT	Moehrke, Taylor (2287) - TYDE	Dichak, Sarah (2926) - SwimMAC	Yang, Iris (3301) - SwimMAC

2018 NCS IMX CAMP

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TOP-RANKED NCS BOYS BY IMX SCORE			
#	11 YEAR OLDS	12 YEAR OLDS	13 YEAR OLDS
1	Mumford, Colin (3714) – SwimMAC	Li, Andrew (3943) – TAC	Norris, Lance (5024) – RMY
2	Battaglini, Lucca (3661) – YOTA	Bradshaw, Lane (3802) – SwimMAC	Kroll, Matthew (4826) – SwimMAC
3	Marrujo, Max (3644) – TAC	Whelehan, Colin (3774) – TAC	Dyke, Thor (4702) – TAC
4	Farrell, Brian (3482) – TAC	Noble, Ross (3636) – YOTA	Hoover, Sam (4641) – NCAC
5	Cady, Alexxi (3477) – MOR	Thornhill, Kwame (3630) – SwimMAC	Miller, Brandon (4510) – RMY
6	Wiggins, Gus (3407) – NCAC	Harris, Dax (3562) – GCY	Duracinsky, Jacob (4424) – MOR
7	Lazaroski, Jack (3331) – SwimMAC	Dunlap, Willi (3442) – TAC	Johnson, AJ (4320) – YWNC
8	Edwards, Jonathan (3255) – HPSC	Rock, Noah (3282) – GCY	Congiusta, Matthew (4245) – YOTA
9	Tuttle, Wilson (3194) – MOR	Sikes, Wiley (3262) – YOTA	Abaqueta, Cam (4087) – SwimMAC
10	Bennison, James (3130) – WAVE	Xu, Ayden (3244) – YOTA	Prucha, John (3999) – YOTA
11	Hohm, Nate (3098) – ATOM	Walcott, David (3193) – GFSC	Chang, Austin (3985) – NCAC
12	Schonwalder, Otto (3086) – CAT	Lloyd, Landon (3190) – TAC	Russell, Kellen (3882) – TAC
13	Yang, Andrew (3068) – UN	McKinney, Ian (3165) – MSA	Cameron, Ian (3877) – NCAC
14	Keen, Troy (3039) SwimMAC	Taylor, John Reese (3086) – YOTA	Riley, Nick (3850) – UN
15	Glassner, George (3029) – SwimMAC	Gardner, Harrison (3061) – HPSC	Greeley, David (3745) – NCAC
16	Lindsay, Hil (3025) – SwimMAC	Chow, Nicholas (3023) – ATOM	Lim, Alex (3688) – NCAC
17	Harter, Noah (2991) – MOR	Flickinger, Tyler (3014) – SwimMAC	Guenther, Jack (3673) – ATOM
18	Hitchcock, Drew (2982) – YSST	Kazel, Max (3009) – GOLD	Duke, Brian (3534) – MOR
19	Roberts, Topher (2928) – CAT	Adley, Logan (3006) – WAVE	DeSimone, Aidan (3496) – MOR
20	Schoenagel, Matthew (2841) – RSA	Greene, Andrew (3002) – TAC	Sleater, Patrick (3294) – ASC
ALT	Goins, George (2836) – TEAM	Deng, Jake (2959) – ATOM	Hohnbaum, Graham (3245) – ATOM
ALT	Milbeck, Austin (2812) – TAC	Wimberly, Jacob (2957) – SwimMAC	Garcia, Gabe (3186) – SwimMAC
ALT	Nye, Grayson (2809) – TAC	Thomas, Braden (2915) – TAC	Jong, Ethan (3144) – NCAC
ALT	Hook, William (2796) – TAC	McCarter, Gavin (2830) – SwimMAC	Murray, Joe (3011) – YBAC
ALT	McCarthy, Luke (2753) – ECA	Harris, Tiesyn (2768) – SwimMAC	Honore, Alfred (3010) – NCAC

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 11/30/17, 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 (CHECK ONE): Adult-SMALL Adult-MEDIUM Adult-LARGE Adult-XL
Fleece Jacket size (CHECK ONE): Adult-SMALL Adult-MEDIUM Adult-LARGE Adult-XL

Home Swim Club Name: _____
Club Coach's 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, 2017.

PLEASE RETURN THIS APPLICATION, ACCOMPANYING FORMS AND A CHECK PAYABLE TO "NC SWIMMING" FOR \$165 NO LATER THAN NOVEMBER 10, 2017 to:

NC SWIMMING IMX CAMP
ATTN: 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

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: ____/____/____