



IMX Campers and Parents,

I hope you all had an enjoyable Holiday and are ready to wrap up the end of the year in Greensboro at IMX Camp! We are really looking forward to this year's camp and have some great things in store for the swimmers that they can really benefit from. In case you missed the first email, we have a great group of coaches from across NC Swimming to share information and work with our swimmers on December 29th & 30th!

Jonathan Watson – NCS Camp Coordinator
Jay Dodson – Camp Director
Amy Faulk – Zone Team Coach (Camp Head Coach)
Kristina Bond – TEAM Charlotte
Cole Dutton – CAT
JP Merchant - WOW
Blake Addison – TAC
Cliff Gordon – HAC
Sydney King – TEAM Charlotte
Amanda von Thron – TEAM Charlotte

This is a great opportunity for our swimmers to work with different coaches and experience practicing with swimmers from across the state. We will also be doing some dry land work and other out of water activities such as bowling & yoga. Throughout the weekend we have checks and balances in place to make sure that the groups are supervised and that all swimmers are accounted for.

I wanted to go ahead and get you some more specific instructions for check-in on Saturday, pickup on Sunday and some other important details for the weekend.

What to Bring:

1. Equipment Bags (what they normally take to practice)
2. Clothes for dry land and yoga (can use some of the same clothes for some things but note there are several things that may require a fresh set of socks, shorts, etc.)
3. Toiletries (toothbrush, toothpaste, etc.)
4. Towels, suits and swim bag
5. Any Medications needed (should be turned in at check-in, inside of a zip lock bag with the swimmer's name and instructions written on the bag)

Saturday Check-In:

1. Check-in on Saturday, 12/29 will be from 11:30am-12:15pm and will be in the Special Events Center (Building next to the GAC). Don't worry about arriving early as we will be setting up until that time. We will be in one large room and the swimmers should bring their luggage as it will be left in this room until we load the bus to leave for dinner. There will be someone there to direct you when you arrive. Based on the space we will have the swimmers will be broken out by age or gender or both. Look for the signs in the room.
2. Due to the construction of the new 50m pool, on-site parking is very limited so be aware of this and know that you may have to drop off your luggage and park further out in the parking lot.
3. The address of the facility is:
Greensboro Aquatic Center, 1921 W. Gate City Blvd., Greensboro, NC 27403; (336) 315-8498.

Locations & Events:

1. The majority of our time will be spent at the Greensboro Aquatic Center and adjoining facilities (address above). We will have different swim sessions each day as well as a yoga and dryland session on Saturday.
2. Saturday evening we will go to a local bowling alley and bowl and eat while on site. We will be there until approximately 9:00pm.
3. We will be spending Saturday night at the Fairfield Inn, 4308 Big Tree Way, Greensboro, NC 27409; (336) 369-1300. We will be eating Sunday morning breakfast there as well.

Transportation:

1. Wesleyan Transportation Services will be providing our bus transportation from the pool to the bowling alley to the hotel and then back to the pool on Sunday morning.

IMPORTANT NOTES:

1. Please eat lunch before you arrive on Saturday. We will have heavy snacks during transitions but will not have a set lunch.
2. Swimmers may bring some extra spending money for additional snacks/drinks or games at the bowling alley. Saturday dinner and Sunday Breakfast will be provided for all via the camp budget.

Sunday Pick-Up:

1. On Sunday, 12/30, we will have a camp wrap-up from noon to 12:15pm and checkout will be at 12:20pm. Please be on time to pick up your swimmer. The wrap-up and checkout will take place in the same room where you checked-in or at the pool. Please be on time to pick your swimmer up on Sunday.

If you have any questions please don't hesitate to give me a call. We are looking forward to a Great Camp!!

Jay Dodson
IMX Camp Director
NC Swimming
(336) 337-0169