

IMX Campers and Parents,

I hope you all had a good first half of the season and are looking forward to getting off to a great start in 2023! We appreciate you being a part of this year's NC Swimming IMX Camp and think that it will be one of the things that helps with your continued success in 2023! As always, our goal with the IMX camp is to provide you with some tools and experiences that you can apply to your swimming if you so choose.

We are in the process of finalizing our staff for the camp and will get that list to you when it is finalized but as always, we will have a great group of coaches from across NC Swimming to share information and work with our swimmers on January 21st!

The lead team for the camp is as follows:

Jonathan Watson – NCS Programs Chairman

Katherine Holian – NCS Camp Coordinator

Jay Dodson – Camp Director

Amy Faulk – Camp Head Coach

This is a great opportunity for our swimmers from across North Carolina to work with different coaches and experience practicing with swimmers from other clubs in our LSC. We will also be doing some yoga/dry land work out of water. Throughout the day we will be in smaller groups and 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 details about the camp weekend so that you can plan. I am attaching a copy of the tentative schedule for the day so you can see the drop off and pick up times and general layout of the camp. Please note that we will have snacks at the camp but will not be serving meals so swimmers should eat breakfast/lunch before checking in on Saturday.

Please make sure that swimmers bring:

1. Equipment Bags (what they normally take to practice)
2. Clothes for dry land/yoga
3. Towels, suits and swim bag
4. Refillable Water Bottle (with name on it)

Arrival and Check-In on Saturday, 1/21, will be between 8:15-8:30am for 10 & 11 year old's and between 1:30-1:45pm for 12 & 13 year old's (we will be setting up prior to that so please wait until that time) at the Greensboro Aquatic Center, 1921 W. Gate City Blvd., Greensboro, NC 27403; (336) 315-8498. If you have any medications, please bring them in a plastic baggy with your swimmer's name on it and include any instructions. This will be turned in to the coach at your swimmer's check-in table.

We are looking forward to a Great Camp and appreciate you participating in the NC Swimming Camp Program.

Keep up the good work and let's have a Fast New Year in 2023!!

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