

## CATCH THE SPIRIT CAMP

- April 27<sup>th</sup>
- On staff were Kevin Ahearn, Mike Kraeuter, Emily Felker, and John Cyganiewicz
- 2 'BB' times was the requirement. Since the camp didn't fill up, it was opened up and the deadline extended.
- We had 42 participants ranging from JO swimmers to some with only 'B' times
- The biggie for most kids was using the swim belt.
- The kicking portion is probably the one area that kids could relate to immediately and could use at their very next practice
- Opening up 'class session' was Stroke Rate / Stroke length, and Kicking
- After the water session the 'class talk' was Practice with a purpose, Goal Setting, and Goal Analysis
- We wrapped up with questions / comments and drew names for the various knick knacks from USA Swimming.
- Something we noted in looking at the composition of camp participants was that
- Diversity was in full attendance! Hispanic, Asian, Black, White,