

May 25, 2024

Crawfordsville Aquatic Center



Indiana Swimming Age Memorial Day Camp

Featuring Guest Presenter: Coach João Mescolote

STARTS & TURNS SWIM CLINIC

CAMP PURPOSE: *This year's Age Group Camp is designed to introduce athletes to the technical skills of Elite Starts & Turns.*

PRESENTATIONS INCLUDE:

- ⇒ RELAY STARTS
- ⇒ OPEN TURNS
- ⇒ FLIPTURNS
- ⇒ GREAT BLOCK SWIM STARTS
- ⇒ RACE STRATEGY
- ⇒ DRYLAND
- ⇒ Q&A SESSION AT THE END FOR PARENTS AND FAMILIES

COACH JOAO MESCOLOTE

Coach Joao was a NCAA Division 1 swimmer at LSU in 2018 and a NCAA Division 1 coach at Ball State. He is a 3 time South American Champion and a 20 time Brazilian Champion. He has won state championships more than 50 times and has qualified for the Olympic Trials 4 times. With his Surge Strength Dryland Certification, Coach Joao is a Dryland Specialist coach.

CAMP SELECTION PROCESS: 60 total athletes ages 11-14 (30 boys & 30 girls) will be accepted into to the camp. A minimum of one year of competitive swimming experience is required to apply. Registration opens at **12:01 am on March 15th**. * Please note, registration will be on a **first come, first serve basis and will fill quickly**. Once the camp is full, a waiting list will be developed for additional athletes wanting to attend.

Deadline to Apply: **11:00 pm on May 1st**. Athletes will be notified of their acceptance into to the camp by

May 11. Questions? Contact: Maggie Neuburger at Maggie@inswimming.org