



**New Jersey Swimming
EZ- TRI STATE OPTC CAMP
April 27-28, 2023 – The Olympic Paralympic Training Center**

STEPHANIE CROFTON - COACH:

NJ Swimming was able to take 4 athletes and 2 coaches to the OPTC for our first Tri State OPTC Camp.

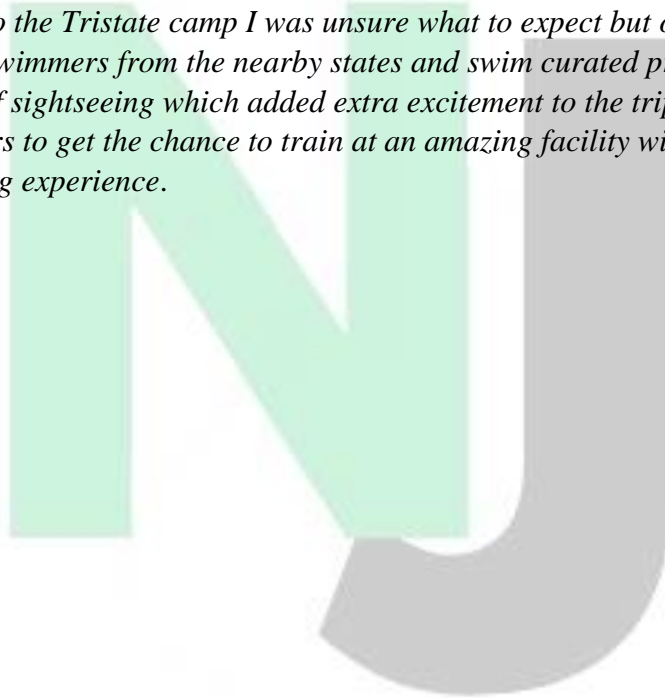
Allegheny, Middle Atlantic & NJ swimming all sent athletes and coaches for our first camp. There were a total of 36 swimmers and 6 coaches in attendance.

NJ swimming had Stephanie Crofton & Asher Phipps as coaches, and Sidney Arcella (LIFE), Jack Bigham (LIFE), Zaccharie Ouzilou (XCEL) and Emily Wang (LIFE) qualify and attend the camp. Daniel Baytin (XCEL) qualified to go but was unable to due to previous engagement.

The camp was 3 days long, starting with their first practice on Thur from 5-7pm (long course). Then we had practices Friday 9-11am and 5-7pm, then Saturday 9-11 am and an excursion to either Pikes Peak 1 mile hike or the hike around the Garden of the Gods. Then back to practice from 6-7pm. Practices were split into different groups, allowing the coaches to work with different swimmers during the sessions.

We asked the athletes to write a brief paragraph about what they LIKED about this trip:

Emily Wang: *Going into the Tristate camp I was unsure what to expect but overall, it was a great experience. I was able to meet other swimmers from the nearby states and swim curated practices with different swimmers as well. We also did a bit of sightseeing which added extra excitement to the trip. I think it is a great opportunity for swimmers to get the chance to train at an amazing facility with other really talented swimmers to elevate their swimming experience.*



NEW JERSEY SWIMMING