



RECENT CAMPS

For more information and/or questions please contact:

Illinois Swimming Program Director, Amie Adams - amie.adams@ilswim.org
Senior Vice Chair, Kevin Zakrzewski (PAC) - senior@ilswim.org
Age Group Vice Chair, Michael Hamann (FOX) - agegroup@ilswim.org

25-26 SENIOR QUAD CHALLENGE

The Illinois Swimming Senior Committee is proud to present the 2025-2026 Senior Quad Challenge. We are excited to bring this opportunity to our senior athletes for the 3rd year - A boys camp in September, a girls camp in January, with a long course combined meet experience in the Spring. Athletes will be split into 4 Teams, rotating through educational and training environments, and conclude the event by competing best-on-best to determine who wins the coveted gold cap!

Dates: September 27-28th (Boys), **January 3-4th (Girls)**, April (Combined)

Location:

Stevenson High School 1 Stevenson Dr. Lincolnshire, IL 60069

Cost to Attend: \$100 by credit card.

***TENTATIVE Schedule:**

- Saturday: 9-3:00pm with focus on in-water training (LCM), Dryland, bringing back a fan favorite - CULINARY!
- Sunday: Plan on a full day 9-4pm... Programming + a Meet (LCM) to conclude late afternoon.

Coach Staff:

Head Coach: Caleigh McCafferty (MMSC)

Assistant Coaches: Annie Gosselin (FMC), Deidre Morgan (DUND), Megan O'Sullivan (PAC)

Athlete Selection: * Athletes must be in High School

- Wave 1 - Winter Jr National Qualifiers and Above - Boys opened 8/22; **Girls Opens November 22nd**
- Wave 2 - Futures Qualifiers, Boys opened 8/26; **Girls Opens November 24th at 8:00am**
- Wave 3 - Sectional & State Qualifiers, Boys opened 8/29 at 8:00am; **Girls opens November 26th at 8:00am.**

The application will open in waves until we reach 64 Athletes, first come first serve.

The link to the application is below. Athletes will receive invitations prior to their application window opening. Any applications received prior to their respective window will be moved to the bottom of the list.

GIRLS SENIOR QUAD CHALLENGE APPLICATION - CAMP CLOSED

2025 AMBASSADOR CAMP

The Illinois Swimming Athlete Reps are excited to bring back the Ambassador Camp -- and it's bigger and better than ever! This camp is for Athlete Club Delegates, Illinois Swimming Athlete Representative Candidates, and emerging leaders!

Athlete leaders from across the state will come together to:

- Learn how Illinois Swimming and Athlete Committee works!
- Discover how athletes like YOU shape decisions
- Connect with fellow leaders who want to make a difference
- Get prepped and pumped for the House of Delegates!

This isn't another zoom call. This is where leaders are made.

Dates: Saturday October 4th (4:30-8:30pm) and Sunday October 5th (12-1pm) prior to HOD at 1pm.

Location & Schedule: *Please note the different location on Saturday and Sunday.

Saturday 10/4 is at Superior Training Facility in Willowbrook with bus transportation to and from the team building activity. Drop off and Pick up is at Superior Training Facility.

- 4:00-4:30 Check in
- 4:30-8:30pm Session focusing on Leadership and Teambuilding!

Sunday 10/5 programming is at Chicago Marriott Naperville

- 12-1pm Session prior to HOD at 1pm.
- Athletes are encouraged to stay for House of Delegates

Cost to Attend: Free

Athlete Selection: Current Athlete Committee Members & Athlete Rep Candidates will receive an invite to the camp, as well as TWO Athletes from each club as nominated by their coach. Athletes must be at least 13 to participate. Any available spots will be open and communicated to athlete membership.

2025 AMBASSADOR CAMP APPLICATION - OPEN TO MEMBERSHIP 9/27 at 8:00am



PROJECT LA

Illinois Swimming is proud to present the second installment of our progressive camp series leading our athletes, coaches and parents to the LA Olympics In 2028.

Project LA at Stevenson High School

Dates: June 6-9th

Stevenson High School, 1 Stevenson Dr. Lincolnshire, IL 60069

- 80 athletes will be invited to this 2.5 day/2 night overnight camp.
- The top 10 power points of each single age 12-15 in Olympic events (Male & Female) will receive invitations. *Repeats of events CAN be selected, from times through March 31st, age as of June 1st.
- This camp provides a combination of in-water training, goal setting and team building experiences.
- Cost to attend: \$200

Head Coach: Megan Mau (MAVS)

Assistant Coaches: Kirby Igoe (RISE), Megan O'Sullivan (PAC), Joe Jeffers (NTA), Chance McQuigg (PAWW), MJ Lackos (FOX), Rob Rodriguez (M3A), Sophie Parr (WCS), Mike Laurich (ACAD)

Invitations went out Friday 4/4.

**** PLA is a Quad priority camp that does not restrict attendees based on attendance in other camps/events.**

PLUS A COACHES TRACK FEATURING

GREGG TROY & BETH WINKOWSKI

Registration information for Coaches Track can be found on the Coaches Page.

SENIOR SUMMER COLLEGE ROAD TRIP



The Illinois Swimming Senior Committee looks forward to bringing this opportunity to our senior athletes to travel and train as

Team Illinois while they navigate various collegiate environments.

This camp will kick off at Stevenson High School where athletes will get an opportunity to train and hear from Coach Gregg Troy, before traveling as a team to various locations in the Wisconsin Higher Education system.

Athletes that commit to this opportunity will experience 6 training opportunities at various facilities with their peers across Illinois Swimming. They will also learn about the admissions process, tour campus

and hear from current and former collegiate athletes. This trip is intended to be an opportunity for swimmers interested in collegiate swimming to gain an understanding of the process of swimming in college while determining what is important to them along the way when selecting a place to further their athletics and academics.

Senior Summer College Road Trip

Dates: Monday June 9th-Thursday June 12th

Stevenson High School, 1 Stevenson Dr. Lincolnshire, IL 60069

- A minimum of 40 athletes will be invited to attend this 4 day, 3 night overnight travel training trip.
- Invitations will be sent starting Friday April 25th. Futures level athletes, then by power points.
- Rising juniors and seniors

*Athletes invited to attend Duel in the Pool will not be eligible to attend the Senior College Road Trip

CAMP ROSTER

OPEN WATER CAMP



The Illinois Swimming Open Water Committee is proud to present the 2025 Open Water Camp. The first of its kind in Illinois Swimming, this camp is for Illinois Swimming athletes who have competed in open water or are interested in diving into that arena of swimming.

Open Water Camp featuring John Dussliere, USA 2008 Olympic Head Open Water Swimming Coach

Monday June 23rd

Lake Manteno, IL

**Check In Monday June 23rd 7:30am.
Programming 8:00am-12:00pm**

- Athletes will be invited in waves mid-late April.
 - First round will be sent to athletes who participated in CZ Open Water, Jr. Nationals
 - Second round will be sent to athletes who participated in Illinois Swimming Open Water State 2024
 - Third round opens to those who meet the distance qualifying standards
- The camp is accepting 64 athletes (8 per age and gender) until the camp is full
- Cost: \$75 and will include required buoy for stations and open water practice.

CAMP ROSTER

AIM FOR THE STARS



The Illinois Swimming Athlete Committee is proud to present the third annual Aim for the Stars Camp. A camp for athletes by athletes, bringing together our Senior Leadership with the leaders of our future. This camp features teambuilding opportunities and in-water training.

Aim for the Stars - Friday June 27th, 3 Sites

- 10&U Regional Qualifiers will be invited to apply.
- The camp will be hosted at three sites this year:
 - Central Park Pool, Peoria
 - Norris Center, St. Charles
 - Superior Training Facility, Willowbrook

- Applicants will be able to rank their preferred location on the application.
- The first 150 to apply, 50 at each site will be accepted into the camp.
- Cost: \$50
 - Athletes who participated in the 2025 Age Group Select Camp will not be eligible for this camp
 - Athletes who have turned 11 since Regionals are welcome to apply.

Senior Leadership - Friday June 27th on site prior to the Aim for the Stars Cmap

- Athletes will be accepted by coach nomination.
 - Athletes committed to the Senior Leadership part are expected to attend a virtual session held prior - Date and Time TBA, and be available Friday June 27th for the day

WOMEN COACHES & GIRLS CLINIC



Illinois Swimming is proud to present the 2025 Women Coaches and Girls Clinic. Bringing together the girls of Illinois Swimming with a focus on empowerment, we are kicking off this event by partnering with our very own Olivia Smoliga (Hall of Fame, Class of 2020). A home grown athlete, she is bringing what she has learned along the way on her decorated career back to the women in Illinois Swimming through her own In Depth Swim Academy.

Girls Clinic: Saturday Morning at Vernon Hills High School

*Vernon Hills High School, 145 Lakeview Pkwy.
Vernon Hills, IL 60061*

**Check In Saturday April 12: 7:30am.
Programming 8:00am-12:30pm**

- Registration Info: 40 girls age 11-18 with regional qualifying times or above will be accepted, first come, first serve via application.
 - The application will be posted on this page and will open Monday March 3rd at 8:00am.
- Cost to attend: \$125
 - Includes Illinois Swimming shirt and cap + Jolyn suit and GoSwim membership from In Depth Swim Academy

Women Coaches Clinic: Saturday Afternoon at Stevenson High School

Stevenson High School, 1 Stevenson Dr. Lincolnshire, IL 60069

- **Featuring Olivia Smoliga, In Depth Swim Academy, Amy Oliphant, Founder of Transcend Mental Training & Rachel Stratton-Mills, Northwestern Coach**
- **Check In Saturday April 12: 1:00pm. Programming 1:30pm-5:30pm with social to follow**
- Registration Info: All Women Coaches welcome!
- Cost to attend: \$25 for Illinois Swimming Coaches. \$35 for IHSA/Outside LSC
 - Includes clinic t-shirt.

Save the date
APRIL 12&13TH
 Multi-Event Weekend

featuring
Olivia Smoliga
INDEPTH
 SWIM ACADEMY

SATURDAY APRIL 12TH

Morning
Girls in Illinois Swimming Clinic
 Location: TBA

Afternoon
Senior Quad Challenge
Combined Long Course Meet
 Location: Stevenson High School

Women in Coaching Clinic
 Location: Stevenson High School
 social to follow

SUNDAY APRIL 13TH

Age Group Select Camp
 Location: Stevenson High School

+ **Illinois Swimming Town Hall**
 Location: Virtual

more info to come...
QUESTIONS:
 amie.adams@ilswim.org
 www.ilswim.org

ILLINOIS
SWIMMING

GENERAL ITINERARY
 *SUBJECT TO CHANGE

SENIOR QUAD COMBINED LC CHALLENGE

Senior Quad Challenge LC Meet at Stevenson High School

Stevenson High School, 1 Stevenson Dr.
 Lincolnshire, IL 60069

- **Check In Saturday April 12: 1:00pm (Afternoon/Evening event)**
 - Fall (Boys) and Winter (Girls)
 Participants will be invited to attend.
 Waitlisted athletes will be invited to fill any open spots

- Cost to attend: \$50
 - Includes meet fees, meal and event with Olivia Smoliga
 - Meet Packet. Link to purchase Admissions Ticket - coming soon.

AGE GROUP SELECT CAMP

Illinois Swimming is proud to present the annual Age Group Select Camp. This year, we are partnering with Olivia Smoliga as she comes back home to work with the 12&U Medalists of Illinois Swimming through her In Depth Swim Academy.

Stevenson High School, 1 Stevenson Dr. Lincolnshire, IL 60069

- **Check In Sunday April 13: 7:30am. Programming 8:00am-3:00pm**
- Medalists at the 10&U Championships and 11/12 athletes at the Age Group Championships will receive invitations to apply, and will be accepted first come, first serve (15 each age group/gender).
- The application will be posted on this page and will open Monday March 17th at 8:00am
- Cost to attend: \$85
 - Includes Illinois Swimming shirt and cap & cap from In Depth Swim Academy
 - Payment and Waiver information will be communicated upon acceptance.
 - *Athletes invited to attend Duel in the Pool (11/12) or Project LA (12 year olds) will no longer be eligible to Age Group Select Camp and spots will go to the next on the waitlist.



SENIOR QUAD CHALLENGE

The Illinois Swimming Senior Committee is proud to present the 2024 - 2025 Senior Quad Challenge. We are excited to bring this opportunity to our senior athletes in September (boys), January (girls), and **NEW THIS YEAR, a combined meet experience tentatively scheduled for Spring.** Athletes will participate in an educational/training component on Saturday followed by a competition on Sunday as they split into 4 teams.

DATES:

September 28-29, 2024 (BOYS)

January 4-5 2025 (GIRLS)

Tentative April Combined LC Meet

LOCATION:

Stevenson High School

1 Stevenson Drive, Lincolnshire, IL 60069

Cost to Attend: \$100

TENTATIVE SCHEDULE:

SATURDAY EDUCATION

8:00am-3:45pm

Check-In opens at 7:30am

8:00am-3:45pm Clinic/Classes/In-water Training (Lunch will be included)

- Body Mechanics - Dr. Brian Cunningham, [The Swim Doc](#), 2021 USA Olympic Team
- Mental Health & Sports Performance - Amie Adams, Illinois Swimming Program Director, MS Counseling (Girls Camp)
- Sport Nutrition - Bailey Gianacakos, [Eat Elite Chicago](#)

SUNDAY COMPETITION Includes Parent Track on Mental Health and Sports

Performance

Warm ups: 2:00PM (Parent Track 2:00-3:00PM)

Meet Start: 3:00PM

- Four Teams of 16 athletes
- Quad dual meet
- 50 Free Elimination

[Meet Packet](#)

COACHING STAFF (GIRLS)

HEAD COACH: Annika Macy (WILD)

ASSISTANT COACHES:

Amanda Diner (DLTA), Sarah Lesniak (WDST), Kim Swanson (MAVS)

ATHLETE SELECTION:

Tier 1 - Junior Nationals (Opens 11/21)

Tier 2 - Futures (Opens 11/25)

Tier 3 - Sectionals/AAA Motivational Times (CAMP FULL)

Tier 4 - State/AA Motivational Times (CAMP FULL)

The application will open in tiers until we reach 64 athletes, first come, first serve.

Athletes will receive an invitation prior to their application window opening.

Teams will be selected by the coaching staff.

GIRLS CAMP ROSTER



AMBASSADOR CAMP

Illinois Swimming is excited to host the first ever Ambassador Camp for Club Delegates and Illinois Swimming Athlete Representative Candidates. This camp is designed to bring Illinois Swimming athlete leaders together to learn about Illinois Swimming governance and the importance of athlete involvement before attending House of Delegates.

DATES:

Sunday October 6, 2024

LOCATION:

Schaumburg High School

1100 W Schaumburg Rd, Schaumburg, IL 60194

COACHING STAFF:

Michael Hamann (FOX/ISI AGE GROUP CHAIR)

ATHLETE SELECTION:

Athlete Club Delegates, as determined and submitted by the Head Coach
Athletes running for Illinois Swimming Athlete Rep will also be invited to attend.

TENTATIVE SCHEDULE:

Check In: 8:30-9:00am

- In-Water Session: 9:00am-11am
 - Led by Head Coach Michael Hamman (FOX & Age Group Chair) with guest, Hall of Fame Inductee Azra Avdic
- Classroom Session & Lunch: 11:00am-1:00pm
 - *What to Expect at HOD & Athlete Opportunities*, with guests from the USAS Athlete Executive Committee
- HOD at 1pm.

Athletes attending the Ambassador camp will receive an Illinois Swimming T-Shirt and Cap.

Cost to Attend: Free



SENIOR QUAD CHALLENGE

The Illinois Swimming Senior Committee is proud to present the 2024 - 2025 Senior Quad Challenge. We are excited to bring this opportunity to our senior athletes in September (boys), January (girls), and **NEW THIS YEAR, a combined meet experience tentatively scheduled for April**. Athletes will participate in an educational/training component on Saturday followed by a competition on Sunday as they split into 4 teams.

DATES:

September 28-29, 2024 (BOYS)

January 4-5 2025 (GIRLS)

Tentative April Combined LC Meet

LOCATION:

Stevenson High School

1 Stevenson Drive, Lincolnshire, IL 60069

COST TO ATTEND: \$100

SATURDAY EDUCATION:**Tentative Schedule: 8:00am-3:30pm**

Check-In opens at 7:30am

8:00-9:30am In-Water Training

9:30am-3:30pm Clinic/Classes (Lunch will be included)

- Body Mechanics - Dr. Brian Cunningham (The Swim Doc, 2021 USA Olympic Team)
- Mental Health & Sports Performance - Amy Oliphant (Founder of [Transcend Mental Training](#) and Certified Positive Performance Mindset Coach™)
- Sport Nutrition - Christina Weidman, CW Sports Nutrition

*** Home Coaches invited to observe!*

SUNDAY COMPETITION Includes Parent Track with Amy Oliphant:

Warm ups: 2:00PM (Parent Track 2:00-3:00PM)

Meet Start: 3:00PM

- Four Teams of 16 athletes
- Quad dual meet
- 50 Free Elimination

[Meet Packet](#)

COACHING STAFF (BOYS)

HEAD COACH: Nick Flynn (PAC)

ASSISTANT COACHES:

Matt Harder (RISE), Jack Piccoli (HOSC), Ryne Quinlan (DUND)

ATHLETE SELECTION:

Tier 1 - Junior Nationals (*Opens 8/16*)

Tier 2 - Futures (*Opens 8/20*)

Tier 3 - Sectionals/AAA Motivational Times/ (*Opens 8/24*)

Tier 4 - State/AA Motivational Times (*Camp Full*)

The application will open in tiers until we reach 64 athletes, first come, first serve.

Teams will be selected by the coaching staff.



PROJECT LA

The Illinois Swimming Age Group and Senior Committees are proud to present the first event of a unique progressive camp series leading our Illinois Swimming Athletes to the LA Olympics in 2028.

DATES:

June 8-9th, 2024

TIME: Full 2 Day Overnight Camp; **Cost to Attend:** \$150

LOCATION:

Stevenson High School

1 Stevenson Dr, Lincolnshire, IL 60069

COACHES TRACK FEATURING
CHRIS MARTIN

- 1992 US Olympic Team Coach
- 6 time USA Swimming National Team Coach
- 36 USA Swimming Senior National Titles
- Developed the British Coach Education system and currently works with World Aquatics in Coach Development

*Each club in the LSC can send one coach representative for the weekend. Teams with athletes selected and participating in Project LA will be eligible to send additional coaches:

1-3 Athletes: 1 additional coach

4-6 Athletes: 2 additional coaches

7+ Athletes: 3 additional coaches

The tentative Coaches Track can be viewed [HERE](#)

COACHING STAFF:

HEAD COACH: Derek Amerman (PAWW)

ASSISTANT COACHES:

Eric Thuneman (HOSC)

Jeremy Meserole (NTA)

Kim McGraw (FVFY)

Jeff Debettencourt (WILD)

Caleigh McCafferty (MMSC)

Mike Firth (EMSC)

Jeff Arce (RISE)

Megan Mau (MAVS)

ATHLETE SELECTION & TRACK:

- 120 Invitations will be sent to the fastest swimmer in each olympic event for each single age 11-14 (age as of June 1) and gender. The rest of the roster will be filled by IMX rankings

***** PLA is a Quad priority camp that does not restrict attendees based on attendance in other camps/events.***

- Cost to Attend: \$150
- Combination in-water training, goal setting and teambuilding experience featuring a panel with Illinois Swimming Olympic Trials Qualifiers and a Mental Health & Sports Performance Session with Amy Oliphant - Founder of [Transcend Mental Training](#) and Certified Positive Performance Mindset Coach™

[11/12 Athlete Track](#)

[13/14 Athlete Track](#)

[**PLA Invite List**](#)

[**Click HERE for the complete PLA Progression Plan**](#)

2024 AIM FOR THE STARS

The Illinois Swimming Athlete Representatives along with the Age Group and Senior Committees are proud to present the 2024 Aim for the Stars Camp. The Athlete Representatives are taking the lead and excited to bring this camp opportunity for our 10&U Regional Qualifiers, focused on teambuilding and getting excited about the sport of swimming.

DATE:

Senior Leadership: Thursday June 27th (afternoon)
10&U Aim for the Stars: Friday June 28th

LOCATION & TIME:

St. Charles Norris Center 1-4pm
Stagg High School 12-3pm

This is a two part camp for both 10&U Regional Qualifiers and our Senior Athlete Leaders across Illinois Swimming

SENIOR LEADERSHIP ATHLETE SELECTION:

Senior Leadership Camp Athletes are selected by Coach Nomination/Application. These athletes will participate in the Thursday June 27th session led by the Illinois Swimming Athlete Representatives. The next day they will report to their site to lead the 10&U Aim for the Stars Camp on Friday June 28th.

COACHING STAFF:

HEAD COACHES:

ST. CHARLES SITE: JOE MYHRE (SCST) & KAYLEIGH KOZLOWSKI (DCST)

STAGG: TOM RIEMAN (HWSA) & MEGAN VALLANCE (HWSA)

AIM FOR THE STARS ATHLETE SELECTION:

- 10&U Athletes who competed at the 2024 Winter Regionals or Age Group Championships are eligible for the camp. Athletes who have since turned 11 are still welcome to apply.
- The camp is limited to 50 Athletes at each site.
- **Cost to Attend:** \$50
- ****Athletes who medaled at Age Group Championships are not eligible for this camp****

2024 AGE GROUP SELECT CAMP

The Illinois Swimming Age Group Committee is proud to present the 2024 Age Group Select Camp featuring

American Record Holder, Beata Nelson



BeataNelson.com

We are excited to bring this opportunity to our 10&U and 11/12 Age Group State Medalists

DATE:

Sunday April 28th, 2024

10am-4pm

LOCATION:

[Superior Training Aquatic & Fitness Center](http://SuperiorTrainingAquaticFitnessCenter.com)

7580 S. Quincy St. Willowbrook, IL 60527

COACHING STAFF:

HEAD COACH: Joey Waldorf (WILD)

ASSISTANT COACHES:

Chris Crawford (BSC), Krista Gensler (MAVS), Chance McQuigg (PAWW) , Alex Murphree (FOX)

ATHLETE SELECTION:

- 10&U and 11/12 Medalists at Age Group Championships received an invitation to the camp.
- The application will open Friday March 15th at 8am - first come, first serve.

- The application will close Friday March 22nd. Athletes will be notified of their acceptance to the camp by April 1st.
- The camp is limited to 60 athletes.
 - The first 15 female and 15 male athletes for each age group 10&U and 11/12 will be accepted into the camp.
 - Note: 11/12 Athletes participating in Duel in the Pool or Project LA will no longer be eligible for the Age Group Select Camp. Upon commitment, we will move to the next athlete on the waitlist.
- Cost to attend: \$75



SENIOR QUAD CHALLENGE

The Illinois Swimming Senior Committee is proud to present the 2023 - 2024 Senior Quad Challenge. We are excited to bring this opportunity to our senior athletes in September (boys) and January (girls). Athletes will participate in an educational/training component on Saturday followed by a competition on Sunday as they split into 4 teams.

DATES:

September 23-24, 2023 **(BOYS)**

January 6-7, 2024 (GIRLS)

LOCATION:

Stevenson High School, 1 Stevenson Drive, Lincolnshire, IL 60069

COST TO ATTEND: \$85

SATURDAY EDUCATION:

10:00-10:30am CHECK-IN

10:30-11:00am Introductions

11:00am-6:00pm Clinic/Classes (Lunch will be included)

- Body Mechanics - Dr. Brian Cunningham (The Swim Doc, 2021 USA Olympic Team)
- Sports Performance & Nutrition - Andrea Rudser-Rusin, MA, ATC, RD, CSSD*
- Culinary Basics - SHS Head Chef Thomas Rubeo

*** Home Coaches invited to observe!*

SUNDAY COMPETITION:

11:30am CHECK-IN

12:00pm Warm up

1:00pm Meet Start

- Four Teams of 16 athletes
- Quad dual meet
- 50 Free Elimination

[Meet Packet](#)

COACHING STAFF (BOYS)

HEAD COACH: Kevin Zakrzewski, Illinois Swimming Senior Chair

ASSISTANT COACHES:

TEAM #1 Coach - Spencer Walker (ACAD)

TEAM #2 Coach - Jake Darlinger (FOX)

TEAM #3 Coach - Matt Harder (RISE)

TEAM #4 Coach - Nick Flynn (PAC)

COACHING STAFF (GIRLS)

HEAD COACH: Kevin Zakrzewski, Illinois Swimming Senior Chair & Amie Adams, Program Director

ASSISTANT COACHES:

TEAM #1 Coach - Sammy Jo Mahler (RISE)

TEAM #2 Coach - Deidre Morgan (DUND)

TEAM #3 Coach - Tara Drum (CORE)

TEAM #4 Coach - Annika Macy (WILD)

ATHLETE SELECTION:

Tier 1 - Junior Nationals (*Boys Opened 8/7, Girls opens November 27th*)

Tier 2 - Futures (*Boys Opened 8/14, Girls opens December 1st*)

Tier 3 - Sectionals (*Boys Opened 8/21, Girls - camp closed*)

Tier 4 - Senior State (*Boys Camp Closed, Girls - camp closed*)

The application will open in tiers until we reach 64 athletes. Teams will be selected by the coaching staff.

2023 AIM FOR THE STARS CAMP

The Illinois Swimming Age Group Committee and Athlete Representatives are proud to present the 2023 Aim for the Stars Camp. The Athlete Representatives are taking the lead and excited to bring this camp opportunity for our 10&U Regional Qualifiers, focused on teambuilding and getting excited about the sport of swimming.



COACHING STAFF:

HEAD COACH: Derek Amerman (PAWW) and Andy Sheely (HOSC)

ASSISTANT COACHES: Change McQuigg (PAWW), James Helm (NTA), Melissa Ochalek (DUND), Kim McGraw (FVFY), Emily Floyds (FVFY), Temo Flores (DLTA).

ATHLETE SELECTION:

- 10&U Regional Qualifiers from 2023 Winter Championships will receive an invitation to the camp.
- The application will open Friday June 2nd and close Friday June 9th
- The camp is limited to 50 Athletes at each site.

2023 SENIOR SELECT CAMP



The Illinois Senior Committee is proud to present the 2023 Summer Senior Select Camp. We are excited to bring this amazing opportunity to our Senior level athletes. This camp will have a very special guest helping out our coaching staff. Coach Gregg Troy will be assisting the staff for a couple workouts and the athletes will have an opportunity to sit down and ask questions in an open forum discussion with Coach Troy.

DATES:

Monday June 5th - Thursday June 8th, 2023

LOCATION:

[FAST \(Florida Aquatics Swimming & Training\)](#), Ocala, FL

COACHING STAFF:

HEAD COACH:

Matt Elliott - BNSC (University of Florida Graduate, 10-Time NCAA All-American under Coach Troy)

ASSISTANT COACHES:

Glenn Brown ACAD

Kate Chronic M3A

Casey Hnatiuk DLTA

ATHLETE SELECTION:

- Top 16 Boys & Top 16 Girls, ages 15-17 (Non Graduated Seniors)
- Time standards above Sectionals and below Summer Junior Nationals
- Ranking based on power point of swims done during July of 2022 until April 1st, 2023.
- Ranking list will be updated after Senior Championships and NCSA.
- Invites expect to be sent out April 10th. Intent to attend will be due May 1st.

ATHLETE RANKING

2023 AGE GROUP PRO SERIES

CAMP

The Illinois Swimming Age Group Committee is proud to present the 2023 Age Group Pro Series Camp. We are excited to bring this opportunity to our 10&U and 11/12 Medalists at Age Group State.

DATES:

Saturday April 15th, 2023

LOCATION:

Athletes will start at [Superior Training Facility](#), for an in-water session. They will then board a bus to a late lunch and arrive at FMC Natatorium for the Saturday Finals of the TYR Pro Series to watch as a group.

COACHING STAFF:

HEAD COACH: Dustin Tompson (PPD)

ASSISTANT COACHES: Rebecca Baugh (FOX), Nick Pecoraro (HOSC), Robert Stafford (NTA), Leigh Tharrington (GSC)

ATHLETE SELECTION:

- 10&U and 11/12 Medalists at Age Group Championships will receive an invitation to the camp.
- The application will open Monday March 13th and close Sunday March 19th
- The camp is limited to 60 athletes.
- The first 15 female and 15 male athletes for each age group 10&U and 11/12 will be accepted into the camp.

CAMP ROSTER

PREVIOUS CAMP INFORMATION (PRIOR TO 2023)

