



## NE Swimming Age Group Select Camp 2026

New England Swimming is excited to announce our inaugural Age Group Select Camp for athletes aged 11-14. The Age Group Select Camp is designed to offer an educational and motivational experience to top swimmers within the New England LSC!

Swimmers selected for this camp will have the opportunity to come together as Team New England for a day-long program. Swimmers should expect a breadth of instruction and training, providing valuable knowledge and experience that can be carried on into the next phase of their swimming development and continued journey through the sport.

**When:** Saturday, May 2nd

**Where:** Simmons University

**Guest Pool Coaches:**

- Emmanuel Lanzo (RAC-CT), Head Coach/USA Swimming National Coach
- Jim Hennessey (DELM-AD), Adirondack Age Group Chair/Head Zones Coach.

**Camp Schedule:** Includes two pool sessions, a swim nutrition talk, and a strength/conditioning session. Lunch will be provided and all swimmers will receive select camp merchandise including cap and t-shirt.

**Selection Process:**

32 swimmers will be invited to the camp based on High Point Scoring at the NE 11-14 Championship Meet taking place at BSI the weekend of February 19th-22<sup>nd</sup>. The Top 8 Girls and Top 8 Boys (overall individual point scorers) from the 11-12 & 13-14 age groups will receive an invitation to the camp. Invitations will be sent out via email on February 25th, 2026.

Notes:

- Swimmers that age up after the 11-14 age group championship and before the camp date will still be eligible to participate in the camp.
- If a coach or family chooses not to have a qualifying swimmer attend, the slot will be offered to the next highest finisher.

Please direct any questions to NE Age Group Chair Andy Shields - [atst.coach@gmail.com](mailto:atst.coach@gmail.com)