



CAMEL SWIM CLUB

CREATING AN ENVIRONMENT THAT MOLDS
INDIVIDUALS INTO CHAMPIONS
IN BOTH COMPETITION AND IN LIFE
BY FOCUSING ON THE GROWTH OF THE WHOLE SWIMMER
AND EMPOWERING EACH ATHLETE WITH
SELF-DISCIPLINE AND SELF-ESTEEM

CAMEL /CDOG Dual Meet Saturday, January 5 @ Lott Natatorium, Connecticut College

Who: All CAMEL swimmers and CDOG guest swimmers are invited to participate in the joint practice and/or the meet & luncheon. (Swimmers 15 and over will participate in the practice and the luncheon and will get to intern as assistant coaches during the meet portion of the morning). All CAMEL swimmers age 14 and younger have been entered in this free, fun, developmental meet; please let Coach Ann know if you are not participating.

What:

- 8:00AM – 10:00AM = Joint practice
 - Pre-team and Dromedary swimmers please arrive at 9:30AM.
 - Vicunas and Alpacas may join the full practice (arriving before 8:00) or may arrive at 9:30AM.
 - Llamas and Guanacos are ***strongly encouraged*** to attend the practice (even if they are not participating in the meet).
- 10:00AM – 12:00PM = Mini dual meet especially designed for CAMEL's youngest, less experienced swimmers
- 12:00PM – 1:00PM = Joint sandwich luncheon in the spectator balcony

Where: Lott Natatorium, Connecticut College

When: 8:00AM – 1:00PM Saturday, January 5, 2008

Parents are asked to help time during the meet and/or to help set up the luncheon.

Selina James is organizing the luncheon. Anyone wishing to donate sandwiches or to help set/up, serve or clean/up should contact Selina.

Coach Ann is organizing the joint practice and the meet. Anyone willing to help with timing, Daktronics, Hy-tek, etc please contact Coach Ann coachann@camelswim.org (860) 306-7910.

Camel Swim Club offers a broad range of competitive swimming experiences for athletes of all ages and abilities including those with disabilities. Camel admits members without regard to race, color, religion, ability to pay, national origin or ethnic origin. Camel Swim Club is a 501c3 non-profit corporation and is a group member of both Connecticut Swimming and USA Swimming. Our primary practice facility is Lott Natatorium at Connecticut College in New London, CT.