



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

Updates & Changes # 15 CAMEL /CDOG Dual Meet Saturday, January 5 @ Lott Natatorium, Connecticut College

- 1/3/07 Updated preliminary psych sheets and the updated CAMEL entry have both been posted on the "Meets" page. Swimmers may add to or scratch from this meet through Saturday morning. Reasonable event changes will be accepted through Saturday morning also.
- 1/2/07 15 and older CAMEL swimmers may intern as assistant coaches for the day and/or may assist with the Hy-tek, Daktronics, the luncheon or timing. Though this is primarily a developmental meet, 15 and older swimmers may participate in events in the meet if they would like to.
- 1/1/07 To inspire short term goal setting, Championship Time Standards and Meet Records have been added to the psych sheets.
- 12/28/07 The Preliminary CAMEL entry and a very preliminary psych sheet are posted on the "Meet" page.
- 12/27/07 Swimmers should arrive on deck, dressed and ready to swim by 8:00AM. Swimmers should pack for a meet (extras suit, goggle, cap, towel, things to do, healthy snack, water, chair if they want one, etc). Lunch will be provided – Donations welcome, contact Selina James or Coach Ann.
- 12/26/07 Please confirm if you are or are not attending by this evening. Unless the staff is notified otherwise all CAMEL swimmers age 13 and younger will be entered. 14 and older swimmers are encouraged to attend the practice and assist with timing between practice and the luncheon. A preliminary meet entry will be posted tomorrow.
- 12/17/07 Selena James has volunteered to coordinate the luncheon for CAMEL. Anyone wishing to volunteer to time during the event, please contact Coach Ann. We need 16 parents for this.
- 9/11/07 The CAMEL board is looking for a volunteer to coordinate the lunch with CDOG's parent volunteer. CAMEL is also looking for a volunteer coordinator for the dual meet portion of the day.
- 9/11/07 This mini dual meet with CDOG is designed to be an enjoyable experience for even the youngest, less experienced swimmers. It will be preceded by a joint practice and followed by a joint luncheon with our CDOG guest families. The practice/meet/lunch is free. Please let Coach Ann know by Dec 27 if you plan to attend.
- 9/11/07 There will be a shortened practice the morning of Saturday January 5, followed by a meet for all swimmers age 14 and younger. Swimmers 15 and older may participate in the practice and the lunch and are encouraged to assist with timing and coaching of the younger CAMEL swimmers during the meet portion of the day.

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.