

REDBIRD SWIM CAMP'S 2019 FALL BREASTSTROKE CLINIC

Featuring World Record Holder & Olympic Gold Medalist
Lilly King

Sunday, September 22
12 p.m. to 3 p.m.

Horton Pool - Illinois State University Campus
Registration open to all 6th-12th graders

Cost: \$250

Maximum 40 campers

In anticipation of high demand of the clinic, there will be an opportunity to buy a \$25 day pass to observe the clinic from the bleachers inside Horton Pool. No refunds will be given.

Schedule:

11:30 a.m. - Check-in and register at the main entrance of Horton Pool

12-2:15 p.m. - In-water session, focusing on breaststroke drills, turns and technique

2:30-3 p.m. - Q&A session with Olympian Lilly King

What to Bring:

All participants should bring swimsuit, swim cap, goggles, towel and a water bottle to camp. Campers may bring their own snacks for the Q&A session, as none will be provided.

Camp Staff:



Lilly King, USA Olympic Gold Medalist and Current World Record Holder

Lilly is a professional swimmer and recent graduate of Indiana University. At the 2016 Summer Olympics, she won the gold medal in the 100 breaststroke and a gold medal with the women's 4x100 medley relay team. She is the current world record holder in the 50-meter and 100-meter breaststroke events. Lily is also an 8-time NCAA Champion, never losing a 100- or 200-yard breaststroke event at the NCAA Championships.



Caitlin Hamilton, Illinois State University's Head Coach

Head coach Caitlin Hamilton is in her first year at the helm of Redbird Swimming. Growing up in Normal, Caitlin brings various levels of NCAA experience to ISU. Starting as an All-American herself, Caitlin has coached at programs such as Purdue, Wyoming, IUPUI, and most recently, Indiana. During her time at IU, both programs won the Big Ten Titles and were ranked among the Top 10 in the country. Caitlin also had the privilege of working with Olympic medalists Lilly King, Blake Peroni and Kennedy Goss while coaching at Indiana.



Josh Lercel, Illinois State University's Assistant Coach

Josh Lercel is in his first year as ISU's Assistant Coach. Josh comes to the Redbirds most recently from IUPUI, where he helped lead the Jaguars to strong finishes at the Horizon League Championships the last two seasons. Josh also has a strong background as a club coach, working with programs such as Penn and Academy Bullets. He recently worked with USA Swimming's Gold Medal Club, Carmel Swim Club.

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Registration Form

Name:

Mailing Address:

Grade in School:

Birthdate:

HS Graduation Year:

Gender:

Parent's Name & Contact Info:

*Cell phone and email address required

Club Team:

Best Time in 100 Freestyle:

Please make checks payable to REDBIRD SWIM CAMP and mail to:

REDBIRD SWIM CAMP
Campus Box 7130
Normal, IL 61790-7130

Confirmation, campus/city map and Parent Authorization form will be emailed prior to camp date. Please contact Laurie Retzer at ljretze@ilstu.edu or 309-438-3633 with questions.

Illinois State University camps and clinics are open to all entrants, in accordance with the NCAA camps and clinics legislation (limited only by number, age, grade level and/or gender).

Illinois State University formally reiterates and reaffirms its commitment to the principles of equal opportunity, affirmative action and diversity. Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran's status is a violation of federal and state law and university policy and will not be tolerated.

If you need a special accommodation to fully participate in this program/event, please contact Laurie Retzer (309-438-3633). Please allow sufficient time to arrange this accommodation.