

**To: ITAC Swimmers and Parents**

**From: Roy Staley**

**Ref: Summer Training Camp: Ak-O-Mak for Girls; Chikopi for Boys**

Camps Ak-O-Mak and Chikopi are internationally renowned as North America's first competitive swim camps. Since the 1920s the camps have helped young athletes develop swimming fundamentals at all competitive levels, as well as providing instructional and competitive programs in other sports. The camps are most famous for Open Water Swimming. The waterfront sits in a bay of Ahmic Lake with 50 and 25 meter pools built into the lake. Swimmers will live in wooden cabins with bunk beds with 8-12 other campers and 2-3 counselors.

The history and legacy of the camps' traditions and values are still strong today. Values, such as respecting one's self and others, experiencing the benefits of stronger bodies, and improved confidence are acquired through the variety of physical challenges available. The camps help individuals discover the exhilaration of pushing one's self a little further, of digging a little deeper and discovering the "I can do it!" attitude which one carries into other aspects of life. Past ITAC alumni can positively attest to this experience.

Activities/Typical Camp Day –

7:00am	Wake up Bell Early bird swim/run/paddle
8:00am	Breakfast, announcements Inspection
10:00am	Three one- hour session-instructional class, "individual" sports classes, including swimming
1:00pm	Dinner Rest hour
3:00pm	Team Competitions, with other campers
4:30pm	Swim practice
6:00pm	Supper songfest!
7:00pm	Optional activities
10:00pm	"Lights Out"

\*\* Besides swim training, there will be a Triathlon coach offering triathlon work too. Also, the camp directors have scheduled open water competitions on behalf of our swimmers attending camp.

## **CAMP DATES AND FEES**

**\*\*Remember you will need passports to enter Canada and reenter the United States! Please keep this in mind, as it can take many weeks to process passport applications.**

Once we have a count of the number of interested families/athletes, we will work out the dates and the tuition. Camp dates will likely be in the third or fourth week in July. An expression of interest is not a commitment to attend. Please let Roy know by the end of February whether you are interested in attending. Again, expressing interest is not a firm commitment. If an athlete is interested in attending camp and there are financial concerns, please contact Roy.

### Registration Date and Deposit -

If you plan to attend the camps, a deposit of 50% will be required in May. At that time, you will complete camp registration forms, a waiver, a release of liability, and medical forms. The balance will be due upon arrival at camp. Each athlete will need an extra \$50.00 that can be used in the camp store for clothing items, sweets, or any toilet item that may have been forgotten.

## **FOR MORE INFORMATION**

For further camp information, here are the camps' websites: [www.campakomak.com](http://www.campakomak.com) and [www.campchikopi.com](http://www.campchikopi.com). There are some good videos on these websites. Also, we have a yearbook that tells the history of Chikopi and Ak-O-Mak, including pictures. Also check YouTube for videos of campers' experiences. We look forward to arranging a Camp experience for you at Ak-O-Mak or Chikopi!

Again, let Roy know by the end of February if you are interested:

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