

2026 Age Group LCM Select Camp!

Location-LCM

When? May 9th or 10th

Coaches? Stipend? 6 coaches, 1 designated as Head Coach.

Kelly will be there too.

Cost per Swimmer?

Selection process?

- 8 swimmers in each single age group per gender. (2 alternates each age /gender)
- 10 swimmers each gender in the 10 and under age group per gender. (2 alternates)
- Selection is based on Spring Age group champs, the top 8/ 10 high points in each age . If a tie, both swimmers will make camp.

***Swimmers who have attended Pac Coast Allstars or WZ Allstars in the age group they are currently in, cannot be selected.**

- This camp is being sponsored by Pacific Swimming.
- 84+(if ties) Swimmers from the LSC are being selected based on high point swims at the 2026 Spring Pacific Age Group Championships. 8 swimmers from each age category 11,12, 13, 14, and 10 of each gender for the 10 and under age group are being invited to this camp.
- Two in water practices, 1 dryland practice, and special swag. Swimmers will participate in team building exercises, and have learning opportunities in a variety of subjects, with the goal of inspiring them to continue to reach for the highest levels of our sport.
- **Special guest?**
- Selections will be made by Saturday March 28th, and the swimmers selected will be notified Sunday March 29th by 5pm.
- We are asking for a **\$50? non-refundable** deposit by Sunday April 5th to hold a spot. If we don't receive it by then, we will ask the next swimmer in line if they would like to participate.

Rough Internary:

9 am- 9:30 am	Check-in (pass out shirts, ect..)
10 am- 10:30 am	Get into groups (single age groups), meet with group coach
10:30 am- 10:50 am	All group meeting
11 am- 12:20/ 12:30 pm	1st in water practice
12:30 pm- 1:20 pm	Lunch and group activity Special guest?
1:30 pm- 2 pm/ 2:15 pm	Dryland (specific to each age group)
2:30 pm- 3:30 pm	2nd in water practice
3:30 pm- 4:30 pm	Snacks/ MINI meet or something similar / relays (parents can watch)
4:30 pm- 5 pm	Final meeting w groups chat about the day
5 pm pick up	

NOTES to DISCUSS

- Budget
- Coach applications due Monday March 13th 5pm
- Swimmer's notified by Sunday March 29th 5pm
- 6 Coach's, 1 per group and gender / 1 designated as Head Coach
- Coach stipend
- When
- Where and cost for pool rental
- Attendees
- Lunch/ Snacks provided
- Shirts/ Swag
- Cost for swimmers to attend