



PVS Select Camp

Invite-Only Opportunity for Top Finishers (Ages 11–14)

Potomac Valley Swimming athletes — the stakes at the upcoming Age Group Championships just got a little higher. Your performance can earn you more than a podium spot.

Potomac Valley Swimming (PVS), in partnership with Fitter & Faster Swim Camps, is offering an exclusive **PVS Select Camp** for athletes ages **11–14**. This invite-only experience is **provided at no cost to participants** (all expenses are covered by the LSC) and is designed for the LSC's top age-group performers. Athletes will receive high-level skill development plus classroom learning focused on racing excellence.

Qualification

Swimmers who finish in the top 3 in any 11–12, 13–14, or 14 & Under event at the 2026 PVS SC Age Group Championships will qualify for the camp. Qualifying swimmers will be asked to provide a contact email address at the awards podium. Invitations and additional details will be sent after the meet concludes. Any questions regarding the camp can be sent to PVS Age Group Chair Chris Schlegel at agegroupchair@pvs swim.org.

Learn from the best

This select camp will be led by two elite clinicians who know exactly what it takes to compete - and succeed - at the highest level:

Destin Lasco: American Record Holder, U.S. National Team Member, and NCAA Champion. Destin also grew up attending **Fitter & Faster** camps himself, so he understands what makes these experiences impactful as both an athlete and a professional. Athletes will learn the details behind his world-class underwater speed, plus the skills and decision-making that drive elite race execution.

Atiba Wade: Master technician and elite Fitter & Faster clinician.

Atiba brings dynamic, high-energy coaching and a rare ability to break down the mechanics of speed, power, and racing tactics in a way athletes can immediately apply.

Training focus

Athletes will train advanced racing skills - **starts, turns, finishes, and relays** - paired with an



engaging classroom session led by the clinicians that will review race footage, mental preparation, nutrition, balancing school and swimming and more.

Camp details

- **Location:** Stone Ridge, 9101 Rockville Pike, Bethesda, MD 20814
- **Tentative schedule:** 8:00am–11:30am and 12:30pm–4:00pm
- **Cost:** Covered by Potomac Valley Swimming

Race hard at Age Group Champs. Earn your invitation. We'll see you at the **PVS Select Camp**.

Before you go, don't miss these upcoming local swim camp opportunities.

Fitter & Faster Swim Camps - Potomac Valley

Potomac Valley Swimming is pleased to share upcoming Fitter & Faster Swim Camps - produced by a long-time, trusted PVS partner - led by elite clinicians, including Olympians and other high-achieving athletes. Thousands of PVS swimmers have attended these small-group camps to improve faster, gain confidence, and race smarter. **Click the links to learn more and register.**

Mar 28–29 | Laurel, MD

Ages 10–12: Freestyle & Backstroke

 [Register Ages 10-12](#)

Ages 13 & Over: Comprehensive Backstroke

 [Register Ages 13+](#)

Mar 28–29 | Fairfax, VA

Ages 7–9: Butterfly & Breaststroke

 [Register Ages 7-9](#)



Ages 13 & Over: Comprehensive Breaststroke

👉 [Register Ages 13+](#)

📍 **Apr 11–12 | Arlington, VA**

Ages 13 & Over: Butterfly & Breaststroke Racing Skills

👉 [Register Ages 13+](#)

📍 **May 23 – May 24 | Springfield, VA**

Ages 10–12: Fast Underwaters, Starts, Turns & Video Filming & Analysis

👉 [Register Ages 10-12](#)

Ages 13+: Fast Underwaters, Starts, Turns & Video Filming & Analysis

👉 [Register Ages 13 & over](#)

Spots Are Limited – Many Sessions Sell Out in Advance

Secure your swimmer's spot today!