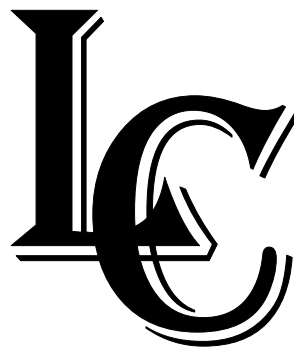


Lawrence Central Swimming & Diving
Summer Competitive Swim Camp
for 11 – 18 years old

- All participants must have a completed IHSAA physical dated after April 1st of 2017 to participate. Please provide a copy of this physical with your registration.
- All participants must be water safe BEFORE enrolling into this camp and have mastered at least one of the four competitive swimming strokes of Freestyle, Backstroke, Breaststroke or Butterfly.
- This camp is for your son or daughter that already knows how to swim and is interested in learning more about how to swim better freestyle, backstroke, butterfly, breaststroke, do flips turns, racing starts off the block and more.
- This camp is for anyone thinking about or currently swimming competitively on a summer swim league, the middle school swim team or high school swim team.
- If you are traveling over the summer, please contact Coach Houchens about prorating the cost of the camp. Cost of camp includes lunch and a t-shirt.
- Please sign up early to insure your spot in the camp.



For more information please contact:

Kris Houchens

Head Swim Coach

317-964-7440

krishouchens@msdl.t.k12.in.us



Lawrence Central Swimming & Diving

2017 Summer Competitive Swim Camp

(11 to 18 years old)

Camp Dates and Times
Please use Door #9 for drop off and pickup.

Lawrence Central Summer Swim Camp will provide a positive environment for bringing out the best in you and your swimming.

This year's camp will be lead by Lawrence Central HS Head Swim Coach, Kris Houchens. Coach Houchens holds a Masters degree in Biomechanics and specializes in stroke technique and race skill development for all levels of swimmers. Tap into over twenty years of experience instructing swimmers of all ages and abilities.

"Coach Houchens has a gift for simple, clear and memorable advice that fits your stage of stroke development,"

*-David Craig
(Masters swimmer)*

Coach Houchens has attained the American Swim Coaches Association highest certification—Level 5. She was awarded the 2007 USMS Coach of the Year, has written several articles for national magazines such as SWIMMER magazine, and is a recurring speaker at the ASCA World Clinic.

June Swim Camp #1 (June 5th, 8th, 12th, 15th, 19th, 22nd) Meets on Monday and Thursdays only.
July Swim Camp #2 (July 10th, 13th, 17th, 20th, 24th, 27th) Meets on Monday and Thursdays only.
Participants need to bring a swimsuit, goggles and towel. Swim caps will be provided. Locker rooms are available for showering and changing.

Daily Timeline

10:00am	Check-in, Topic Talks, Stretch
10:15am – 11:45am	Pool Instruction lead by Lawrence Central Head Coach Kris Houchens. We will cover three topics each day.
11:45am – 12:00pm	Lunch provided through LCHS for camp participants only.
12:00pm – 12:15pm	Parent Pick-up
12pm – 1:45pm	Community Open Swim at Lawrence Central High School, open to the public. Cost \$2, camp participants FREE.
2:00pm – 2:15pm	Parent Pick-up, any camp participant that lives in the area that will be walking to and from the camp will need to fill out a parent consent form.

**Lunch is included with cost of registration.*

Camp Pricing and Waiver

June Swim Camp #1 : \$40.00; July Swim Camp #2: \$40.00; Both Camps \$80.00

Student's Name: _____

Parent's Name: _____

Email Address: _____

Address: _____

Phone #: _____ Emergency #: _____

School Attended last year: _____ 2017-18 Grade: _____

T-Shirt Size: YM___ YL___ YXL___ S___ M___ L___ XL___ XXL___

*All checks should be made out to **LCHS Athletics, Swimming and Diving** .*

Please mail form and check to LCHS, Attention Kris Houchens, 7300 E 56th Street, Indianapolis, 46226 by June 1, 2017

I authorize the directors of the Lawrence Central Sports Camps to act for me according to their best judgment in any emergency requiring medical attention, and waive and release the camp instructors and Lawrence Central High School for all liability for illness or injury.

Parent Signature: _____ Date: _____

Go Bears!!