

The BEARS Essential Swim Training Camp will provide a safe and positive environment for bringing out the best in you and your swimming. For those that are wanting to compete at the High School or Middle School level, staying fit and getting in the water over the off season is essential.

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

"Our hope is to give the kids in our area who love to swim as many opportunities to train in the off season as possible. We have worked hard to put together an affordable effective program here at LC through the HS Athletic Department with support from our local swim club. Hoping to see some familiar faces from the Belzer and LCHS swim teams." -Coach Houchens

Go Bears!!

Lawrence Central HS Swimming & Diving
The BEARS Essential Swim Training
Camp
for 11 – 18 years old

- All participants must sign the waiver before participating.
- All participants must be able to swim at least backstroke and freestyle BEFORE enrolling into this camp.
- This is a training camp designed for your son or daughter that already knows how to swim and is interested in staying fit by exercising with swimming. We will be swimming laps so come prepared to workout.
- 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 training camp.
- 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.k12.in.us*



Lawrence Central HS Swimming & Diving 2018

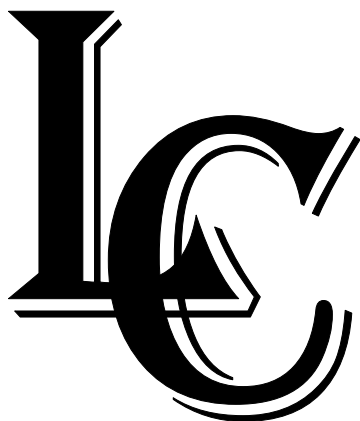
The Bears Essential Swim Training Camp

(11 to 18 years old)

The BEST Training Camp runs in 3 sessions, with each session lasting 4 weeks. There will be NO PRACTICES available for the week of July 2nd through July 8th. Payments can be accepted by the month or for the entire summer at once. To join participants must fill out the registration form, have a parent sign the waiver and bring your program fees. Checks should be made out to Lawrence Central HS Athletics, Swimming. We can not accept credit or debit cards.

Participants need to bring a swim cap, swimsuit, goggles and towel. Locker rooms are available for showering and changing. No over night locks on lockers are permitted. There will be a swim coach at every session and a lifeguard provided.

All practices will be held at Lawrence Central High School. *Please use Door #9 for drop off and pickup.*



The BEST Training Camp

FREE ONE WEEK TRIAL	APRIL 30—MAY 4 (must provide registration and waiver)	
Session # 1	May 7th— June 1st	Cost: \$75.00
Session # 2	June 4th—June 29th	Cost: \$75.00
Session # 3	July 9th—August 4th	Cost: \$75.00
DISCOUNT for paying for all three training camps at once: 3 Session Cost: \$200.00		

Weekly Practice Schedule during School Days

Monday:	Mornings :	6:45am—8:15am	Afternoons: 4:15pm—5:45pm
Tuesday:			Afternoons: 4:15pm—5:45pm
Wednesday:	Mornings :	6:45am—8:15am	Afternoons: 4:15pm—5:45pm
Thursday:			Afternoons: 4:15pm—5:45pm
Friday:	Mornings :	6:45am—8:15am	Afternoons: 4:15pm—5:45pm
Saturday:	Occasional Saturdays offered as makeup days.		

Weekly Practice Schedule during Summer Break *

Monday:	Mornings :	7:15am—8:45am	Afternoons: 5:30pm—7:00pm
Tuesday:			Afternoons: 5:30pm—7:00pm
Wednesday:	Mornings :	7:15am—8:45am	Afternoons: 5:30pm—7:00pm
Thursday:			Afternoons: 5:30pm—7:00pm
Friday:	Mornings :	7:15am—8:45am	Afternoons: 5:30pm—7:00pm
Saturday:	Occasional Saturdays offered as make up days.		

Waiver

Student's Name: _____
 Parent's Name: _____
 Email Address: _____
 Address: _____
 Phone #: _____ Emergency #: _____
 School Attended last year: _____ 2018-19 Grade: _____
 T-Shirts can be purchased for \$12 - 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 LCCHS, 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: _____