

**Group Description**

The Capstone Central group is comprised of Middle School and High School age athletes. This group is designed for athletes who have some competitive swimming background that want to be introduced to club swimming, are involved in other activities and cannot commit to the traditional club model, or are wishing to ‘maintain’ their fitness throughout the year.

The group will be offered in 3, 8 week sessions:

Spring (April-May)

Summer (June-July)

Fall (September-October)

You must sign up for each 8 week session separately. All practices are held at Lawrence Central High School Natatorium, 7300 E 56<sup>th</sup> St, Indianapolis 46226

**Practice schedule**

8 week session	M	T	W	R	F	Sat
Capstone	4-530p		4-530p		4-530p	

**Billing**

Description	Cost	Details
Per 8 week session	\$198	Paid upfront online though our website

**Equipment List**

Group	Mesh bag	Kickboard	Fins	Pull buoy	Snorkel	Paddles
Capstone	X	X	X	X	X	X

**Other info**

- Upgrade to Keystone or Spire available (includes \$50 USA swimming registration upcharge)
- Register at [lawrenceswimteam.org](http://lawrenceswimteam.org), click on Capstone Central tab at the top of the screen to begin registration.
- Group Head Coach, Kris Houchens, [krishouchens@hotmail.com](mailto:krishouchens@hotmail.com), (317) 430-4854
- Questions or concerns contact coach Joel Elber, [joel.elber@gmail.com](mailto:joel.elber@gmail.com) (317) 517-5348