

Be Inspired!

Who we are: Power Aquatics is a group of highly dedicated professional coaches who strive to provide the best environment for your child's social, physiological, and psychological development. We use the sport of swimming to teach the essentials in teamwork, goal setting, and discipline.

What we do: We work to develop the best High School and Middle School swimming & diving teams through USA swimming and the year-round competitive environment. It is also our job to properly prepare your athlete for College Swimming & Diving.

Our motto: Be Inspired! Nothing in life that is substantial can be accomplished without inspiration. We help build dreams and develop confidence through inspiration.

Power Aquatics-North

Hamilton Heights/Tipton

Head Coach:

Lindsey Lord

Lindsey@powerteamwear.com

317-219-3634

Power Aquatics-East

Warren Central High School

Head Coach:

Jason Lancaster

Jason@poweraquatics.com

317-690-0539

Power Aquatics-South

Decatur Central

Co- Coach:

Ryan Nix & Ben Moore

ryan@poweraquatics.com

ben@poweraquatics.com

Power Aquatics-West

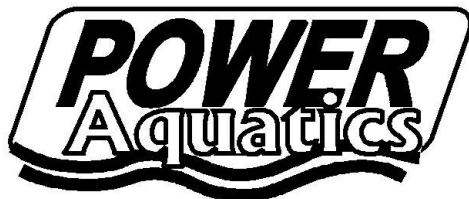
Ben Davis High School

Head Coach:

George Fastrich

George@poweraquatics.com

317-227-4063



Coaches

Our coaching staff has years of experience both as swimmers and coaches. They have competed and coached at the age-group, state, national and even international levels. They are skilled in the up-to-date techniques of our sport.

Power Aquatics - Warren

Jason Lancaster - 317-690-0539
Becca Norsen - 317-319-9354
Alicia Freed -

jason@poweraquatics.com
becca@poweraquatics.com
Alicia@poweraquatics.com

Power Aquatics - Hamilton Heights

Lindsey Lord - 317-219-3634
Alicia Freed—

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Power Aquatics - Tipton

Lindsey Lord - 317-219-3634
Jeremy Fewell - 765-675-7431 ext 127
Lindsay Heron - 765-437-5194
Greg Wilson -

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Power Aquatics - Ben Davis

George Fastrich - 317-227-4063
Codie Taylor

george@poweraquatics.com
codie@poweraquatics.com

Power Aquatics - Decatur Central

Ryan Nix
Ben Moore

ryan@poweraquatics.com
ben@poweraquatics.com



Question/Answer:

Do we ...

- Have to buy a team suit? - No! We encourage purchasing a team suit in order to look like a team at competitions. This is especially important when we have multiple sites. Order at Powerteamwear 317-219-3634.
- Have to attend all meets? - No! You do not have to attend all meets or even all days. You select what meets you wish to attend and what days. Coaches do, however, select what events your athlete will swim.
- Have to attend all practices? - No! You do not have to attend all the practices. If you wish to see the most improvement out of your athlete then higher practice attendance is needed.
- Have to swim during the Summer/Winter? - No! You don't have to do anything. But, in order to build the best team possible year round swimming is necessary. A swimmer loses much of what they gained in as little as a week. Taking either the summer or winter off, you will work most of the season to get back to where you were.

Here is what you will get...

- Professionally trained coaches who are up-to-date on training techniques and strategies.
- Groups of athletes that work together as a team to achieve the most for everyone.
- Relay opportunities that most small clubs do not have the opportunity to do.
- An after school activity for your child to participate in as well as new-found friendships.

Power Teamwear
99 W. Jackson Street
PO Box 538
Cicero, IN 46034
317-219-3634
www.powerteamwear.com

POWER

T E A M W E A R

Who we use for all of our swimwear and custom apparel.

Info



Seasonal Fees:

USA-Swimming Registration:	\$28.50
Team Registration:	\$25

Monthly Fees:

	<u>Age-Group</u>	<u>Credit Card</u>	<u>Check</u>
Bronze Beginner:	9 & under	\$20/month	\$30/month
Bronze Advanced:	11 & under	\$35/month	\$45/month
Silver:	9-14	\$50/month	\$60/month
Gold:	13 & older	\$65/month	\$75/month

Seasons:

Short Course: August—March. High School athletes do not pay during November—January.

Long Course: April—July. This includes long course (50m) training when available.

Schedule:

General Schedule:

Bronze Beginner:	1 hour	Twice/week
Bronze Advanced:	1 hour	3 times/week
Silver:	2 hours	5-6 times/week with dry-lands
Gold:	2 hours	6-9 times/week with dry-lands

For Who:

We can provide something for athletes of all ages and all abilities. We will cater practice to the current level of each athlete. We will help them move to the next level.