Every swimmer on NYSA is automatically eligible to compete in the Empire State Swim League. The Empire State Swim League or ESSL, has been in existence for over 30 years and is comprised of 12-15 swim clubs from the northern Metropolitan area. More than 2,000 local area swimmers participate in this league each season, which runs from October through late March. This league is divided into 2 divisions primarily based on team size.

ESSL offers a unique experience for the USA Age-Group swimmers, allowing the Team Concept to be the competitive focus. These meets offer 64 events covering various strokes and distances. Events are scored individually toward a team total and ribbons are awarded for swimmers placing 1-6 in each event. All 10 and Under swimmers will receive ribbons for each event swum. Coaches will decide what events each swimmer will compete in, these decisions are based on how each swimmer can best contribute to the team’s overall score. Meets are generally held on Saturday or Sunday mornings and can last from 3-4 hours. There is NO CHARGE for events swum at ESSL Duel Meets, only Invitational Meets and Championships have meet fees associated.

It is expected the all NYSA-OC swimmers participate in all ESSL dual or Tri-Meets during the course of the season. Rockland NYSA members are welcome to join in these meets at any time. Please remember, in order to qualify for the ESSL Championship meet swimmers must participate in three (3) in-season meets. All participants will receive a free swim cap. Please remember ESSL meets are scored as a team event making each and every swimmer a vital part of the team line-up. If you cannot attend an ESSL meet please be sure to let your coach know 2 weeks in advance to ensure the strongest line up for our upcoming team competition.