



American Energy Swim Club

2020-2021 Short Course at a Glance

Our mission is to develop leaders with integrity, discipline and excellence in the water, in families, and in the community. Our vision for the future is twofold: To produce elite and national caliber athletes on a consistent basis. To foster communities where water safety and swimming are accessible to all.

Practice Levels

- **Pre-Comp Group** – This group is comprised of novice swimmers that are new to swim and works on learning the basics of swimming. The Pre-comp group does not compete in swim meets. (Ages: 5+)
- **Bronze Group** - This group is comprised of novice competitors. The emphasis in this group is to develop the fundamentals of the four competitive strokes as well as the turns used in racing. (Ages: 6-10 years)
- **Silver Group** - In this group, swimmers move from primary stroke instruction to beginning competitive training. This group of swimmers can perform the four competitive strokes. Direct instruction of the fundamentals and rules of competitive swimming are a must at this level. (Ages: 9–11+/- a year)
- **Gold Group** - Swimmers at the Gold Level are ready to "train" for competition. Many swimmers have achieved several motivational times, state cuts, attend practice regularly, and sign up for meets on a regular basis (must swim all local meets). Intensity of sets and higher yardage is the basis of workouts at this level while stroke technique is still watched closely by the coaching staff. Swimmers at this level are committed to putting the time and effort into their training. Swimmers know what their State Cuts and Zone Cuts are and work to achieve their goals. (Ages: 10-12+/- a year)
- **Junior Group** - This group is for the swimmer who has reached a level of excellence in training and in competition. Swimmers in this group are preparing for specific competitions and for their upcoming transition to the Senior team. This level is for those athletes who can swim at appropriate intervals and who want to challenge themselves and attend a majority of the competitions offered. (Ages: 13-14)
- **Senior Group** - This group is for swimmers who have achieved a level of swimming ability that requires more intense training and faster training intervals. Swimmers at this level who have the necessary desire and dedication are provided with a training program designed for success on the national level in their age divisions. (Ages: 15+)
- **Elite Group** - Sectional team members are at the highest level of swimming in the AESC structure and their training will focus on success at the Region, Jr. National, Sr. National and International levels of competition. These are swimmers who have qualified for the Region VIII meet in one or more events. These swimmers are expected to excel in training and attend all practices provided for them to meet their goals and objectives. (Ages: 15+, Group Size: is capped at 12)
- **Stay Fit Group** - Stay Fit is an opportunity for swimmers age 12 - 19 who may be too busy to swim competitively yet enjoy swimming. Swimmers in this group will be able to practice 3 times per week.

Fee Structure

Upon registration, the water/club fee, the USA registration fee, along the first tuition payment are due. Monthly tuition, and any meets swam are always due on the 1st of each month.

- **Water/Club Fee** Billed \$40 semi -annually on 10/1 & 4/1 \$80/family
- **Water/Club Fee** Billed \$20 semi -annually on 10/1 & 4/1 \$40/family
(Meets only & Stay Fit)
- **USA-S Registration** Billed annually on 9/1 \$79/swimmer

Pre -Comp	\$91	Junior	\$136
Bronze	\$104	Senior	\$156
Silver	\$116	Elite	\$173
Gold	\$124	Stay Fit	\$90
Meets Only	\$55		
Stillwater	\$90		

Parent Volunteer Requirement

We host incredible meets at American Energy Swim Club, and we are only able to do so with the support our Parent Volunteers! There are two seasons per year. Volunteering is not dependent upon your swimmer(s) competing.

A fee of \$250 will be assessed on March 1 and September 1 or prorated for any swimmer withdrawing mid- season. Any family member or friend 13 and over may help. Below is the required number of hours per

group required each season.

Training Group	Short-Course Yard Season	Long-Course Meter Season
Meets-only	5 hrs	5 hrs
Bronze	15 hrs	5 hrs
Silver/Gold	20 hrs	10 hrs
Junior/Senior	25 hrs	10 hrs
Elite	30 hrs	10 hrs
Stillwater	10 hrs	10 hrs

Should AESC host an Oklahoma Swimming State Championship or Division II meet during any season (short course or long course), **every member family** will be required to **work at least one session** of the Division II meet and State Meet, **those having athletes qualify for the State meet will be asked to work two sessions**. This requirement is in addition to the families' regular service hour obligations. Extenuating circumstances will be considered.

For families with multiple swimmers, the number of service hours is determined by the child in the highest training group. (For example, a family with Silver and Bronze level swimmers would be required to contribute 20 hours in the short-course season and 10 in the long-course season)

Coaches and Board Members

Most of our communication with our members is via email. Also, once your swimmer makes the team, you have registered, and your account has been approved, you will receive login credentials to our website.

After logging in, you will have access to much more information.

Coaching Staff		
Head Coach	Chris Van Slooten	chris.vanslooten@aescok.org
Assistant Head Coach	Titus Knight	titus.knight@aescok.org
Lesson/Assistant Age Group Coach	Alli Denison	alli.denison@aescok.org
Age Group Coach	Susanne Smith	susanne.smith@aescok.org
Assistant Age Group Coach	Lyndsey Lohrey	lyndsey.lohrey@aescok.org
Junior/Assistant Age Group Coach	Frank Horpel	frank.horpel@aescok.org
Assistant Coach/Dryland Coach	Holly Glover	holly.glover@aescok.org
Assistant Age Group Coach	Ian Galindo	ian.galindo@eagles.oc.edu
Assistant Age Group Coach	Nathan Anderson	ndanderson2017@gmail.com
Stillwater Coach	Brycen McConnell	Brycen.mcconnell@aescok.org
Board of Directors		
Board President	Nicole Levendofsky	president@aescok.org
Vice-President	Cindy Lightfoot	cindy.lightfoot@aescok.org
Fundraising	Josh Koehn	josh.koehn@aescok.org
Volunteering	Brandy Parks	bluebonnet_72@yahoo.com
Media Relations	George Glover	photos@aescok.org
Apparel	Lori LoVette	apparel@aescok.org
Technique/Coaching	Coach of Assigned Level	
Weekly Practice Schedule	Weekly Update Emails	Sent out each week
Meet Schedule	Website, under Schedules	www.aescok.org
Billing questions	Janet Stafford	armanager@aescok.org

