



Bronze Team

About the Group

Swimmers in the Bronze group will expand their learning of the sport. Technique is heavily emphasized; coaches are engaged in teaching stroke technique, starts, and turns. In addition, swimmers learn practice decorum (how to use the pace clock, which side of the lane to swim, and how to safely pass). In addition to the water side of the sport, children are repeatedly introduced to The AESC Way and what it means to be a member of American Energy Swim Club. Parents will gain greater understanding of our program as well. Specifically, parents will learn more about swim meets and what it takes to host a meet.

Requirements

Expectations/Required Skill

- Ages 6-10 years old
- Recommended Attendance: 2-3 out of 4 available
- Demonstrate ability to consistently swim all four strokes legally
- Shows ability to listen and be attentive to coaches
- Expected to participate in team hosted swim meets
- Able to complete the following test sets:
 - Ability to swim 50 yards/meters Free-style and Backstroke
 - Swim 25 yards/meters Butterfly and Breaststroke
 - 4x25 FS Kick @ :45 (SCY)/:50 (SCM)
 - 4x50 FS @ 1:30 (SCY)/1:40 (SC)
 - 4x50 BK @ 1:30 (SCY)/1:40 (SCM)
 - 4x25 FL w/fins @ :60 (SCY)/1:10 (SCM)
 - 4x25 BR @ :60 (SCY)/1:10 (SCM)

Join Today!

Swimmers interested in joining American Energy Swim Club need to attend a scheduled tryout and be evaluated by a member of our coaching staff prior to registering for any practice group, including Pre-Comp.

E-mail info@aescok.org to schedule a tryout.

Season Dates:

- Short Course Season:
Aug 1-Feb 28
- Long Course Season:
Mar 1-July 31

Practice Location(s):

- Oklahoma Christian Payne Athletic Center
- Mitch Park YMCA

Group Fees:

Registration Fee: \$79 per year

Monthly Practice Fee: \$104.00
(billed on the first of each month to the credit card on file.)

Semi-annual Water Fee of \$40 per family billed on Oct. 1 and April 1.

Volunteering at Team

Hosted Meets:

Short course required hours: 15 Hrs.

Long course required hours: 5 Hrs.

Required Equipment

Kick board
Long or Short fins

