



Elite Team

About the Group

This group is the top of the program. Swimmers with Sectional times will be considered to train at this level. Athletes in this group embody the objectives of the previous groups. In addition they are to exemplify The AESC Way. These athletes have increased, and intensified practices. Their investment into swimming at this level supersedes time in the water. Athletes become more involved in the sport within our club, LSC, and nationally.

Requirements

Expectations/Required Skill

- Ages: 15+
 - Group Size: is capped at 12 athletes
 - Attendance: 90% requirement: at least 1 Sectional Cut
 - This standard may be elevated to the swimmer having at least 1 Futures/NCSA cut
 - Demonstrate the four competitive strokes
 - Minimum 90% attendance
 - Ability to continuously swim 30 minutes
 - 10x200 IM @ 2:45 (SCY)
 - 10x100 K @ 1:40 (SCY)
 - 20x100 FS @ 1:10 (SCY)
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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):

- Mitch Park YMCA

Group Fees:

USA-S Registration Fee: \$79 per year (insurance coverage)

Monthly Practice Fee: \$173.00 (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:30 Hrs.

Long course required hours:10 Hrs.

Required Equipment

Kick board
Pull buoy
Fins (short or long)
Snorkel
Hand Paddles
8" Finis Parachute
FINIS Tempo Trainer
Old tennis shoes