



Gold Team

About the Group

At the Gold level, swimmers may still be exploring their interests, but as they age they are starting to shorten the list of interests so that pursuit of goals comes into focus. Children will work with their coach to put their vision into practice. It is important to stress here that at this age of development their bodies are changing THEREFORE technique is still highly stressed at this stage. Swimmers will also begin to experience more difficult practices (compared to Silver) in order to stress and refine their technique.

Requirements

Expectations/Required Skill

- Ages 10-12 +/- 1 year
- Recommended Attendance: 80%
- Shows ability to listen and be attentive to coaches
- Expected to participate in team hosted and local swim meets. A few travel meets will be encouraged.
- Committed to attending highest qualified championship meet for the season
- Introduction of dryland skills as part of weekly practice structure
- Able to complete the following test sets:
 - 6x100 FS @ 2:00 (SCY)/2:10 (SCM)
 - 6x100 IM @ 2:10 (SCY)/2:20 (SCM)
 - 8x50 FS K @ 1:10 (SCY)/1:20 (SCM)
 - 10x50 FS @ :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:

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

Monthly Practice Fee: \$124.00 (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:20 Hrs.

Long course required hours:10 Hrs.

Required Equipment

Kick board
Pull Buoy
Long or Short fins
Snorkel (optional)