



# Junior Team

## About the Group

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The Junior group is designed specifically for swimmers ages 13 and 14 years old, ranging in ability from beginner competitive to the top 13-14 swimmers in the state. Coaches focus on the development of each individual while increasing speed and endurance. Swimmers are able to progress through the program at their own rate to reach their potential and reach their goals.

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## Requirements

### Expectations/Required Skill

- Ages 13-14
- Shows ability to listen and be attentive to coaches
- Expected to participate in team hosted and local swim meets. Travel meets will be encouraged.
- Committed to attending highest qualified championship meet for the season
- Demonstrate the four competitive strokes
- Minimum 80% attendance (If a swimmer falls below 80% attendance average for two weeks an email will be sent home. If the swimmer's attendance continues to be under 80% for another two weeks, Coach Knight will schedule a meeting with the swimmer and his/her parent(s)).
- Ability to continuously swim 30 minutes
- 6x200 IM @ 3:20 (SCY)
- 10x100 K @ 2:00
- 16x100 FS @ 1:30

## Join Today!

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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](mailto: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: \$136.00 (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:25 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