



Pre-Competitive Team

About the Group

The Pre-Comp group is the perfect fit for those looking for their first experience with a competitive swim team while balancing their involvement in other activities. This training group is meant to bridge the gap between a child's first experience with either a learn-to-swim program or a summer recreation swim team and a year-round competitive swim team.

Requirements

Expectations/Required Skill

- For swimmers 10 years old and younger
- Able to swim 25 yards freestyle and 25 yards backstroke unassisted
- Have been introduced to all four competitive strokes
- Shows ability to listen and be attentive to coaches

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:

Oklahoma Christian
Payne Athletic Center

Group Fees:

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

Monthly Practice Fee: \$91.00 (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 Meets:

If your child chooses to swim in a team hosted swim meet, we ask that you volunteer when your child is swimming.

Required Equipment:

Kickboard

Long or short fins