



Senior Team

About the Group

The Senior Group is designed specifically for swimmers ages 15 and older years old, ranging in ability from high school swimmers to the top senior swimmers at the state and national level. 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.

Swimmers at this stage of development have narrowed their interests and swimming becomes an area of focus. At these levels, athletes learn, and hopefully understand, the connection between investment of time (and ability and results).

Requirements

Expectations/Required Skill

- Ages: 15+
- 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 Van Slooten will schedule a meeting with the swimmer and his/her parent(s)).
- Ability to continuously swim 30 minutes
- 10x200 IM @ 3:00 (SCY)
- 10x100 K @ 1:50 (SCY)
- 20x100 FS @ 1:20 (SCY)

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: \$156.00 (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

