



Silver Team

About the Group

The next level in our program is the Silver level. Here, children will begin to learn to the opportunities swimming provides (lifeguard, swim instructor, teacher, coach). In addition, children will learn how to set goals and engage in a dialogue with their coach about what they will need to do to reach their goals. Technique is still heavily emphasized and swimmers begin to explore stroke efficiency. Swimmers will also begin to have stronger level- appropriate workouts steeped in technique and kicking.

Requirements

Expectations/Required Skill

- Ages 9-11 +/- 1 year
- Recommended Attendance: 80%
- Shows ability to listen and be attentive to coaches
- Expected to participate in team hosted and local swim meets
- Legally complete 100 IM
- Able to do start/dive from the blocks, flip turns, and legal finishes for all strokes
- Able to complete the following test sets:
 - 6x50 FS @ 1:10 (SCY)/1:20 (SCM)
 - 6x50 BK @ 1:20 (SCY)/1:30 (SCM)
 - 8x25 FL w/fins @ :40 (SCY):45 (SCM)
 - 6x50 BR @ 1:20 (SCY)/1:30 (SCM)
 - 6x50 FS K @ 1:20 (SCY)/1:30 (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: \$116.00 (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)