

ECST AQUA TROJANS

<https://ecst.teampages.com/clubs/5563>

2025 Summer Swim Season

The East Central Aqua Trojans Swim Team is for all levels of kids ages 5-18 (must be able to swim unassisted one full length of pool.) You will learn strokes, entries, turns and improve your endurance as well as have the experience of competing as part of America's Team. ECST is a USA swimming organization. What does this mean? It means that you are on the same team as 300,000 other swimmers nationwide.

NEW REGISTRATION: Monday May 5 at 5:00pm *****PLEASE BRING COPY OF BIRTH CERTIFICATE*****

FIRST PRACTICE: Monday May 5th from 5:00-6:30pm (depending on group ** NEW?
Come at 5:00pm)

COST: \$150 per swimmer + *\$40 USA Swimming Fee (*If not currently registered)

PRACTICES:

GOLD Monday-Friday 5:00-6:30pm (May 5 – July 13)**

- advance stroke technique
- meet & racing technique
- strength training

SILVER Monday-Friday 5:00-6:30pm (May 5 – July 13)**

- clear understanding and demonstration of all four competitive strokes
- transition to competitive swimming

BRONZE Monday - Thursday 5:00-6:15pm (May 5 – July 13)**

- brand new swimmers
- basic understanding of strokes and competitive swimming

****ALL PRACTICES IN THE AM ONCE SCHOOL IS OUT****

Gold/Silver 8:00-10:30am, Bronze 9:00-10:15am

SWIM MEETS

There are many meets available for novice swimmers to elite swimmers throughout the summer months.

SWIM SEASON

Regular swim season is May 5 – July 13 with swimmers with divisional, state, zone, futures time cuts practicing up to the beginning of August

QUESTIONS

Brandon Loveless, Head Coach

bsloveless@sunmandearborn.k12.in.us

812-576-4811 ext. 11603



Become a Champion!

ECST has 89 SE Divisional Champions and State Champions and over 232 Event Qualifications for the State & Central Zone, USA Swimming Futures and Junior National Meets!