

# ECST AQUA TROJANS

<http://www.ecst.teampages.com/>

## 2020 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.

**REGISTRATION** Tuesday April 21 or Thursday April 23 from 5:30-6:30

**\*\*\*PLEASE BRING COPY OF BIRTH CERTIFICATE\*\*\***

**FIRST PRACTICE:** Monday April 27 from 5:30-7:30 (depending on group)

**COST:** \$150 per swimmer + \$35.50 USA Swimming Fee (If not currently registered)

### **PRACTICES:**

**GOLD** Monday-Friday 5:30pm-7:30pm (April 27 – July 14)\*\*

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

**SILVER** Monday-Friday 5:30pm-7:00pm (April 27 – July 14)\*\*

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

**BRONZE** Monday, Tuesday, Thursday 5:30pm-6:30pm (April 27 – July 14)

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

**\*\*Times Subject to change once school is out for the summer\*\***

### **SWIM MEETS**

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

### **SWIM SEASON**

Regular swim season is April 27 – July 14 with swimmers with divisional, state, zone, futures time cuts practicing up to the beginning of August

### **QUESTIONS**

Brandon Loveless, Head Coach

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812-576-4811 ext 11603



## Become a Champion!

ECST has 50 SE Divisional Champions and State Champions and over 130 Event Qualifications for the State & Central Zone and USA Swimming Futures Meets!!