



## 2023-2024 TORONTO SWIM CLUB GROUP DESCRIPTIONS

**Toronto Swim Club believes in the pursuit of excellence through the systematic development of skills, attitudes and training challenges.**

- Swimmers are advanced through the programs once they are physically, mentally and emotionally ready to handle the challenge of the next level. Swimmers are required to acquire a set list of skills prior to any move.
- Demonstrates a respectful and positive attitude, embraces challenges, is coachable, responsible and a good teammate
- Every effort is made to ensure that no steps are skipped in the development process to ensure continued and long term success in the sport.
- The teaching and introduction of skills (and their progressions) are linked between groups so that coaches use the same terminology, similar drills and expectations.
- The club believes in creating well rounded swimmers who can compete in all 4 strokes.
- Kicking development is emphasized from the Academy levels and maintained through all the National, Senior, Junior and Youth programs.
- Swimmers are taught that success comes from hard work, dedication and learning from your experiences.
- Other objectives of the program include fostering such positive attitudes as self -reliance, discipline, confidence, respect and team pride; developing team unity and instilling a lifelong love of swimming.
- Time standards in the group selection criteria are based on the swimmer's age through the championship meet season (February/March 2024)
- All changes in group placement must be agreed to by the coaches of the group the swimmer is departing from, and the group the swimmer is moving into, and must be approved by the Head Coach.

**\*\*The Head Coach retains full discretion for all final group placement decisions\*\***



## TSC COMPETITIVE PROGRAM GROUP STRUCTURE

<b>NATIONAL</b>		
AGES: 14-18 GRADES: 9-12	AGES: 11-13 GRADES: 7-8	AGES: 9-11 GRADES: 4-6
<b>SENIOR PROVINCIAL</b>	<b>JUNIOR PROVINCIAL</b>	<b>YOUTH FESTIVAL</b>
<b>SENIOR BLUE</b>	<b>JUNIOR BLUE</b>	<b>YOUTH BLUE</b>
<b>SENIOR WHITE</b>	<b>JUNIOR WHITE</b>	<b>YOUTH WHITE</b>
<b>SENIOR ORANGE</b>	<b>JUNIOR ORANGE</b>	<b>YOUTH ORANGE</b>

## NATIONAL PROGRAM

Ages 14 + over

The National Group will lead the competitive program by demonstrating the positive attitudes and commitment of hard-working athletes as they train and compete at a National level. Athletes are supported as they develop into high performing student-athletes, balancing the demands of school, training and representing TSC on the national stage.

### NATIONAL

**DAILY TRAINING:** 11 sessions weekly - 8 Pool + 3 Strength Training

### **SELECTION CRITERIA**

Swimmers will be considered for the National group based on an evaluation of the following criteria:

- OSC qualification for 2024
- Demonstrated attendance commitment - over 90% from previous year
- Full commitment to 11 training sessions, competition calendar & designated training camps
- Demonstrates ability to meet the training demands of this group; physically and emotionally
- Committed to training with the highest level of consistency, effort, and intensity
- Has chosen swimming as their primary extra-curricular activity
- Full participation and commitment to strength training / Goldring sessions
- Group placement at the full discretion of the Head Coach
- Recommendation from current coach

## SENIOR PROGRAM

Ages 14-18/Grade 9-12

The Senior Program supports athletes competing at Provincial and Regional championship meets with the aspiration to progress into the National program. Athletes are supported as they develop into high performing student-athletes, balancing the demands of school, training and competing.

### SENIOR PROVINCIAL

**DAILY TRAINING:** 9 sessions weekly - 7 Pool + 2 Strength Training

#### **SELECTION CRITERIA**

- OYJ qualification in 2 or more events for 2024
- Demonstrated attendance commitment - over 90% from previous year
- Commitment to the competition calendar; including training camps, and all meets
- Demonstrates ability to meet the training demands of this group
- Committed to training with a high level of consistency, effort and intensity
- Able to complete 10 x 100 Free @ 1:25, 200 Kick @ 3:00, 5 x 200 IM @ 3:00
- Chosen swimming as the primary extra-curricular activity
- Recommendation from current coach

### SENIOR BLUE

**DAILY TRAINING:** 8 sessions weekly - 6 Pool + 2 Strength Training

#### **SELECTION CRITERIA**

- Swim Ontario "C" Standard for 2024
- Demonstrated attendance commitment - over 85% from previous year
- Commitment to the competition calendar; including Regional & Invitational meets
- Demonstrates ability to meet the training demands of this group
- Committed to training with consistent effort and intensity
- Able to complete 10 x 100 Free @ 1:30, 200 Kick @ 3:20, 5 x 200 IM @ 3:20
- Chosen swimming as a high priority extra-curricular activity
- Recommendation from current coach

### SENIOR WHITE

**DAILY TRAINING:** 6 sessions weekly - 5 Pool + 1 Strength Training

#### **SELECTION CRITERIA**

- Swim Ontario "E" Standard for 2024
- Demonstrated attendance commitment - over 80% from previous year
- Commitment to the competition calendar; including Invitational meets
- Demonstrates ability to meet the training tasks of this group
- Committed to training with a high level of consistency, effort and intensity
- Able to complete 10 x 100 Free @ 1:40, 200 Kick @ 3:45, 5 x 200 IM @ 3:40
- Chosen swimming as a high priority extra-curricular activity
- Recommendation from current coach

### SENIOR ORANGE

**DAILY TRAINING:** 4 pool sessions weekly

#### **SELECTION CRITERIA**

- Approaching Swim Ontario "E" Standard for 2024
- Demonstrated attendance commitment - over 75% from previous year
- Competitive opportunities offered will require swimmers to opt into meet entries
- Desire to continue to refine skills in all strokes as well as improving training capacity

## JUNIOR PROGRAM

Ages 11-13/Grade 7-8

The Junior Program builds on the technical development from the Youth Program. Athletes will be introduced to swimming with increased intensity, specificity, and challenges. Skill development in all 4 strokes will be emphasized in training and competition.

### JUNIOR PROVINCIAL

**DAILY TRAINING:** 7 sessions weekly - 6 Pool + 1 Dryland Training

#### **SELECTION CRITERIA**

- Swim Ontario "B" Festival Standard in 2 or more events for 2024
- Demonstrated attendance commitment - over 90% from previous year
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Committed to training with a high level of consistency, effort and intensity
- Demonstrated ability to complete consistently 10 x 100 Free @ 1:35, 8 x 100 Kick @ 2:00, 5 x 200 IM @ 3:30

### JUNIOR BLUE

**DAILY TRAINING:** 5 pool sessions weekly

#### **SELECTION CRITERIA**

- Swim Ontario "D" Festival Standard in 2 or more events for 2024
- Demonstrated attendance commitment - over 85% from previous year
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Committed to training with a high level of consistency, effort and intensity
- Demonstrated ability to complete consistently 8 x 100 Free @ 1:40, 8 x 50 Kick @ 1:05, 5 x 100 IM @ 2:00

### JUNIOR WHITE

**DAILY TRAINING:** 5 pool sessions weekly

#### **SELECTION CRITERIA**

- Approaching Swim Ontario "E" Festival Standard in 2 or more events for 2024
- Demonstrated attendance commitment - over 80% from previous year
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Committed to training with a high level of consistency, effort and intensity
- Demonstrated ability to complete consistently 6 x 100 Free @ 1:45, 8 x 50 Kick @ 1:10, 4 x 100 IM @ 2:10

### JUNIOR ORANGE

**DAILY TRAINING:** 4 pool sessions weekly

#### **SELECTION CRITERIA**

- Demonstrated attendance commitment - over 75% from previous year
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Committed to training with a high level of consistency, effort and intensity
- Demonstrated ability to complete consistently 4 x 100 Free @ 2:00, 6 x 50 Kick @ 1:20, and complete sets involving all 4 strokes

## YOUTH PROGRAM

Ages 9-11/Grades 4-6

The Youth Program will focus on the fundamentals of skills and technique of swimming. The advancement of each individual's technical foundation in all 4 strokes as well as kicking skills will be prioritized. Athletes will learn to work in a positive team environment, focus on details, and embrace new challenges. Group placements from the Academy into the competitive stream are based on recommendations from the Academy Director and current coach.

### YOUTH FESTIVAL

**DAILY TRAINING:** 5 pool sessions weekly

#### **SELECTION CRITERIA**

- Demonstrated attendance commitment - over 90% from previous year
- Proficient in all 4 strokes, starts and turns
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Able to complete 5 x 100 Free @ 1:50, 8 x 50 Kick @ 1:10
- Swim Ontario "C" Festival Standard in 2 or more events for 2024

### YOUTH BLUE

**DAILY TRAINING:** 5 pool sessions weekly

#### **SELECTION CRITERIA**

- Demonstrated attendance commitment - over 85% from previous year
- Proficient in all 4 strokes, starts and turns
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Able to complete 5 x 100 Free @ 2:00, 8 x 50 Kick @ 1:15
- Swim Ontario "D" Festival Standard in 2 or more events for 2024

### YOUTH WHITE

**DAILY TRAINING:** 4 pool sessions weekly

#### **SELECTION CRITERIA:**

- Demonstrated attendance commitment - over 80% from previous year
- Proficient in all 4 strokes, starts and turns
- Commitment to the competition calendar
- Demonstrates ability to meet the training demands of this group
- Able to complete 4 x 100 Free @ 2:10, 6 x 50 Kick @ 1:20
- Swim Ontario "E" Festival Standard (or approaching) in 2 or more events for 2024

### YOUTH ORANGE

**DAILY TRAINING:** 3 pool sessions weekly

#### **SELECTION CRITERIA:**

- Demonstrated attendance commitment - over 75% from previous year
- Desire to continue to refine skills in all strokes, starts and turns
- Demonstrates commitment to develop training capacity
- Able to complete 6 x 50 Free @ 1:20, 4 x 50 Kick @ 1:30

## TSC ACADEMY SWIM PROGRAMS

The Toronto Swim Club Academy is a pre-competitive program designed to introduce the fundamental skills of competitive swimming in a fun and engaging environment. The program targets swimmers 10 & under and is divided into groups based on age and ability, with the following goals being reinforced and promoted in all Academy levels:

- Development of skills across all 4 competitive strokes
- Proper body position, streamline, kicks, basic drills, starts and turns
- Basic knowledge of pace clock
- Understanding of lane etiquette (orders, circle swimming)
- Respect for teammates, coaches, and facilities
- Consistent effort in practice
- Strong attendance at practice and swim meets

Progression through the Academy levels is based on meeting certain criteria: age, skill achievement, commitment, and training habits. A high level of attendance is expected of all swimmers to ensure proper skill development. Each Academy level below details the selection criteria, age range, and an overview of the goals. Time spent in each Academy level and selection into the competitive stream varies based on the swimmer's rate of development.

### BRONZE, SILVER & GOLD PROGRAMS (AGES 10 & UNDER):

#### BRONZE

**AGES:** 8 years old & under (Grades 1-3)

**TRAINING:** 45 minutes per session, 2 times weekly

**SELECTION CRITERIA:**

- able to swim 25 meters of freestyle, breathing to the side, no stopping
- able to swim 25 meters of backstroke, no stopping
- must be 8 years old or younger

**BASIC GOALS:**

- legal in freestyle, backstroke, and breaststroke
- dives from the block, flip turns
- train and compete to be promoted to Silver & Silver Select

#### SILVER

**AGES:** 6-9 years old (Grades 2-4)

**TRAINING:** 60 minutes per session, 2 times weekly

**SELECTION CRITERIA:**

- able to swim 25 meters of freestyle, breathing to the side, no stopping
- able to swim 25 meters of backstroke, no stopping
- able to perform proper whip kick
- must be 9 years old or younger

**BASIC GOALS:**

- legal in freestyle, backstroke, breaststroke, and butterfly
- dives from the block, turns for all individual strokes
- introduction to interval training
- train and compete to be promoted to Silver Select, or Gold

## SILVER SELECT

**AGES:** 6-9 years old (Grades 2-4)

**TRAINING:** 60-90 minutes per session, 3 times weekly

**SELECTION CRITERIA:**

- advanced Bronze & Silver skills and training habits
- 90% or higher attendance in practice and swim meets in prior swim season
- Academy Director's discretion
- must be 9 years old or younger for entire season

**BASIC GOALS:**

- legal in freestyle, backstroke, breaststroke, and butterfly
- dives from the block, turns for all individual strokes
- development of interval training
- train and compete to be promoted to Gold or Gold Select

## GOLD

**AGES:** 7-10 years old (Grades 3-5)

**TRAINING:** 60-90 minutes per session, 3 times weekly

**SELECTION CRITERIA:**

- skills across all 4 strokes, starts, and turns
- able to legally swim 50 meters of backstroke, 50 meters of breaststroke, 50 meters of freestyle and 25 meters of butterfly
- able to execute a proper side push off with underwater dolphin kicks
- must be 10 years old or younger for entire season

**BASIC GOALS:**

- side push off, streamline, kicks, starts, and turns (individual strokes and individual medley) performed regularly in practice and swim meets
- progress interval training, introduce aerobic base training
- train and compete to be promoted to Gold Select or the Youth Program in the competitive stream

## GOLD SELECT

**AGES:** 7-10 years old (Grades 3-5)

**TRAINING:** 60-90 minutes per session, 4 times weekly

**SELECTION CRITERIA:**

- advanced Silver & Gold skills and training habits
- 90% or higher attendance in practice and swim meets in prior swim season
- Academy Director's discretion
- must be 10 years old or younger for entire season

**BASIC GOALS:**

- side push off, streamline, kicks, starts, and turns (individual strokes and individual medley) performed regularly in practice and swim meets
- progress interval training and aerobic base training
- train and compete to be promoted to the Youth Program in the competitive stream





## ACADEMY PROGRESSION

AGES: 10 & UNDER

