

TSC 2025-2026 Group Descriptions

NATIONAL PROGRAM

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 ELITE

TRAINING FREQUENCY: 12 sessions weekly - 9 Pool + 3 Strength Training

PURPOSE:

1. Develop a cohesive training group that will allow our highly dedicated and elite performing swimmers to reach National and International prominence.
2. Support swimmers who have demonstrated performance at National level and require additional training support to achieve their potential.

SELECTION CRITERIA:

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

- Swimming Canada Trials qualification in multiple events
- USA Swimming Pro Series qualification
- Prepared to be team leaders and present themselves as the face of TSC
- Demonstrated attendance commitment of over 95% from previous year
- Full commitment to 12 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
- Should a swimmer fail to meet the expectations and criteria of the program, the swimmer will be placed in a more appropriate training group

NATIONAL

TRAINING FREQUENCY: 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:

- Swimming Canada Trials qualification preferred
- OSC qualification in multiple events across at least 2 strokes for 2026
- Demonstrated attendance commitment of 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

*****The Head Coach retains discretion to apply these criteria in the best interest of TSC*****

TSC 2025-2026 Group Descriptions

SENIOR PROGRAM

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

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

SELECTION CRITERIA:

- OSC qualification preferred for 2026
- OAG qualification in multiple events across at least 2 strokes for 2026
- OAG qualification for 400 free or 200 IM
- Demonstrated attendance commitment of 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
- Chosen swimming as the primary extra-curricular activity

SENIOR BLUE

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

SELECTION CRITERIA:

- Central Region Division 1 LC qualification in multiple events over at least 2 strokes for 2026
- Central Region Division 1 LC qualification in 400 free or 200 IM
- Demonstrated attendance commitment of 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

SENIOR WHITE

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

SELECTION CRITERIA:

- Central Region Division 2 LC qualification in multiple events for 2026
- Central Region Division 2 LC qualification in 400 free or 200 IM
- Demonstrated attendance commitment of 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

*****The Head Coach retains discretion to apply these criteria in the best interest of TSC*****

TSC 2025-2026 Group Descriptions

SENIOR ORANGE

TRAINING FREQUENCY: 4 pool sessions weekly

SELECTION CRITERIA:

- Approaching Central Region Division 2 LC qualification for 2026
- Demonstrated attendance commitment of over 75% from previous year
- Competitive opportunities offered will require swimmers to opt into meet entries
- Demonstrates ability to meet the training tasks of this group
- Desire to continue to refine skills in all strokes as well as improving training capacity

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TSC 2025-2026 Group Descriptions

JUNIOR PROGRAM

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. The Junior Program will help athletes develop the necessary competitive traits to be successful and competitive long term at both a Provincial and National level. Learning how to train and developing the right skill set to become a more well rounded athlete and swimmer will be the goals and objectives of the program each day. Consistency, intensity and an understanding of what is required at a Senior level will be emphasized both at training and competition. The Junior Program emphasizes the importance of having the sport of swimming as a high priority in the swimmer's life and reinforces the importance of commitment, integrity and intensity daily.

JUNIOR PROVINCIAL

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

SELECTION CRITERIA:

- OAG qualification in multiple events for 2026
- Central Region Division 1 LC qualification in 400 free/800 free and 200 IM
- Demonstrated attendance commitment of 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
- Committed to the integrity of the group goals and being held accountable for both the training objectives through daily consistency but also the performance standards at meets and competitions
- Being able to meet certain benchmarks both in training and competition
- Developing the right habits and routines to be successful at the Senior level

JUNIOR BLUE

TRAINING FREQUENCY: 5 pool sessions weekly

SELECTION CRITERIA:

- Central Region Division 1 LC qualification in 3 or more events for 2026
- Central Region Division 2 LC qualification in 400 free and 200 IM
- Demonstrated attendance commitment of 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
- Being able to meet certain benchmarks both in training and competition
- Developing the right habits to be successful in both the Junior Provincial group but also in the Senior level.

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TSC 2025-2026 Group Descriptions

JUNIOR WHITE

TRAINING FREQUENCY: 5 pool sessions weekly

SELECTION CRITERIA:

- Central Region Division 2 LC qualification in 4 or more events for 2026
- Approaching Central Region Division 2 LC qualification in 200/400 free and 200 IM
- Demonstrated attendance commitment of 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

JUNIOR ORANGE

TRAINING FREQUENCY: 4 pool sessions weekly

SELECTION CRITERIA:

- Central Region Division 2 LC qualification or approaching for 2026
- 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

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TSC 2025-2026 Group Descriptions

YOUTH/TOP PROGRAMS

The Youth & Top Programs 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 are based on recommendations from the Academy Director and current coach.

YOUTH PROVINCIAL

TRAINING FREQUENCY: 5 pool sessions weekly

SELECTION CRITERIA:

- OAG qualification or approaching for 2026
- Central Region Division 1 LC qualification in multiple events for 2026
- Central Region Division 1 LC qualification in 200/400 free and 200 IM
- Demonstrated attendance commitment of 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

TOP PROVINCIAL

TRAINING FREQUENCY: 5 pool sessions weekly

SELECTION CRITERIA:

- OAG qualification or approaching for 2026
- Central Region Division 1 LC qualification in multiple events for 2026
- Demonstrated attendance commitment of 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

YOUTH BLUE

TRAINING FREQUENCY: 5 pool sessions weekly

SELECTION CRITERIA:

- Central Region Division 2 LC qualification in multiple events for 2026
- Approaching Central Region Division 2 LC qualification in 200/400 free and 200 IM
- Demonstrated attendance commitment of 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

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TSC 2025-2026 Group Descriptions

YOUTH WHITE

TRAINING FREQUENCY: 4 pool sessions weekly

SELECTION CRITERIA:

- Central Region Division 2 LC qualification or approaching for 2026
- Demonstrated attendance commitment of 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

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