

Minis Swimmers wishing to be considered for Minis should satisfy the following:

- Be able to come to at least 2 practices per week consistently.
- Be legal in at least 3 strokes, and close to being legal in the 4th.
- Be coachable and able to pay attention to instructions.

Goals / Expectations of Swimmers in Minis:

- Minis swimmers should be legal in all 4 strokes by the time the season is done.
- Attend most of the swim meets.
- Swim a 100 IM legally.
- Push off on streamlines of every wall, and perform legal turns for each stroke.
- Basic understanding of how to use the pace clock.

J2 Swimmers wishing to be considered for J2 should satisfy the following:

- Be able to come to at least 3 practices per week consistently.
- Be legal in all 4 strokes.
- Be coachable and willing to work hard to prepare for J1 or AGD.

Goals / Expectations of Swimmers in J2:

- Improve technique in all strokes, streamlines and turns.
- Enhance Underwater Kicking Skills.
- Improve endurance.
- Develop a passion for the sport to be willing to pursue and move to more challenging groups.

J1 Swimmers wishing to be considered for J1 should satisfy the following:

- Legal in all 50s + 100 IM.
- Showcase strong work ethic and coachability.
- Basic understanding of what an interval is.
- Strong Kick and/or Body Control.

Goals / Expectations of Swimmers in J1:

Complete 200 FR, 200 IM, 100 FL within the season.
Complete 100s of Stroke.
Work hard to prepare for transition to L2 or AGD.
Create a strong foundation of a love of learning and fundamentals to excel in AGD or L2.

AGD Swimmers wishing to be considered for AGD should satisfy the following:

Have completed 11-12 year old IMR (200 free, 50 back, 50 breast, 50 fly, 100 IM) events.
Have a 200 IM time entering the group.
Be coachable and able to pay attention to instructions.

Goals / Expectations of Swimmers in AGD:

Attend 3x practices per week.
Train 11 months of the year (Sept through July)
Attend scheduled meets.
Be able to swim all 11-12 year old IMX (500 free, 100 back, 100 breast, 100 fly, 200 IM) events.
Work towards swimming all IMX events as a 13-14.

L2 Swimmers wishing to be considered for L2 should satisfy the following:

Show a consistent 3x practice minimum attendance in J1 and 4x weekly attendance in AGD.
Willing to do Wednesday morning practice and attend most meets.
For J1 (10yr olds) - Complete all 9-10 IMX events before joining the group + 500 FR.
For 11-12's, complete IMX events :500 Fr, 200 IM, 100 Fly, 100 Back, 100 Breast scoring 1800 points, complete 200 bk, 200 br
Have multiple JO cuts., A times and/or "BB" standard minimum in two or more competitive strokes.
Swimmer has 200 FR time below 2:35 (11-12) 2:45 (10 yr olds coming from J1) and 200 IM time below 2:50 before entering L2.
Attends dryland/strength training weekly and eats nourishing foods to build strength.

Goals / Expectations of Swimmers in L2:

Minimum 4x practice attendance + dryland (5x weekly before moving up to L1).
L2 swimmers are focused on swimming as their primary sport and can manage 4x practice if doing other activities.
Goal of the group is for all swimmers to qualify for IMX (1800 points across 500 FR, 100 FL, 100 BK, 100 BR, 200 IM).

L2 families must be comfortable with swimmers missing up to 5-7 days of school annually for championship & travel meets.
L2 swimmers are expected to train 11 months out of the year (September through July).
L2 swimmers are expected to work towards 11-12 NCI, JO cuts, ISCA, LC Champs cuts and Eastern Zones in summer.
12 year old swimmers seeking to join L1 must have multiple JO cuts / A times and 1800 IMX points in all 13-14 IMX events.
Before entering L1, swimmer should have a 200 FR time below 2:20 and 200 IM time below 2:35.

L1 Swimmers wishing to be considered for L1 should satisfy the following:

Show a consistent 4x practice attendance in L2 with 5x weekly attendance as a 12 year old.
Regular morning practice attendance and full meet attendance.
Regular dryland / strength training attendance - the swimmer should show they are committed to getting stronger.
Have multiple JO cuts or A times as a 12 year old.
Have an IMX score as a 12 year old with at least 1800 total IMX points.
12 year olds should complete the 13-14 IMX events before moving up to L1 (500 FR, 200 FL, 200 BK, 200 BR, 200 IM, 400 IM).
Should have a 200 FR time below 2:20 and 200 IM time below 2:35 before entering L1.
Swimmers wishing to be considered for L1 should display a mature mindset and attitude.
This includes goal setting, prioritizing getting to practice, ability to communicate with the coach, and leadership capabilities.

Goals / Expectations of Swimmers in L1:

Minimum 5x practice attendance + dryland (95% attendance for swim & dryland).
L1 swimmers are focused on swimming as their primary activity and do not participate in other sports that conflict.
Goal of the group is for all swimmers to qualify for IMX (1800 points across 500 FR, 200 FL, 200 BK, 200 BR, 200 IM, 400 IM).
L1 families must be comfortable with swimmers missing up to 10 days of school annually for championship & travel meets.
L1 swimmers are expected to train 11 months out of the year (September through July).
L1 swimmers are expected to work towards 11-12 or 13-14 JO cuts in the spring and Age Group Champs cuts in the summer.
L1 swimmers are expected to work towards ISCA cuts, NCI cuts, and Eastern Zones cuts.
14 year old swimmers in L1 wishing to be considered for T group must have multiple JO cuts / A times.
14 year old swimmers wishing to move to T group should attend 6 swims + 2 drylands in the 6 month period before moving up.

SD Swimmers wishing to be considered for SD should satisfy the following:

Show a consistent 3-4x practice attendance in AGD or L2.

Willing to do morning practice and attend most meet sessions including finals.
Complete IMX events for 11-12 (500 Fr, 200 IM, 100 Fly, 100 Back, 100 Breast) aiming for 1650 or more points.
If 13 yrs old, then swimmers has started competing in 13-14 IMX events: 200 fly, 200 Bk, 200 Br, 400 IM, 200 IM and 500 Fr.
Ideally, swimmer has 200 FR time below 2:45 (11-12) and 200 IM time below 2:55.
Attends dryland/strength training weekly.

Goals / Expectations of Swimmers in SD:

Show a consistent 4x practice attendance (3x per week when doing another sport).
Willing to do morning practices, all open meets and travel meets, attend all sessions of Qualifier meets including relays.
Score 1800 points by completing legally all the 13-14 IMX events: 200 fly, 200 Bk, 200 Br, 400 IM, 200 IM and 500 Fr.
Ideally, swimmer will get 200 FR time below 2:25 and 200 IM time below 2:40 by end of SCY season.
Attends dryland/strength training weekly and eats nourishing foods to build strength.
If seeking to reach L1 , attend 5x practices throughout season and meet all L1 requirements.

O Swimmers wishing to be considered for O should satisfy the following:

Show a consistent practice attendance of at least 4 practices per week in SD or L1.
Have experience competing in a variety of events at USA Swimming Meets.
Willingness to attend dryland practices and morning practices.
Have a love for racing and have specific short and long term goals for their swimming.

Goals / Expectations of Swimmers in O:

Maintain 4-5 practices per week.
Attend dryland workouts to become a better athlete.
Show consistency with attendance, positive attitude, work ethic, meet participation.
Strive to achieve qualifying times for PVS and High School Championship Meets.
Be a good teammate who supports all team members of TOLL.
Be respectful to all TOLL coaches.

T Swimmers wishing to be considered for T should satisfy the following:

Expectation that swimmer does not take more than 4 days off during holidays and breaks.

Has 2-5 [Junior Champs](#) cuts.

Committed to attend 7 swim practices and 2 lifts per week from Sept - early August.

Be a leader on TOLL - leading by examples and actions (leadership in practice/ meets) able to encourage teammates.

Expectation is that the swimmer is working towards collegiate swimming.

When entering group, swimmer is committed to achieving [Sectional/Future](#) and/or [Junior National Time](#) Standards.

Goals / Expectations of Swimmers in T:

Swim 7 practices a week w/ mandatory attendance of 95%.

Attend 2 lifts a week w/ mandatory attendance of 90%.

Goal is to qualify for 4-6 events at NCI.

Full maturity of balancing school and swimming and committed to prioritize getting to all practices.

11.5 month commitment (September through early August).

Must be able to miss up to 10 days of the school year for champs/travel meets.