

## **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.

## **Junior**

### ***Swimmers wishing to be considered for Junior 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 Junior Select or Age Group Advanced.

### ***Goals / Expectations of Swimmers in Junior:***

- 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.

## **Junior Select**

***Swimmers wishing to be considered for Junior Select 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 Junior Select:***

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

## **Age Group Advanced**

***Swimmers wishing to be considered for Age Group Advanced 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 Age Group Advanced:***

- Attend 4x 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.

## **Age Group Select**

### ***Swimmers wishing to be considered for Age Group Select should satisfy the following:***

Show a consistent 3x practice minimum attendance in Junior Select and 4x weekly attendance in Age Group Advanced.  
Willing to do Wednesday morning practice and attend most meets.  
For Junior Select (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 the group.  
Attends dryland/strength training weekly and eats nourishing foods to build strength.

### ***Goals / Expectations of Swimmers in Age group Select:***

Minimum 4x practice attendance + dryland (5x weekly if considering move up to Age Group Elite).  
Age Group Select 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).  
Age Group Select families must be comfortable with swimmers missing up to 5-7 days of school annually for championship & travel meets.  
Age Group Select swimmers are expected to train 11 months out of the year (September through July).  
Age Group Select 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 Age Group Elite must have multiple JO cuts / A times and 1800 IMX points in all 13-14 IMX events.  
Before entering Age Group Elite, swimmer should have a 200 FR time below 2:20 and 200 IM time below 2:35.

## **Age Group Elite**

### ***Swimmers wishing to be considered for Age Group Elite should satisfy the following:***

Show a consistent 4x practice attendance in Age Group Select 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 (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.

Swimmers wishing to be considered for Elite 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 Age Group Elite:***

Minimum 5x practice attendance + dryland (95% attendance for swim & dryland).

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).

Families must be comfortable with swimmers missing up to 10 days of school annually for championship & travel meets.

Swimmers are expected to train 11 months out of the year (September through July).

Swimmers are expected to work towards 11-12 or 13-14 JO cuts in the spring and Age Group Champs cuts in the summer.

Swimmers are expected to work towards ISCA cuts, NCI cuts, and Eastern Zones cuts.

14 year old swimmers wishing to be considered for Senior Elite must have multiple JO cuts / A times.

14 year old swimmers wishing to move to Senior Elite should attend 6 swims + 2 drylands in the 6 month period before moving up.

***Senior***

***Swimmers wishing to be considered for Senior should satisfy the following:***

Show a consistent 3x practice attendance in previous TOLL Group

Have experience in summer league and/or high school league team

Complete legal 100 Fly, 100 Breast, 100 Back, 200 IM, 200 Fr

***Goals / Expectations of Swimmers in Senior:***

Attend 3x practices weekly.

Strong desire to improve strokes, turns and overall conditioning

Willing to participate in open PVS meets

Work towards moving up to Senior Advanced for the next season.

## **Senior Advanced**

### ***Swimmers wishing to be considered for Senior Advanced should satisfy the following:***

- Show a consistent 4x practice attendance in Age Group Select or Elite
- 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 2:35 (11-12) and 200 IM time below 2:45.
- Attends dryland/strength training weekly.

### ***Goals / Expectations of Swimmers in Senior Advanced:***

- 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 Age Group Elite , attend 5x practices throughout season and meet all listed requirements.

## **Senior Select**

### ***Swimmers wishing to be considered for Senior Select should satisfy the following:***

- Show a consistent practice attendance of at least 4 practices per week in previous group.
- 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 Senior Select:***

- Maintain 5 practices weekly.
- 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.

### **Senior Elite**

#### ***Swimmers wishing to be considered for Senior Elite 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 Senior Elite:***

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.