

TSC Group Structure – 2009 / 2010

The fitness and competitive program is organized into a group structure that reflects the physiological, psychological and sociological development of the individual athletes in each group. The following group descriptions describe the purpose and mission statement of each group within the Toronto Swim Club for the 2009-2010 swimming season.

NATIONAL GROUP

The mission of this group is to provide you with a Program that can offer the opportunity to progress to beyond the Senior National level, specifically in preparation for the Canadian National Team. This group will be made up of the most dedicated, technically advanced, fit and elite senior swimmers on the club and **will require the highest level of commitment to swimming and academic excellence.** Senior National time standards in an Olympic event as set by Swimming/Natation Canada are requirements for consideration to the National group.

GOLD I NATIONAL DEVELOPMENT GROUP (G1)

The mission of this group is to provide you with a Program that can offer the opportunity to progress to the Senior National, time standards, and train for competition at and beyond the Senior National level, specifically in preparation for the Canadian Olympic Trials. This group will be made up of the most dedicated, technically advanced, fit and elite senior swimmers on the club and will require the highest level of commitment to swimming and academic excellence. Eastern time standards as set by Swimming/Natation Canada are requirements for consideration to the GOLD 1 group.

GOLD II GROUP (G2)

The mission of this group is to create the opportunity for athletes to develop their stroke technique and fitness endurance. The aim is to progress toward Central Region, Provincial and Eastern time standards. This group will require a very strong commitment to swimming excellence. Central Regional C-standards (set by Swim Ontario) are a requirement for consideration to the G2 group.

GOLD III GROUP (G3)

The mission of this group is to provide an opportunity for athletes with a variety of different goals. The opportunity for technique, fun and fitness will be a focus of this program as well as the opportunity to progress through to Gold 1 and 2 groups. The opportunity to compete will certainly be offered, however, is not required. The Gold 3 program will present the enjoyment and challenges swimming can offer, without the pressure of a more competitive group. Admission to this group will be limited to returning Club members only.

SILVER I GROUP (S1)

The mission of this group is to provide a program that can offer the opportunity to progress through to the Provincial and Age Group National and Eastern time standards. This group will be made up of highly dedicated and elite age-group swimmers who will require a very strong commitment to swimming excellence. Those swimmers ages 11-14 who have qualified for the Junior Provincial Championships throughout the 2008-2009 season will be invited into this group. 14 year old swimmers who demonstrate a strong training ability as well as multiple "A" standards will also be considered.

SILVER II GROUP (S2)

The mission of this group is to create the opportunity for athletes to develop their stroke technique and fitness endurance. The aim is to progress toward Central Region and Provincial time standards. This group will require a very strong commitment to swimming excellence. Regular attendance, a strong work ethic and Central Regional C-standards (set by Swim Ontario) are requirements for consideration to the S2 group.

In addition, the following will be considered:

Pre-requisites – 200 Free 3:15.99, 200 IM 3:35.99 (Girls born in 1997)
 200 Free 3:05.99, 200 IM 3:25.99 (Boys born in 1997)
 400 Free 6:00.99, 200 IM 3:15.99 (Girls born in 1995-1996)
 400 Free 5:50.99, 200 IM 3:10.99 (Boys born in 1995-1996)

SILVER III GROUP (S3)

The mission of this group is to create the opportunity for athletes to develop their stroke technique and fitness endurance. The aim is to progress toward Central Region and Provincial time standards. Stroke technique, fun, and fitness will be the focus. Swimmers in the S3 group will learn the value of dedication and commitment to the sport of swimming.

Pre-requisite: A swimmer has to demonstrate proficiency in such skills as the flip turn, underwater streamline, racing dive, kicking endurance, and the ability to perform all four strokes (butterfly, backstroke, breaststroke, and freestyle).

BRONZE I GROUP (B1)

The mission of this group is to create the opportunity for athletes to develop their stroke technique and fitness endurance. The aim is to progress toward admission to the Silver I group. The Bronze I group is comprised of the most experienced 11-and-under swimmers in the club and requires a strong commitment to competitive swimming. Central Region B-standards (set by Swim Ontario) are a requirement for consideration to the Bronze I group.

In addition, the following pre-requisites will be considered:

11 & Under Boys	400 FR / 200 IM	D-standard
11 year old Girls	800 FR / 200 IM	D-standard
10 & Under Girls	400 FR / 200 IM	C-standard

BRONZE II GROUP (B2)

The mission of this group is to create the opportunity for athletes to develop their stroke technique and fitness endurance in order to progress toward admission to the Bronze I group. The B2 group requires a strong commitment to competitive swimming. Swimmers in this group will continue to learn the values of dedication and commitment. Central Region D-standards (set by Swim Ontario) are a requirement for consideration to the B2 group.

In addition, the following pre-requisites will be considered:

200 FR 3:59.99 / 200 IM 4:14.99

BRONZE III GROUP (B3)

The mission of this group is to create the opportunity for athletes to be introduced to the competitive stream and progress to B2 and eventually to the B1 group. Stroke technique, fun, and fitness will be the focus, with an introduction to competitive swim meets. Swimmers in the B3 group will learn the value of dedication and commitment to the sport of swimming.

Pre-requisite: A swimmer has to demonstrate proficiency in such skills as the flip turn, underwater streamline, racing dive, kicking endurance, and the ability to perform all four strokes (butterfly, backstroke, breaststroke, and freestyle).

BRONZE IV GROUP (B4)

The mission of this group is to create the opportunity for athletes to be introduced to the competitive stream and progress to B3 then B2 and eventually to the B1 group. Stroke technique, fun, and fitness will be the focus, with an introduction to competitive swim meets. Swimmers in the B4 group will learn the value of dedication and commitment to the sport of swimming.

Pre-requisite: A swimmer has to demonstrate the ability to perform a flip turn, underwater streamline, racing dive, and all four strokes (butterfly, backstroke, breaststroke, and freestyle). Swimmers must have completed at least one season in the INTRO program.

INTRODUCTORY GROUP (INTRO)

The mission of the Introductory group is to offer novice swimmers the opportunity to participate in a first-class competitive swimming development program. The program teaches the fundamentals of propulsion in all four competitive strokes (butterfly, backstroke, breaststroke, and freestyle). Coaches will teach proficiency in racing dives, flip turns, underwater streamline and stamina development. Participation in meets is included. The group sessions are designed to create a fun team atmosphere. Once a sufficient level is reached, advancement into a competitive group is encouraged.

Pre-requisite: A swimmer has to demonstrate the ability to swim one pool length on their front and one length on their back. In addition, swimmers must be able to jump or dive into the deep end.