

## **TSC GROUP STRUCTURE (2011-2012)**

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 2011-2012 swimming season.

### **NATIONAL & GOLD I NATIONAL DEVELOPMENT GROUP (NG1)**

The mission of these two groups is to provide a program that offers the opportunity to progress to and beyond the Senior National level. It will be comprised of the very best and most dedicated TSC swimmers.

The requirements for entry to this group are the Head Coach's assessment of the following:

- Technical proficiency
- Training ethic and ability: willing and able to work hard within the group's training structure.
- Attitude: self-motivated and positive
- Attendance: committed to 100% of the training sessions
- Performance level: racing performance/ranking/qualifications.
- Age/Health: mature enough to manage the program and stay healthy.

This group will require the highest level of commitment, both in the pool and away from the pool as in school, rest and nutrition.

The National group will have at least 9 training sessions per week and will consist of those who already have Senior National standards and those who are on the cusp. The Gold 1 group will have at least 8 training sessions per week. It will be a slightly younger group. Eastern Canadian and or Age Group Championship standards are required but do not guarantee consideration to this group. Regular attendance is mandatory to be a participant in either of these groups. Both squads will train together with the exception of those National qualified swimmers who have been invited to attend special 'Training Centre' workouts by performance invitation only (top 16 and Nationals).

### **GOLD II GROUP (G2)**

The mission of this group is to provide an opportunity for athletes to develop in all aspects of swimming including stroke technique, race strategy, and endurance. The primary objective is to facilitate progression towards Central Regional, Provincial and Eastern time standards and beyond. This group will require a strong commitment to training, teamwork, and regular competition. Of paramount importance to this group will be the expectation of full participation in the swimmer's Championship Meet, whether it be at a regional, provincial, or greater level. This group is open to those willing to put forth the effort every day to improve one's swimming.

### **GOLD III GROUP (G3)**

The mission of this group is to provide a competitive swimming opportunity for athletes with a variety of different goals. The focus of the G3 program will be progression in the sport through fun, fitness and improved technique. The competition expectations are not as stringent as the Gold 1 or 2 groups, however, a commitment to a preparation meet in both the short course and the long course season and full participation in a Championship meet will be expected from swimmers in this group. Additional racing opportunities will be available and fully encouraged. The G3 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.

**GOLD/SILVER IV (GS4)** The mission of this group is to provide an opportunity for athletes with a variety of different goals. The focus of the GS4 program will be progression in the sport through fun, fitness and improved technique. There will be a set number of mandatory competitions that swimmers in this group are required to attend, as specified by the coach. Additional racing opportunities will be available and fully encouraged. The GS4 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. 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 TSC INTRODUCTORY program and have competed in at least three out of six novice meets during the course of the preceding season.

### **SILVER I GROUP (S1)**

The mission of this group is to provide a program that can offer the opportunity to progress through to Provincial, Age Group Championship, 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 competed at the Junior Provincial Championships throughout the 2010-2011 season, will be invited into the Silver 1 group. These selected swimmers must have a great attendance average as well as a great work ethic in all training and performance sessions. It will be expected that Silver 1 swimmers attend all weekly training sessions.

### **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 Regional 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 (as set by Swim Ontario), are requirements for consideration to the Silver 2 group.

In addition, the following prerequisites will be considered:

400 Free 6:29.99, 200 IM 3:25.99 (Athletes born in 1999-2000)

400 Free 6:14.99, 200 IM 3:14.99 (Athletes born in 1998)

400 Free 5:49.99, 200 IM 3:05.99 (Athletes born in 1997)

### **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 Regional and Provincial time standards. Stroke technique, fun, and fitness will be the focus. Swimmers in the Silver 3 group will learn the value of dedication and commitment to the sport of swimming. A swimmer must 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), for consideration to the Silver 3 group.

In addition, the following prerequisites will be considered:

200 Free 4:14.99 / 200 IM 4:24.99

### **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 1 group is comprised of the most experienced 11 and under swimmers in the Club and requires a strong commitment to competitive swimming. Central Regional B standards (as set by Swim Ontario) are a requirement for consideration to the Bronze I group.

In addition, the following prerequisites 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 Regional D standards (as set by Swim Ontario) are a requirement for consideration to the Bronze 2 group.

In addition, the following prerequisites will be considered:

400 FR 6:59.99 / 200 IM 3:39.99

### **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. 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).

In addition, the following prerequisites will be considered:  
400 FR 7:59.99 / 200 IM 3:59.99 (10 and under)  
400 FR 7:29.99 / 200 IM 3:49.99 (11 years old)

### **BRONZE IV GROUP (B4)**

The mission of this group is to create the opportunity for athletes to be introduced to the competitive stream, with the goal of progression 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. 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 TSC INTRODUCTORY program and have competed in at least three out of six novice meets during the course of the preceding season.

### **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. 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.