

## TSC Swim Programs

Toronto Swim Club believes in the pursuit of excellence through the systematic development of skills, attitudes and training challenges.

- Swimmers are advanced through the programs once they are physically and emotionally ready to handle the challenge of the next level. Swimmers are required to acquire a set list of skills prior to any move.
- Every effort is made to ensure that no steps are skipped in the development process to ensure continued and long term success in the sport.
- The teaching and introduction of skills (and their progressions) are linked between groups so that coaches use the same terminology, similar drills and expectations.
- The club believes in creating well rounded swimmers who can compete in all four strokes.
- Kicking development is emphasized from the Academy levels.
- Instill in our swimmers the importance of a “work ethic”. Success comes through hard work and dedication.
- Foster such positive attributes as self-esteem, self-reliance, discipline, confidence, respect and team pride
- Develop team unity where everyone encourages and takes pride in each other at all levels of competition
- Instill a lifelong love of swimming through enjoyment and accomplishment

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## National 1

Toronto Swim Club's highest performing swimmers.

This group embodies the principle of a student-athlete; learning to train at a high level while balancing the demands of school. This group is geared to prepare athletes for a university workload in the sport.

As a member of this group you will be expected to:

- Commit to 100% of the training sessions
- Commit to the competition calendar and training camps
- Commit to ALL Championship meets
- Swimming is the primary sport activity
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship, willingness to be challenged at every workout
- Demonstrate the desire to consistently train at the highest possible level
- Target age group 13&over athletes with advanced skill
- 

### **Selection Priority:**

1. Open Trials Qualifier
2. Canadian Championships Qualifier
3. Age Group Trials Qualifier
4. Eastern Canadian Championship Finalist
5. Canadian Junior Championship Qualifier
6. Ontario Swimming Championship Qualifier
7. Head Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## National 2

This group embodies the principle of a student-athlete; learning to train at a high level while balancing the demands of school. This group is geared to prepare athletes for a university workload in the sport.

As a member of this group you will be expected to:

- Commit to 100% of the training sessions
- Commit to the competition calendar and training camps
- Commit to ALL Championship meets
- Swimming is the primary sport activity
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship, willingness to be challenged at every workout
- Demonstrate the desire to consistently train at the highest possible level
- Target age group 15&over athletes with advanced skill

### **Selection Priority:**

1. Eastern Canadian Championship Finalist
2. Canadian Junior Championship Qualifier
3. Ontario Swimming Championship Qualifier
4. Ontario Youth Junior Championship Qualifier
5. Finalist Central Region Championships
6. Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## Junior National

This group is designed to support the athletes' transition from grade school to high school while learning to compete nationally.

As a member of this group you will be expected to:

- Commit to 100% of the training sessions
- Commit to the competition calendar and training camps
- Commit to ALL Championship meets
- Swimming is the primary sport activity
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship, willingness to be challenged at every workout
- Demonstrate the desire to consistently train at the highest possible level
- Target age group 11-14 year old athletes with advanced skill

### **Selection Priority:**

1. Eastern Canadian Championship Finalist
2. Canadian Junior Championship Qualifier
3. Ontario Swimming Championship Qualifier
4. Ontario Youth Junior Championship Qualifier
5. Festival Championship Medalist
6. Central Region Championship Medalist
7. Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## Senior 1

As a member of this group you will be expected to:

- Commit to 85% of the training sessions
- Commit to the competition calendar and training camps
- Commit to ALL Championship meets
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship, willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target age group 13&over

### **Selection Priority:**

1. Eastern Canadian Championship Qualifier
2. Ontario Swimming Championship Qualifier
3. Ontario Youth Junior Championship Qualifier
4. Festival Championship Qualifier
5. Central Region 'B' Championship Qualifier
6. Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## Senior 2

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar and any training camp
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target age group 13&over

### **Selection Priority:**

1. Central Region 'B' Championship Qualifier
2. Central Region 'C' Championship Qualifier
3. Stroke and turn proficiency
4. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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

## Senior 3

This group is intended for high school swimmers who want to continue their training and skill development within a schedule that allows them to focus on multiple activities.

Performance and skill improvement / development are on an individual basis.

Target age group 13&over

### **Selection Priority:**

1. Central Region 'C' Qualifier
2. Stroke and turn proficiency
3. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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

## Junior Provincial

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Commit to ALL Championship meets
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target age group 10-12 year old athletes with strong skill set

### **Selection Priority:**

1. Ontario Youth Junior Championship Qualifier
2. Festival Championship Qualifier
3. Central Region "B" Championship Finalist (Top 8)
4. Stroke and turn proficiency
5. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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



## Junior 1

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target age group 11-13 year old swimmers

### **Selection Priority:**

1. Ontario Festival Championship Qualifier
2. Central Region 'B' Championship Qualifier
3. Central Region 'C' Championship Qualifier
4. Stroke and turn proficiency
5. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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

## Junior 2

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target age group 11-13 year old swimmers

### **Selection Priority:**

1. Central Region 'B' Championship Qualifier
2. Central Region 'C' Championship Qualifier
3. Stroke and turn proficiency
4. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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

## Junior 3

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Developing technique in all 4 strokes
- Strong social skills (working with others, respect for teammates and coaches)
- Target age group 11-13 year old swimmers

### **Selection Priority:**

1. Central Region 'C' Championship Qualifier
2. Developing stroke and turn proficiency
3. Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## Junior 4

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, commit to a minimum of 4 competitions per year
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Developing technique in all 4 strokes
- Strong social skills (working with others, respect for teammates and coaches)
- Be strong enough to complete practices of 1500-1800 metres
- Be legal in all 4 strokes
- Demonstrate correct turns for all 4 strokes
- Target age group 11-13 year old swimmers

### **Selection Priority:**

1. Central Region 'C' Championships Qualifier
2. Approaching "E" standards in at least 2 strokes
3. Developing stroke and turn proficiency
4. Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## Youth Festival

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Commit to ALL Championship meets
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target age group 11&under

### **Selection Priority:**

1. Festival Championship Medalist
2. Ontario Festival Championship Qualifier
3. Central Region 'B' Championship Medalist
4. Central Region 'B' Championship Qualifier
5. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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

## Youth 1

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the meet calendar
- Commit to ALL Championship meets
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Expected to compete in every event throughout the season
- Target Age Group 8-11 year old swimmers

### **Selection Priority:**

1. Central Region 'B' Championship Qualifier
2. Central Region 'C' Championship Qualifiers
3. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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

## Youth 2

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Commit to ALL Championship meets
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Legal in all 4 strokes, starts and turns
- Exhibit responsibility for learning and respect for coaches and teammates
- Eager to work hard and be challenged
- Target age group 8-11 year old swimmers

### **Selection Priority:**

1. Central Region 'C' Championship Qualifiers
2. Approaching 'E' standards in at least 2 strokes
3. Coach discretionary selection

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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

## Youth 3

As a member of this group you will be expected to:

- Make a full commitment to the water and dryland practices, the competition calendar
- Demonstrate respect for teammates and coaches
- Demonstrate a positive attitude, team spirit, leadership, sportsmanship willingness to be challenged at every workout
- Demonstrate a desire to focus on the technical aspects of swimming
- Be strong enough to complete practices of 1500-1800 metres
- Be legal in all 4 strokes
- Demonstrate correct turns for all 4 strokes
- Target age group 8-11 year old swimmers

### **Selection Priority:**

1. Central Region 'C' Championship Qualifiers
2. Developing stroke and turn proficiency
3. Coach discretionary selection

***\*\*\*All selection priority is based off of Long Course Performance\*\*\****

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



## Toronto Swim Club Academy

This is a pre-competitive program designed to introduce the basics of competitive swimming in a fun and exciting learning environment.

The focus is on mastering the fundamental skills of all 4 strokes; including streamline, kick and body position, basic drills, starts and turns. Target age group 6-10 year olds.

The following list provides the minimum requirements that our coaches are looking for from a swimmer who wishes to join TSC:

### **Bronze (Level 1): Skill Introduction (2x45 min per week)**

The swimmer will be asked to swim two laps in the competition pool. One lap (25 meters) of freestyle (with side breathing) and one lap of backstroke. The coach will observe them to see how well they know these two strokes and see if they can swim the length without stopping.

### **Silver (Level 2): Skill Improvement (2x60 min per week)**

This is an advanced beginner level group with a skill requirement of freestyle, backstroke and whip kick. Children who can demonstrate these skills during a tryout practice will be invited to join this group.

### **Gold (Level 3): Skill Advancement (2x60 min + 1x90 min per week)**

In this intermediate/advanced group all four strokes (butterfly, backstroke, breaststroke, and freestyle) will be required as well as racing dives and flip turns. Children who can demonstrate these skills during a tryout will be invited to join this group.

**\*\*\*All selection priority is based off of Long Course Performance\*\*\***

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