

Competition Squad



Competition Squad is the group of TCAT Tigersharks that regularly attend meets. The regularity of the meet attendance varies by group. The purpose of this incentive is to increase meet participation. Meet participation is the way that coaches, swimmers and parents are able to track each swimmers' progress. Use the outline of recommended meets by roster group below to help you map your way to the Competition Squad:

Beginner	Intermediate	Advanced	Advanced HS
Attend 3 Meets + 1 Championship Meet	Attend 5 Meets + 1 Championship Meet	Attend 7 Meets + 1 Championship Meet	Attend 3 Meets + 1 Championship Meet
Meets Recommended by Group			
Beginner	Intermediate	Advanced	Advanced HS
TCAT Intra-squad (9/21) Freestyle Frenzy (10/26) Fall Breakout (11/17) Winter Breakout (12/15) TCAT Fabulous 50s (1/5) A. Kuhl AG & Open (1/26) Last Chance Meet (2/9)	TCAT Intra-squad (9/21) Peg Neal Pentathlon (10/19) TCAT Mile Meet (10/20) Freestyle Frenzy (10/26) HS Preview & AG (10/27) Fall Breakout (11/17) TYR SHSH Invite (12/7) Winter Breakout (12/15) TCAT Fabulous 50s (1/5) Jim Scullion AG Show (1/18) A. Kuhl AG & Open (1/26) Last Chance Meet (2/9)	TCAT Intra-squad (9/21) Peg Neal Pentathlon (10/19) TCAT Mile Meet (10/20) Freestyle Frenzy (10/26) HS Preview & AG (10/27) Fall Breakout (11/17) Mark J. Braun Classic (11/23) TYR SHSH Invite (12/7) Winter Breakout (12/15) TCAT Fabulous 50s (1/5) Jim Scullion AG Show (1/18) A. Kuhl AG & Open (1/26) Last Chance Meet (2/9)	TCAT Intra-squad (9/21) Peg Neal Pentathlon (10/19) TCAT Mile Meet (10/20) Freestyle Frenzy (10/26) HS Preview & AG (10/27) Mark J. Braun Classic (11/23) Last Chance Meet (2/11)
Championship Meets			
Beginner	Intermediate	Advanced	Advanced HS
8 & Under Champs (2/16) Regional AG Champs (2/22)	8 & Under Champs (2/16) Regional AG Champs (2/22) Lake Erie AG Champs (2/29)	Regional AG Champs (2/22) Lake Erie AG Champs (2/29)	Senior Championships (3/2) CZ Spring Sectional (3/29)

*Red Denotes Team Hosted Meets. Volunteer hours will be available.

The coaching staff believes everyone on the team can achieve this incentive! Swimmers who wish to advance to the next group will accomplish this for his/her current group before moving to the next level. We expect Advanced and HS Advanced swimmers to meet the requirements of this group consistently.

Swimmers will receive a silicone cap that shows the accomplishment of the Competition Squad at the end of season team banquet. Swimmers who have completed this in the past can order replacement caps for \$5 at a practice.

High Performance Squad



The 2019-2020 season is the first season TCAT has had the High Performance Squad as a group to join. This is incentive group has meet attendance along with performance criteria. Swimmers will earn a High Performance Squad cap at the conclusion of the 2019-2020 season if they complete the following requirements:

1. Complete Competition Squad requirements for roster group. The meets below can be used as a means to completing the Competition Squad requirements.
2. Attend 3 of the following meets:

Meet Name	Time Standards
Peg Neal Pentathlon (10/19)	Ability to perform 50s of each stroke w/100IM (12 & Under) Ability to perform 100 of each stroke w/200IM (13 & Over) *Must perform all events listed for age group
Mark J Braun Classic (11/23)	13 & Over: National Age Group (NAG) A times or faster 12 & Under: National Age Group BB times or faster
Shaker Invite (12/7)	13 & Over: NAG A times or faster 12 & Under: NAG BB times or faster
TCAT Fabulous 50's (1/5)	No Time Standards. Earn as many points as possible.
Jim Scullion Meet (1/18)	NAG B times or faster

3. Complete IMX for age group with a minimum Power Point score of 1200 totals points
4. Attend LE Age Group Champs or LE Senior Meet

References:

National Age Group (NAG) Time Standards: <https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2020motivationaltimes-top16.pdf?sfvrsn=13>

IMX Information: <https://www.usaswimming.org/Home/times/IMX-IMR>

Power Points: <https://www.usaswimming.org/times/powerpoint-calculator>