



Training Group Descriptions

The Thurston Olympians Swim Club swim group levels are inspired by colors of the Olympic Rings and achievement levels. The ring colors represent five continents of the world, united by Olympism. We recognize, appreciate, and celebrate that our athletes come from diverse and unique backgrounds. TOSC strives to be inclusive to all athletes.

| TRAINING GROUPS: | DESCRIPTIONS: | AVERAGE TRAINING MINUTES PER WEEK: |
|---------------------------------------|---|------------------------------------|
| DEVELOPMENTAL: Minimum Age 6 | | |
| BRONZE | Fundamentals of swimming. Must be able to float unassisted. Long Axis (Freestyle, Backstroke) technique focused. Swim Meets at coaches' discretion. | 60 |
| SILVER | Fundamentals of swimming. Must be able to swim ½ pool length of Freestyle and Backstroke. Short Axis (Breaststroke, Butterfly) technique focused. Swim Meets at coaches' discretion. | 60 |
| GOLD | Developmental Technique focused for all four competitive strokes. Butterfly, Backstroke, Breaststroke and Freestyle. Swim meets recommended. | 150 |
| AGE GROUP: Up to Age 14 | | |
| GREEN | Developmental technique focused for swimmers in all four competitive strokes. Butterfly, Backstroke, Breaststroke and Freestyle. Swim meets recommended. | 150 |
| YELLOW | Swimmers at this level will be learning to train, send-offs, sets, maintaining technique under pressure. Will be introduced to individual and group goal setting. Meets are highly recommended and required to move into the Blue training grp. | 275 |
| BLUE | This group is geared toward the 11-14yr old competitive swimmer that is attending meets regularly and working toward qualifying time standards and Championship level meets. Swimmers will need to attend at least 85% of practices/week. | 325 |
| SENIOR: 9th Grade + | | |
| RED | This group is for High School aged swimmers looking to continue building endurance, speed, and technical skill out of the High School Swim Seasons. Competition recommended but not required. | 810 |
| BLACK | This group is for High School aged swimmers who are committed to training and competing competitively year-round. Focus, dedication, and goal setting to swim beyond High School. Swimmers in this group are working toward qualifying time standards and Championship level meets. Swimmers will need to attend at least 85% of practices each week. (H.S. Swim Season is the exception to this attendance requirement). | 960 |
| AGES 18+ - Adult | | |
| MASTERS | Non-High School Aged Adults (no age limit) Lap Swim with Workouts, No Tryout Needed Must hold Annual Masters Swimming Registration | 270 |

PLEASE NOTE: Coaches move swimmers up when it is developmentally appropriate and both a want and a need of the swimmer. *Being the fastest in a group is not the primary reason for advancement—age, maturity, commitment, technique, drive, and the ability to handle the sets (ex. reading the clock, understanding workouts, etc.) matter more.*