



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.*