

# TOLLEFSON SWIMMING

The Greatest Stroke Instruction and Training Anywhere

## 2021 – 2022 TOLL Expectations

*All TOLL swimmers are expected to:*

1. Adhere to training requirement throughout the season.
2. Attend meets consistently.
3. Be punctual at all training, meets, and other team activities.
4. Have all required equipment at training.
5. Show respect for teammates, coaches, officials, timers, and swimmers from other teams.
6. Give their best effort in training and at meets.
7. Have a positive and supportive attitude in training and at meets.
8. Respect pools, locker rooms, team equipment, and other swimmers' property.
9. Consistently improve commitment level and training/racing ability from season to season.
10. Understand the importance of the "Team". (Parents are also expected to volunteer for meets and activities, including official, timer, social event coordinator.)
11. Demonstrate appropriate meet behavior and show maturity in training and at meets.
12. Understand and take responsibility for attendance and performance, habits in training and how these relate to meet performance.
13. Compete at the highest level of competition qualified.
14. Take leadership positions as positive role modeling for all teammates.
15. Adhere to Safe Sport policies (both swimmers and parents). This includes Safe Sport training for parents and swimmers and Minor Athlete Abuse Prevention Policy.

Please note that swimmers in each group have a training requirement and recommendation in addition to the expectations outlined above. The training recommendation for each group is what we recommend for all swimmers to achieve the most success in their swimming career with TOLL. The training requirement and other expectations will be enforced by the coaching staff. Please note that we have different groups which have different requirements as outlined in group descriptions below. Tollefson Swimming also has a stroke/endurance program for swimmers who cannot commit to the requirements/expectations outlined here. If a swimmer is not making their practice requirement or otherwise not meeting TOLL expectations as described above, the coach will follow up as described by the following steps:

1. First step: Discussion with the swimmer about group expectations and commitment.
2. Second step: Discussion with the swimmer and parent(s) about group expectations and commitment.
3. Third step: Swimmer may be placed in a different group or dismissed from the team.

Please note that we will offer summer training in June and July for 9 & Over swimmers. Summer training is required for swimmers in L1 and T Group and recommended for swimmers in other groups. Please see group descriptions below for more information.

Please note the Georgetown Prep pool will not be available part or all of some days during the season due to school activities at Prep. For some of these dates, we will provide practice for some of the groups at an alternate site. We will adjust the practice requirements based on pool closure dates at Prep. For some groups, the winter schedule may affect the number of practices offered. Coaches will communicate to swimmers the practice requirement for the winter schedule.

Participation on TOLL is by approval of the coaching staff. Swimmers new to the team please contact us to schedule a try-out at [henry@tollefsonswimming.com](mailto:henry@tollefsonswimming.com). All practices are at Georgetown Prep, except when noted. Fees may be paid in full at registration; or \$400 deposit at registration and balance 1/3 September, 1/3 October and 1/3 November. Fees are paid by check payable to Tollefson Swimming, credit card on-line, or by calling our office during normal business hours. 5% sibling discount applies after first oldest swimmer in family.

## **TOLL Group Descriptions & Practice Schedules**

### **8 & Under**

*Group Description:* TOLL 8&U is for swimmers ages 8 and under who are proficient in all 4 strokes, starts, turns, and finishes. Emphasis in training is technical development, fun, and learning how to race. 8&U competitive season begins in September and ends with Mini Champs in March. Expected training attendance is from September through May. 8&U swimmers are expected to build and improve habits that will carry them through their swimming careers including technical development, sportsmanship, work ethic, and a season-long commitment.

*Schedule:* Monday 7-8 pm, Thursday 6:30-7:30 pm, Saturday 12:30-1:30 pm.

Training Requirement: 2 practices weekly.

Training Recommendation: 3 practices weekly.

*Fee:* \$2,400 including training, USA swimming registration, and meet fees.

### **9-10**

*Group Description:* TOLL 9-10 is for swimmers ages 9 & 10 who are proficient in all 4 strokes, starts, turns, and finishes. Emphasis in training is technical development, fun, developing racing strategies, and building endurance. 9-10 competitive season begins in September and ends in July. Expected training attendance is from September through May. 9-10 swimmers are expected to continue to build and improve habits that will help prepare them for age group (11-14) swimming including technical development, sportsmanship, work ethic, a season-long commitment, and building endurance. 9-10 swimmers are expected to compete in IM Ready (IMR) events throughout the season (100 Free, 50 Back, 50 Breast, 50 Fly, and 200 IM).

*Schedule:* Monday 6:30-7:30 pm, Wednesday 6:30-7:30 pm, Friday 5-6:30 am, Saturday 12-1:30 pm.

Training Requirement: 2 practices weekly.

Training Recommendation: 4 practices weekly + summer training.

*Fee:* \$3,200 including training, USA Swimming registration, and meet fees.

## **L2**

*Group Description:* TOLL L2 is for swimmers ages 11-14 who are proficient in all 4 strokes, starts, turns, and finishes. Emphasis in training is continued technical development, fun, developing racing strategies, and building endurance for longer events. L2 competitive season begins in September and ends in July. Expected training attendance is from September through May. L2 swimmers are expected to build and improve habits that will help prepare them for senior (15&over) swimming including following a training plan, competing in longer events, work ethic, and a season-long commitment. L2 swimmers are expected to compete in IM Ready (IMR) events throughout the season (11-12: 200 Free, 50 Back, 50 Breast, 50 Fly, and 200 IM. 13-14: 200 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM).

*Schedule:* Monday 7:30-9 pm, Wednesday 7:30-9 pm, Friday 5-6:30 am, Saturday 10:30 am – 12 pm.

Training Requirement: 3 practices weekly.

Training Recommendation: 4 practices weekly + summer training (3 practices weekly).

*Fee:* \$3,800 including training, USA Swimming registration, and meet fees.

## **L1**

*Group Description:* TOLL L1 is for swimmers ages 11-14 who are proficient in all 4 strokes, starts, turns, and finishes. Emphasis in training is aerobic development, developing racing strategies, and preparation for transitioning to T group. L1 competitive season begins in September and ends in July. Expected training attendance is from September through July. L1 swimmers have swimming as their primary non-academic activity and are focused on qualifying for regional and national championship meets such as Junior Olympics (JOs), Eastern Zones, and other national-level championship meets. L1 swimmers are mature, committed swimmers who are expected to implement and follow a training plan, compete in longer events, and understand the season-long commitment. Swimmers are selected for L1 by the coach based on speed, skill, commitment to the sport, and maturity. L1 swimmers are expected to compete in IM Xtreme (IMX) events throughout the season (11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM. 13-14: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, and 400 IM).

*Fall/Spring Schedule:* Monday 4:30-6 pm, Tuesday 6:30-8 pm, Wednesday 4:30-6 pm, Thursday 5-6:30 am, Friday 6:30-8 pm, Saturday 10:30 am – 12:30 pm

*Winter Schedule:* Monday 8-9 pm, Tuesday 6:30-8 pm, Thursday 5-6:30 am, Friday 6:30-8 pm, Saturday 10:30 am – 12:30 pm (add Thursday 7:30-9 pm only if swimming 6x weekly).

Training Requirement: 5 practices weekly + summer training (3 practices weekly).

Training Recommendation: 6 practices weekly + summer training (5 practices weekly).

*Fee:* \$4,300 including training, USA Swimming registration, and meet fees.

## **O Group**

*Group Description:* TOLL O Group is for swimmers ages 15-18 who are proficient in all 4 strokes, starts, turns, and finishes. Emphasis in training is aerobic conditioning, preparation for short and medium events, and preparation for the high-school swim season. O Group competitive season begins in September and ends in July. Expected training attendance is from September through May. O Group swimmers are committed athletes who may have other athletic focuses outside swimming. O Group swimmers are expected to compete in IM Ready (IMR) events throughout the season (200 Free, 100 Back, 100 Breast, 100 Fly, and 200 IM).

*Fall/Spring Schedule:* Tuesday 5-6:30 am, Tuesday 8-9 pm, Thursday 7:30-9 pm, Saturday 10:30 am – 12:30 pm, Sunday 2-3:30 pm.

*Winter Schedule:* Tuesday 5-6:30 am, Tuesday 8-9 pm, Thursday 8-9 pm, Saturday 10:30 am – 12:30 pm, Sunday 2-3:30 pm.

Training Requirement: 3 practices weekly.

Training Recommendation: 5 practices weekly + summer training (3 practices weekly).

*Fee:* \$4,000 including training, USA Swimming registration, and meet fees.

## **T Group**

*Group Description:* TOLL T Group is for swimmers ages 15-18 who are committed to the sport and aspire to swim at the collegiate level. Emphasis in training is aerobic conditioning, preparation for competition in events of all distances, and preparation for swimming at the collegiate level (Division I, II, or III swimming). T Group competitive season begins in September and ends in July. Expected training attendance is from September through July. T Group swimmers have swimming as their primary non-academic activity and are focused on qualifying for regional and national championship meets such as Junior/Senior Champs, Eastern Zones, Sectionals, and other national-level championship meets. T Group swimmers are mature, committed swimmers who are expected to implement and follow a training plan, compete in all events, and understand the season-long commitment. Swimmers are selected for T Group by the coach based on speed, skill, commitment to the sport, and maturity. T Group swimmers are expected to compete in IM Xtreme (IMX) events (500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, and 400 IM) and 1000 free/mile throughout the season.

*Fall/Spring Schedule:* Monday 5-6:30 am, Tuesday 4:30-6 pm, Wednesday 5-6:30 am, Wednesday 7:30-9 pm, Thursday 4:30-6pm, Saturday 10:30 am – 12:30 pm, Sunday 12:30-2 pm.

*Winter Schedule:* Monday 5-6:30 am, Wednesday 5-6:30 am, Wednesday 7:30-9 pm, Thursday 7:30-9 pm, Saturday 10:30 am – 12:30 pm, Sunday 12:30-2 pm (add Friday 6:30-8 pm only if swimming 7x weekly).

Training Requirement: 6 practices weekly + summer training (5 practices weekly).

Training Recommendation: 7 practices weekly + summer training (5 practices weekly).

*Fee:* \$4,700 including training, USA Swimming registration, and meet fees.

## **Useful Links**

- IMX/IMR information: <https://www.usaswimming.org/times/imx-imr>
- USA Swimming time standards: <https://www.usaswimming.org/times/time-standards>
- Eastern Zone time standards: <http://www.easternzoneswimming.org/meets.html>
- PVS meet schedule with Junior Olympics time standards: <https://www.pvswim.org/schedule.html>
- USA Swimming Safe Sport Program information: <https://www.usaswimming.org/safe-sport>