Squad Structure, Standards & Placement

Athlete Progression Framework Aligned to the USA Swimming Performance Pipeline

The TTSC competitive framework directly implements the **USA Swimming IM Ready (IMR)** and **IM Extreme (IMX)** developmental tracks. Swimmer placement is evaluated exclusively by the coaching staff to ensure physical safety, aerobic capacity, and lane pacing cohesion. Meeting an age bracket or achieving an isolated time does not guarantee promotion.

1. Standard Completion
Verified, official race results in all mandated stroke and distance requirements for the squad's target IM event slate.

2. Interval Stamina (4-Wk Cadence)
Standardized Freestyle and IM test sets conducted every 4 weeks on dedicated days to verify repeat work capacity and technical hold.

3. Weekly Attendance
Strict fulfillment of practice minimums. Attendance maintains aerobic conditioning and guarantees lane safety.

TTSC COMPETITIVE PROGRESSION PIPELINE



Squad Progression Matrix

STANDARDIZED COMMITMENT & COMPETITION GATES

SQUAD	PATHWAY STANDARD	ELIGIBLE AGES	ATTENDANCE FLOOR	CORE TRAINING FOCUS (4-WK TESTING)	COMPETITION TRACK
Copper	USA Swimming 9–10 IMR	Developmental Transition (Ages 9–10, 11–12 Pre-Bronze, Coach Discretion 13)	**2 practices/wk (Absolute Floor)**	Transition from Developmental into competitive racing; 100 IM mastery, clock sendoffs *(Coach discretion for 13)*	Block Party Circuit
Bronze	USA Swimming 11–12 IMR	11–14 Competitive *(No 9–10s)*	**3 practices/wk (Absolute Floor)**	11-Event portfolio, aerobic base (EN1), repeat intervals	Block Party Circuit
Silver	USA Swimming 11–12 IMX	11–14 Intermediate	**4 practices/wk (Absolute Floor)**	15-Event portfolio, 500/1000 Free, 400 IM, threshold	Invites + Monthly BP
Gold	USA Swimming 13&O IMX	13 & Over *(Discretion <13)*	**5 practices/wk (Absolute Floor)**	Complete 50–1650 slate, 400 IM, periodized sets	State/Reg + Monthly BP
Senior I	High School Fitness / IMR	9th–12th Grade *(MS Discretion)*	Standard Club	Aerobic conditioning, multi-stroke fitness, HS prep	Block Party + HS Duals
Senior II	Championship Pathway	Senior Performance	**6 practices/wk (Absolute Floor)**	Complete 50–1650 slate, building toward Sectionals & above, peak cycles	Sectionals Pathway + Monthly BP

Foundational Competitive Squads

COPPER & BRONZE STANDARDS

Copper Squad

2 Practices / Wk (Absolute Minimum Floor) • Transition Track

The essential bridge transitioning swimmers out of the TTSC Developmental program (or equivalent swim lesson tracks) into competitive club swimming. Designed for 9–10 year olds advancing from pre-competitive training, as well as developing 11–12 year olds building stroke legality, learning pace-clock sendoffs, and preparing for Bronze work capacity. Swimmers aged 13 are generally directed to Bronze or Senior I, but individual exceptions are granted at Coach's Discretion for 13-year-olds requiring foundational aerobic conditioning, stroke mechanics, and entry-level endurance before advancing.

ENTRY & TECHNICAL BENCHMARKS

- Legal 50 Freestyle with bi-lateral breathing & steady kick.
- Legal 50 Backstroke with continuous rotation.
- Demonstrated legal dolphin kick and breaststroke kick (25y).
- Streamline glides past backstroke flags off every wall.
- Ability to read analog/digital pace clock for top/bottom starts.

MANDATORY SQUAD TEST SETS

- **Freestyle Test Set:**
  6 × 50 Free @ 1:05–1:10, holding 1:00 or better.
- **IM Test Set (4×, IMO by round):**
  2 × 25 stroke @ :45
  1 × 50 stroke @ 1:30
  Holding legal turns, two-hand touches, and clock starts.

Practice & Meet Expectations: Practices offered multiple times weekly; swimmers must complete at least 2 practices/week. Primary competition is the monthly TTSC Block Party Series for low-stress dual racing and official IMR times without consuming full weekends.

Bronze Squad

3 Practices / Wk (Absolute Minimum Floor) • Ages 11–14

The aerobic foundation of the TTSC competitive pathway, built around the USA Swimming 11–12 IM Ready (IMR) framework. Serves 11–12 year olds ready for sustained interval training and 13–14 middle schoolers establishing multi-stroke endurance on a 3-practice weekly floor (placed in dedicated middle school lanes). Swimmers aged 9–10 train exclusively in Copper.

ENTRY & TECHNICAL BENCHMARKS

- Continuous training capacity across 60–75 minutes without stopping mid-pool.
- Consistent flip turns (Free/Back) and legal IM transition turns under fatigue.
- Official meet completion of the 100 IM and 200 Freestyle.
- **Foundational Portfolio (11 Events):** 50/100/200/500 Free, 50/100 Back, 50/100 Breast, 50/100 Fly, 100/200 IM.

MANDATORY SQUAD TEST SETS

- **Freestyle Test Set:**
  6 × 100 Free @ 1:50, holding 1:40s or better.
- **IM Test Set (4×, IMO by round):**
  4 × 25 stroke @ :45
  4 × 50 stroke @ 1:30
  Fastest average, holding fully legal technique and walls.

Practice & Meet Expectations: Must maintain a strict 3 practices/week attendance floor across any available squad sessions. Primary competition is the monthly TTSC Block Party Series for fast-paced dual-meet racing, with optional invitationals.

Intermediate & High-Performance Squads

SILVER, GOLD & SENIOR II PROFILES

Silver Squad

4 Practices / Wk (Absolute Floor) • Ages 11–14

ENTRY & ATHLETIC GATES

- Meet completion of **200 IM** & **400/500 Free**.
- Consistent underwater kicks past flags off every turn.
- **15-Event Portfolio:** Bronze + 400 IM, 1000 Free, and 200s of stroke.

MANDATORY SQUAD TEST SETS

- **Free Test:** 10 × 100 @ 1:40, hold 1:30s.
- **IM Test (4×, IMO):** 6 × 25 @ :45 & 6 × 50 @ 1:30 (fastest legal avg).

Practice & Meet Expectations: Strict 4 practices/wk attendance floor. Dual meet track: primary focus is Sanctioned Invitationals (multi-session state qualifiers) plus monthly Block Party Series for speed checks.

Gold Squad

5 Practices / Wk (Absolute Floor) • 13 & Over

ENTRY & ATHLETIC GATES

- Swimmer must be 13+ (coach discretion <13).
- USA Swimming BB+/A minimums in primary events.
- **18-Event Portfolio:** 50–1650 Free, 200s of all strokes, 200/400 IM.

MANDATORY SQUAD TEST SETS

- **Free Test:** 20 × 100 @ 1:30, hold 1:20s.
- **IM Test (4×, IMO):** 8 × 25 @ :30 (100 pace) & 8 × 50 @ 1:00 (200 pace).

Practice & Meet Expectations: 5 practices/wk floor following designated AM/PM energy-system tracks. Primary competition is Oregon State Qualifiers and Regional Invitationals + monthly Block Party race tune-ups.

■ Senior II Squad

6 Practices / Wk (Absolute Floor) • Sectionals Track

ENTRY & ATHLETIC GATES

- Elite senior cohort training toward Sectionals, Futures, and National levels.
- Full commitment to double-peak seasonal cycles and peak taper blocks.
- Complete 50–1650 slate with championship specialization focus.

MANDATORY SQUAD TEST SETS

- **Free Test:** 30 × 100 @ 1:20, hold 1:10s or better.
- **IM Test (4×, IMO):** 10 × 25 @ :30 (100 pace) & 10 × 50 @ :55–1:00 (200 pace).

Practice & Meet Expectations: 6 practices/wk floor following designated AM/PM microcycles; athletes unable to commit to 6x/wk transition to Senior I. Primary meets are Speedo Sectionals, Futures, and national qualification pathway meets + monthly Block Party race calibrations.

High School Track & Governance

SENIOR I, BLOCK PARTIES & CLUB POLICIES

■ Senior I Squad (High School Track)

Standard Club Schedule • Grades 9–12

PROGRAM ROLE & ELIGIBILITY

- High School Freshmen & older (grades 9–12; middle school coach discretion).
- Provides schedule flexibility for dual-sport athletes, academics, and employment.
- Focuses on multi-stroke conditioning, aerobic endurance, and high school season prep.

PATHWAY & CONDITIONING RUNWAY

- **Bidirectional Movement:** Flexible movement between Senior I ⇄ Gold and Senior I ⇄ Senior II based on season and attendance capacity.
- Serves as the official conditioning runway for athletes returning from fall sports.
- Participates in the standard 4-week testing cadence on dedicated days.

Practice & Meet Expectations: Flexible weekly attendance fitting around high school demands. Primary competition is the monthly TTSC Block Party Series and local high school meets; weekend invitationals remain optional.

The TTSC Monthly Block Party Series

1 FAST SESSION PER MONTH PER SQUAD

The Block Party Series is TTSC's signature competition engine—a 90- to 120-minute head-to-head dual meet or time trial against invited local clubs. Designed to maximize racing reps while completely eliminating exhausting 8-hour weekend invitational sessions for developing families.

Session A: Copper, Bronze & Senior I
Focus: 50s of all strokes, 100 IM, 200 Free, and relays. Fast, low-stress venue to achieve official IMR times and build team camaraderie.

Session B: Silver, Gold & Senior II
Focus: 100s of stroke, 200 IM, 400 IM / 500 Free, and skins sprints. High-intensity racing under training fatigue without exhausting travel weekends.

Program Guidelines, Attendance & High School Policies

1. Practice Opportunities vs. Attendance Floors: The numbers (2, 3, 4, 5, 6) represent the **absolute minimum weekly attendance floor** required to maintain squad placement and travel eligibility—they are not program caps. TTSC schedules additional sessions throughout the week; swimmers in Copper (2x), Bronze (3x), and Silver (4x) may utilize any available squad sessions to meet their weekly floor. For Gold (5x) and Senior II (6x), mornings and afternoons target distinct metabolic systems and are not drop-in substitutes; athletes are expected to follow their assigned schedule and strive to meet the weekly standard.

2. Testing Protocol (4-Week Cadence): Squad test sets (Freestyle and IM) are administered on separate, dedicated training days every 4 weeks across the competitive season to measure aerobic capacity, pacing discipline, and technical legality under fatigue.

3. Multi-Sport Transitions & Conditioning Re-entry (Senior I to Gold & Senior II): High school athletes balancing fall sports (such as volleyball, soccer, or cross country) or entering high school with divided athletic commitments begin their season in Senior I. Progressive overload and aerobic conditioning in both Gold and Senior II build sequentially; jumping directly into Gold (5x/wk) or Senior II (6x/wk) after missing early-season blocks risks acute physiological deficits, overuse injury, and disrupted training rhythm. Swimmers returning from secondary athletic seasons must use Senior I as an active reconditioning runway to: (a) re-establish stroke-specific aerobic capacity (EN1/EN2), (b) re-acclimate to sustained water training volume safely, and (c) re-qualify on squad-specific work capacity benchmarks (20 × 100 Free / IM set for Gold; 30 × 100 Free / IM set for Senior II) during scheduled 4-week testing windows before transferring into the full weekly commitment. Elevation to Gold or Senior II is never retroactive based on past times; it is granted once the requisite training base is demonstrated on deck.

4. Academics & Communication: Academics always come first. Swimmers managing heavy coursework, school labs, or exam weeks do not need formal paperwork—we simply ask for open, proactive communication with the coaching staff in advance so we can collaborate on an adjusted weekly plan.

5. High School Meet Credit: Routine high school practices do not substitute for club training. However, official OSAA high school dual meets or championship sessions are credited as an excused attendance credit toward weekly minimums when communicated in advance. Swimmers needing flexible seasonal schedules are welcomed in Senior I.