TOLL

PARENT & ATHLETE HANDBOOK

2026 - 2027

PVS

USA SWIMMING

TEAM TOLL
2026-2027 SEASON
PARENT AND ATHLETE HANDBOOK

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TOLL ATHLETE 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. Keep team areas at practices and meets clear of trash.
10. Consistently improve commitment level and training/racing ability from season to season.
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.
16. Practice direct communication with a coach. Please see athlete communication expectations for more guidance.
17. Always help with the pool covers before and after practice at Wildwood. Swimmers who do not help may be asked to sit out a practice.
18. Be excited to represent TOLL by competing in relays when selected for one.

TOLL PARENT EXPECTATIONS

All TOLL parents are expected to:



1. Support their athletes throughout the season by getting them to required practices & meets, making sure fees are paid promptly, and encouraging their swimmers to follow athlete expectations outlined above.
2. Regularly volunteer at meets throughout the season.
3. Stay on top of communication from coaching staff and make sure your swimmers are being committed to meets, registered for events, and registered for USA Swimming.
4. Prioritize meet weekends for your swimmer, particularly championship meet weekends, so your swimmer can be well rested, properly hydrated and have the optimal nutrition to fuel their bodies so they can make best times every race if possible.
5. Maintain a positive and respectful relationship with the TOLL coaching staff.
6. Maintain a positive and respectful relationship with other TOLL parents, parents of other clubs, meet personnel, and any other swimmers & adults we interact with at practices or meets.
7. Build and reinforce trust between the athlete and the coach. Parents should reinforce at home with the swimmer to ask the coach questions directly, for swimmers to advocate for themselves by bringing up any concerns directly with their coach.
8. Encourage their swimmer to participate in social activities and team meals to foster friendships and camaraderie with teammates.
9. Refrain from interacting with their swimmers during practices or meets.
10. Refrain from interacting with coaches during practices or meets. Any concerns or questions should be directed to a coach by email or phone call, unless a meeting is organized before or after a practice/meet.

11. Adhere to Safe Sport policies (both swimmers and parents). This includes Safe Sport training for parents and swimmers and Minor Athlete Abuse Prevention Policy.

12. Parents may not contact meet hosts or Potomac Valley Swimming (PVS) admins unless given explicit permission from a TOLL coach.

If a swimmer or parent is 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.

Communications Policy:

The TOLL coaching staff regularly communicates to the team and various roster groups via email. Items in emails include meet information/registration, practice schedule updates, championship meet eligibility, relay lineups, travel meet information, and other schedule changes. Swimmers and parents are responsible for staying up to date with any updates from the TOLL coaching staff.



PARTICIPATION AND FEES

Participation on TOLL is by approval of the coaching staff. All practices are at Georgetown Prep, Wildwood Manor or St. Albans except when noted. Fees may be paid in full at registration; or a $400 registration fee when you sign up and 1/3rd of the balance due September 1st, 1/3rd on October 1st, and the final 1/3rd installment on November 1st. The $400 fee is non-refundable and non-transferable.

Fees must be paid through TOLL's website (Team Unify) and you must add a credit card for automatic withdrawal. Team Unify Season Fees cover:

- all training sessions
- end-of-season championship meets
- dryland
- apparel
- some social activities

Separately, families are responsible for:

- all other meets
- USA Swimming registration fee
- purchase of mandatory practice equipment
- travel trips
- some elective social events

We do not offer refunds if a swimmer withdraws from the team during the season. Families will be billed automatically through Team Unify for meet fees the week prior to the meet. Please note that we will offer summer training in June and July for swimmers returning in the fall.

Swimmers and families should be prepared to transition to another group if determined by the coaching staff. We consider transitions based on age, commitment level, skill, speed, and maturity. Transitions typically happen at certain points in the season including early fall, mid-winter, spring, and summer. However, transitions may happen at any time and the coaching staff has the final say in any transition or group placement.

2026-2027 Practice and Fees	Practice Requirement	Dryland	Annual Fee
Minis	2		$3,070
Junior	3		$4,135
Junior Select	3		$4,135
Age Group	3	1	$4,135
Age Group Advanced	4	1	$4,795
Age Group Select	4	1	$4,795
Age Group Elite	6	1	$5,260
Senior	4	1	$4,795
Senior Advanced	5	1	$5,065
Senior Select	6	2	$5,260
Senior Elite	8	2	$5,575

PRACTICE LOCATIONS

Georgetown Prep
10900 Rockville Pike
Bethesda, MD 20852

Please note the Georgetown Prep (Prep) pool will not be available part or all of some days during the season due to school activities. For some of these dates, we may provide practice for some of the groups at an alternate site. We will adjust the practice requirements based on pool closure dates.

For some groups, the winter schedule may affect the number of practices offered (due to high school team practices/meets). Coaches will communicate to swimmers the practice requirement for the winter schedule. We do not guarantee a makeup practice if a practice is canceled due to weather or blackout.

Wildwood Manor Pool
10235 Hatherleigh Dr.
Bethesda, MD 20814

At Wildwood (WW), we generally swim outdoors year-round in all weather conditions except thunder/lightning. We do not guarantee makeup practices for practices affected by Prep blackouts, inclement weather, or other changes/cancellations. The water temp is kept at an even 82° with heaters and solar covers. More than likely the swimmers will be perfectly warm while coaches are bundled up on deck.

St Albans School, Lawrence Pool
3551 Garfield St. NW
Washington, DC 20007

Tollefson Swimming, our non-competitive group, holds stroke classes and Training & Endurance sessions on weekends at St. Albans (STA). Our TOLL Junior and Junior Select groups will have practices there on Sunday afternoons for the 2026-2027 season.

Dryland

All groups (except Minis, Juniors, and Junior Select) are offered the opportunity to participate in at least one dryland training session per week. These workouts are meant to complement our athletes' in-water training and promote healthy muscle growth. Your swimmer's group will meet at one of the following facilities:

Total Technique Training
15151 Southlawn Lane Unit F
Rockville, MD 20850

Healthy Baller
4944 Wyaconda Road
Rockville, MD 20852

Pool Closures:

For situations such as unexpected pool closures or reduced pool availability, we do our best to offer practices for all groups. In some cases, we prioritize practices for groups with upcoming meets or for groups that require more training time. Any last minute closures will be communicated to your group via email from your coach.

TOLL CULTURE – WHAT DOES IT MEAN TO BE PART OF TOLL?

We believe that through swimming, we can teach young people important life skills such as developing a work ethic, goal setting, taking responsibility, respect, humility, and learning through life's ups and downs.

We strive for a culture of excellence at practice and meets. TOLL swimmers enjoy working through challenging sets, giving their best effort at practices and during races, and striving to be the best athletes they can be.

We strive for a culture of continued growth and improvement. TOLL swimmers and coaches are always looking for ways to improve. TOLL swimmers want to improve their swimming throughout the season and enjoy working on getting to the next level.

We strive for a culture of all around swim development for all swimmers. We focus on development and growth in all 4 strokes and IM.

We strive for a culture of athlete ownership and personal responsibility in their swimming. What this can mean will vary by age and level of swimmer. At all levels of TOLL, the swimmer should be the primary communicator.





We strive for a TEAM culture! Here are some concrete ways to contribute to our TEAM culture, no matter how fast or experienced you are!

- Demonstrate leadership at practice and meets
- Leading a lane & encouraging your teammates at practices
- Attend group/team social events
- Always help with clean up, pool covers, and picking up after yourselves
- Be excited to represent TOLL at Champs meets by competing in relays
- Be 15 minutes early for all practices and meets
- Be the first one in the water!

ATHLETE OWNERSHIP

Here's a breakdown of what TOLL coaches generally expect from swimmers to demonstrate ownership and independence at various age levels :

10&UNDER SWIMMERS





- Getting dressed for practice (including capping themselves!) and packing their own swim bag with all their required gear is expected at this age.
- Swimmers should be picking out and preparing (when possible) their own healthy snacks for practices and meets.
- Swimmers are expected to give all strokes and all distances a try.
- For communication, it's appropriate for 10&U swimmers to ask their coach questions directly either by email or on the pool deck.
- Most communication should be between the swimmer and the coach directly so swimmers can start learn to advocate for themselves independently.



11-12 YEAR OLD SWIMMERS

- These athletes should be fully preparing for practices and meets independently by packing their own bags/equipment/snacks.
- It's up to swimmers to take responsibility for missing practices/meets by communicating directly with their coach, and managing conflicts between swim and other sports/activities by discussing directly with their coach.
- Swimmers are expected to try all strokes and all distances.
- 11-12 year old athletes should be selecting all meet events and discussing event lineups with their coach directly.
- For communication, it's appropriate for swimmers this age to ask their coach questions directly by either email or on the pool deck.
- The majority of communication should be between the swimmer and the coach directly.

ATHLETE OWNERSHIP, CONTINUED

13-14 YEAR OLD SWIMMERS

- These athletes will always manage their swimming & communications with their coach, including packing their own bags/equipment/snacks.
- By taking responsibility and communicating directly with coaches about missing practices/meets or conflicts between swim and other sports/activities, swimmers will improve their communication skills and ownership in their own personal success.
- 13-14 swimmers should be selecting all meet events and discussing event lineups with the coach directly. At this age all communication about meets should be between the swimmer and the coach directly.
- Swimmers should work towards competing in the IMX events and developing skills in all strokes and all types of events: sprint, mid-distance, and distance.







15&OVER SWIMMERS

- At this age, it should come naturally for swimmers to manage all their swimming, equipement, snacks, etc. and communication with their coach regarding practice, meet lineups and conflicts without parental assistance.
- By taking responsibility for communications and conflict resolution, swimmers will continue to improve their communication skills and ownership in their personal success in and out of the pool.
- Swimmers should be taking a greater responsibility at home for their own nutritional needs - making healthy choices to fuel and hydrate properly.
- While we encourage swimmers to continue working towards developing all four strokes and IM; however at this age they may start to specialize in one or more stroke and/or distance.

HOW CAN PARENTS HELP THEIR SWIMMERS TAKE OWNERSHIP IN THEIR OWN SWIMMING? By encouraging them to follow the above guidelines for each age group. The coaching staff is here to help your swimmers grow and become independent – so we ask that you encourage them in this and please resist the temptation to do things for them. Rather, we believe it's important to let them fail in the short term in order to succeed in the long term.

MINIS

TOLL Minis is for novice swimmers who are proficient in all 4 strokes, starts, turns, and finishes. Swimmers are expected to build and improve habits that will carry them through their swimming careers.

Emphasis in training: Technical development, fun, and learning how to race.

Competitive season: September through March

Expected training attendance: 2x/week September through May

Swimmers wishing to be considered for Minis should satisfy the following:

- Swimmers should be 8 & under for most of the season (September through May)
- Be able to come to at least 2 practices per week consistently
- Participate in at least 80% of the meets
- Be legal in at least 3 strokes, and close to legal in the 4th
- Be coachable and show ability to pay close attention and follow instructions

Goals/Expectations of Swimmers in Minis:

- Minis swimmers should be legal in all 4 strokes by the time the season is done
- Push off with a streamline consistently and perform legal turns for each stroke
- Basic understanding of how to use the pace clock
- Show development of communication skills between the coaches and swimmer
- Building and improving personal and athletic habits including: technical development, sportsmanship, work ethic, and commitment to training, meets, and the team for the whole season



JUNIOR

TOLL Junior is for developing junior swimmers who are proficient in all 4 strokes, starts, turns, and finishes. Swimmers are expected to continue to build and improve habits that will help prepare them for age group swimming including technical development, sportsmanship, work ethic, a season-long commitment, and building endurance.

Emphasis in training: Technical development, fun, developing racing strategies, & building endurance

Competitive season: September through July

Expected training attendance: 3x/week September through May

Swimmers wishing to be considered for Juniors should satisfy the following:

- Junior swimmers should be ages 9 or 10 for most of the season
- Be able to come to at least 3 practices per week consistently
- Be proficient & legal in all 4 strokes
- Be coachable and willing to work hard towards goals and expectations

Goals/Expectations of Swimmers in Juniors:

- Improve technique in all strokes, streamlines and turns
- Enhance underwater kicking skills
- Improve endurance
- Develop a passion for the sport to be willing to work towards moving up to more challenging practice groups
- Junior swimmers are expected to compete in IM Ready(IMR) events throughout the season

WHAT IS IMR/IMX?

IMX stands for IM Extreme and IMR stands for IM Ready. During each season, whenever you swim an event, the time is registered with USA swimming. Different times score different "power points." The faster the time the higher the power points are for each swim. For each event, swimmers are ranked locally and nationally depending on these power point scores. More information can be found on the USA Swimming website under the "Times" tab.

To have an IMR or IM ready score, swimmers need to swim all the events that are appropriate for his/her age group during each season. Then a score is calculated on the website and compared to other swimmers of the same age. All swimmers up to age 18 can earn a power point shore. If the score is high enough, swimmers 14&under will qualify for the IMX meet in January at UMD. This meet brings swimmers from across the mid-Atlantic region to compete. At that 3 day meet, each swimmer will then swim all 5 events (6 for 13-14's). It's a test of endurance and technique and encourages swimmers to give longer distances a try. See chart on page 12 for event breakdown.

JUNIOR SELECT

TOLL Junior Select is for advanced junior swimmers who are proficient in all 4 strokes, starts, turns, and finishes. Swimmers are expected to continue to build and improve habits that will help prepare them for age group swimming including technical development, sportsmanship, work ethic, a season-long commitment, and building endurance.

Emphasis in training: Technical development, fun, developing racing strategies, and building endurance

Competitive season: September through July

Expected training attendance: 3x/week September through May

Swimmers wishing to be considered for Junior Select should satisfy the following:

- Show strong interest and commitment
- Be able to come to at least 3 practices per week consistently
- Show a growing level of discipline to stay on task during workouts and focus on maintaining techniques
- Understand and perform legal turns
- Understand how to use the pace clock
- Strong kick, understanding of correct body and head position for all 4 strokes

Goals/Expectations of Swimmers in Junior Select:

- Compete in IMX events throughout the season
- Work hard to prepare for transition to Age Group Advanced or Age Group Select
- Create a strong foundation of a love of learning and fundamentals to excel in higher groups
- Advocate for themselves and direct communication with the coaches

IMR/IMX EVENT BREAKDOWN BY AGE GROUP

IMR (IM READY) EVENTS	
10 & Under	100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
11-12 Year Olds	200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
13-14 Year Olds	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
IMX (IM EXTREME) EVENTS	
10 & Under	200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11-12 Year Olds	500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
13-14 Year Olds	500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

AGE GROUP (AG)

TOLL Age Group is for swimmers who are proficient in all 4 strokes, starts, turns, and finishes, and have graduated from our junior groups but not quite ready for AGA or Seniors. AG swimmers are expected to build and improve habits that will help prepare them for senior swimming including following a training plan, competing in longer events, building a solid work ethic, and a season-long commitment.

Emphasis in training: Continued technical development, fun, developing racing strategies, and building endurance for longer events

Competitive season: September through July

Expected training attendance: 3x/week September through May

Swimmers wishing to be considered for Age Group should satisfy the following:

- Have completed 11-12 year old IMR events
- Be proficient & legal in all 4 strokes including turns
- Met practice requirements in either Junior or Junior Select
- Be coachable and able to pay attention to instructions

Goals/Expectations of Swimmers in Age Group:

- 3x/week practice attendance; 4x/week if considering a move up to AGA
- Participate in dryland work outs once a week
- Be able to swim all 11-12 IMX events
- Build endurance for longer events
- Prepare for transition to either AGA or Senior Group



AGE GROUP ADVANCED (AGA)

TOLL Age Group Advanced is for swimmers who have graduated from our junior groups but are not yet ready for our high school groups. AGA swimmers are working to prepare for AGS, Seniors, or Senior Advanced.

Emphasis in training: Continued technical development, fun, developing racing strategies, and building endurance for longer events

Competitive season: September through July

Expected training attendance: 4x/week September through July.



Swimmers wishing to be considered for AGA should satisfy the following:

- Have completed 11-12 year old IMR
- Swimmers should have a 200 free time below 3:00 and 200 IM time below 3:20
- Be coachable and able to pay attention to instructions

Goals/Expectations of Swimmers in AGA:

- 4x/week practice attendance; 5x/week if considering a move up to AGS
- Participate in dryland work outs once a week
- Be able to swim all 11-12 IMX events
- Work towards swimming all IMX events as a 13-14

AGE GROUP SELECT (AGS)

TOLL Age Group Select is for advanced age group swimmers (14&Under) who have graduated from our junior groups and not yet ready for our high school groups. AGS swimmers are working to prepare for Age Group Elite or Senior Advanced and are expected to build and improve habits including following a training plan, competing in longer events, work ethic, and a season-long commitment.

Emphasis in training: Continued technical development, fun, developing racing strategies, and building endurance for longer events

Competitive season: September through July

Expected training attendance: 4x/week September through July

Swimmers wishing to be considered for Age Group Select should satisfy the following:

- Show consistent 4x practice attendance in either Junior Select or AGA
- Attend morning practices and all meets
- Have completed 11-12 IMR events
- Attend weekly dryland training
- Be coachable and able to pay attention to instructions
- Swimmers considered for AGS should have a 200 FR time below 2:40 and 200 IM time below 3:00

Goals/Expectations of Swimmers in Age Group Select:

- 4x/week practice attendance; 5x/week if considering move up to Age Group Elite
- AGS swimmers are focused on swimming as their primary sport and can manage the practice requirements
- Goal of the group is for all swimmers to qualify for IMX
- AGS families must be comfortable with swimmers missing up to 5-7 days of school annually for championship & travel meets
- AGS swimmers are expected to work towards 11-12 NCI cuts, 14&Under Champs, ISCA, Long Course (LC) Champs cuts, and Eastern Zones in summer
- Work towards swimming all 13-14 IMX events before turning 13
- Developing a mature mindset and attitude
- Create attainable goals and outline steps to get there
- Swimmers will work on leadership and communication skills

AGE GROUP ELITE (AGE)

TOLL Age Group Elite is for advanced age group swimmers (14&Under) who are serious, committed athletes. AGE swimmers focus on swimming as their only sport and are focused on qualifying for regional and national championship meets such as PVS 14&U Champs, IMX, Eastern Zones, ISCA, and other national-level championship meets.

AGE swimmers are committed swimmers who are expected to implement and follow a training plan, compete regularly in all events, and understand the season-long commitment. Swimmers are selected for AGE by the coach based on speed, skill, commitment to the sport, as well as overall maturity.

Emphasis in training: Aerobic development, racing strategies, development in IMX events, a mature mindset and attitude and preparation for transitioning to senior level swimming. This includes goal setting, prioritizing getting to practice, ability to communicate with the coach, and leadership capabilities

Competitive season: September through July

Expected training attendance: 6x/week September through July

Swimmers wishing to be considered for Age Group Elite should satisfy the following:

- Show a consistent 4x/weekly practice attendance in either AGS or SA
- Swimmers should show they are committed to getting stronger
- Have multiple ISCA/Jr Champs/A cuts or higher as a 12 year old
- Have an IMX score as a 12 year old with at least 1800 power points
- 12 year olds should complete the 13-14 IMX events before moving up
- Swimmers should have a 200 FR time below 2:15 and 200 IM time below 2:30 before entering
- Other qualifying events looked at for AGE consideration are 500 FR (6:15), 1000 FR (13:00), and 400 IM (5:30)
- Swimmers wishing to be considered for AGE showcase development in IMX events, kicking, and building a strong work ethic

Goals / Expectations of Swimmers in Age Group Elite:

- Attend all swim & dryland sessions each week
- AGE swimmers regularly communicate with the coach and take ownership in communication
- Families must be comfortable with swimmers missing at least 10 days of school annually for championship & travel meets
- Swimmers are expected to compete at all meets including prelims/finals sessions.
- Swimmers are expected to work towards 14&Under Champs cuts in both spring (SCY) and summer (LCM)
- Swimmers are expected to work towards ISCA cuts, NCI cuts, and Eastern Zones cuts. AGE Swimmers are expected to go to ISCA travel meets.
- 14 year old swimmers wishing to be considered for Senior Select must have multiple 14&Under Champs cuts/JR Champs cuts

SENIORS

TOLL Senior Group is for swimmers ages 13 and over. Senior swimmers are expected to build and improve habits that will help prepare them for senior swimming including following a training plan, competing in longer events, developing a strong work ethic, and a season-long commitment.

Emphasis in training: Aerobic development, developing racing strategies, and preparation for transitioning to our other senior groups in future seasons

Competitive season: September through July

Expected training attendance: 4x/week September through July

Swimmers wishing to be considered for Seniors should satisfy the following:

- Show a consistent 3x/week practice attendance in previous TOLL Group
- Have experience in summer league and/or high school team
- Complete legal 100 Fly, 100 Breast, 100 Back, 200 IM, and 200 Free

Goals / Expectations of Swimmers in Seniors:

- Attend 4x practices weekly and dryland
- Strong desire to improve strokes, turns and overall fitness and conditioning
- Work towards moving up to Senior Advanced for the next season.



SENIOR ADVANCED (SA)

TOLL Senior Advanced (SA) is for advanced swimmers ages 13 and over. SA swimmers are expected to build and improve habits that will help prepare them for senior swimming including following a training plan, competing in longer events, developing a strong work ethic, and a season-long commitment. SA requires time standards to enter the group and has an increased commitment level compared to Senior Group.

Emphasis in training: Aerobic development, developing racing strategies, and preparation for transitioning to Senior Select group in future seasons

Competitive season: September through July

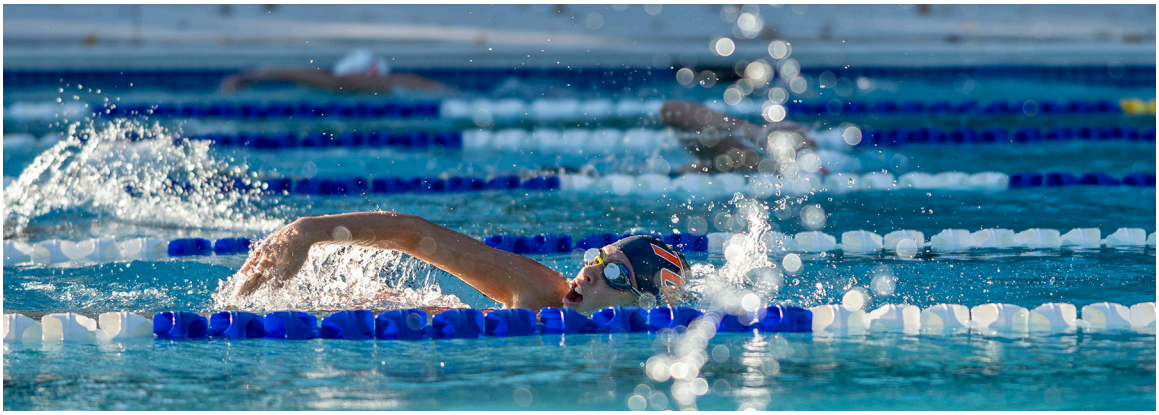
Expected training attendance: 5x/week September through July

Swimmers wishing to be considered for Senior Advanced should satisfy the following:

- Show a consistent 4 or more practices weekly attendance in Age Group Select
- Willing to do morning practice and attend most meets including finals
- Complete IMX events for 11-12; if 13 yrs old, then swimmers should have started competing in 13-14 IMX events
- Ideally, swimmer has 200 FR time below 2:35 and 200 IM time below 2:45
- Attends dryland/strength training weekly

Goals / Expectations of Swimmers in Senior Advanced:

- Show a consistent practice attendance at the pool (5x/wk) and dryland (1/wk)
- Willing to do morning practices, all open meets and travel meets, attend all sessions of qualifier/champs meets including relays.
- Score 1800 points by completing legally all the 13-14 IMX events
- Swimmer should work towards getting a 200 FR time below 2:20 and 200 IM time below 2:35 by end their first short course season in SA
- Pays attention to and begins to take ownership for their own hydration and nutrition needs to build strength
- If seeking to reach Senior Select, attend 5-6 practices weekly throughout the whole season and meet all listed requirements



SENIOR SELECT (SS)

TOLL Senior Select (SS) is for advanced 14&over swimmers who are proficient in all 4 strokes, starts, turns, and finishes. SS swimmers are committed athletes who may have other focuses outside swimming (athletic or otherwise). Swimmers in this group are working towards JR/SR champs cuts, Metros cuts, and LC championship meet cuts.

Emphasis in training is aerobic conditioning, preparation for short and medium events, and preparation for the high-school swim season

Competitive season: September through July

Expected training attendance: 6x/week September through July

Swimmers wishing to be considered for Senior Select should satisfy the following:

- Show a consistent practice attendance of at least 4x/week in previous group
- Have experience competing in a variety of events across strokes and distances at USA Swimming Meets
- Willingness to attend dryland practices and morning practices
- Have a love for racing and have specific short and long term goals for their swimming

Goals / Expectations of Swimmers in Senior Select:

- Maintain 6 practices weekly plus dryland
- Attend dryland workouts to become a better athlete
- Show consistency with attendance, positive attitude, work ethic, meet participation
- Strive to achieve qualifying times for PVS meets and High School Champs



WHAT ARE METROS?

Metros are a huge high school swim and dive meet that encompasses swimmers from across the DMV in both private and public high schools, held at the end of the high school winter swim season in late February at the University of Maryland. There are cut times in order to qualify and many of our TOLL swimmers compete at this meet every year. With the level of excellence found across the DMV in swimming, this meet is also a chance to see future swim superstars and watch them compete with their high school peers. Most of our local Olympians have competed at Metros.

SENIOR ELITE (SE)

TOLL Senior Elite (SE) is for high school swimmers who are highly committed to the sport and aspire to swim at the collegiate level. Senior Elite 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 meets.

Swimmers are selected for SE by the coach based on speed, skill, commitment to the sport, and maturity. Swimmers entering the group should at a minimum have JR champs cuts in several events. As mature, committed swimmers, SE teammates are expected to implement and follow a training plan, compete in all events, and understand the season-long commitment.

Emphasis in training is aerobic conditioning, preparation for competition in events of all distances, and preparation for swimming at the collegiate level (DI, II or III)

Competitive season: September through July.

Expected training attendance: 8x/week September through early August.

<u>Swimmers wishing to be considered for Senior Elite should satisfy the following:</u>

- Expectation that swimmer does not take more than 4 days off during holidays and breaks.
- Has multiple Junior Champs cuts.
- Be a leader on TOLL - leading by examples and actions at practices and meets

<u>Goals / Expectations of Swimmers in Senior Elite:</u>

- Swim 8x/week with mandatory attendance of 95%.
- Attend 2 dryland workouts a week with mandatory attendance of 90%.
- Qualify for 4-6 events at NCI
- Full maturity of balancing school and swimming and committed to prioritizing all practices
- Must be able to miss up to 10 days of the school year for Champs/travel meets.



PRACTICE SCHEDULE

The following schedule is tentative as of May 2026 and subject to change due to pool closures, meets, weather, etc. Please see the TOLL website for the most accurate schedule.

	MON	TUES	WED	THUR	FRI	SAT	SUN
MINIS			6:30 - 7:30pm @ Prep		6 - 7:30pm @ Prep	2 - 3pm @ Prep	
JUNIOR	6 - 7:30 pm @ Prep		7:30 - 8:45 pm @ Prep		6:30 - 7:30 am @ Prep	12-12:30 dryland 12:30 - 2 pm practice @ Prep	4-5:30 pm @ STA
JUNIOR SELECT		4:30-6 pm @ WW	7:30-8:45 pm @ Prep		6:30 - 7:30 am @ Prep	12-12:30 dryland 12:30 - 2 pm practice @ Prep	4-5:30 pm @ STA
AGE GROUP		4 - 6 pm @ Prep (WW Winter)		4 - 6 pm @ Prep (WW Winter)		2 - 3:30 pm @ Prep	12 - 1:30 pm @ WW
AGE GROUP ADVANCED			6-7:30 pm @ Prep	4 - 6 pm @ WW	5 - 6:30 am @ Prep	10 am - 12 pm practice 12 - 12:30 dry-land @ WW	12 - 1:30 pm @ WW
AGE GROUP SELECT	7-7:30pm dryland 7:30 - 9 pm @ Prep	7:30 - 9 pm @ Prep		4 - 6 pm @ WW	5 - 6:30 am @ Prep	10 am - 12 pm practice 12 - 12:30 dry-land @ WW	
AGE GROUP ELITE	7-7:30pm dryland 7:30-9 pm @ Prep	4 - 6 pm @ WW	4 - 6 pm @ WW	5 - 6:30 am @ Prep		10:30 am - 12:30 pm @ Prep	12:30 - 2 pm @ Prep
SENIOR		5-6:30 am @ Prep	8 - 9 pm @ Prep		4 - 6 pm @ WW	12 - 2 pm @ WW	12 - 2 pm @ WW
SENIOR ADVANCED	4 - 6 pm @ WW		5-6:30 am @ Prep	7:30 - 9 pm @ Prep	4 - 6 pm @ WW	12 - 2 pm @ WW	12:30-2 pm @ Prep
SENIOR SELECT	4 - 6 pm @ WW	5-6:30 am @ Prep	4 - 6 pm @ WW	7:30 - 9 pm @ Prep		10:30 am - 12:30 pm @ Prep	10 am - 12 pm @ WW
SENIOR ELITE	5 - 6:30 am @ Prep 4 - 6 pm @ WW	4 - 6 pm @ WW	4 - 6 pm @ WW	5 - 6:30 am @ Prep 7:30 - 9 pm @ Prep		10:30 am - 12:30 pm @ Prep	10 am - 12 pm @ WW

In addition, when a travel or championship meet is getting close, TOLL will often hold practices just for swimmers participating in those meets. We keep an up-to-date live calendar online with any and all changes or additions.

MEET SCHEDULE - SHORT COURSE YARDS

The following schedule is tentative as of May 2026. Please see the TOLL website for the most current meet schedule. The TOLL coaching staff has the final say in all meet lineups including individual events and relays lineups.

DATE	MEET	LOCATION	AGES	OPEN?
9/26/2026	All Freestyle Meet	Fairland	9&Over	yes
10/9 - 11/2026	PVS October Open	Fairland (Hosting)	9&Over	yes
10/24/2026	Rock Hopper	Fairland	Minis	yes
10/30-11/1/2026	ISCA Fall Classic	Hampton, VA[1]	9&Over	no
11/7-8/2026	November Distance	Takoma, DC	9&Over	yes
11/13/2026	PVS November Open	Fairland	9&Over	yes
12/3-6/2026	Turkey Claus Showdown	UMD	9&Over	yes
12/5-6/2026	Reindeer Mini Meet	Providence Rec.	Minis	yes
12/10-13/2026	Katie Ledecky Invitational (KLI)	UMD	9&Over	no
1/2-3/2027	PVS January Distance	The St. James Springfield, VA	9&Over	yes
1/16-17/2027	PVS January Open	Fairland	9&Over	yes
1/22-24/2027	IMX Challenge	UMD	9-14	no
1/24/2027	Little Blue Penguin Pentathlon	Fairland	Minis	yes
2/26-28/2027	Cherry Blossom Champs	Fairland	9&Over	yes
3/4-7/2027	PVS SC Open Champs	UMD	15&Over	no
3/6-7/2027	Mini Champs	Olney	Minis	yes
3/11-14/2027	PVS 14&Under Champs	UMD (Hosting)	14&Under	no
3/18-21/2027	Eastern Zone Senior Sectionals	Christiansburg, VA[2]	15&Over	no
April TBA	ISCA East Elite Classic	St Petersburg, FL[3]	14&Under	no

1 Team Travel for 11& Over, Family Travel for 9-10s
2 Team Travel
3 Family Travel for all

MEET SCHEDULE - LONG COURSE METERS

The following schedule is tentative as of May 2026. Please see the TOLL website for the most current meet schedule. The TOLL coaching staff has the final say in all meet lineups including individual events and relays lineups.

DATE	MEET	LOCATION	AGES	OPEN?
4/24-25/2027	PAC Dive Into Spring LC Meet	Fairland	9&Over	yes
5/20-23/2027	LC Super Sectionals[1]	Richmond, VA	15&Over	no
6/4-6/2027	Maryland State LC Champs	Rockville	9&Over	no
6/13/2027	PVS LC Open #1	Fairland	9&Over	yes
6/21/2027	PVS LC Open #2	Fairland (Hosting)	9&Over	yes
6/28/20207	PVS LC Distance	Fairland	9&Over	yes
7/9-12/2027	PCS LC 14&Under Champs	TBA(Hosting)	14&Under	no
7/16-17/2027 7/19-20/2027	PVS LC Open Champs	TBA	15&OVer	no
TBA	Futures[1]	TBA	15&Over	no
8/4-7/2027	Eastern Zones - Age Group[2]	Richmond, VA	9-14	no
TBA	Eastern Zones - Seniors[2]	Buffalo, NY	15&Over	no
TBA	NCSA Summer Champs[1]	Indianapolis, IN	15&Over	no

1 Team Travel
2 PVS Team Travel

WHAT'S AN OPEN MEET?

Many of our Potomac Valley Swimming meets are "open," meaning all swimmers are welcome to and encouraged to sign up and swim as many events as they are able and legal to swim. In contrast, some meets (KLI, ISCA, and various championship meets) have qualifying times (QTs) that a swimmer is required to meet before they are able to swim at these meets. These cut times give swimmers something to aim for at open meets and the cut times get more challenging the bigger the meet is. Every year, TOLL has had more and more swimmers qualifying for these elite meets.

STILL HAVE QUESTIONS ABOUT TEAM TOLL OR USA SWIMMING? YOU'RE IN LUCK! JUST TURN THE PAGE!

FIRST TIME DOING YEAR-ROUND CLUB SWIMMING? WE'RE HERE TO HELP!

WHAT IS THE BIGGEST DIFFERENCE BETWEEN SUMMER SWIM & CLUB SWIMMING?

One of the biggest things for families and athletes is balancing swimming with all the additional school year activities. This is why our offerings within Team TOLL allow for a variety of commitment levels. These offerings increase with age and skill level. Athletes will need to reflect with their families on what their own personal goals are for year-round swimming and adjust their commitment level accordingly. As our swimmers get older, some choose swimming as their primary sport while others may continue in other High School athletics, school clubs, as well as outside groups like Scouts or music. Once you have committed to a group, we do ask that parents support their swimmers to keep that commitment for the whole season.

ARE PARENTS INVOLVED AT USA SWIMMING MEETS?

Yes - parents serve as timers, stroke and turn judges, starters and referees just like in the summer. We offer some compensation for swimmers whose parents are certified officials. Interested in becoming certified for USA Swimming meets? There's a page on the TOLL website (under the "Resources" tab) that can help you out.

DOES MY KID NEED TO BE ON AN OLYMPIC TRACK TO SWIM YEAR ROUND?

Not at all! If your child enjoys swimming, is legal in all four strokes (or just about there for our Minis) and is having fun, then they are ready to swim year round. Like summer swim, improvement is at a swimmer's own individual pace but we are there to help them be their best in the pool. With consistent practices, commitment, and focus TOLL swimmers are guaranteed to improve over time.

If your child does have Olympic dreams, they do not need to be doing double practices at 8 years old. In fact, that level of training is highly discouraged at that age and would often result in burnout, if not injury, if continued for a long period of time. Plenty of top seeded athletes started out as 12 & unders who simply loved to swim and did it a few times a week, upping their commitment level as teens when they made the decision that swimming was their primary sport. While this may be considered "late blooming" in other sports, in swimming it's a healthy progression.

WHAT ARE CUT TIMES?

You may have heard the term "A Cuts" or "AA Cuts" and the like and wondered what they mean. These are motivational standards set by USA Swimming and are a great way to track your swimmer's progress against a national average. Cut times are also used to qualify for certain meets, such as NCI in December, ISCA travel meets, or Champs meets in spring and summer.



YOU TALK ABOUT COMMITMENT A LOT - HOW "SERIOUS" IS THE TEAM?

We work hard at practice but we also play hard! Each group gathers outside the pool a few times a season to foster team bonding and friendships amongst our swimmers. Everything from hot chocolate or bagels after practice, potlucks, pizza (swimmers do like to eat a lot, you know) to outings at the ropes course. laser tag, bowling, or hiking are all things our teams have done to hang out together. We've often gathered as a team for meals before big meets and made posters to cheer each other on. At the end of the season we celebrate with a banquet and get to show off everyone's achievements. At TOLL, we want our team to feel like a community. Many of our swimmers come away with life-long friends they've found amongst their teammates.









PARENT/ATHLETE AGREEMENT

By registering for TOLL 26-27 and completing the agreements through Team Unify, we acknowledge that we have read the entire handbook together and understand the behavior and participation requirements set forth for both swimmers and their families.

We have also read the group description for our athlete and understand the expectations set forth for training, competition, and commitment levels.

We understand that if any expectations, policies, or requirements set forth in this handbook are not adhered to, a swimmer may be asked to leave practice, meet, other TOLL function. We also understand that if any expectations, policies, or requirements in this handbook are not adhered to a swimmer may be dismissed from the team or not invited back to the team the following season.

Have any questions or concerns?
Please reach out. henry@tollefsonswimming.com

TOLLEFSON SWIMMING/TEAM TOLL Henry Tollefson, Head Coach