



Bronze Division Expectations

Bronze swimmers strive to reach the following standards:

1. Bronze swimmers are the foundation of the Age Group program at SCSC. What they learn as the foundation of the Age Group program will be taken with them as they progress through SCSC. They are learning technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. Bronze swimmers aim to master the basics of the age group divisions and to reach a higher standard within SCSC.
3. Bronze swimmers are the future leaders of the age group program and will help support, train, and encourage sportsmanship among their fellow teammates.

Bronze swimmers strive to reach the following expectations:

1. The goal for practice attendance is 4 practices in 2 weeks and when in attendance- **All in, All the time!** This requirement is to teach the understanding that **Practice attendance + Practice effort = Results!**
2. Communication should take place in advance when unable to attend practices.
3. Participation in Championship, Home meets, and SCSC events is highly encouraged for our competitive team.
4. Participation in dryland, home meets and team activities are highly encouraged to build athleticism and encourage growth outside the normal practice setting.

Athlete-Coach Relationship at SCSC:

1. We believe that teaching each swimmer to take ownership of the sport is critical to self-development and success. A major part of that ownership is building a relationship with his/her coach built on trust and open communication.
2. An honest face-to-face conversation with the coach can go a long way toward alleviating any questions or concerns a swimmer may have about Bronze expectations. *As a parent you play a major role in developing this relationship. Also, you can provide background information to the coach about your child (medical conditions, past experiences that may be relevant, etc.) which may be useful in more effectively coaching your swimmer.*
3. Belief in one's team, coach, and group is necessary to achieve potential.

SCSC's Summer League Philosophy concerning Bronze Swimmers:

1. Bronze Division: Swimmers are very much encouraged to participate with their summer league teams, but ratio of SCSC practices to summer league practices shifts as swimmers develop. Consistency in coaching and training is critical to maintaining technique, so we recommend that our 9 and under swimmers practice with SCSC at least 2-3 days a week. (4-5 practices in 2 weeks)