



## GOLD 1 EXPECTATIONS

Gold 1 swimmers strive to reach the following standards:

1. Gold 1 swimmers are the leaders of the Age Group program at SCSC. What they learn as leaders of the Age Group program will be taken with them as they progress through SCSC. They are learning to lead by example in technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. Gold 1 swimmers aim to raise the standard of the age group divisions and to reach a higher standard within SCSC.

Gold 1 swimmers strive to reach the following expectations:

1. The goal for practice attendance is 8 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. Coaches and swimmers will try to determine a time to make up a practice when possible.
3. Participation in Championship, Gold 1 meets, and SCSC events is required for our competitive team.
4. Participation in dryland, meets and team training trips is 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 Gold 1 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 Gold 1 Swimmers:

1. **GOLD Division:** Swimmers are still 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 11 and 12 year old swimmers practice with SCSC at least 4 days a week. (8 practices in 2 weeks)