



GOLD 3 EXPECTATIONS

We hope you'll notice that Gold 3 is largely guided by the philosophy: "You get out of it what you put into it." There aren't hard-and-fast meet or attendance requirements, but we do expect that **if you are in this group, you are striving to become a better swimmer**. And the process of becoming a better swimmer is as follows...

Gold 3 swimmers strive to reach the following standards:

1. Gold 3 swimmers are emerging leaders of the Age Group program at SCSC. They should strive to learn to lead by example in technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. Gold 3 swimmers aim to raise the standard of the age group divisions and to reach a higher standard within SCSC.

Gold 3 swimmers strive to reach the following expectations:

1. The goal for practice attendance is when a swimmer is at practice he/she is **All in, All the time!** This is not a requirement, but rather is an opportunity to teach the understanding that Practice attendance + Practice effort = Results!
2. Participation in Gold 3 meets and SCSC events is highly encouraged for our Gold 3 competitive team.
3. Participation in dryland and appropriate meets 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 3 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 3 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 2-3 days a week.