



NATIONAL EXPECTATIONS

1. The leaders of the SCSC family. They lead by example in technique, training, and personal conduct by pursuing excellence not only in the pool but in the classroom.
2. National swimmers and parents demonstrate a daily commitment to, and belief in, SCSC.
3. National swimming is meant to set the standard for the rest of the team and strive to set a higher standard for club swimming in the country.
4. It is important to note that placement into the National group is a privilege, not a right. At any time the swimmer does not meet the following expectations, athletes may be moved down.

NATIONAL swimmers strive to reach the following expectations:

1. To participate in all practices, meets, training trips, and SCSC events deemed necessary by the coaching staff. This requirement means all missed practices need to be made up in a way deemed suitable by your coach. Illness, injury and unavoidable conflicts with school do arise. All swimmers are expected to communicate with their lead coach and help find a solution to make up the practice.
2. Swimmers must be coachable. This means, being open to feedback and then making the change right away. Those in this group will be expected to make changes that are necessary in order to get better. Having the coaching staff repeat the same thing continually, will not be common place going forward.
3. Participation in all meets and training trips is required. Family vacations, extra-curricular school events, etc. need to be fit around training and event schedules.
4. Prioritizing swimming is an expectation.
5. Swimmers are expected to strive for improvement in all areas of their swimming.
6. Swimmers will only receive a white cap once they meet the Futures Time Standards.
7. Swimmers will be expected to follow through on goals set, and changes the coaching staff asks the athletes to make.

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. A face-to-face conversation with the coach can go a long way toward alleviating any questions or concerns a swimmer may have about 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 Philosophy on High School Swimming:

1. Those in the National group are expected to attend the vast majority of SCSC practices during the high school season and work out an absolute minimum number of practices and meets with their respective high school coach. Swimmers are expected to maintain their attendance during the High School Season. As is always the case with the National Group, missing practice for anything is not beneficial.

SCSC's Philosophy on Summer League Swimming:

1. The swimmer should always place a higher priority on SCSC commitments than on work commitments, practices or meets for summer league.