



We hope you'll notice that Platinum 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...

Platinum 3 swimmers strive to reach the following standards:

1. Platinum 3 swimmers learn to *learn*. By coming to practice focused and with a desire to become better, they find ways to achieve what they wish to achieve.
2. Platinum 3 swimmers learn to train effectively. Through outstanding technique and effort, they possess the means to become stronger athletes and more excellent people.
3. Platinum 3 swimmers are good role models for our younger swimmers. Their excellent behavior in and out of the pool raises the standard for future generations of all Platinum swimmers.

Platinum 3 swimmers strive to reach the following expectations:

1. Though the Platinum 3 group does not have an attendance *requirement*, Platinum 3 swimmers understand that they will not succeed without practice and effort. We strongly encourage at least 75% attendance, with great focus and effort when at the pool. Practice attendance + Practice effort = Results!
2. Communication should take place in advance when unable to attend practices.
3. While not required for this group, we strongly encourage participation in those meets that are designated for Platinum 3 swimmers. Most of these will be more casual in nature, and closer in proximity.
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 Platinum 3 expectations. *Parents play a major role in developing this relationship. Parents can provide background information to the coach about their swimmer (medical conditions, past experiences that may be relevant, etc.) which may be useful in more effectively coaching the swimmer.*
3. **Belief** in one's team, coach, and group is necessary to achieve potential.

SCSC's High School Philosophy concerning Platinum 3 Swimmers:

While participation in high school is encouraged, Platinum 3 swimmers are also encouraged to attend SCSC practices and work out minimum number of practices and meets with the high school coach. For those that have attendance requirements for High School participation, please have an individual discussion with your lead coach.

SCSC's Summer League and Employment Philosophy concerning Platinum 3 Swimmers:

1. Participation with summer league teams will vary in the Platinum division based on the

**goals** of the swimmers. Platinum swimmers should keep in mind the requirements of the next Division and level they strive to achieve.

2. Platinum 3 swimmers are encouraged to schedule work around swimming so that 75% of practices can be made. This is not a *requirement*, but Platinum 3 swimmers understand that Practice attendance + Practice effort = Results!
3. SCSC coaches understand the value of Summer League participation and are willing to work with Platinum 3 swimmers to ensure they continue to **improve** and have **fun**. If you must miss an excess of practices due to Summer League, please simply have a discussion with your lead coach beforehand.