



## SENIOR 1 EXPECTATIONS

SENIOR 1 swimmers strive to reach the following standards:

1. SENIOR 1 swimmers are emerging leaders of the SCSC family. They are learning to lead by example in technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. SENIOR 1 swimmers aim to raise the standard from the age group divisions and to reach a higher standard within SCSC.

SENIOR 1 swimmers strive to reach the following expectations:

1. The goal for practice attendance is 85% 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, SR 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 SR 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 High School Philosophy concerning SR 1 Swimmers:

Participation in high school is encouraged. SENIOR 1 should expect to attend a generous amount of SCSC practices and work out minimum number of practices and meets with high school coach. For those that have attendance requirements for High School participation please have an individual discussion with your lead coach. Discussions with your SR 1 Lead coach about which meets during the High School Championship Series you may be competing in is important to maximize performance.

SCSC's Summer League and Employment Philosophy concerning SR 1 Swimmers:

1. SENIOR Division: Participation with summer league teams will vary in the senior division based on goals of the swimmers. If a swimmer is striving for consideration into NATIONAL they should demonstrate the expectations of the group.
2. SENIOR 1 swimmers are expected to schedule their work around swimming. In the case that they have to miss for summer league coaching, it should be minimal and they should understand the impact it might have on their own swimming. Senior 1 swimmers should always place a higher priority on SCSC commitments than on summer league. The impact of employment requirements should be discussed with the Lead Coach to identify potential conflicts.