



## High School Swimming Philosophy

During the short course season, swimmers often compete for their high school team in addition to competing for South Carolina Swim Club (SCSC). The high school season begins in August and ends with the SCHSL and SCISA State Championships in early October. During the season, swimmers often have one and sometimes two meets per week and are required to attend one practice per week with their high school team. Each high school team's policy differs and SCSC coaches are encouraged to communicate and cooperate with their swimmer's HS coaches; SCSC coaches and swimmers have good relationships with high school coaches and all coaching staff should work to preserve and enhance that relationship.

The following is SCSC's philosophy pertaining to the high school season:

We understand the importance of high school swimming and high school state championship meets. We suggest that the swimmers are proactive in finding out important high school meets (dual meet vs. top rival, sectional/regional meets and the state meet) and talking with the high school coach both about the meet schedule and practice schedule.

### SCSC Swimmer Expectations

*Sectional and above qualified:* Should expect to attend SCSC practices and work out the minimum number of practices and meets with high school coach.

*Senior/Age Group State qualified:* Essentially the same philosophy as Sectional swimmers, but we are slightly more flexible with the meet schedule.

*Senior 3/Platinum 3:* Participation in high school is encouraged and even practicing at times with the high school team is good thing to emphasize esteem within our sport.

*High School Championships:* As you approach regional and state competitions, please prepare (warm up well....) and treat these meets as you would a big SCSC meet. You can learn and improve by racing hard each time you step up; giving even 1% less than your best effort can cost you! All SCSC athletes may suit up for Regional and State meets – speak directly with your SCSC coach about shaving for these meets.