



Summer league swimming - bring it on!

Summer is right around the corner! School will be out before we know it and summer league teams are starting to round up their troops! At SCSC, we understand that summer league teams are a fun and exciting experience for our swimmers and families, and we encourage and support your involvement. So how do you balance your child's SCSC commitment with a summer league team? It depends on your child's age and level of expertise, so we offer the recommendations below, by age group. Regardless of your son or daughter's age or group assignment, we expect all SCSC athletes to be role models for their summer league peers and exhibit great work ethic and sportsmanship throughout the season.

10 and Under: Swimmers are highly encouraged to participate with their summer league teams. This is a great opportunity for them to show off the advances and improvement they've made throughout the year and build confidence. Although we want them to have the full summer league experience, consistency in coaching and training is critical to maintaining technique, so we recommend that our 10 & under swimmers practice with SCSC at least three days a week.

11 and 12 year olds: 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 3-4 days a week. (7 practices in 2 weeks)

13 and 14 year old: Swimmers are encouraged to participate with their summer league teams and attend meets and social events, while maintaining a high level of training with SCSC. Consistency in coaching and training is critical to maintaining technique and conditioning, so we recommend that our 13 and 14 year old swimmers practice with SCSC at least 5-6 days a week. (11 practices in 2 weeks)

SENIOR Division: Participation with summer league teams will vary in the senior division based on goals of the swimmers as well as their work commitments. Some will schedule their work and or summer league around swimming. If they have to miss practice it should be minimal and they should understand the impact it might have on their own swimming. Sectional and above swimmers should always place a higher priority on SCSC commitments than on practices or meets rather than on their job or summer league participation.