



*"Developing student-athletes and igniting life champions through excellence in swimming"*

## **SCSC GOLD 2 EXPECTATIONS**

Gold 2 swimmers strive to reach the following standards:

1. Gold 2 swimmers are learning how to be leaders of the Age Group program at SCSC. What they learn will be taken with them as they progress through SCSC. They are learning to lead by example in technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. Gold 2 swimmers aim to raise the standard of their group and within the age group divisions and to reach a higher standard within SCSC by:
  - a. Demonstrating a commitment level to their team by attending the recommended number of practices.
  - b. By making the commitment to being a great teammate and making their fellow swimmers, regardless of group, ability and age, better every day.
  - c. By proudly representing their team at swim meets and social functions in their team gear.

Gold 2 swimmers strive to reach the following expectations:

1. The requirement for practice attendance for Gold 2 is 6 practices in 2 weeks and when in attendance- **All in, All the time!** This requirement is to teach the understanding that Practice attendance + Practice effort = Results!
  - a. Being in Gold 2 signifies a level of commitment and the understanding that swimmers will make every effort to attend the required number of practices.
  - b. Coaches understand that things do come up outside of the swimmers control that may affect his or her ability to make practice. Should this happen, swimmers are expected to communicate with his or her coach to determine an alternate practice to act as a make-up.
2. Participation in meets is required for our competitive team.
3. Participation in dryland, team events and team training trips is highly encouraged to build athleticism and encourage growth outside the normal practice setting.
4. Gold 2 swimmers make it a goal to create the best environment possible for themselves and their teammates by being positive, encouraging others and trying their best every day.
5. Gold 2 swimmers will show a commitment to the team and leadership skills by adhering to SCSC's suit policy for both general meets and championship meets.
6. Failure to show a willingness to adhere to these expectations will result in a swimmer being moved into another group.

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 Gold 2 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.



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SCSC’s Summer League Philosophy concerning Gold 2 Swimmers:

1. GOLD Division: 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 4 days a week. (8 practices in 2 weeks)