



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

## **SCSC GOLD 3 EXPECTATIONS**

We hope you'll notice that Gold 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...

Gold 3 swimmers aim to raise the standard of their group and the age group divisions within 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. Gold 3 swimmers will raise the standard of their group by:

- a. Making the commitment to being a great teammate and making their fellow swimmers, regardless of group, ability and age, better every day.
- b. Proudly representing their team at swim meets and social functions in their team gear.

Gold 3 swimmers strive to reach the following expectations:

1. Gold 3 swimmers don't have a required number of practices. The goal for practice attendance is when a swimmer is at practice he/she is **All in, All the time!** This is not a requirement, but rather is an opportunity to teach the understanding that Practice attendance + Practice effort = Results!
2. Participation in meets is encouraged but not required for Gold 3 swimmers. Swimmers are encouraged to discuss appropriate meet opportunities with his or her coaches.
3. Participation in dryland and team events is highly encouraged to build athleticism and encourage growth outside the normal practice setting.
4. Gold 3 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 3 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.

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 3 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 Summer League Philosophy concerning Gold 3 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 3 weeks)