



### **National Group Athlete Expectations**

1. The leaders of the SCSC family. They lead by example in technique, training, and personal conduct by pursuing excellence not only in the pool but in the classroom.
2. National swimmers and parents demonstrate a daily commitment to, and belief in, SCSC.
3. The National Group is meant to set the standard for the rest of the team and strive to set a higher standard for club swimming in the country.

#### **National swimmers strive to reach the following expectations:**

1. To participate in all practices, meets deemed as the focal point for the National Group, training trips, and SCSC events deemed necessary by the coaching staff. This requirement means all missed practices need to be made-up in a way deemed suitable by your coach. Illness, injury and unavoidable conflicts with school do arise, however the swimmer is expected to communicate with their lead coach and help find a solution to make up the practice.
2. Participation in all meets and training trips is required. Family vacations, extra-curricular school events, etc. Need to be fit around training and event schedules.
3. Prioritizing swimming is an expectation.
4. Swimmers are expected to strive for improvement in all areas of their swimming. Athletes may be asked to change practice times and locations to create an optimal training experience. Both the swimmer and the family need to be capable of handling a changing schedule, occasionally on short notice.

#### **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. A face-to-face conversation with the coach can go a long way toward alleviating any questions or concerns a swimmer may have about swimmer 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 Philosophy on High School Swimming:**

Athlete's should attend 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.

#### **SCSC's Philosophy on Summer League Swimming:**

Participation with summer league teams will vary in the senior division based on goals of the swimmers as well as their work commitments. The National Group should always place a high priority on SCSC practice and meet commitments.

## National Group

1. Prerequisites
  - A. Minimum Age: 14 Year Old for Girls 15 Year Old for Boys
  - B. 85% Attendance for season in previous group
  - C. Athlete must maintain 90% attendance to remain within the group.
  
2. Performance & Training Requirements (*Minimum Requirements*)
  - A. Free 1:15SCY/ 1:25 LCM
  - B. IM 1:25SCY/ 1:35 LCM
  - C. Kick 1:40SCY/ 1:50 LCM
  - D. 3 Senior Sectional Cuts to be eligible for consideration.
  - E. Those who achieve one or more Futures Time standard will earn the National Team Status.
  
3. Personal
  - A. Athletes must exhibit the will & desire to continue to improve.
  - B. Demonstration & comprehension of Technique.
  - C. Athletes MUST carry themselves as leaders of the SCSC program.
  - D. Athletes will be expected to contribute to a positive culture with SCSC.
  
4. Group Objectives:
  - A. The National Group will focus primarily on Senior Sectionals and above.  
We are looking to excel and succeed on the national scene outside the state of South Carolina.

As always the coaching staff has the right to place an athlete into the National Group as the coaching staff see's fit. Often times there are "outliers" that can contribute and help build the National Group in a beneficial way.