



## **Platinum 2 Athlete Expectations**

### **Platinum 2 swimmers strive to reach the following standards:**

1. Swimmers learn to *learn*. By coming to practice focused and with a desire to become better, they find ways to achieve what they wish to achieve.
2. Swimmers learn to train effectively. Through outstanding technique and effort, they possess the means to become stronger athletes and more excellent people.
3. Swimmers are good role models for our younger swimmers. Their excellent behavior in and out of the pool raises the standard for future generations of all Platinum swimmers.

### **Platinum 2 swimmers strive to reach the following expectations:**

1. Swimmers understand that they will not succeed without practice and effort. We strongly encourage at least 80% attendance, with great focus and effort when at the pool. Practice attendance + Practice effort = Results!
2. Communication should take place in advance when unable to attend practices.
3. We strongly encourage participation in those meets that are designated for Platinum 2 swimmers.
4. Participation in dryland, meets, and team training trips is highly encouraged to build athleticism and encourage growth outside the normal practice setting.

### **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 Platinum 2 expectations.
3. **Belief** in one's team, coach, and group is necessary to achieve potential.

### **SCSC's High School Philosophy concerning Platinum 2 Swimmers:**

While participation in high school is encouraged, Platinum 2 swimmers are also encouraged to attend SCSC practices and work out minimum number of practices and meets with the high school coach. For those that have attendance requirements for High School participation, please have an individual discussion with your lead coach.

### **SCSC's Summer League and Employment Philosophy concerning Platinum 2 Swimmers:**

1. Platinum Division: Participation with summer league teams will vary in the Platinum division based on the **goals** of the swimmers. Platinum swimmers should keep in mind the requirements of the next Division and level they strive to achieve.
2. Swimmers are encouraged to schedule work around swimming so that 75% of practices can be made. This is not a *requirement*, but Platinum 2 swimmers understand that Practice attendance + Practice effort = Results!
3. SCSC coaches understand the value of Summer League participation and are willing to work with Platinum 2 swimmers to ensure they continue to improve and have fun.

## **Platinum 2**

1. Prerequisites
  - A. Minimum Age: 12 Years Old Maximum Age 15
  - B. 75% Attendance for season in previous group
  
2. Performance & Training Requirements
  - A. Freestyle 1:35SCY/ 1:45LCM Minimum
  - B. IM 1:45SCY/ 1:55LCM Minimum
  - C. Kick 1:55SCY/ 2:05LCM Minimum.
  - D. Athletes must have 3 State Cuts in order to be eligible for consideration.
  
3. Personal
  - A. Athletes must exhibit the will & desire to improve.
  - B. Demonstration & comprehension of Technique.

### 4. Group Objectives

The primary objective for Platinum 2 is to prepare swimmers for the State Level and beyond. The next objective is to continue to move up through the platinum division as the swimmer is ready to do so.

As always the coaching staff has the right to place an athlete into Platinum 2 as the coaching staff see's fit. Often times there are "outliers" that can contribute and help build Platinum 2 in a beneficial way.