



## **Senior 1 Athlete Expectations**

### **Senior 1 swimmers strive to reach the following standards:**

1. Take on roles as emerging leaders of the SCSC family. They are learning to lead by example in technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. Aim to raise the standard from the age group divisions and to reach a higher standard within SCSC.

### **Senior 1 swimmers strive to reach the following expectations:**

1. The goal for practice attendance is 85% and when in attendance- All in, All the time! This requirement is to teach the understanding that Practice attendance + Practice effort = Results!
2. Communication should take place in advance when unable to attend practices.
3. Participation in Championship, SR 1 meets, and SCSC events is required for our competitive team.
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 SR 1 expectations.
3. Belief in one's team, coach, and group is necessary to achieve potential.

### **SCSC's High School Philosophy concerning Senior 1 Swimmers:**

Participation in high school is encouraged. Senior 1 swimmers should expect to attend a generous amount of 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. Discussions with your Lead coach about which meets during the High School Championship Series you may be competing in is important to maximize performance.

### **SCSC's Summer League and Employment Philosophy concerning SR 1 Swimmers:**

1. Participation with summer league teams will vary in the senior division based on goals of the swimmers. If a swimmer is striving for consideration into the National they should demonstrate the expectations of the group.
2. Swimmers are expected to schedule their work around swimming. In the case that they have to miss for summer league coaching, it should be minimal and they should understand the impact it might have on their own swimming. Senior 1 swimmers should always place a higher priority on SCSC commitments than on summer league. The impact of employment requirements should be discussed with the Lead Coach to identify potential conflicts.

## **Senior 1:**

- Prerequisites
  - A. Minimum Age: 14 Years Old
  - B. 80% Attendance for season in previous group
  - C. Athletes must maintain 85% attendance in order to remain in the group.
  
- Performance & Training Requirements
  - A. Freestyle 1:20SCY/ 1:30LCM Minimum
  - B. IM 1:30SCY/ 1:40LCM Minimum
  - C. Kick 1:50SCY/ 2:00LCM Minimum.
  - D. 5 South Carolina State Cuts in order to be eligible for Senior 1
  
- 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

As always the coaching staff has the right to place an athlete into Senior 1 as the coaching staff see's fit. Often times there are "outliers" that can contribute and help build Senior 1 in a beneficial way.