



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

## **JUNIOR BLUE EXPECTATIONS**

### **Junior Blue swimmers strive to reach the following standards:**

1. Junior Blue swimmers are 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. Junior Blue swimmers aim to raise the standards of the Age group and Senior divisions and to reach a higher standard within SCSC by:
  - a. Demonstrating a higher commitment level to their team by attending the required number of practices.
  - b. Coming to practice focused and with a desire to become better, they find ways to achieve what they wish to achieve.
  - c. Making the commitment to be a great teammate and making their fellow swimmers, regardless of group, ability and age, better every day.
  - d. Learning to train effectively. Through outstanding technique and effort, they possess the means to become stronger athletes and more excellent people.
  - e. Proudly representing their team at swim meets and social functions in their team gear.
  - f. Being good role models for our younger swimmers. Their excellent behavior in and out of the pool raises the standard for future generations of all SCSC swimmers.

### **Junior Blue swimmers strive to reach the following expectations:**

1. The recommended number of practices for Junior Blue is 12 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 Junior Blue signifies a higher level of commitment and the expectation is that swimmers make the required number of practices regardless of practice location, time or time of year.
  - b. Coaches understand that things do come up outside of the swimmers' control that may affect their ability to make practice. Should this happen, swimmers are expected to communicate with their coach to determine if an alternate practice is available.
2. Participation in local and appropriate away 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. Junior Blue swimmers will be leaders by adhering to SCSC's suit policy for both general meets and championship meets.
5. Failure to show a willingness and a strong attempt to adhere to these expectations could 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 Junior Blue 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.



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

### **SCSC's High School Philosophy concerning Junior Blue Swimmers:**

1. Participation in high school is encouraged. Junior Blue 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. A discussion with your Junior Blue Lead coach about which meets during the High School Championship Series you may be competing in is important to maximize performance. Communication is key!

### **SCSC's Summer League and Employment Philosophy concerning Junior Blue Swimmers:**

1. Participation with summer league teams will vary within Junior Blue swimmers based on the goals of the individual swimmer.
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. Junior Blue 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.

### **Junior Blue Group Objectives**

1. Prerequisites
  - A. Minimum Age: 12 Years Old Maximum Age 15
  - B. 80% Attendance for season in previous group
2. Performance & Training Requirements
  - A. Freestyle 1:30SCY/ 1:40LCM Minimum
  - B. IM 1:40SCY/ 1:50LCM Minimum
  - C. Kick 1:50SCY/ 2:00LCM Minimum.
3. Personal
  - A. Athletes must exhibit the will & desire to improve.
  - B. Demonstration & comprehension of Technique.
4. Group Objectives: The primary objective for Junior Blue is to prepare/ introduce swimmers to the National Scene via age group sectionals, Senior Sectionals, Zones, and Futures. As always the coaching staff has the right to place an athlete into Junior Blue as the coaching staff sees fit. Often times there are “outliers” that can contribute and help build Junior Blue in a beneficial way.