



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

## **JUNIOR YELLOW EXPECTATIONS**

Junior Orange swimmers strive to reach the following standards:

1. Junior Yellow 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. Junior Yellow swimmers will raise the standard of their group by:
  - a. Demonstrating a commitment to the team by attending the required number of practices.
  - b. Learning to train effectively. Through outstanding technique and effort, they possess the means to become stronger athletes and more excellent people.
  - c. Making the commitment to being a great teammate and making their fellow swimmers, regardless of group, ability and age, better every day.
  - d. Proudly representing their team at swim meets and social functions in their team gear.

Junior Yellow swimmers strive to reach the following expectations:

1. The recommended number of practices for Junior Yellow is 6 practices every 2 weeks and when in attendance- **All in, All the time!** This requirement is to teach the understanding that **Practice attendance + Practice effort = Results!**
2. 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.
3. Participation in local meets and appropriate away meets is encouraged by our competitive team. Swimmers are encouraged to discuss appropriate meet opportunities with his or her coaches.
4. Participation in dryland and team events is highly encouraged to build athleticism and encourage growth outside the normal practice setting.
5. Junior Yellow 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.
6. Junior Yellow 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 Junior Yellow 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 Junior Yellow Swimmers:

1. 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 Junior Yellow swimmers practice with SCSC at least 3 days a week. (6 practices in 2 weeks)