



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

## **AGE GROUP ORANGE EXPECTATIONS**

### **Age Group Orange swimmers strive to reach the following standards:**

1. Age Group Orange swimmers are emerging future leaders of the Age Group program at SCSC. They are learning to lead by example in technique, training, and personal conduct by demonstrating sportsmanship, a positive attitude, determination and desire to achieve.
2. Age Group Orange swimmers aim to raise the standard of the age group divisions and to reach a higher standard within SCSC.
  - a. Takes ownership of their swimming and makes necessary technique changes on a daily basis.
  - b. Demonstrating a commitment level to their team by attending the recommended number of practices.
  - c. By proudly representing their team at practice, meets and social functions with their SCSC team gear.
  - d. By making the commitment each day to talk up their teammates in a positive manner regardless of group, ability and age, and work together to make the TEAM better.

### **Age Group Orange swimmers strive to reach the following expectations:**

1. The goal for practice attendance 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 his or her ability to make practice. Should this happen, swimmers are expected to communicate with his or her coach to determine if an alternate practice is available to act as a make-up.
3. Participation in local and away meets are highly encouraged. 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. Age Group Orange 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. Age Group Orange 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 Age Group Orange 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 Age Group Orange 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 12 and under swimmers' practice with SCSC at least 3 - 4 days a week. (7 practices in 2 weeks)