



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

SENIOR BLUE EXPECTATIONS

Senior Blue swimmers strive to reach the following standards:

1. Senior Blue swimmers take on the role as leaders of the SCSC family. They are leading by example in technique, training, and personal conduct by demonstrating sportsmanship, determination and desire to achieve.
2. Aim to raise the standard from the junior divisions and to reach a higher standard within SCSC.

Senior Blue swimmers strive to reach the following expectations:

1. The requirement for practice attendance for Senior Blue is 85% 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 Senior 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 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. Early communication is key!
2. Participation in local and appropriate away meets is required for our competitive team.
3. Participation in dryland, team events and appropriate team training trips is highly encouraged to build athleticism and encourage growth outside the normal practice setting.
4. Senior 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 will 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 Senior 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.

SCSC's High School Philosophy concerning Senior Blue Swimmers:

1. Participation in high school is encouraged. Senior Blue swimmers should expect to attend a generous amount of SCSC practices and work out a minimum number of practices and meets with a 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 Senior 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!



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SCSC’s Summer League and Employment Philosophy concerning Senior Blue Swimmers:

1. Participation with summer league teams will vary within Senior Blue swimmers based on the goals of the individual swimmer. If a swimmer is striving for consideration into Senior Gold, they should demonstrate the expectations of the group.
2. Swimmers are likely to accept employment working as a summer league coach, lifeguard or another type of job. Swimmers are expected to schedule their work around swimming. In the case that they have to miss for work, it should be minimal, and they should understand the impact it might have on their own swimming. The impact of employment requirements should be discussed with the Lead Coach to identify potential conflicts.

Senior Blue

- Prerequisites
 - A. Minimum Age: 15 & Above
 - B. 80% Attendance for season in previous 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.
- Personal
 - A. Athletes must exhibit the will & desire 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.
- Group Expectations
 - A. The Senior Blue group will focus on both National Level Meets & State Championships.

As always, the coaching staff has the right to place an athlete into Senior Blue as the coaching staff sees fit. Oftentimes there are “outliers” that can contribute and help build Senior Blue in a beneficial way.