



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

SENIOR GOLD EXPECTATIONS

Senior Gold swimmers strive to reach the following standards:

1. Senior Gold swimmers are the 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. Senior Gold swimmers and parents demonstrate a daily commitment to, and belief in, SCSC.
3. The Senior Gold swimmers set the standard for the rest of the team and strive to set a higher standard for club swimming in the state and nationally.

Senior Gold swimmers strive to reach the following expectations:

1. The requirement for practice attendance for Senior Gold is 100% 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 Gold signifies the highest 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. Senior Gold swimmers are expected to attend all meets deemed as the focal point for the group, training trips and SCSC events deemed necessary by the coaching staff. Family vacations, extra-curricular school events, etc. Need to be fit around training and event schedules.
 - c. This requirement means all missed practices need to be made-up in a way deemed suitable by your coach. Illness, injury and unavoidable conflicts with school do arise, however the swimmer is expected to communicate with their lead coach and help find a solution to make up the practice.
 - d. Prioritizing swimming is an expectation.
 - e. Swimmers are expected to strive for improvement in all areas of their swimming. Athletes may be asked to change practice times and locations to create an optimal training experience. Both the swimmer and the family need to be capable of handling a changing schedule, occasionally on short notice.

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 Gold 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 Gold Swimmers:

1. Participation in high school is encouraged. Senior Gold 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,



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please have an individual discussion with your lead coach. A discussion with your Senior Gold 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 Senior Gold Swimmers:

1. Participation with summer league teams will vary within Senior Gold swimmers based on the goals of the individual swimmer.
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 Gold Group:

1. Prerequisites
 - A. Minimum Age: 15 & Older
 - B. 85% Attendance for season in previous group

2. Performance & Training Requirements
 - A. Free 1:15SCY/ 1:25 LCM
 - B. IM 1:25SCY/ 1:35 LCM
 - C. Kick 1:40SCY/ 1:50 LCM
 - D. Those who achieve one or more Futures Time standard will earn the National Team Status.

3. 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.

4. Group Objectives:
 - A. The National Group will focus primarily on Senior Sectionals and above.
We are looking to excel and succeed on the national scene outside the state of South Carolina.

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