



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

## **SENIOR ORANGE EXPECTATIONS**

### **Senior Orange swimmers strive to reach the following standards:**

1. Senior Orange 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.

### **Senior Orange swimmers strive to reach the following expectations:**

1. The recommendation for practice attendance for Senior Orange is 75% and when in attendance- **All in, All the time!** This requirement is to teach the understanding that Practice attendance + Practice effort = Results!
  - a. Senior Orange swimmers are encouraged to commit to making the attendance recommendation to show both commitment to team and teammates as well as for a higher chance of improvement throughout the season.
  - 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 Orange 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 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 High School Philosophy concerning Senior Orange Swimmers:**

1. Participation in high school is encouraged. Senior Orange 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. Senior Orange swimmers should be excited to practice with their high school team at times to grow esteem within the sport. For those that have attendance requirements for High School participation, please have an individual discussion with your lead coach. A discussion with your Senior Orange 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 Orange Swimmers:**



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1. Participation with summer league teams will vary within Senior Orange swimmers based on the goals of the individual swimmer. If a swimmer is striving for consideration into Senior Blue, 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 summer league coaching, 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 Orange

1. Prerequisites
  - a. Minimum Age: Freshmen & above
  - b. 75% Attendance recommendation in previous group
2. Performance & Training Requirements
  - a. Freestyle 1:30SCY/ 1:40LCM Minimum
  - b. IM 1:40SCY/ 1:50LCM Minimum
  - c. Kick 2:10SCY/ 2:20LCM Minimum.
3. Personal
  - a. Athletes must exhibit the will & desire to improve.
  - b. Demonstration & comprehension of Technique.

Group Objectives: The overall goal for Senior Orange is to prepare all swimmers to compete locally, as well as outside of South Carolina. Senior Orange continues to emphasize technique while increasing training in order to help swimmers to achieve their goals.