

# What Makes a Good Team? What Makes a Good Teammate?

Scout Aquatics is a great team and we strive to be great teammates.

Swim fast! Have fun! Go Scouts Go!

Swimming is an individual sport wrapped inside a team environment. The old saying “there is no ‘I’ in ‘team’” is wrong: there are a whole lot of “I’s” working together to achieve their own unique goals. But the ability to achieve your individual goals is enhanced by supporting the goals of the other members of the team.

A team is more than just a group of individuals. It is a group whose participants – who are all important – work together in pursuit of a single goal: Excellence. Together the team will achieve greater success as a whole because each team member has a contribution to make.

1. Team Vision: We work hard together and strive to provide every team member with the opportunity to achieve their best.
  - A. Hard work together, have fun together.
  - B. Passion: Love for the sport and working together.
  - C. Team Spirit: Together we support each other as swimmers and friends.
  - D. Unity: In unity there is strength – team together.
  - E. Respect for each other, your coaches and your team.
  - F. Excellence: be the best you can be by having the best technique, starts, turns and finishes – what you do in practice you will do in a meet. Practice excellence together!

2. Think Like A Team and Be A Good Teammate.

- A. We wear the same suits and caps and look like a team.
- B. We support each other and have fun inside and outside of the pool.
- C. We praise each other's efforts in practices and meets – the Scouts Relays Rule.
- D. We have a positive attitude: I Will. I Can. I Did.
- E. We practice together, we warm up together, we cheer for each other.
- F. We help each other: “buddies” for our new and young swimmers.
- G. Attendance goals and personal goals: the more you come to practice, the better you get.

3. Secret Formula For Swimming Success:

- A. Listen, listen, listen to your coaches: you will always know what to do!!
- B. Great technique.
- C. Excellent skills.
- D. Positive attitude, believe in yourself (especially in rough times).
- E. A sensible diet: you are what you eat!
- F. The desire to train and practice and do the little things better than anyone else. The little things: technique, starts, turns, finishes make the difference.
- G. Organize your time so you have a balanced approach to school, family, friends and swimming.
- H. Practice positive self-talk. Never give up. I Will. I Can. I Did.
- I. Discipline, hard work and a positive attitude are the key elements needed to succeed in life and in swimming.