



Newport Beach Swimming Excellence

We are committed to excellence. We have a burning desire to succeed.
We believe that excellence is only achieved through commitment, self-discipline, and hard work.
There is no easy road to excellence.
We believe that excellence is a way of life. Swimming is one aspect of a life well and beautifully lived.
We have high expectations of ourselves and of those around us.
We can do anything we set our minds to.
We believe in our own capabilities. We refuse to limit ourselves by thinking small.
We are not normal, or average, or mediocre, and we will not pretend to be.
We rise above the crowd. We are not afraid to distinguish ourselves.
We never settle for mediocrity.
We are never satisfied. We know it can always be done just a little better. We are in quest of perfection.
We are improving every day, getting fitter, stronger, faster, tougher, smarter, and better.
We enjoy our excellence, working hard, testing ourselves, improving, and excelling. We push the envelope daily.
We become worthy by striving after high and worthy goals.

Newport Beach Swimming Pride

We are proud to be members of the Newport Beach Swimming team.
We all work to make Newport Beach Swimming a team we can be proud of.
Each swimmer is responsible for the success of the team.
Each swimmer is responsible for the reputation of the team, so we carry ourselves with dignity, knowing our behavior and our words reflect on our teammates.
We treat one another the way we wish to be treated --- with respect.
We behave like ladies and gentlemen.
We don't whine when we lose, and we don't gloat when we win. We embody quiet confidence.
We are confident because we have done everything right, we have done more than was asked, and we are physically and mentally stronger than the rest. We are NBS.

NBS Unity

We support our own and our teammates' excellence.
We encourage positive peer pressure: We help our teammates to be their best.
Every swimmer on this team is important and has a role to play in helping the team reach its goals.
We respect one another. We value one another. We look for the good in one another.
We know that teams only succeed when their members pull for and care for one another. Champions hang around champions.



NBS Responsibility

We set a good example for others to follow.
We make no excuses.
We take responsibility for our actions. We don't look for someone else to blame.
We make things happen. We are in control of our destinies.
We don't hope for miracles. We create them by hard work.
We leave nothing to chance.

NBS Persistence and Dedication

We are in for the long haul. We don't look for quick fixes or instant gratification. We know there is no substitute for hard work.
Success is determined by thousands of daily decisions to excel.
Anyone can set goals; we are special because we are willing to work to achieve our goals.
We make our daily decisions guided by our long-term swimming goals.
We embody consistent persistence. We finish what we start.

NBS Courage

We relish challenges.
We see opportunities everywhere. And we take advantage of them.
We know that succeeding means taking risks. We are not afraid of losing, because we learn volumes from every loss.
We value the worthy opponent above all others; he alone pushes us to our limits and shows us our weaknesses. He brings out our best and helps us become better.



10 COMMANDMENTS FOR SWIM PARENTS

- I. Thou shall not impose thy ambitions on thy child.
- II. Thou shall be supportive no matter what.
- III. Thou shall not coach thy child.
- IV. Thou shall only have positive things to say at a competition.
- V. Thou shall acknowledge thy child's fears.
- VI. Thou shall not criticize the officials.
- VII. Thou shall honor thy child's coach.
- VIII. Thou shall be loyal and supportive of thy team.
- IX. Thy child shall have goals besides winning.
- X. Thou shall not expect thy child to become an Olympian.