

# GILLS



# SWIM TEAM

## 10 RULES OF THE POOL

I am a GILLS Swimmer:

1. I am hard working and always give my best effort.
2. My drive and dedication will inspire others.
3. I am a selfless teammate, who leads by example.
4. I am resilient and not afraid to make mistakes.
5. I never quit on a swim! Never!
6. I am respectful, loyal, and thoughtful.
7. I treat others as I would want to be treated.
8. I do not become discouraged at temporary setbacks.
9. I maintain a positive attitude in practice and meets.
10. I will become a better swimmer today, than I was yesterday.

I am a GILLS Swimmer!!