

GILLS



SWIM TEAM

Our core values and character skills are the number one priority for us...

Here are the values that define our team...

Hard Working

- Always give your best effort.
- Do more than what is expected of you.
- Be passionate – do not be lukewarm, commit to excellence.
- Be enthusiastic – your energy, drive and dedication will stimulate and inspire others.
- Prepare – prepare yourself and enhance your skills every day.
- Be proactive – don't sit back, take the initiative and get things done.
- Focus – maintain an exceedingly high level of concentration and intense focus on your work.

Selfless

- Work together and help each other.
- Develop strong relationships, friendships, and respect for others.
- Show unity – do not divide our house, team first.
- Make teammates better, lead by example.

Resilient

- Never give up and don't be afraid to make mistakes.
- In order to succeed, you must first be willing to fail.
- Swim through mistakes! Do not pout, complain, or drop your head when you make mistakes.
- Never quit on a swim! Never!!
- Use mistakes and failures to improve instead of using them as excuses.
- Stay the course. When thwarted try again; harder; smarter.
- Persevere relentlessly

Caring

- Show kindness.
- Be respectful.
- Be loyal.
- Be thoughtful.
- Treat others the same way you want them to treat you.

Positive

- Maintain a positive attitude in practice, meets, and all aspects of your life.
- Your attitude is what defines you. Your attitude affects you and the people around you.
- Spend most of your time thinking about the positive things you are doing, versus dwelling on the negative ones (mistakes).
- No hanging your head. Avoid negative thoughts and defeatist thinking.
- Have a very high frustration tolerance.
- Don't become discouraged at temporary setbacks.
- Strive to have a positive and proactive attitude in everything you do.

If you can embrace these core values, you will achieve success in & outside the pool.