

## **The Swimmer's Will**

(15 steps for greater success)

1. I will always say "I will" or "I do."
2. I will think positive at all times.
3. I will respect myself, my teammates, my coaches, my parents and my competitors.
4. I will do my best each day.
5. I will be on time.
6. I will start and end each swim at the wall.
7. I will start each set on time.
8. I will streamline always.
9. I will flip all turns.
10. I will breath from both sides.
11. I will push myself past what I believe possible.
12. I will encourage my teammates.
13. I will follow directions.
14. I will have a strong kick.
15. I will have fun!

This has been borrowed from many of different pool bulletin boards and reassembled....

Source: USA Swimming Newsletter, 2010 Volume 48