

The Weymouth Waves Credo

WAVES EXCELLENCE: αρετη

- =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, better.
- =WE enjoy our excellence: working hard, testing ourselves, improving, excelling. We push the envelope daily.
- =WE become worthy by striving after high and worthy goals.

WAVES PRIDE

- =WE are proud to be members of the Waves.
- =WE all work to make the Waves 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, we are physically and mentally stronger than the rest. We are the Weymouth Waves.

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WAVES SUPPORT/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 to 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 one another and care for one another.
- =CHAMPIONS hang around champions.

WAVES 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.

WAVES PERSISTENCE & 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.

WAVES 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.