

COUNTRYSIDE YMCA



Torpedoes Swim Team

**ATTITUDES
THAT BUILD
WINNERS!**

**RESEARCH SHOWS ELEVEN ATTITUDES THAT
ARE VITAL FOR SUCCESS IN SPORTS.**

ATTITUDES THAT BUILD WINNERS!

NO. 1

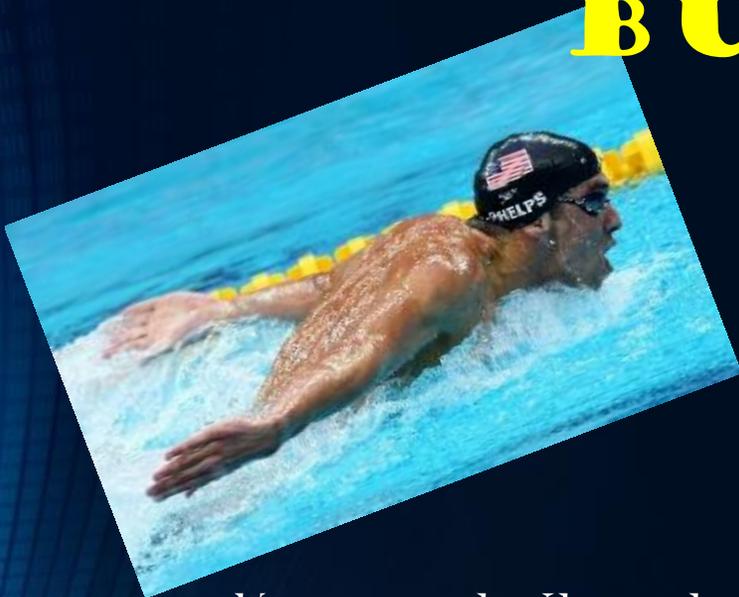
DESIRE

Desire provides the drive that carries an athlete to success. Dedicated athletes have a strong desire to improve, to compete, and to win. No one gets to be best without a burning desire to be the best.

***HOW STRONG IS
YOUR DESIRE?***



ATTITUDES THAT BUILD WINNERS!



No.2

AGGRESSIVENESS

Winners make things happen instead of waiting for them to happen. They take charge, force action, and produce results. They assert themselves strongly. Make their presence felt. They thrive on competition.

ARE YOU AN AGGRESSIVE

COMPETITOR?



ATTITUDES THAT BUILD WINNERS!



NO.3

DETERMINATION

Determination makes winners have the refusal to quit or accept defeat; the persistence to try and try again; the willingness to practice long and hard. Determined athletes are relentless in their efforts to improve and to win.

***ARE YOU A DETERMINED
COMPETITOR?***



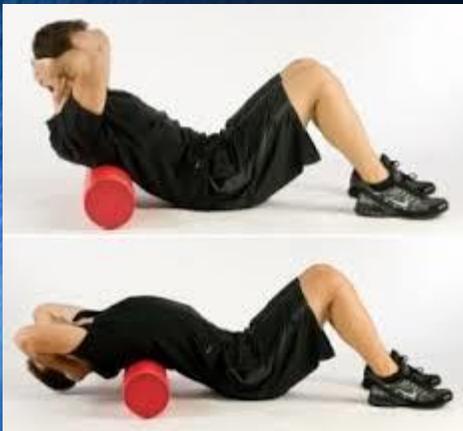
Elizabeth, 8
Cancer
I wish to go to Walt Disney World® Resort.

ATTITUDES THAT BUILD WINNERS!



RESPONSIBILITY

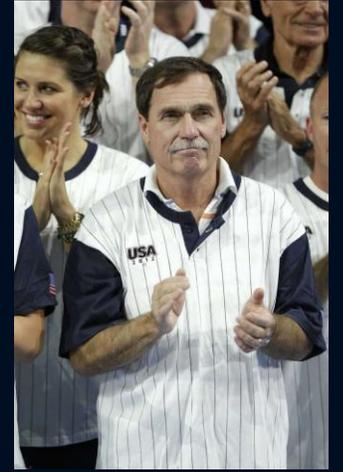
Winners accept responsibility for their actions. They admit errors and will not blame others or make excuses. They recognise their own mistakes and the need for change and improvement.



**DO YOU ACCEPT
RESPONSIBILITY
FOR YOUR
ACTIONS?**



ATTITUDES THAT BUILD WINNERS!



NO.5

LEADERSHIP



Winners tend to enjoy the role of leader. When leadership is needed, they step forward and take charge. They are dynamic people who like to influence others and take control of situations.



**DO YOU TAKE
THE LEAD?**

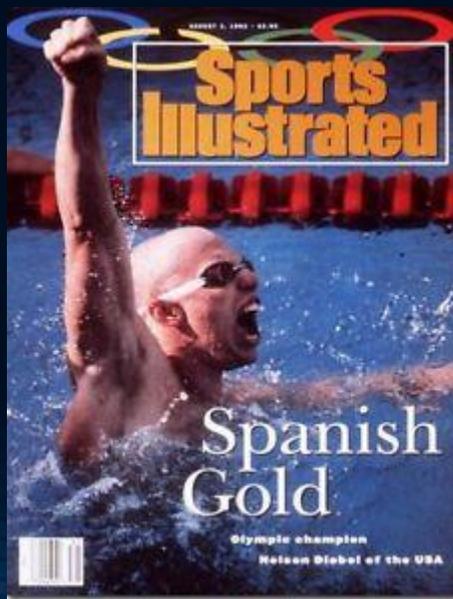


ATTITUDES THAT BUILD WINNERS!

NO. 6

SELF CONFIDENCE

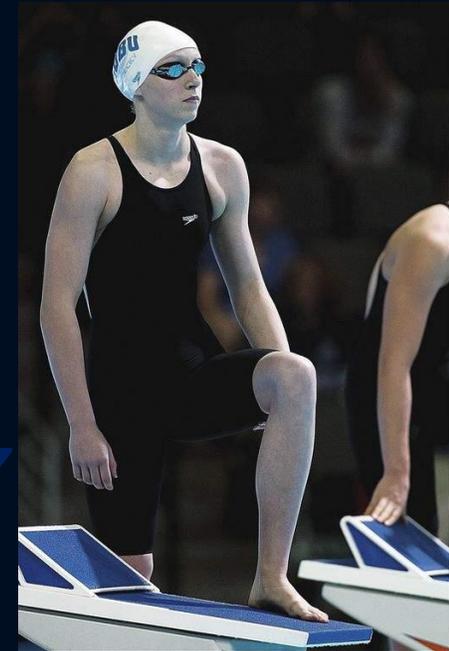
Self-confidence builds winners. Winners have confidence in their abilities and can act decisively. They believe they can successfully meet challenges, handle unexpected situations, never doubt their own ability.



DO YOU BELIEVE

IN YOURSELF?

ATTITUDES THAT BUILD WINNERS!



NO. 7

EMOTIONAL CONTROL

Successful athletes can handle the pressure of competitive sports. They stay cool, adjust quickly and are not upset by bad breaks or bad calls. They deliver top performance regardless of the circumstances.



**DO YOU STAY COOL
UNDER PRESSURE?**

ATTITUDES THAT BUILD WINNERS!

NO.8

MENTAL TOUGHNESS



Mental toughness is a big factor in athletic success. Winners can accept strong criticism and rigorous training from a demanding coach. They recover quickly from setbacks, don't fall apart when the going gets tough.

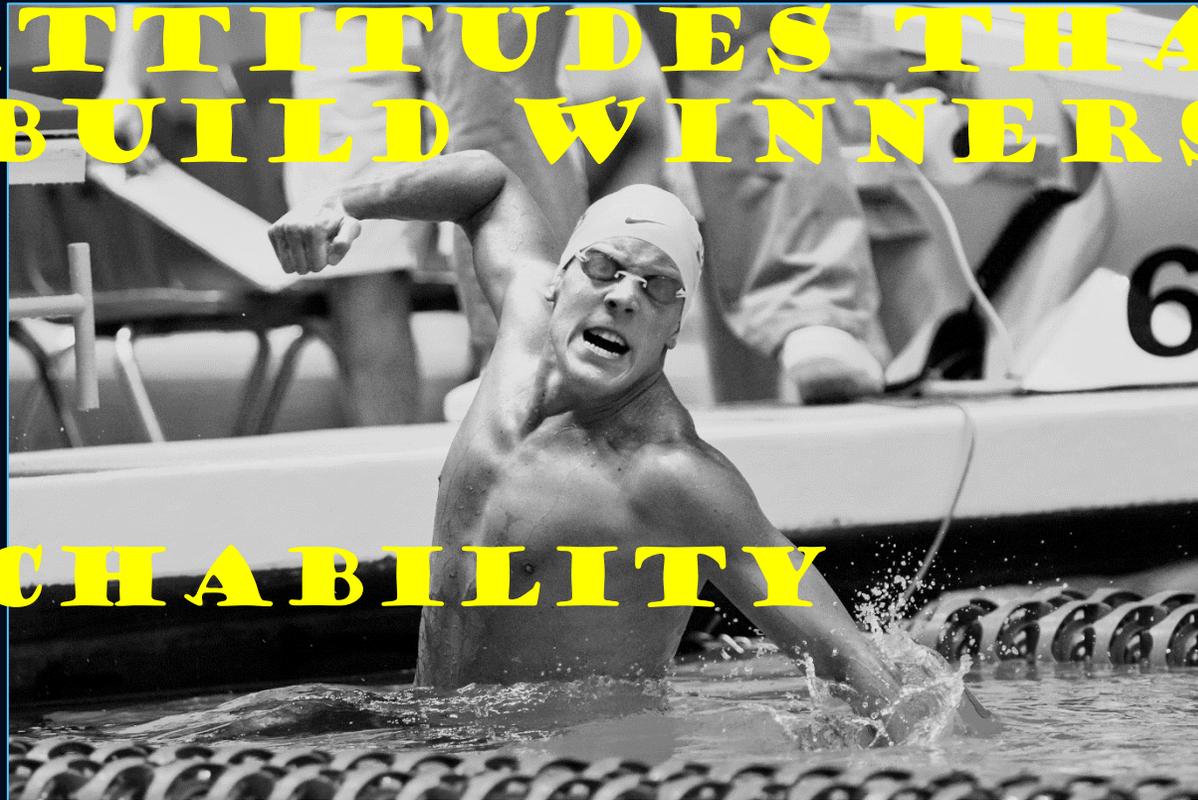


***CAN YOU ACCEPT
STRONG CRITICISM?***

ATTITUDES THAT BUILD WINNERS!

NO.9

COACHABILITY



Winners respect the coach and the coaching process. They know that coaching is important to their development and progress as an athlete. They are receptive to the coaches advice and follow it.

**ARE YOU RECEPTIVE
TO COACHING?**

ATTITUDES THAT BUILD WINNERS!

NO.10

CONSCIENTIOUSNESS

Winners have high standards of character. They have a deep sense of obligation and know a team must have discipline to be successful. They put the welfare of the team first, don't bend rules or regulations to suit themselves.



**ARE YOU A
CONSCIENTIOUS
ATHLETE?**

ATTITUDES THAT BUILD WINNERS!

NO. 11 TRUST

Winners are believers. They accept at face value, and know that mutual trust is a major factor in building team morale and unity. Trusting athletes communicate and cooperate better with their team mates and coach.



**DO YOU TRUST
OTHER PEOPLE?**

