

## COACH TOSH'S CORE VALUES

1. **Sportsmanship-** Respect and sportsmanship go hand in hand. Good sportsmanship builds character, honor, kindness, inclusion and teaches respect. I want our swimmers, parents, and coaches to always display good sportsmanship to each other and opposing teams. Understanding and respecting the fact that we are all different, but should be treated equally is very important.
2. **Attendance-** Showing up to practice not only helps a swimmer improve, but also shows that they are committed to the sport. To me, attendance and effort should go together like peanut butter and jelly. Attending practice is one thing, putting in the effort when you are there is another.
3. **Effort-** "It's not about how bad you want it, it's about how hard you're willing to work for it." This is one of my favorite quotes, and it works for everything in life, not just swimming!  
I know some days it is hard to push ourselves, and that is ok, as long as you can say you gave it all you had in that moment. I want every swimmer to be the best they can be, but that doesn't happen without self-discipline and hard work.
4. **Mechanics/Technique-** Swimming with the right technique is so very important and really impacts your stroke and race. Even just the little things like, head position, or entry of your hand, can really make a difference and help shave off some time. You will notice how much faster you become when swimming, SMARTER, not HARDER!
5. **Fun-** With hard work and dedication comes success, but also some well-deserved FUN! Keeping swim fun and challenging is one of my most important goals for the team. I want to push the swimmers to be the best they can be, but also allow them to still be kids and enjoy being part of a team. I strongly believe that any sport you participate in should have some sort of balance between hard work, dedication, and fun.