

R D 6 TEAM VALUES

Summer 2014

Defined by The Sr. Champ. and

Sr. Champ Prep. Teams

Compiled by: Eric Li



"As [members] of the senior team, we are by definition the oldest, fastest, and most experienced swimmers on RSD. By these virtues alone, we lead the team. There is no better leadership than by example. Therefore, it is imperative that we, as the leaders of this team, put forth our best efforts and lead through positive and mature example."

-Michael Cohn, Team Captain

Respect

"Respect means showing it to your coaches and to your teammates; no matter what. You don't necessarily have to be friends with everyone, but you do have to respect them. However, before one can respect others, one must respect themselves. It is by far the most important team value. Without it, no other value can be achieved."

-Michael Cohn, Team Captain, College Student attending UCSD, Senior Champ.

"Respect is having the dignity and self-pride to not only respect yourself, and therefore make wise decisions, but also to respect others. How you treat others affects your reputation, and if you respect yourself enough, you will be willing to put in the time to make sure your reputation is something you can be proud of."

-Sherri McIntee, Team Captain, graduating from Carlsbad HS, going to Univ. of Notre Dame, Senior Champ.

"Respect is the honoring of one's thoughts, ideas, words, and actions. Respect starts with oneself, for without self-respect no respect can be given or earned. After self-respect, respect is given and gained through actions, and is much more easily lost than gained."

-Tom Linker, graduating from Carlsbad HS, going to Cal Poly SLO, Senior Champ.

"...holding yourself and others in high regard, accepting and appreciating others in all they do, and respecting them or being mindful towards them."

-Elise Wright, graduating from Carlsbad HS, going to UC Davis, Senior Champ.

"I must first respect ourselves before I can respect others. Self-respect is the knowledge that I have value and worth in myself, and acting accordingly"

-Annie Driscoll, Senior at Carlsbad HS, going to NYU, Senior Champ.

"...to me it means valuing your life. Looking up to your coaches and team members. Listening to what they have to say either if criticism or praise."

-ByungHoon "Kevin" Jung, graduating from LCC HS, going to Grand Canyon Univ., Senior Champ.

"Respect is always making sure that you appreciate the time and effort your coaches put forth into helping you grow stronger, and it's also acknowledging the efforts and hard work of your fellow team mates as they grow with you. Respect in not necessarily liking everyone who have to work with, but appreciating the fact that they are here to work just as hard as you are. "

-Wesley Whittesley, Senior at SDA, going to UCSC, Senior Champ.

"Recognizing that other people can always teach you something"

-Crystal Lore, graduating from Torrey Pines HS, Cal Poly SLO, Senior Champ.

"Respect is respecting yourself, being able to push yourself and know what is best for your. Once you respect yourself you can respect your teammates and be able to push them and know how to be a good teammate and push them without discouraging them."

-MckennaGarfein, RSD Alumni attending SDSU, Senior Champ.

“Respect is treating others the way you want to be treated. However in order to do so, you need to respect yourself and your own abilities in order to be successful in this team.”

-Stephen Park, Junior at Torrey Pines HS, Senior Champ.

“To me, respect means appreciating what other people think, value, and are trying to accomplish. But before that can happen, you have to respect yourself so you can understand and build the respect for others.”

-Julia Borla, Junior at Carlsbad HS, Senior Champ.

“Respect means treating other the way you would like to be treated. Respecting your teammates as well as your coaches. To respect others you must first learn how to respect yourself.”

-Savannah DuPuis, Sophomore at LCCHS, Senior Champ

“To be respectful is to show kindness towards your peers and colleagues. It also means to be polite and to value other points of view. To be respectful means not to gossip or spread rumors about each other but to spread good vibes and positivity all around. ... You have to be self-confident and open-minded to possibility.”

-Michelle Jacob, Junior at LCCHS, Senior Champ.

“For me, Respect is to be polite to your peers. It's to admire everyone for all the hard work they do.”

-Ana Diaz, Junior at LCCHS, Senior Champ.

“To define respect, you first must respect yourself before respecting the people around you.”

-Liam McCloskey, Junior at LCCHS, Senior Champ

“Always being respectful of your coaches, teammates, and yourself.”

-Rachel Kulik, Junior at LCCHS, Senior Champ.

“Respect comes with first learning how to respect yourself. Then once you've learned that you can learn to respect others by observing their actions in and out of the pool and determine how much respect you have towards them.”

-Mitchell Scarski, Junior at LCCHS, Senior Champ.

“Respect is the "core" value. If you don't have respect, you cannot have any of the other 5 values. It is like the Golden Rule. If you treat others with respect, you will earn respect. But to treat others with respect, you must first treat yourself with respect. Not cockiness, but a sense of importance and self-worth. You must then treat others with a sense of importance and worth. ...If you screw around in a work out,...you are disrespecting your teammates...Respecting your teammates is giving them 100% in practices, not interrupting or ruining their workouts, and also treating them as your equals.”

-Noah Ayers, Sophomore at Torrey Pines HS, Senior Champ.

“Respect is the admiration of someone or something. One must first respect themselves, before being able to respect others.”

-Brendon Harrison, Freshman at Canyon Crest Academy, Senior Champ.

“Living with your best representation of class and character to receive mutual regard”

-Daniel Ines, Junior at Torrey Pines HS, Senior Champ.

“A word describing the mutual relations between two people. This is something that needs to be cultivated on a person-to-person basis; a mutual relation cultivated through continuous fair and equitable exchanges of kind and polite interactions, as well as having an understanding and consideration for each other as having the same basic human dignity. This cannot be obtained simply through age, status, experience, knowledge; it must be mutually crafted.”

-Marisa Woytowicz, Sophomore at Torrey Pines HS, Senior Champ.

“Showing that you recognize admirable and important qualities in all people, including yourself.”

-Katharine Lauerma, Sophomore at Torrey Pines HS, Senior Champ.

“Respect is treating others the way you want to be treated.”

-Alessandro Thomsen, Junior at Canyon Crest Academy, Senior Champ.

“Acknowledging a person (or yourself) and what they stand for.”

-Isabelle Imacseng, Sophomore at Canyon Crest Academy, Senior Champ.

“Showing not only yourself but your peers that you are committed by being a positive influence on their life and showing basic common courtesy.”

-Nikolai Gaenzle, Sophomore at La Jolla HS, Senior Champ.

“Respect starts with yourself. Respecting yourself is very important in an athlete’s mind. Respecting others is also very important. Treating others the way you want to be treated such as a coach, a team mate, a friend, or anyone you come across. “

-Kalie Novosedliak, Student at Aviara Oaks MS, Senior Champ.

“Respect is to treat people the way you expect them to treat you.”

-Isabela Boese, Freshman at Torrey Pines HS, Senior Champ.

“You have to respect yourself before you respect others. You can never doubt anyone and you should always believe in someone and what they can do.”

-Julee Keenan-Rivers, Freshman at Torrey Pines HS, Senior Champ.

“Respecting all the people around but, more importantly respecting yourself. Not only being nice to people but also just friendly to the people around you.”

-Brandon Kulik, Student at Oakcrest MS, Senior Champ.

“Respect is showing consideration to others.”

-Jack McCloskey, Freshman at LCCHS, Senior Champ.

“Respect relates to a deeper understanding of the target person's background and strengths that explain certain behaviors within that person. First impressions and behavioral patterns can play a large part in other people's respect and attitude towards you, so be sure to participate in displaying a genuine sense of care and relevance to other people during encounters and conversations.”

-Anthony Kang, Freshman at Canyon Crest Academy, Senior Champ.

“Respect, to me, means having enough care in the work you do to understand its importance. Additionally, respect means caring about your coaches and teammates and understanding the co-dependence we have on each other to succeed. Most importantly, respectful athletes have enough pride themselves as people and as athletes, without being too proud to accept help or guidance from a coach in a time of need.”

-Zach Carter, Sophomore at LCCHS, Senior Champ. Prep.

“The ability to respect yourself and respect for others. That one golden rule: Treat on to others as you wish to be treated, or as I say practice what your preach. Even if someone greatly annoys you that annoying person is actually a person and deserves just as much respect as every other person around him/her.”

-Jonathan Foster, Freshman at Torrey Pines HS, Senior Champ Prep.

“Respect is admiration and tolerance for someone, but it's more than that, you support their values, views, opinions, and everything about them.”

-Tyler Sande, Freshman at Cathedral Catholic HS, Senior Champ. Prep.

“Respect means to be able to respect others as well as yourself. Treat others as you would want to be treated. I believe respect is a positive feeling and you look up to others whose qualities you admire and apply them to people such as peers, friends, coaches, teachers, etc. Being able to respect, listen, and voice your opinion to others is what respect is about. It's also loyalty, showing loyalty to others as well as yourself, not dumping people off in the middle of an island but reaching out your hand for them to hold on to.”

-Winnie Chen, Sophomore at San Pasqual HS, Senior Champ. Prep.

“Giving your attention to a speaker, following rules someone has set, and not disturbing others.”

-Oleg Nikolaev, Senior Champ.

“To me, respect is not only respect of others older and younger than you, but also respect of yourself. If you have respect for yourself, you will also have confidence, which is a key role to success in life, not just swimming.”

-William Dong, Sophomore at Carlsbad HS, Senior Champ Prep.

“Respect is something that can not be asked for, but only earned. When you have respect from someone they will listen to you from the first word to the very last word and the cherish it for everything its worth. Also the first type of respect and the greatest is self-respect.”

-Alec Dickstein, Freshman at Torrey Pines HS, Senior Champ. Prep.

“Respect means to listen while other people are talking and to be kind to everyone no matter what.”

-Leah Coffin, Student at Earl Warren MS, Senior Champ. Prep.

“Looking up to someone.”

-Rachel Rhee, Student at Diegueno MS, Senior Champ. Prep.

“Respect is the way you treat people and you treat people the way you would like to be treated.”

-Amelia Cho, Student at Carmel Valley MS, Senior Champ Prep.

“Respect is a kind of friendliness that is earned through doing various acts. It is important for one to understand that it is almost impossible for respect to be given out. I like to think of respect as a sort of currency, everyone has to work at it but others just don't try. The ones who don't try are often the ones with the least respect.”

-Jordan Blitz, Student at Carmel Valley MS, Senior Champ.

“Thinking and acting in a positive way about yourself or others.”

-Kaito Koyama, Student at Earl Warren MS, Senior Champ. Prep.

“Respect is being loyal to others. But first, you must be loyal to yourself and earn respect to respect others.”

-Lindsey Ren, Senior Champ. Prep

“Being respectful is being a good, a kind, a responsible and a great all around person. You can gain respect by being a good leader, being kind and always being on top of things. Before you can earn anyone else's respect, you must respect yourself.”

-Emma Polidori, Student at Earl Warren MS, Blue team Visitor

“Respecting your peers and coaches but not talking while they are talking and giving them respect.”

-Morgan Puglisi, Student at Earl Warren MS, Blue team Visitor

“Respect is always doing what your coach asks you to do and not looking down on anybody.”

-Joshua He, Senior Champ. Prep.

“Treating others with dignity and honor in and out of the pool...Honoring the rules of our swim club...You have to earn respect.”

-Ty Gruwell, Student at the Nativity School, Visitor

“Treating everyone how you expect others to treat you.”

-Katy Rhodes, Senior Champ Prep.

“To be a team player and not talk trash behind anyone's back and encourage your teammates not bring them down.”

-Dylan Delaney, Student at Earl Warren MS, Senior Champ.

Quality

"Quality means giving your all; bringing the best of what you have at any given time. Even if you're not the fastest, you can outwork others and achieve a kind of greatness from within. Talent will only take you so far, quality work is what separates the good from the great."

-Michael Cohn, Team Captain, College Student attending UCSD, Senior Champ.

"If you're going to do something, do it well; always give 110% and do whatever you're doing to the best of your ability."

-Sherri McIntee, Team Captain, graduating from Carlsbad HS, going to Univ. of Notre Dame, Senior Champ.

"Quality is the pursuit for perfection in one's actions. While the impossibility of perfection must be recognized, those who display quality in their actions it is because of their pursuit of this ever elusive perfection. Quality is characterized by the ever fine-tuning of one's self---the endless seeking of self-improvement."

-Tom Linker, graduating from Carlsbad HS, going to Cal Poly SLO, Senior Champ.

"Quality is paying attention to the details, giving the best you can give for that day."

-Elise Wright, graduating from Carlsbad High School, going to UC Davis, Senior Champ.

"paying attention to the small details. Doing common things uncommonly well."

-Annie Driscoll, Senior at Carlsbad HS, going to NYU, Senior Champ.

"...doing everything right. not just in school or swim. But in life, have quality in what you do every second of your life. every second matter and your actions do too."

-ByungHoon "Kevin" Jung, graduating from LCC HS, going to Grand Canyon Univ., Senior Champ.

"Quality, in terms of swimming, isn't always being the fastest, or having the best times, but it's having the right amount of effort when you swim, and even if you aren't completely the sets you're swimming, as long as you are doing the set the way you're supposed to, then you're getting more out of it than if you were to go fast and sloppy. "

-Wesley Whittesley, Senior at SDA, going to UCSC, Senior Champ.

"Staying connected to the small parts that make up the bigger picture."

-Crystal Lore, graduating from Torrey Pines HS, going to Cal Poly SLO, Senior Champ.

"Quality is getting everything you can get out of a set/practice. That means working on the little things to get more out of your swimming rather than just going through the motions of swimming."

-MckennaGarfein, RSD Alumni attending SDSU, Senior Champ.

"Quality is where you perform your tasks with precision and focus, and in the process setting a great example for other to follow."

-Stephen Park, Junior at Torrey Pines HS, Senior Champ.

"I define quality as striving to do the best with what you have in that moment."

-Julia Borla, Junior at Carlsbad HS, Senior Champ.

"Quality to me means finding the excellence in your work/stroke, taking pride in it."

-Savannah DuPuis, Sophomore at LCCHS, Senior Champ

"Quality is how well you get the job done. It means not slacking off at school, work, or at swim. It's how well you utilize and take advantage of practices or other opportunities to improve or excel at something."

-Michelle Jacob, Junior at LCCHS, Senior Champ.

"For me quality is the trait of doing whatever your doing to the best of your ability. It means to try 100% and not just give the required effort or the minimum. It's doing something to the point where your proud of what you've done and you're not ashamed of it."

-Ana Diaz, Junior at LCCHS, Senior Champ.

"Always giving your best effort."

-Liam McCloskey, Junior at LCCHS, Senior Champ.

"Always doing everything the very best that you can."

-Rachel Kulik, Junior at LCCHS, Senior Champ.

"Quality to me is showing yourself and others that you take pride in what you do and do it to the best of your ability whether it's swim, school etc..."

-Mitchell Scarski, Junior at LCCHS, Senior Champ.

"Quality in the pool is always giving the best of what you have each and every day, in each and every set. It is giving 110% from the start of practice to the very end. Never skipping sets or laps, and making each one special."

-Noah Ayers, Sophomore at Torrey Pines HS, Senior Champ.

"Quality is simply doing your very best. Always doing the very best job that you can do."

-Brendon Harrison, Freshman at Canyon Crest Academy, Senior Champ.

"Face adversity and continue with the utmost will to succeed"

-Daniel Ines, Junior at Torrey Pines HS, Senior Champ.

"When there are no higher words to use for something amazingly perfect."

-Marisa Woytowicz, Sophomore at Torrey Pines HS, Senior Champ.

"Making every second count; doing the very best that you can do in a given moment."

-Katharine Lauerman, Sophomore at Torrey Pines HS, Senior Champ.

“Quality is trying your best by putting effort into each set and trying to get the most out of them.”

-Alessandro Thomsen, Junior at Canyon Crest Academy, Senior Champ.

“Always trying your best and never doing anything mindlessly or without purpose.”

-Isabelle Imacseng, Sophomore at Canyon Crest Academy, Senior Champ.

“Performing everything you do both in your swimming life and outside life with an increased attention to detail. Be consistent with the things that don't always seem like they matter because they often bring the most change over time.”

-Nikolai Gaenzle, Sophomore at La Jolla HS, Senior Champ.

“Quality not quantity. Quality can be defined as not just going through the motions and focusing on what you are doing at all time. During practice you show quality by focusing during sets and working smart rather than just going through the motions.”

-Kalie Novosedliak, Student at Aviara Oaks MS, Senior Champ.

“Quality is completing every task with utmost focus, and making sure that even the little things you do are the way they should be done, or better.”

-Isabela Boese, Freshman at Torrey Pines HS, Senior Champ.

“Quality is the way something it is done. It is how something is done with all effort and good technique.”

-Julee Keenan-Rivers, Freshman at Torrey Pines HS, Senior Champ.

“Doing everything in a great way. Having quality to do the best you can do.”

-Brandon Kulik, Student at Oakcrest MS, Senior Champ.

“Quality is giving your absolute best effort in everything you do.”

-Jack McCloskey, Freshman at LCCHS, Senior Champ.

“Often, we reach a (mental) fork in the road when we must decide whether or not to tap into that last store of effort within our mentality and pursue the route of accomplishing a task with quality and vigilance to the minute details. The other route would be the path of the "get it done to say you've done it" attitude, which is certainly one to avoid. Taking the former route of honest effort and "give it all you got" mindset will pay off in the long run and bring you one step closer to improvement.”

-Anthony Kang, Freshman at Canyon Crest Academy, Senior Champ.

“Quality can be defined as purposeful practice. Make sure each lap counts, and don't forget to keep your stroke checklist in mind.”

-Zach Carter, Sophomore at LCCHS, Senior Champ. Prep

“Quality is maintaining your highest quality stroke throughout a workout. Doing everything to the best of your ability.”

-Jonathan Foster, Freshman at Torrey Pines HS, Senior Champ Prep.

“Quality, the excellence of something, how well something is done. Of a high level of finesse and technique.”

-Tyler Sande, Freshman at Cathedral Catholic HS, Senior Champ. Prep.

“Quality is giving always striving to become the best you can possibly be. It doesn't mean you're the fastest or slowest, but as long as you're giving the best of what you got from what you have, that's quality. It's doing the best you can, the fastest you can be, but staying in your stroke as well. Quality, not quantity, and making every stroke count instead of just going through the motions.”

-Winnie Chen, Sophomore at San Pasqual HS, Senior Champ. Prep.

“Always trying to do things perfectly, giving it your all.”

-Oleg Nikolaev, Senior Champ.

“Quality is something that everyone can achieve, but it takes a lot of discipline and hard work. Two people could do the same set in a practice but one could advance more, just because they pushed themselves harder mentally as well as physically.”

-William Dong, Sophomore at Carlsbad HS, Senior Champ Prep.

“Quality is doing every detail to the best. Concentrating on the thing you are doing in that moment and doing it right.”

-Alec Dickstein, Freshman at Torrey Pines HS, Senior Champ. Prep.

“Quality means to always try your best and work hard.”

-Leah Coffin, Student at Earl Warren MS, Senior Champ. Prep.

“Doing good work.”

-Rachel Rhee, Student at Diegueno MS, Senior Champ. Prep.

“Quality is the effort that you put in to something in order to get something out of it.”

-Amelia Cho, Student at Carmel Valley MS, Senior Champ Prep.

“Quality is doing all the little things so that a greater achievement can be reached. Swimmers may associate this to focusing on the important detail of the strokes, but quality can also be applied to other aspects of one's life.”

-Jordan Blitz, Student at Carmel Valley MS, Senior Champ.

“Putting out everything what you have and always be best as you can.”

-Kaito Koyama, Student at Earl Warren MS, Senior Champ. Prep.

“Quality is showing how much effort you put into your work. People who put more effort in their work have better quality turn-outs.”

-Lindsey Ren, Senior Champ. Prep.

“Quality is always giving your best effort, trying as hard as you can to succeed. On RSD you can maintain quality with good technique and form.”

-Emma Polidori, Student at Earl Warren MS, Blue team Visitor

“Quality is when you put forth your best technique and really focus on the workout.”

-Morgan Puglisi, Student at Earl Warren MS, Blue team Visitor

“Making each workout count and even if you feel like crap you still need to be able to walk away being able to say you gave it your all.”

-Joshua He, Senior Champ. Prep

“Working to the best of your ability.”

-Katy Rhodes, Senior Champ Prep.

“Working on the task that the coach asks...Technique and form...Someones unique quality...Working hard in the pool and in school.”

-Ty Gruwell, Student at the Nativity School, Visitor

"To be yourself in everything you do."

-Dylan Delaney, Student at Earl Warren MS, Senior Champ.

Excellence,

(Pursuit of)

"Excellence is the ultimate team value; it is something that can only be achieved by successful adherence to the other team values. Like success, excellence comes from within and can only be determined by one person and one person only, yourself. "

-Michael Cohn, Team Captain, College Student attending UCSD, Senior Champ.

"Not being satisfied with being average or decent but always wanting to be the best, not because you want to be better than others but because you want to see how far you can push yourself. "

-Sherri McIntee, Team Captain, graduating from Carlsbad HS, going to Univ. of Notre Dame, Senior Champ.

"Excellence is the pursuit of competition, and the potential for greatness that lies within it. Those who strive for excellence strive to compete at the highest possible level against the fiercest competition because only here can they bring forth their maximum potential and go beyond what they thought it was. Excellence is the ability to get up and compete with the utmost effort everyday no matter the situation. Excellence is not the final score, nor the time on the board, it is living in the thrill of this fierce competition."

-Tom Linker, graduating from Carlsbad HS, going to Cal Poly SLO, Senior Champ.

"Excellence is chasing your own definition of greatness, but most importantly the journey to that; to keep improving yourself, in the pool and out, and really incorporating all the values in that pursuit of self-improvement."

-Elise Wright, graduating from Carlsbad High School, going to UC Davis, Senior Champ.

"Working to be the best I can be. Giving each and every endeavor out my effort, so as to be the best possible version of myself."

-Annie Driscoll, Senior at Carlsbad HS, going to NYU, Senior Champ.

"Never giving up. Always striving to be the greatest person you can be. In swimming it's perfecting your stroke, your technique. In life it's how well you deal with your ups and downs"

-ByungHoon "Kevin" Jung, graduating from LCC HS, going to Grand Canyon Univ., Senior Champ.

"Excellence is always working your hardest and putting forth your best effort in order to show just how good you are and to prove and show off your skills and abilities, not only to everyone around you, but to yourself. "

-Wesley Whittesley, Senior at SDA, going to UCSC, Senior Champ.

"Always striving to be better than you were before; you are your greatest competition."

-Crystal Lore, graduating from Torrey Pines HS, going to Cal Poly SLO, Senior Champ.

"Excellence is striving to be the best that you can be."

-MckennaGarfein, RSD Alumni attending SDSU, Senior Champ.

“Excellence is where you surpass your own expectations and limits, and accomplish this through your hardest effort possible. By achieving this, hopefully others will follow through and pursue their own goals of excellence. “

-Stephen Park, Junior at Torrey Pines HS, Senior Champ.

“I believe the pursuit of excellence is wanting to be better and using all means necessary in the attempt to become better.”

-Julia Borla, Junior at Carlsbad HS, Senior Champ.

“Striving for the best not only for yourself but the whole team.”

-Savannah DuPuis, Sophomore at LCCHS, Senior Champ

“Excellence is the pursuit of any activity that is exceptional, likely better than most, with 100% effort. It is to stand out in a positive way to the highest standard. “

-Michelle Jacob, Junior at LCCHS, Senior Champ.

“For me, Excellence is doing whatever you’re doing at the moment the best you can. It’s keeping the light bulb on in order to reach that excellent level.”

-Ana Diaz, Junior at LCCHS, Senior Champ.

“Never giving up.”

-Liam McCloskey, Junior at LCCHS, Senior Champ.

“Doing everything you can to achieve the most you can.”

-Rachel Kulik, Junior at LCCHS, Senior Champ.

“Excellence is a pretty self-explanatory word. On seniors it means to give it your all to perfect something. You pursue that excellence to make you and all around better person in this world.”

-Mitchell Scarski, Junior at LCCHS, Senior Champ.

"Excellence, or the pursuit of excellence, is exemplifying the other 5 core RSD team values. Someone who has achieved excellence should not be defined as how fast they are or how good they are at something, although it is a key factor. The main factor should be how they handle themselves. How does someone go through life? Are they upbeat and happy? Do they carry themselves proudly and face each day head-on? Can they be respectful during wins and losses? Do they have integrity even when it will not benefit them? Do they possess quality? Can they work in teams with people they do and do not like? Can they lead and include? Do they understand that you do not have to be the best to be considered cool? The people who can answer yes to these questions have achieved excellence in life, regardless of speed or athletic prowess. Those people are truly excellent."

-Noah Ayers, Sophomore at Torrey Pines HS, Senior Champ.

“In my opinion, excellence, or the pursuit of excellence, is the action of always striving for greatness. Always looking ahead at what can be done and being open to the possibilities.”

-Brendon Harrison, Freshman at Canyon Crest Academy, Senior Champ.

“Never take anything for granted, whether it be a small or large feat.”

-Daniel Ines, Junior at Torrey Pines HS, Senior Champ.

“When every little thing that you have been working on comes together to form a perfect symphony. I must say, the best feeling in the world.”

-Marisa Woytowitz, Sophomore at Torrey Pines HS, Senior Champ.

“Being the most amazing person that you can be in all aspects of your life.”

-Katharine Lauerman, Sophomore at Torrey Pines HS, Senior Champ.

“Excellence is performing and practicing to your very best regardless of what's happening outside of the pool.”

-Alessandro Thomsen, Junior at Canyon Crest Academy, Senior Champ.

“Always giving your best effort and never giving up.”

-Isabelle Imacseng, Sophomore at Canyon Crest Academy, Senior Champ.

“Striving towards that next level in your life. Always have a competitive and know that by achieving that next level, you are bettering yourself.”

-Nikolai Gaenzle, Sophomore at La Jolla HS, Senior Champ.

“Excellence is to work hard and to strive for your goals as much as possible. Excellence is also when work is paying off at a meet.”

-Kalie Novosedliak, Student at Aviara Oaks MS, Senior Champ.

“The pursuit of excellence is to do all that you can to become the greatest you can be.”

-Isabela Boese, Freshman at Torrey Pines HS, Senior Champ.

“The pursuit of excellence is how you try to work your hardest and become the best you can at something.”

-Julee Keenan-Rivers, Freshman at Torrey Pines HS, Senior Champ.

“Doing everything the absolute best that in your ability is possible. Do your best work for everything even outside of swimming.”

-Brandon Kulik, Student at Oakcrest MS, Senior Champ.

“Excellence is going beyond of what you are expected to do.”

-Jack McCloskey, Freshman at LCCHS, Senior Champ.

“Life is like a game of Tetris; it is impossible to win the game, but there is always the pursuit of this impossibility that adds to a sense of motivation, the drive to reach the top of the rankings. It is this pursuit that ultimately matters and makes the most difference. When we chase after excellence, there is an added incentive to improve and become the best; such can be described as a purpose in the efforts one exerts to achieve excellence. Thus, one can conclude that understanding your own pursuits for your own set standard of excellence can play a vital role in the scheme of improvement.”

-Anthony Kang, Freshman at Canyon Crest Academy, Senior Champ.

“Excellence is the culmination of all the team values, as it takes many forms. Excellence is just as much waking up at 4:30 to endure a morning practice, full day of school and afternoon workout as it is challenging yourself to try that interval that you're only half-sure you can make. Excellence is putting yourself out there, asking for clarity when you're confused with a technique tip. Excellence is staying in the pool at finals after you touch the pad, waiting for the NCA kid next to you to finish so you can give him a handshake. Excellence embodies the RSD lifestyle.”

-Zach Carter, Sophomore at LCCHS, Senior Champ. Prep

“The Pursuit of Excellence is always looking for your goals, working towards them one step at a time and never eating them out of your head, Looking for a better way to do something. If you are working as hard as you can to reach your goals then work harder.”

-Jonathan Foster, Freshman at Torrey Pines, Senior Champ. Prep.

“Extremely outstanding, achieving something of high value. The pursuit of excellence is a very long hard path no matter what it is. But once achieved, the reward... substantially great.”

-Tyler Sande, Freshman at Cathedral Catholic HS, Senior Champ. Prep.

“Pursuit of excellence is never giving up. You always try to reach another level by not giving in when it's tough. You have to know your goals and think about them everyday. You're always thinking about how to be better, thinking about every stroke and every turn. No matter how hard it is, you keep on trying and the bar just keeps getting higher and higher.”

-Winnie Chen, Sophomore at San Pasqual HS, Senior Champ. Prep.

“When you always strive to be better, always making an attempt to become the best.”

-Oleg Nikolaev, Senior Champ.

“You can have talent and physical ability, but without ambition, or excellence, you can't be as successful as a person without talent or physical ability, who only has dreams and ambitions.”

-William Dong, Sophomore at Carlsbad HS, Senior Champ Prep.

“Excellence is the achievement of perfection. Reaching excellence is extremely hard and in sometimes may seem impossible. I believe that when someone achieves excellence it is when the figure everything all out. And you only figure everything out in the last second of your life. Everything you do is the pursuit of excellence and you will achieve it at the last point.”

-Alec Dickstein, Freshman at Torrey Pines HS, Senior Champ. Prep.

“Excellence means to be the best person you can.”

-Leah Coffin, Student at Earl Warren MS, Senior Champ. Prep.

“Doing your best.”

-Rachel Rhee, Student at Diegueno MS, Senior Champ. Prep

“Excellence is doing things for a purpose and being good or trying to be good at what you are doing.”

-Amelia Cho, Student at Carmel Valley MS, Senior Champ Prep.

“Excellence is doing all the details, whether it be in swimming or in general, better than others. It is necessary skill to have when one is on the pursuit of excellence. The pursuit of excellence is the journey one takes in order to have excellence in their goals.”

-Jordan Blitz, Student at Carmel Valley MS, Senior Champ.

“Being the best at something.”

-Kaito Koyama, Student at Earl Warren MS, Senior Champ. Prep.

“Excellence is when you know what you are shooting for and you put the effort in to make that happen.”

-Lindsey Ren, Senior Champ. Prep

“Excellence is doing great things. You must know your own goals in order to pursuit excellence.”

-Emma Polidori, Student at Earl Warren MS, Blue team Visitor

“Excellence is putting forth your best effort and trying to the best of your ability.”

-Morgan Puglisi, Student at Earl Warren MS, Blue team Visitor

“Excellence is trying your hardest and always positive.”

-Joshua He, Senior Champ. Prep.

“Doing your very best all of the time...Giving special attention to every task and instruction to our coach...Effort guided by a purpose...A desire for perfection.”

-Ty Gruwell, Student at the Nativity School, Visitor

“Being the best that you can be”

-Katy Rhodes, Senior Champ. Prep.

“To not be rude but supportive to your teammates and against other swimmers.”

-Dylan Delaney, Student at Earl Warren MS, Senior Champ.

Integrity

"Integrity means doing the work regardless of any given circumstances. Whether Coach Joe's on deck, Chris, Gracie, or no one at all, integrity means giving the same effort whether there's a coach or otherwise. To truly have integrity, it is important to keep your goals in mind; for if these goals are indeed important to you, it will be impossible to give anything less than your all. "

-Michael Cohn, Team Captain, College Student attending UCSD, Senior Champ.

"Similar to respect; having the self-pride to do the right thing, not because someone is telling you to but because your morals tell you it's the right thing to do."

-Sherri McIntee, Team Captain, graduating from Carlsbad HS, going to Univ. of Notre Dame, Senior Champ.

"Integrity is self-honesty; the understanding with one's self of knowing what they need to do in order to succeed and what is expected of them by society. Those with integrity honor the commitments they make with themselves and society no matter the situation, especially when given the opportunity to cut corners."

-Tom Linker, graduating from Carlsbad HS, going to Cal Poly SLO, Senior Champ.

"Integrity is holding it to yourself to do what's right, even when no one is looking."

-Elise Wright, graduating from Carlsbad High School, going to UC Davis, Senior Champ.

"not cheating myself out of opportunities. Doing the work I set out to do, regardless of whether being watched. It's part of self-respect."

-Annie Driscoll, Senior at Carlsbad HS, going to NYU, Senior Champ.

"This means what your actions are when no one is watching you."

-ByungHoon "Kevin" Jung, graduating from LCC HS, going to Grand Canyon Univ., Senior Champ.

"Integrity is doing all the work that you need to do and doing all of the work correctly so that you yourself know that you are getting the value out of whatever set you are doing so that you can be the best that you can be the next time you have to race. "

-Wesley Whittesley, Senior at SDA, going to UCSC, Senior Champ.

"Doing what you know to be right and best in the long run, even if it seems hard in the short run."

-Crystal Lore, graduating from Torrey Pines HS, going to Cal Poly SLO, Senior Champ.

"Integrity is what you do when no one is watching. That means being able to do things by yourself, for example finishing a set the right way when there is no coach watching."

-MckennaGarfein, RSD Alumni attending SDSU, Senior Champion.

“Integrity is the act of staying true to oneself when no one else is watching. It demonstrates that you yourself are behind your own actions, and that you are not motivated when the coach or any supervisor is watching to make sure you are doing the right thing. “

-Stephen Park, Junior at Torrey Pines HS, Senior Champ.

“Integrity is being honest with yourself and others, especially when no one is watching. A person who truly has integrity would do the same thing if someone was watching them or not.”

-Julia Borla, Junior at Carlsbad HS, Senior Champ.

Doing the right thing when nobody is looking. Skipping a 50 in warm down only effects you.”

-Savannah DuPuis, Sophomore at LCCHS, Senior Champ

“Integrity is how true you are to yourself and others around you. It means that when the coach is not on the pool deck, you still strive and push for the best and don't slack off. It's a trust gaining trait.”

-Michelle Jacob, Junior at LCCHS, Senior Champ.

“For me, Integrity is the quality of being honest and doing what's right. Not only that, but doing what's right when no ones watching.”

-Ana Diaz, Junior at LCCHS, Senior Champ.

“Being honest.”

-Liam McCloskey, Junior at LCCHS, Senior Champ.

“Doing the right thing even when no one is watching.”

-Rachel Kulik, Junior at LCCHS, Senior Champ.

“Integrity means to never cheat yourself and be honest to your fellow swim mates. A person with integrity will always work his hardest and cheat no one or himself on anything.”

-Mitchell Scarski, Junior at LCCHS, Senior Champ.

“Integrity is what you do when no one is watching. It is how you act or perform when you are alone. Integrity is giving the same amount of effort in practice as you would at the Olympics. Integrity is being able to be honest with yourself. One example can be school. If swim is getting in the way of your academic career, you need to be honest with yourself and know that school comes first. Then you need to follow through and make the changes necessary to fix your problem.”

-Noah Ayers, Sophomore at Torrey Pines HS, Senior Champ.

“I believe integrity is being true to yourself. Taking ownership of your actions and your commitments by striving to achieve in the best possible way.”

-Brendon Harrison, Freshman at Canyon Crest Academy, Senior Champ.

“Being able to accept the value of your actions.”

-Daniel Ines, Junior at Torrey Pines HS, Senior Champ.

"To have integrity means to integrate morals into your personality as an inseparable part of who you are. To stay true to these morals when nobody is around to push you. That you stick to them and make them as much a part of you as anything else. Integrity to me does not mean being perfect, but rather having the capability of being trusted in my actions as well as my words. Being a person of integrity, means I have to be truthful and honest in my everyday activities."

-Marisa Woytowitz, Sophomore at Torrey Pines HS, Senior Champ.

"Doing all things with your best effort because you want to, not because others are watching you."

-Katharine Lauerma, Sophomore at Torrey Pines HS, Senior Champ.

"Integrity is not being dishonest and being true to any situation by not cheating your way through something."

-Alessandro Thomsen, Junior at Canyon Crest Academy, Senior Champ.

"What you do when no one is watching; doing things for yourself and not cheating yourself"

-Isabelle Imacseng, Sophomore at Canyon Crest Academy, Senior Champ. Prep.

"Trust your teammates and yourself. Also, show that you are a trustworthy person by putting your best foot forward even if it means doing something that you really don't enjoy"

-Nikolai Gaenzle, Sophomore at La Jolla HS, Senior Champ

"Integrity is being honest about everything, whether it's at school, in the pool, or at home. To have integrity is to always be true to yourself and others around you."

-Kalie Novosedliak, Student at Aviara Oaks MS, Senior Champ.

"To have integrity is to be honest, and do what you should be doing even if nobody is watching."

-Isabela Boese, Freshman at Torrey Pines HS, Senior Champ.

"Integrity is always owning up if you do something wrong and always doing the right thing even though it may go against what others think."

-Julee Keenan-Rivers, Freshman at Torrey Pines HS, Senior Champ.

"Doing things when a coach or teacher is not looking, this means not goofing off during a set or, messing around in the classroom."

-Brandon Kulik, Student at Oakcrest MS, Senior Champ.

"Integrity is to be true to yourself and true to others. In other words, being an honest person."

-Jack McCloskey, Freshman at LCCHS, Senior Champ.

"When people show their integrity in a task, they ultimately are showing that they are not doing the task just to say that they achieved completion, but more so for their own benefit and personal development. An exhibition of integrity refers to the completion of a task and having the capacity within yourself to claim ownership of your work. It essentially refers to being truthful about what you do, regardless of any spectators; did you commit to and complete that set with all your effort? Are you able to say this with 100% confidence and honesty?"

-Anthony Kang, Freshman at Canyon Crest Academy, Senior Champ.

“Integrity means staying true to yourself, your training regimen, and your goals. Integrity is cultivating a work ethic strong enough to elevate yourself and those around you to new heights, simply by working hard and working well.”

-Zach Carter, Sophomore at LCCHS, Senior Champ. Prep

“Integrity is being honest not only to others but yourself. Doing the right thing even when no one is watching. Being honest with yourself means never giving up. Integrity and honesty go hand in hand, Integrity is not talking about someone while their back is turned. Integrity can also be taken as giving it your all in the pool, being true to yourself and giving it your all.”

-Jonathan Foster, Freshman at Torrey Pines HS, Senior Champ Prep.

“The honesty within yourself. Having strong and meaningful moral principles for yourself. Being righteous, moral, and owning character.”

-Tyler Sande, Freshman at Cathedral Catholic HS, Senior Champ. Prep.

“I believe that this means being true and trustworthy to yourself. It means having honor and faith and confidence as well as well as believing in yourself. Do what is right, even if no one is watching you. Be honest, not only to yourself but others too. And never, ever, cheat yourself out of something. If you think the set is hard, then don't give up and make excuses. Yes, you may have an injury or just a bad day, but do the best you can. But really, integrity is how you act and perform when no one else is watching, when you're all alone by yourself. Be the best you can possibly be.”

-Winnie Chen, Sophomore at San Pasqual HS, Senior Champ. Prep.

“Being honest, doing what you promise to do, and doing what you are asked to do even if no one is looking”

-Oleg Nikolaev, Senior Champ.

“Integrity is being able to look inside yourself and seeing the right moral thing. In life sound the right thing could be harder and more bothersome, but it only helps you to achieve success in the future.”

-William Dong, Sophomore at Carlsbad HS, Senior Champ Prep.

“Integrity is doing the right things when no one is watching. I understand this concept is extremely hard and I will say I have not shown Integrity on many cases. Integrity is hard, you will not want to do it because another way is easier and you tell yourself well no one is looking so it won't hurt. But it will, it will hurt yourself and you will not achieve 'excellence.' ”

-Alec Dickstein, Freshman at Torrey Pines HS, Senior Champ. Prep.

“Integrity means to always finish the set and tell the truth.”

-Leah Coffin, Student at Earl Warren MS, Senior Champ. Prep.

“Being truthful”

-Rachel Rhee, Student at Diegueno MS, Senior Champ. Prep

“Integrity is being honest and telling the truth when no one in around.”

-Amelia Cho, Student at Carmel Valley MS, Senior Champ Prep.

"Integrity is doing the right thing when no one is watching. It is being honest with both oneself and with others about everything important going on. In swimming, one would use integrity to keep themselves truthful on the progress of their goals."

-Jordan Blitz, Student at Carmel Valley MS, Senior Champ.

"Always try your best in everything and be good example for other people."

-Kaito Koyama, Student at Earl Warren MS, Senior Champ. Prep.

"Integrity means honesty and being loyal. You do what you are told to do without complaining, or without any shortcuts."

-Lindsey Ren, Senior Champ. Prep

"Integrity is being honest and true to yourself. Do the right thing when no one is looking."

-Emma Polidori, Student at Earl Warren MS, Blue team Visitor

"Integrity is being honest to yourself and other people so you can earn self-respect and doing the right thing when no one is watching"

-Morgan Puglisi, Student at Earl Warren MS, Blue team Visitor

"Integrity is doing the best even if you know you won't get in trouble for not doing your best and always doing the right thing."

-Joshua He, Senior Champ. Prep.

"Living by your highest values and goals...Being honest and sincere to other... integrity lets you do the right thing, and tell the truth...Its when your words and actions match."

-Ty Gruwell, Student at the Nativity School, Visitor

"Doing the right thing when no one is looking."

-Katy Rhodes, Senior Champ Prep.

"To tell yourself that you will work hard in every workout not just getting through them one by one."

-Dylan Delaney, Student at Earl Warren MS, Senior Champ. Prep.

Teamwork

"Although swimming is an individual sport by competition, it is by no means an individual sport when it comes to training, scoring, and socializing. Teamwork is an invaluable aspect of any and all sports, and the foundation upon which all the other team values are built. It is the selfless collaboration of a team with the intent of achieving competitive greatness. However, to have great teamwork, one must first have team spirit. Perhaps none say it better than the late Coach John Wooden, 'Team spirit [is] an eagerness to sacrifice personal interest for the welfare of all.' "

-Michael Cohn, Team Captain, College Student attending UCSD, Senior Champ.

"Not only is teamwork about supporting your teammates and always trying to raise them higher, but it also includes having the humility to let your teammates help you out when you are struggling and going through a rough patch; it is a two-way street."

-Sherri McIntee, Team Captain, graduating from Carlsbad HS, going to Univ. of Notre Dame, Senior Champ.

"Teamwork is the utilization of the bond shared amongst those who struggle through and fight the same battles you do to lift you and your teammates to higher levels of success than possible alone. Those who strive strengthen the bond of teammates through teamwork willing give assistance and are also willing assisted by their peers. "

-Tom Linker, graduating from Carlsbad HS, going to Cal Poly SLO, Senior Champ.

"Teamwork is working together towards a common goal, but in the case of swimming helping others reach their personal goals through encouragement, motivation and positivity."

-Elise Wright, graduating from Carlsbad High School, going to UC Davis, Senior Champ.

"Always adding something positive to the team atmosphere, and never killing the vibe. My goal is to support my teammates so that we can be stronger together.."

-Annie Driscoll, Senior at Carlsbad HS, going to UCSC, Senior Champ.

"How well you work with other people. Cheering people on. Always being by your teammates when something is wrong. Never giving up on your friends. Thinking positive. "

-ByungHoon "Kevin" Jung, graduating from LCC HS, going to Grand Canyon Univ., Senior Champ.

"Teamwork is always being supportive of your teammates and always making sure that everyone feels supported in whatever it is they and that no one ever feels left out from the team."

Wesley Whittesley, Senior at SDA, going to UCSC, Senior Champ.

"Achieving together what you can't do alone."

-Crystal Lore, graduating from Torrey Pines HS, going to Cal Poly SLO, Senior Champ.

"Teamwork is being able to be a part of a team. To push one another and be there for one another, being able to encourage your teammates and work together to get through hard practices/times."

-Mckenna Garfein, RSD Alumni attending SDSU, Senior Champ.

“Teamwork can be displayed in many ways. In a general sense, Teamwork is doing anything you can to do to fully benefit the team atmosphere. That means keeping a positive attitude, not creating any drama, and sticking out for you teammates whenever you can.”

-Stephen Park, Junior at Torrey Pines HS, Senior Champ.

“I think teamwork is working with your teammates to accomplish a goal. Whether this means supporting them when they need it, or asking for help when you need it, teamwork is interacting with others with a positive outcome.”

-Julia Borla, Junior at Carlsbad HS, Senior Champ.

“Working together to reach a common goal.”

-Savannah DuPuis, Sophomore at LCCHS, Senior Champ

“Teamwork is working together with your team. This means to help others when they need it in order to allow them to strive and improve. Teamwork, to me, means bringing everyone up and helping each other to feed off of each other's positive energy to allow others to excel.”

-Michelle Jacob, Junior at LCCHS, Senior Champ.

“For me, Teamwork is being a helpful and encouraging teammate. It's bringing everybody up even when you are exhausted, because in the end there's nothing better than helping your teammate do a little bit better. Teamwork is giving someone a pat in the back when they're hurting or handing out high fives. For me, it's all about shouting out positive comments to make the set more bearable.”

-Ana Diaz, Junior at LCCHS, Senior Champ.

“Helping people around you.”

-Liam McCloskey, Junior at LCCHS, Senior Champ.

“Pushing your teammates to be the best that they can be.”

-Rachel Kulik, Junior at LCCHS, Senior Champ.

“Teamwork is the act in which a group of people work together to accomplish something”

-Mitchell Scarski, Junior at LCCHS, Senior Championship team

“Teamwork is simple: Are you a team player? Do you want for your teammates what you want for yourself? Someone who exemplifies teamwork should encourage and push their teammates rather than bringing them down. Teamwork is the mutual relationship of pushing your teammates to new heights as they push you back, but never in hurtful ways.”

-Noah Ayers, Sophomore at Torrey Pines HS, Senior Champ.

“Teamwork is the ability to work together. How well all members of a group can come together to be something much greater than anyone one person ever could be.”

-Brendon Harrison, Freshman at Canyon Crest Academy, Senior Champ.

"Working as a single unit to reach endless heights."

-Daniel Ines, Junior at Torrey Pines HS, Senior Champ.

"Teamwork means noticing what needs to be done and pitching in to do it, realizing that although it may not be your responsibility and that you may never get credit for having done it, it makes a difference to the overall outcome, and that in and of itself is enough. This does not mean that the individual is no longer important; however, it does mean that effective and efficient teamwork goes beyond individual accomplishments. The most effective teamwork is produced when all the individuals involved harmonize their contributions and work towards a common goal."

-Marisa Woytowicz, Sophomore at Torrey Pines HS, Senior Champ.

"Appreciating and supporting everyone around you and realizing that everyone brings something important to the team."

-Katharine Lauerman, Sophomore at Torrey Pines HS, Senior Champ.

"Teamwork is having one another's back whether it be during practice or in a meet."

-Alessandro Thomsen, Junior at Canyon Crest Academy, Senior Champ.

"Working together; supporting each other to help achieve something."

-Isabelle Imacseng, Sophomore at Canyon Crest Academy, Senior Champ..

"Building a positive environment not only for yourself but four teammates as well by being an all around good person. Don't inhibit the negative influences that can destroy a team and be willing to be in a cooperation with not only other swimmers but your coaches as well."

-Nikolai Gaenzle, Sophomore at La Jolla HS, Senior Champ.

"Teamwork is working as a team. Whether it's helping each other out or just working together, it is what makes RSD so special because of how close we are as a team which makes everything that much stronger."

-Kalie Novosedliak, Student at Aviara Oaks MS, Senior Champ.

"Teamwork is when a whole group, like our team, works together to become greater as a whole, and to push each other to be better."

-Isabela Boese, Freshman at Torrey Pines HS, Senior Champ.

"Teamwork is the way a group of people work and bond together in an efficient way."

-Julee Keenan-Rivers, Freshman at Torrey Pines HS, Senior Champ.

"Being a team leader. Cheer people up when they're having a bad day or cheer for anyone wearing an RSD cap. Working together to help people out."

-Brandon Kulik, Student at Oakcrest MS, Senior Champ.

"Helping others to work together as a team and creating a positive learning environment for people to feed off one another."

-Jack McCloskey, Freshman at LCCHS, Senior Champ.

“A team does not consist of a single person; thus any task that is performed by the team requires the efforts of each individual member. Teamwork drives a team to greater levels of accomplishment, be it via means of working cooperatively and supporting other members of the group.”

-Anthony Kang, Freshman at Canyon Crest Academy, Senior Champ.

“Teamwork is the ability to assess individual strengths, and synthesize them for the unity of a team in pursuit of a common goal”

-Zach Carter, Sophomore at LCCHS, Senior Champ. Prep

“Teamwork is working well with others, taking care of others, lifting them up when they are down. Teamwork cannot be a one way street, everybody must find a way to somehow, somewhere help somebody, and most likely that person will do the same for you.”

-Jonathan Foster, Freshman at Torrey Pines HS, Senior Champ Prep.

“The ability of a group of closely related individuals to work together in order to perform their best or raise the bar. From being there for your teammates when all might not be going well for them to keeping them on their toes during practice.”

-Tyler Sande, Freshman at Cathedral Catholic HS, Senior Champ. Prep.

“Teamwork is being a good team mate. It's that one person or group who's always cheering you on, being at the end of your lane, coming to meets even though they're not swimming, and just having a positive attitude, trying to push you and others at all times. Teamwork is doing everything together and not leaving anyone out. It's working with anyone and everyone and being able to be for anyone even if they're not there for you.”

-Winnie Chen, Sophomore at San Pasqual HS, Senior Champ. Prep.

“Working with others to achieve a goal.”

-Oleg Nikolaev, Senior Champ.

“Whenever you can't seem to find you goals and you feel like giving up, it feels terrifying thinking about failure. When there is a team or group of friends behind you, who all believe in you, it is a lot easier to never give up on your dreams.”

-William Dong, Sophomore at Carlsbad HS, Senior Champ Prep.

“Teamwork is one of the main aspects to achieve anything in life. You can not achieve perfection, quality, or excellence without teamwork. If no one is helping you get to your goal you will think "what's the point", no one cares enough to help me get there so why do it? Without teamwork you cannot change anything.”

-Alec Dickstein, Freshman at Torrey Pines HS, Senior Champ. Prep.

“Teamwork means to be positive and to work together with your team.”

-Leah Coffin, Student at Earl Warren MS, Senior Champ. Prep.

“Working together”

-Rachel Rhee, Student at Diegueno MS, Senior Champ. Prep.

“Teamwork is working together as a team and helping each other out as a group.”

-Amelia Cho, Student at Carmel Valley MS, Senior Champ Prep.

“Teamwork is when a group comes together to achieve a common goal. Using teamwork may be as small as cheering someone on or keeping a positive attitude. However, it can be as big as organizing team events or having an older group cheer on a younger group at a meet.”

-Jordan Blitz, Student at Carmel Valley MS, Senior Champ.

“Everyone works just as hard as the others. Understand and help each other out.”

-Kaito Koyama, Student at Earl Warren MS, Senior Champ. Prep.

“Teamwork is when the team works together to complete a task. Teammates also encourage their peers during hard times.”

-Lindsey Ren, Senior Champ. Prep

“Working well with others and being able to be a great leader.”

-Emma Polidori, Student at Earl Warren MS, Blue team Visitor

“Teamwork is working together as a team to get the job done.”

-Morgan Puglisi, Student at Earl Warren MS, Blue team Visitor

“Teamwork is not bringing your team down with gossip or anything like that. It means that no one is left out and everyone gives their all.”

-Joshua He, Senior Champ. Prep.

“Working with others...Helping each other when someone falls down...Cheering others on”

-Ty Gruwell, Student at the Nativity School, Visitor

“Making sure to include everyone”

-Katy Rhodes, Senior Champ Prep.

“To work together as a team”

-Dylan Delaney, Student at Earl Warren MS, Senior Champ. Prep.

Leadership

"As a member of the senior team, we are by definition the oldest, fastest, and most experienced swimmers on RSD. By these virtues alone, we lead the team. There is no better leadership than by example. Therefore, it is imperative that we, as the leaders of this team, put forth our best efforts and lead through positive and mature example. "

-Michael Cohn, Team Captain, College Student attending UCSD, Senior Champ.

"Being able to step up in front of a crowd and lead and inspire, but also being able to step back and give someone else a turn in the spotlight. "

-Sherri McIntee, Team Captain, graduating from Carlsbad HS, going to Univ. of Notre Dame, Senior Champ.

"Leadership is the ability to both stand apart from and among your peers with your actions and words. Leaders do not fear the scorn of their peers by standing apart, nor fear the failure in taking such a risk. Good leaders lead with their actions and set example for their peers to follow."

-Tom Linker, graduating from Carlsbad HS, going to Cal Poly SLO, Senior Champ.

"Leadership for me ranges from being vocal and helping others in large ways to being the bigger person in a situation or simply leading by example. Personally I prefer leading by example to show younger swimmers the importance of hard work and focus but while having fun all at the same time."

-Elise Wright, graduating from Carlsbad High School, going to UC Davis, Senior Champ.

"To me, leadership has always been leading by example. It's making sure everyone on the team believes in themselves, and trying to be a positive influence in the lives of those around me."

-Annie Driscoll, Senior at Carlsbad HS, going to NYU, Senior Champ.

"Taking stuff into your hands. Being a role model to little kids. Expressing the team values"

-ByungHoon "Kevin" Jung, graduating from LCC HS, going to Grand Canyon Univ., Senior Champ.

"Leadership is to lead be example and to be someone that the younger generations can look up to as a role model on how to be a fast swimmer and how hard work can pay off in tremendous ways. "

Wesley Whittesley, Senior at SDA, going to UCSC, Senior Champ.

"Being willing to take a risk or go out of your comfort zone for the good of the team."

-Crystal Lore, graduating from Torrey Pines HS, going to CAI Poly SLO, Senior Champ.

"Leadership can be taken on by everyone on the team; it doesn't have to be just the leaders. Leadership is taking ownership of your responsibilities and being able to help your teammates out."

-Mckenna Garfein, RSD Alumni attending SDSU, Senior Champ.

“Leadership is the all-important trait of a senior championship swimmer. It embodies what a senior champ swimmer must do to set himself apart from the rest of the group and provide the best example for the younger swimmers and beyond. Leadership can be achieved by living by the other 5 team values and going above and beyond what is asked for by the team.”

-Stephen Park, Junior at Torrey Pines HS, Senior Champ.

“Leadership is hard because it having to do the right thing when everyone is watching. It is creating a good example to teach others.”

-Julia Borla, Junior at Carlsbad HS, Senior Champ.

“Someone who guides or directs our group in the right direction.”

-Savannah DuPuis, Sophomore at LCCHS, Senior Champ

“Leadership is standing out and becoming a leader and not a follower. A leader gets the team together to do team cheers and sets good examples for people. Leadership is being assertive and taking initiative without being asked.”

-Michelle Jacob, Junior at LCCHS, Senior Champ.

“For me, Leadership is stepping up in front of your peers and setting the correct example. Sometimes, certain activities require someone to step up and lead by example. Leadership is taking that step. After all once that step is taken, more will follow.”

-Ana Diaz, Junior at LCCHS, Senior Champ.

“Not being a dictator”

-Liam McCloskey, Junior at LCCHS, Senior Champ

“Always being a role model that younger teammates can look up to.”

-Rachel Kulik, Junior at LCCHS, Senior Champ.

“Leadership is the act in which a person has to ability to step up and lead on group of people. A true leader will always keep a team together in the worst of times and is responsible to get work done.”

-Mitchell Scarski, Junior at LCCHS, Senior Champ.

"Leadership is the hardest quality to achieve, let alone define. This is because the greatest leaders of all time have nothing in common. A leader finds ways to rally people behind them, without becoming a dictator. A leader always does what he/she feels is right, and learns when they are wrong. They don't push others away or not include people. They understand and accept that everyone is different and things will not always go their way. They handle themselves with extreme grace and pride under pressure as well as during ups and downs. A leader exemplifies all 6 RSD core team values at and away from the pool. They don't only show the values when someone of influence is around, but always. Leaders help grow, develop, and expand their community (or team, in this case.) "

-Noah Ayers, Sophomore at Torrey Pines HS, Senior Champ.

“Leadership is the ability to be a quality leader. The ability to guide others to help them reach excellence. Setting a lead example to follow.”

-Brendon Harrison, Freshman at Canyon Crest Academy, Senior Champ.

“Stepping up to the challenge of influencing others to strive for greatness.”

-Daniel Ines, Junior at Torrey Pines HS, Senior Champ.

"A leader that is anchored to their values will know how to use them to make the right decisions – in both the good and the bad times. They work with their team as much as they lead them to success. Leadership consists of bringing your team up and helping them become confident in themselves and their accomplishments. Everybody has so much more potential than they realize and sometimes they need a strong leader and friend to help them bring it to the surface. A good leader is somebody who others look up to and who others aspire to be like."

-Marisa Woytowitz, Sophomore at Torrey Pines, Senior Champ.

“Doing things that you know are right and setting a good example.”

-Katharine Lauerman, Sophomore at Torrey Pines HS, Senior Champ.

“Leadership is setting a good example for others.”

-Alessandro Thomsen, Junior at Canyon Crest Academy, Senior Champ.

"Setting a good example; guiding people in the right direction."

-Isabelle Imacseng, Sophomore at Canyon Crest Academy, Senior Champ.

“Present your best side to everyone you come in contact with. Give help when it looks like people are struggling, take the initiative to move the team in a positive direction or to just make someone’s day a little bit better.”

-Nikolai Gaenzle, Sophomore at La Jolla HS, Senior Champ.

“Leadership is setting a good example for everyone else to follow. Being smart about what you are doing at all times and making the right decisions no matter what the situation is.”

-Kalie Novosedliak, Student at Aviara Oaks MS, Senior Champ.

“Leadership is when somebody has the initiative to get the team working together, or helps and leads everyone in the right direction.”

-Isabela Boese, Freshman at Torrey Pines HS, Senior Champ.

“Leadership is standing up for others and becoming a good influence on the younger kids. It is being a good teammate and always being there for other members of the team.”

-Julee Keenan-Rivers, Freshman at Torrey Pines HS, Senior Champ.

“Being a responsible role model to younger kids. Cheer for little kids when they race to make them happy and really excite them. Doing the right things knowing that maybe a little kid who looks up to you and they might try to mimic the behavior.”

-Brandon Kulik, Student at Oakcrest MS, Senior Champ.

“Leadership is being someone who people follow and look up to as a role model.”

-Jack McCloskey, Freshman at LCCHS, Senior Champ.

“A worthy leader displays authority over a body of people but, at the same time, does not fail to realize the importance of working with the group through the same hardships and efforts. Such a leader relates with the individual members of the governed body and takes all opinions into account before making executive decisions. Leaders should understand that they are still included in the group and should not display a tyrannical superiority.”

-Anthony Kang, Freshman at Canyon Crest Academy, Senior Champ.

“Leadership involves acting in a way such that you're able to elevate the standards and mindsets of those around you by being an active voice in the structure of the team, while being passive enough to respect the voices of those around you.”

-Zach Carter, Sophomore at LCCHS, Senior Champ. Prep

“Leadership is showing the way by example. Leadership is the ability of taking group of people and getting them to work together and achieve a goal. As seniors / senior prep we play a big role on the RSD pyramid and many of the younger swimmers look up to us immensely. A leader is someone who has the power to inspire all the people around them. Leaders know how to shut up and listen to something and they help people in times of need. Leaders show the other five team values.”

-Jonathan Foster, Freshman at Torrey Pines HS, Senior Champ Prep.

“Showing that you are a leader, having the ability to lead/organize a group. A value or characteristic that should be sought after.”

-Tyler Sande, Freshman at Cathedral Catholic HS, Senior Champ. Prep.

“Being a leader is knowing how to set good examples, not to know everything. A leader listens to others and tries to explain what to do. It doesn't mean to tell others what to do but suggest that they do it. It's taking ownership of your responsibilities and setting out to do them. Being a leader knows how to help people even if they fall in the darkest of times, and a leader is always supportive and positive, even if their day isn't going as well.”

-Winnie Chen, Sophomore at San Pasqual HS, Senior Champ. Prep.

“Setting a good example for your peers, and people younger than you.”

-Oleg Nikolaev, Senior Champ.

“Leadership encompasses every single person's actions, and influences them in one way or the other. Setting a good example for a future generation to look to is what I think about when I look at leadership. It drives our team like a family, making everyone more and more successful.”

-William Dong, Sophomore at Carlsbad HS, Senior Champ Prep.

“Leadership is getting in the pool first. It is being that "lone nut." Not caring what people think and doing it (if its the right choice of course). Being a leader is hard because people want to fit in and being a leader is being one of a kind.”

-Alec Dickstein, Freshman at Torrey Pines HS, Senior Champ. Prep.

“Leadership means to do the right thing and be a good role model.”

-Leah Coffin, Student at Earl Warren MS, Senior Champ. Prep.

“Being a good role model”

-Rachel Rhee, Student at Diegueno MS, Senior Champ. Prep

“Leadership is leading and helping the people around you who may be younger or older than you.”

-Amelia Cho, Student at Carmel Valley MS, Senior Champ Prep.

“Leadership is setting an example for others to follow. In order for someone to have leadership, they must have faith in themselves and must not expect others to follow.”

-Jordan Blitz, Student at Carmel Valley MS, Senior Champ.

“Being a good example to others and taking care of them.”

-Kaito Koyama, Student at Earl Warren MS, Senior Champ. Prep.

“Leadership is setting a good example for the younger ones around you”.

-Lindsey Ren, Senior Champ. Prep

“Setting examples, being a leader. A good leader knows how to listen in order to help out their teammates or another peer needing help.”

-Emma Polidori, Student at Earl Warren MS, Blue team Visitor

“Leadership is taking the responsibility of being a leader at times and helping the group out.”

-Morgan Puglisi, Student at Earl Warren MS, Blue team Visitor

“Leadership is always doing the right thing and helping others doing the right thing and sometimes being a leader even means listening to people.”

-Joshua He, Senior Champ. Prep.

“A leader is someone who betters the life of someone else...Making others feel special by word or action...Doing the right thing”

-Ty Gruwell, Student at the Nativity School, Visitor

“Creating a role that people will follow.”

-Katy Rhodes, Senior Champ Prep.

“To grow above the rest and act professional, so that people see you as a leader”

-Dylan Delaney, Student at Earl Warren MS, Senior Champ.