

The ELM Tree of Mastery

How are we going to be the BEST swimmers around? By building character one stroke at a time, and learning with the ELM Tree of Mastery!

E is for Effort.

We'll give our best effort in every practice and at every meet. It's more important to your coaches that we try our hardest than if we win. If we win without giving it our best effort, that win doesn't mean much. But if we play a strong team and try our hardest and lose, we will still be proud of our team.

L is for Learning.

Let's continue learning and improving every time we come out here. If we continue to learn, we will get better. Getting better than we are now is more important than whether or not we are better than some other team, or faster than any of our teammates. We can also think of this as competing with ourselves; if we get better than we used to be, then we are winning that competition.

M is for Mistakes.

Nobody likes to make mistakes, but mistakes are part of learning. You can't learn without making mistakes, because to learn you have to try things that are new and challenging, so of course you are going to make mistakes. On our team, it is okay to make mistakes. Our team will have a Mistake Ritual called Tossing Mistakes. If you make a mistake, toss it in the gutter by making a motion with your arm like you are throwing something out so the mistake goes away. If you look at me and your teammates after a mistake, we should all make that tossing motion, too. We want to learn from our mistakes and not let them discourage us or keep us from working hard.