

Here at Stone Creek Stingrays we strive for excellence both in the water and on the deck. In order for our swimmers & Team, to achieve this, and be a Championship Team, there are some Core Values and Principles that need to be exhibited. These Values and Principles are ultimately derived from the Head Coach, and Coaching Staff and are needed in order for the Team's success.

Below are the key ones for STCST.

- **Safety**
- **Team**
- **Commitment**
- **Spormanship**
- **Teamwork**

Safety is the #1 goal for the Stingrays. The Coaching Staff & Board, make this our #1 priority for the Team. Teaching & instilling this into our stingrays while in or around water is critical and essential. All decisions made by the Board and Coaching Staff for this team during the season have this as our primary objective. Hence we ask our parents and swimmers to do the same when participating in team events and activities, having that safe eye, not only for yourself but for others on the team on the whole. Where everyone is looking out for each other, hence the team on the whole is safe at all times.

Team refers to the STC Swim Team as a whole. This includes swimmers, parents, grand-parents, siblings, and friends. Since as a team, you are stronger together as a whole than an individual. You are also as strong as your weakest link. So we emphasize togetherness, comradery, and family. Together we stand, together we fall. Everyone matters, our Coaching staff coach a team of swimmers not individuals. Where we share one goal which is - "We Rule the Water". Achieving this, the swimmers must train and swim, HARD, FAST, and SMART. In other words, everyone should strive to achieve their best at all times. We look out for one another, take care of one another and cheer for one another. Where everyone is on the same page, with one voice, one goal, one team, one desire "To Rule The Water". Finally, since we are a team, our actions must reflect this, no one is above the team, and every swimmer, team official, team volunteer, parent, board member, and coaching staff is important to the success of the Stone Creek Stingrays Swim Team. We need to have the mentality that it's "All for one, and one for all". Hence why they say there is no I in TEAM.

Commitment is a principal component to every successful person or Championship Team. You can only control you, you are only accountable for you, and only you can determine your success. This is very important for swimmer's/athlete's to learn, not only for competition but for life in general. If every stingray has this mentality, and is coming to practice, and meets with this type mindset then we are all on the same page, and you need to be willing to put in what is required for you and the team's success. Coming to practice regularly, competing in our Dual Meets, Invitationals, and Postseason Meets are vital to the success of the team. Recognizing that the Team has a Season that lasts 11 weeks, and ensuring that you play a major role, you are attending, and are being accounted for, in your training and performances. Realizing that your success, and the team's success go hand in hand. With this type of attitude in our team

then the Stingrays continued success, in our new Division and in NWAL, will continue to be on its upward trajectory of progress within the league.

Sportsmanship is one of the major key components to a successful team. It's the affirmation that a swimmer/athlete is disciplined enough to have perspective, maintain poise and do what's best for his or her teammates during competition. It's an understanding of and a commitment to fair play, ethical behavior, integrity, and general goodwill towards fellow teammates, officials, and opponents. When we cheer or support, we do this for the whole team, not just for certain swimmers on our team. We need to show our fellow competitors courtesy, respect and kindness. Stingrays must congratulate their competitors after each race, before leaving the pool or deck, by shaking the hands, or with a hand gesture or a verbal acknowledgement to the other swimmers in their heat, including those from the opposing team. Historically, our team has exhibited good sportsmanship, and we intend to see and hear this continue. Our Coaching Staff tries to instill it by showing a "practice what you preach" mentality. They also reinforce it with our older stingrays, explaining that they need to also lead by example, by showing the younger stingrays how it is done at practice, on deck, during meets, and all scheduled team events.

Teamwork is what we do collectively together as a team. It's another key component of a Championship Team. Are we all working on the same common goal, are you being challenged & challenging your fellow teammates? The role of your coach is to challenge your swimmers to be out of their comfort zone, only then will they be able to reach their goals. With everyone being accountable, and looking out for each other, this helps build a family, that team bond, and it helps reinforce community togetherness, where you look out for each other while striving for excellence, helping your teammates and giving back to the community. Younger, and less experienced swimmers and their parents gain confidence, and it also emphasizes the importance of positive communication, and feedback. You are a product of your environment, and if we can nurture this positivity, this togetherness, this drive within the team, then they will now be more open to the coach's instruction, less likely to get flustered, and take the options and comments with an awareness to listen and use as constructive. They'll also be more aware of their own errors, looking out for them, and being mindful when they occur, and hence more willing to correct these errors. Remember the old saying, that "You can only get out what you put in". If we are all doing this with that common goal of success, then win, lose or draw we will be giving our best, in practice and in competition. Then all we can do is see where the chips land. Hence this reinforces the quote that says "Teamwork makes the Dream work". With this in mind, now we will have a greater chance of success, since there is and I, in Win, and like our motto says "We Rule the Water".

Finally If we as a Team, train with the mentality that we Swim to Win. Since we determine our destiny! No one or other Team does, only we do!!! Then the Latin saying "Possunt Quia Posse Videntur" which in Latin means "They can because they think they can". Will come through, since Champions don't wait for it to happen, they make it happen.