

**FARRAGUT HIGH SCHOOL SWIM AND DIVE
STATEMENT OF EXCELLENCE
2019-2020**

1. I am responsible for making the program work for myself and for everyone else on the team.
2. I will accept every team member as a person. I will respect his/her rights to pursue excellence. This includes myself.
3. I place a high value on the pursuit of excellence. I will keep the pursuit of excellence and victory enjoyable. I will do everything I can to help my teammates to pursue excellence.
4. I understand that my choices outside of the pool are as important as those I make at practice and I will take them as seriously. I will not jeopardize myself or my teammates by making poor choices.
5. I will treat practice as an opportunity.
6. I will embrace physical and mental challenge because I know it is necessary to make my team and myself stronger.
7. I will encourage others to embrace challenge and to make challenge fun.
8. I will enjoy swimming and I will express my enjoyment in practice and competitive situations. I will encourage others to talk about the fun.
9. I will thank others on the team for their encouragement and support.
10. I will thank my coaches for challenging me to better my physical and mental skills.
11. I will express complaints only to a person who can do something about the problem. When I voice concerns, I will offer solutions for correcting the problem.
12. I will encourage my teammates to remind me when I am not focused, or am acting in a negative manner. I will thank them for reminding me and for taking the responsibility to help my team and me.
13. I have no interest or use for excuses. I don't need to protect myself from others' opinions by making excuses before or after I swim.
14. I realize that failure is an important part of success. I will use my failures to make myself stronger.

Signature: _____ Date: _____