



10 RULES OF THE POOL

I am a GILS Swimmer:

- 1. I am hard working and always give my best effort.**
- 2. My drive and dedication will inspire others.**
- 3. I am a selfless teammate, who leads by example.**
- 4. I am resilient and not afraid to make mistakes.**
- 5. I never quit on a swim! Never!**
- 6. I am respectful, loyal, and thoughtful.**
- 7. I treat others as I would want to be treated.**
- 8. I do not become discouraged at temporary setbacks.**
- 9. I maintain a positive attitude in practice and meets.**
- 10. I will become a better swimmer today, than I was yesterday.**

I am a GILS Swimmer!!