

GILS

Our core values and character skills are the number one priority for us...

Here are the values that define our team...

Hard Working

Always give your best effort.

Do more than what is expected of you.

Be passionate – do not be lukewarm, commit to excellence.

Be enthusiastic – your energy, drive and dedication will stimulate and inspire others.

Prepare – prepare yourself and enhance your skills every day.

Be proactive – don't sit back, take the initiative and get things done.

Focus – maintain an exceedingly high level of concentration and intense focus on your work.

Selfless

Work together and help each other.

Develop strong relationships, friendships, and respect for others.

Show unity – do not divide our house, team first.

Make teammates better, lead by example.

Resilient

Never give up and don't be afraid to make mistakes.

In order to succeed, you must first be willing to fail.

Swim through mistakes! Do not pout, complain, or drop your head when you make mistakes.

Never quit on a swim! Never!!

Use mistakes and failures to improve instead of using them as excuses.

Stay the course. When thwarted try again; harder; smarter.

Persevere relentlessly

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Caring

Show kindness.

Be respectful.

Be loyal.

Be thoughtful.

Treat others the same way you want them to treat you.

Positive

Maintain a positive attitude in practice, meets, and all aspects of your life.

Your attitude is what defines you. Your attitude affects you and the people around you.

Spend most of your time thinking about the positive things you are doing, versus dwelling on the negative ones (mistakes).

No hanging your head. Avoid negative thoughts and defeatist thinking.

Have a very high frustration tolerance.

Don't become discouraged at temporary setbacks.

Strive to have a positive and proactive attitude in everything you do.

If you can embrace these core values, you will achieve success in & outside the pool.