

RESPECT

“I will demonstrate the value of others through my actions”

Respect will help create a positive atmosphere for all that is conducive to great results. We don't need to be best friends with everyone on the team, but we need to respect everyone for their commitment and dedication to making our club great. From Coaches to competitors and from officials to volunteers, we know that everybody plays an integral role in our success and we will continually show our gratitude toward them.

Examples of Respect...

- shaking hands with competitors, win or lose.
- eyes, ears, and attention on the coach when he/she is speaking (voices off).
- cleaning up all the areas that you use: pool deck, locker room, hallway, and away meet space.
- cheering for your teammates regardless of their place.

ACCOUNTABILITY

“I will take responsibility for my actions and the outcomes they produce”

Having accountability for our actions will create a community built on honesty and trust. The best athletes do not place blame on others, but instead look within themselves to solve problems. When taking responsibility for our actions, AGUA athletes, coaches, and families will all grow into better swimmers and people.

Examples of Accountability...

- communicating truths to your coaches, family, and self about missing a practice or being late.
- if you are not swimming your best, you do not point the finger at others and make excuses.
- when arriving late, finding a coach as quickly as possible to get directions for practice.
- if you are disqualified, you don't complain but instead take responsibility for the infraction.

DISCIPLINE

“I will train my body and mind to be strong, controlled and focused”

Through discipline in sport, AGUA athletes will learn how to efficiently execute tasks in and out of the pool. Self-discipline within our community promotes AGUA athletes and coaches to be their best at all times, even when it is challenging. Discipline of attitude and work ethic is a life skill transferred far beyond the pool.

Examples of Discipline...

- pushing off the wall in a streamline and performing the required number of dolphin kicks.
- being on time and prepared with all necessary equipment (extra cap and goggles).
- finishing to the wall every time and not stopping in the middle of the pool.
- coming to practice ready to try your best, maintaining a positive attitude when sets get tough.