



**SEAWOLVES
DAILY NON-NEGOTIABLES**

- 1) There is no place I'd rather be than right here, right now!**
- 2) I will be coachable and a student of the sport**
- 3) I will check my ego at the door**
- 4) My best effort is expected on each task that is given to me by my teammates and coaches**
- 5) I am ready and willing to do more than is asked of me**
- 6) I will demonstrate a positive attitude, excellent body language, and encourage my teammates to help create an environment for my team to be successful.**
- 7) I will be performance minded, but process driven. The journey is my reward.**
- 8) I will be bold and courageous and respond to setbacks with grit.**
- 9) I am expected to make myself better, my teammates better, and make the sport better.**
- 10) I will be a 24/7 athlete, focusing on proper rest and nutrition away from the pool.**
- 11) I will excel academically**
- 12) I will respect my teammates, my coaches, and the SeaWolves Culture**
- 13) I expect my teammates to have fun while working hard**
- 14) I will be focused, disciplined, and detail oriented on dryland and in the pool**
- 15) I will always leave the pool better than I found it**
- 16) I am committed to my team's goals and through them I will achieve my individual goals**
- 17) Everything I do is for my team (WE HUNT TOGETHER!)**