

CHARACTERISTICS OF A GOOD TEAMMATE

WHAT ARE YOU?



- ▶ **YOU'RE SUPPORTIVE**
- ▶ **YOU DO YOUR PART TO CREATE A POSITIVE ENVIRONMENT**
- ▶ **YOU WELCOME THE NEW DOLPHIN**
- ▶ **YOU TAKE ON THE TOUGH STUFF WITH A BRAVE FACE**
- ▶ **YOU REALIZE THE INFLUENCE YOU HAVE ON OTHER SWIMMERS**
- ▶ **YOU KNOW WHAT YOU ARE DOING**
- ▶ **YOU HELP WITH THE EQUIPMENT**
- ▶ **YOU CHEER REGARDLESS OF FIRST OR LAST**
- ▶ **YOU LISTEN AND LEAVE ON THE 60 NOT THE 59**
- ▶ **YOUR WORD MEANS SOMETHING**
- ▶ **YOU OWN YOUR MISTAKES**
- ▶ **YOU DO THE LITTLE THINGS**

A great teammate gives relentless effort, your coaches should not have to coach effort! Great teammate is unselfish, put the team first. This isn't always easy but there is a way, YOU just need to find it. Be honest with your word and your effort. Be humble, but the great teammate is the one who praises someone who may be down. Set high standards for yourself and hold yourself accountable. Don't accept a teammate being negative, reach out and find a positive way to get them back on track. A great teammate always strives to improve. You can always be better, and others see this and will follow. A great teammate is optimistic and enthusiastic. Don't be the fun sucker who is always complaining. Look for the positives.