



LIFE TIME ARDEN



PIRATES TEAM HANDBOOK

CULTURE • CHARACTER • CONFIDENCE

OUR MISSION

The Life Time Arden Pirates strive to develop high-character, confident athletes that thrive in a safe, inclusive team culture based on positivity.

THE 3 C'S

Our team is built upon the 3 C's: Culture, Character, Confidence.

- **Culture:** Our culture is one of positivity. The only welcome mindset is a positive mindset. Our athletes respect their teammates, parents and coach. We embrace hard work and seek out challenges.
- **Character:** High-character athletes are built out of the water. Success is sought in the classroom and in the water. High-character athletes take pride in doing right at all times. High-character athletes represent their program with class at all times.
- **Confidence:** We promote confidence in and out of the water. Confidence is earned through hard work, dedication and commitment. Confidence is maintained through mutual support and respect from teammates, parents and coaches.

CORE VALUES

1. Leadership

- Leadership knows no age, experience or skill level. Therefore, we begin building leaders with all team members, no matter how young, from Day 1. Athletes are made aware of the standards and responsibilities, and what is expected of them now and in the future. It is imperative for all older athletes to accept a position of Leadership on the team. Every young athlete must see leaders and role models represented by every member of the team (teammates, coaches, and anyone of influence). They must see a demonstration of work ethic, integrity, and a resiliency that inspires. We must develop in all athletes the understanding of the moral foundation that drives the culture, the day-to-day operations, and the success of the program.

2. Positive Mindset

- Our Positive Mindset is one where failure is not an option. “Failure is not falling down but refusing to get up”. It is a relentless pursuit of success and one without excuses or regret. Each athlete’s mindset will be one where they are their own biggest supporter and where they won’t be the biggest obstacle in their own way.

3. People over Times

- The value of our athletes is not their personal performances, but their commitment to the 3 C’s. We care about all team members as people first and athletes second.

4. Team over Individual

- The success of the Team will always come before the success of an Individual. “Humility is not thinking less of you, it’s thinking of yourself less”.

5. Athlete Partnership

- Our athletes will embrace and take ownership of their training and not become dependent on a mandated routine. All athletes are partners in the both the success of both the team and their own individually.

6. Little Things Matter

- Team Members are to behave and conduct themselves appropriately at all times. Athletes are to be on time for all team events (practices, meets, meetings, etc....). Athletes are to finish every lap assigned. If one bad word is acceptable, then why not two? If one minute late is acceptable, then why not five? If one act of disrespect to another is tolerated, then why not to a group, or a coach? If it is acceptable to “cheat” on a lap, then why not a set, or a season? Ethics and character are black and white. There is no middle ground.

7. Representation

- How you behave and act is a representation of yourself, your teammates and all associated with our team. Your team attire is one of an athlete’s ways to represent the team. Team gear should be worn with pride at all meets and team events. All swimsuits are to be worn in a modest, respectable manner.

8. Gratitude

- “Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for”. A sincere awareness and gratitude for that which supports an individual is a critical component to a well-rounded athlete, person, and team. An athlete who does not appreciate the unconditional commitment and support of their parents is not representative or welcome in the team.

9. The Grass is Greener Where You Water it

- A happy and successful team requires effort from the athlete’s, parents and coaches. Rather than complaining about problems or issues, seek to find a collaborative solution. Our team will triumph as a collective of successful individuals when all parties involved are united towards solutions and progress.