

CHAT Standards

- 1. I am responsible for my own Swimming**
- 2. I am incharge of my own Goals**
- 3. I am my own Motivator**
- 4. Whether or not I achieve my goals, is the result of My Actions in practice**
- 5. I am an athlete that comes Prepared for practice and meets**
- 6. I am Respectful to my teammates, my coaches, the CHAT Swim Team, other teams and other competitors**
- 7. I am an athlete who represents CHAT in a positive way in and out of the pool**
- 8. I am an athlete who pushes off of Every wall in streamline**
- 9. I am an athlete that Completes the entire set correctly**
- 10. I am an athlete that Gives my all in meets and practice**
- 11. I am an athlete that Checks in with my coach before and after every race**
- 12. I am an athlete that has fun while maintaining a Safe practice environment**