



DARE to Succeed

Diligence - Persevering determination to perform a task.

Attitude - Positive mental state involving beliefs and feelings and values.

Respect - Courteous expression of esteem or regard.

Enthusiasm - Feeling of excitement, to be inspired, love what you do.

Diligence, Attitude, Respect and Enthusiasm— we must use all four of these character traits to be successful in swimming or whatever we strive to achieve. When we set goals that we want to achieve we must use diligence, attitude, respect and enthusiasm on a daily basis to make progress toward those goals. Each day each person must DARE to Succeed in order to achieve their goals.

DILIGENCE: *constant and earnest effort to accomplish what is undertaken; persistent exertion of body or mind. characterized by steady, earnest, and energetic effort*

Successful training for competitive swimming relies on stressing the body then adapting. Achieving the desired results requires consistent practice attendance. Diligence starts with your constant (daily) commitment and effort to achieving your goal.

ATTITUDE: *the established ways of responding to people and situations that we have learned, based on the beliefs, values and assumptions we hold.* **Life is 10% what happens to me and 90% how I react to it.** Your mind is a powerful tool. You can only physically do what your mind believes is possible. Your attitude is what will push you to the next level. Your attitude will be what gets up on the blocks with you. If you let it convince you that you will have a great race - you will!

RESPECT: *On a practical level it includes taking someone's feelings, needs, thoughts, ideas, wishes and preferences into consideration. Respect means taking all of these seriously and giving them worth and value.* Swimming may seem like an individual sport but you can not accomplish your goals without those around you: your teammates pushing you in practice, your parents driving you to practice, your coaches spending countless hours writing practices and giving you feedback on your technique and strategy, and do not forget your friends who understand that you have to stay in Friday night because you have Saturday morning practice. You have to have RESPECT for all of them.

ENTHUSIASM: **Source or cause of great excitement or energy**
The word 'enthusiasm' comes from Greek and means God within (entheos). It refers to a power inside us that generates excitement and energy for a cause, or objective.
Love what you do. Do what you love. You have to truly love this sport to be able to work as hard as necessary and make the sacrifices that competitive swimming demands in order to succeed at the highest levels.