



## **MISSION STATEMENT**

**Develop a habit of excellence in our swimmers.**

### **How we achieve our mission:**

- Provide stability and cohesiveness throughout the program with a staff of professional coaches who manage the team.
- Promote the ideal of athletic and academic achievement. Prepare our swimmers to excel in the collegiate ranks both academically and athletically.
- Instill in our swimmers a "work-ethic." Teach them that success is the result of hard work.
- Develop self-reliance and emotional stability in each swimmer by teaching them to make decisions and accept responsibilities.
- Develop goal oriented swimmers.
- Develop social skills such as sportsmanship, team unity and leadership.

### **DARE to Succeed!**

**D**iligence - Persevering determination to perform a task.

**A**ttitude – Positive mental state involving beliefs and feelings and values.

**R**espect – Courteous expression of esteem or regard.

**E**nthusiasm – feeling of excitement, to be inspired, love what you do.

### **Training Philosophy**

1. Long term developmental plan for each swimmer taking into account their physiological and emotional development.
2. Primary focus is on teaching proper stroke technique and efficiency.
3. Maintaining the quality of work while increasing the quantity.
4. Develop educated swimmers who are students of the sport.