

# West Chicago Sharks Team Philosophy

## **Have a faith or belief that guides you in everything you do.**

Never stray from those values. These will be the qualities that define you as a person.

## **Place sportsmanship as a high priority.**

As a group or as individuals we should never engage in anything that could be construed as unsportsmanlike.

## **Represent yourself, your team, and your teammates well at all times.**

As an athlete you now represent a larger group. Consider yourself the “poster child” for our team. Show pride in yourself and in what you represent. How others view you is often how they view us all. In competition when you perform well, enjoy the moment without diminishing the performances of others. When you perform poorly, correct it in practice. Displays of disappointment or temper will do nothing to fix the problem.

## **Decide how good you want to become and be committed to do what it takes to achieve your goals.**

Use each season, each day, and each practice to train your mind and body putting yourself one step closer to your long-term goals.

## **Family and school are more important than athletics.**

A committed athlete will organize his/her time to give the needed attention to family and school while providing enough time to strive for athletic goals.

## **Understand that achieving in athletics involves many sacrifices.**

To be a top performer we have to assume the lifestyle of a dedicated athlete. This lifestyle isn't something we put on for a few months a year and hope the rest will follow. We can only be our best if we try our best all the time. Within this lifestyle, practice is an athlete's best friend. The more you work to improve your mind and body all year long gives you a greater chance to realize your dreams. To do this we have to make choices along the way. Your friends will understand when you can't be with them as you pursue your goals (and they will respect your dedication). The "friends" who don't respect this dedication may not have your best interests in mind.

## **Work to make the team the best it can be.**

I believe you'll find that what's best for the team is usually one-in-the-same as what's best for you.

## **Credit others whenever you can.**

When talking to the media, friends, teachers, or athletes from other teams give credit to those around you. You'll be amazed at what this can do for your teammates and what their comments will do for you.

## **Championship Season Priorities.**

In swimming, our goal is to perform well as a team during the championship season. While all meets are important, the championship meets are our primary emphasis. Our team will perform well as each team member strives to reach his/her personal goals. While each of us have to work individually to improve ourselves, as a team we must support, push, and encourage each other to see the greatest results.

Our focus for championship meets will be geared towards these priorities (in order);

1. For each swimmer to achieve the highest level of performance he/she can attain,
2. To finish as high as we can at state in team standings,
3. To qualify as many relays as we can to state,
4. To qualify as many athletes to state as we can, and
5. To finish high in the team standings at Conference.