

The purpose of the Northside Aquatic Team is to provide an opportunity for the pursuit of excellence in competitive swimming. **The PURPOSE of the Senior Team is to provide an opportunity for swimmers who fit our mold physically and psychologically, to pursue excellence in the sport of competitive swimming through the development of a goal-seeking environment.**

## SENIOR TEAM CODE

The **GOALS** of the Senior Team are to:

1. enjoy **competitive** swimming;
2. swim fast **in meets**;
3. train **well**; and
4. attain **personal** goals.

In order to meet these goals, we want an **ENVIRONMENT**

1. where *traditions and rules encourage goal-seeking actions*;
2. where *self-satisfaction, determination and peer support encourage goal-seeking actions*;
3. that *promotes high standards*;
4. that *promotes commitment*;
5. that *promotes co-operation and team unity*;
6. where *others are training well*;
7. where it is *fun to train well*;
8. where there is *incentive to train well*;
9. where *the physical surroundings promote good training*; and
10. that *promotes the development of good psychological skills*.

To insure that this environment is maintained, we have established the following

### **RULES:**

1. We **respect** each other's **goal-seeking actions**.
2. We **re-direct non-goal-seeking actions**.
3. We **recognize ourselves and our teammates** for training well.
4. We **create peer support** for going fast.
5. We **reject peer pressure** for going slow.
6. **We are honest** and factual with coaches and teammates.
7. We **reject bad-mouthing** of coaches and swimmers.
8. We **discourage remarks putting ourselves down**.
9. We **complain** only **to the person who can solve the problem**.
10. We **follow the** training and competition **schedule**.
11. We are **on time** for practice and competition.
12. We **notify a coach in advance** of any absence.
13. We **inform a coach** about any illness or injury **prior to practice**.
14. We **take responsibility for** the cleanliness, care and maintenance of **our facilities**.
15. We **conduct ourselves as champions** and obey all appropriate rules.