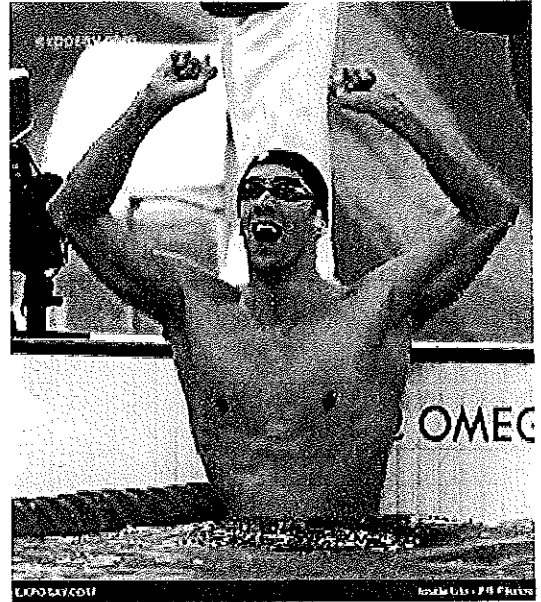


The Will to Win

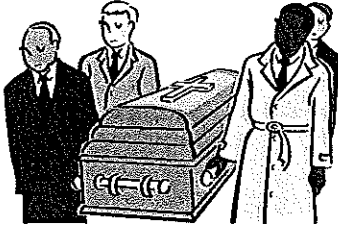
IF YOU WANT A THING BAD ENOUGH TO GO OUT AND FIGHT FOR IT, GIVE UP YOUR TIME AND PEACE, AND YOUR SLEEP FOR IT. IF ONLY DESIRE OF IT MAKES YOU QUITE MAD ENOUGH NEVER TO TIRE, MAKES YOU PERCEIVE ALL OTHER THINGS TAWDRY AND CHEAP FOR IT, IF LIFE SEEMS EMPTY AND USELESS WITHOUT IT AND ALL THAT YOU SCHEME AND DREAM IS ABOUT IT...



IF GLADLY YOU'LL SWEAT FOR IT, FRET FOR IT, PLAN FOR IT, LOSE ALL YOUR TERROR OF GOD OR OF MAN FOR IT, YOU'LL SIMPLY GO AFTER THAT THING THAT YOU WANT WITH ALL YOUR CAPACITY, STRENGTH AND SAGACITY, FAITH, HOPE AND CONFIDENCE, STERN PERTINACITY. IF NEITHER COLD POVERTY, FAMISH AND GAUNT, NOR SICKNESS, NOR PAIN OF BODY AND BRAIN CAN TURN YOU AWAY FROM THE THING THAT YOU WANT, IF DOGGED AND GRIM YOU BESIEGE AND BESET IT...

YOU'LL GET IT!!

“THE DASH”



I read of a man who stood to speak
At the funeral of a friend.

He referred to the dates on his tombstone
From the beginning...to the end.

He noted that first came the date of birth
And spoke the last date with tears.

But he said what mattered most of all
Was the “DASH” between those years.

For that “DASH” represented all the time
That he spent alive on earth.

And now only those who loved him
Know what that little line is worth.

For it matters not, how much we own,
The cars...the house...the cash,

What matters is how we live and love
And how we spend our “DASH.”

So, think about this long and hard...
Are there things you'd like to change?



For you never know how much time is left
That can still be rearranged.

We could just slow down enough
To consider what's true and real.

And be less quick to anger,
And show appreciation more



And love the people in our lives
Like we've never loved before

If we treat each other with respect,
And more often wear a smile

Remembering that this special “DASH”
Might only last a little while.

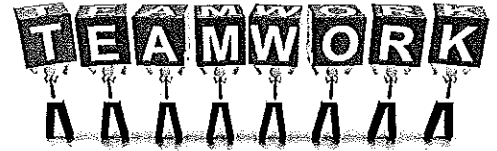
So when your eulogy's being read
With your life's actions to rehash...

CAN you be proud of the things they say
About how you spent your “DASH?”

Our Purpose and Goals

Section I – Purpose: To Promote

- ❖ Dedication
- ❖ *Discipline*
- ❖ Dependability
- ❖ Team swimmer
- ❖ Competitive skills
- ❖ Proper starts, turns and strokes
- ❖ Proper warm up and cool down procedures
- ❖ Sportsmanship with team mates and opponents
- ❖ Sports nutrition
- ❖ Mental competition skills
- ❖ Self-control of mind, emotions, and energy
- ❖ Responsibility for one' actions with no excuses
- ❖ Develop Imagery skills
 - Visualize the improve performance
 - Visualize to build confidence
 - Conceive, believe, and achieve goals



Section II – Goals

Short term goals

- ❖ Weekly goals
- ❖ Practice goals
- ❖ Progress after attaining goals

Intermediate goals

- ❖ First meet goals
- ❖ Continuous meet goals
- ❖ Continuous practice goals

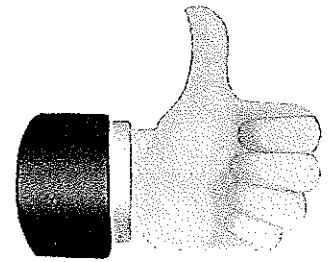
Long Term Goals

- ❖ Region goals
- ❖ State goals



Section III – Build Character

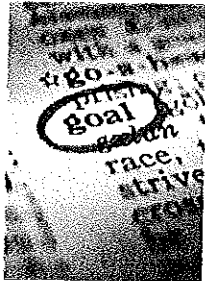
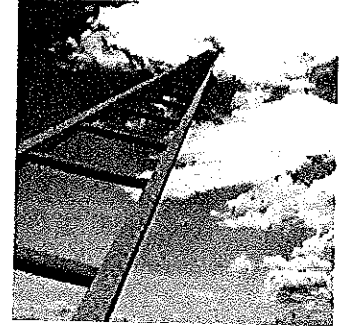
- ❖ Feel an important part of the team
- ❖ Feel needed
- ❖ Learn about life
 - Life is not always fair
 - Life is fun and funny
- ❖ We live by choice not chance
- ❖ Attitude is the most important choice we can ever make
- ❖ Good habits are the keys to success
- ❖ Being thankful is a priority habit
- ❖ Build life on a foundation of success
- ❖ Honesty to self and others
- ❖ Appreciate and express kind words
- ❖ Real motivation must come from within
- ❖ Realize that goals are just dreams with deadlines
- ❖ Understand that hard work cannot be faked
- ❖ Knowing you have to give up something to get something
- ❖ Being a good person is worth it.



Goal Setting

Begin with a vivid dream. "Dare" to see yourself in a situation where you have accomplished something you have really worked hard for: All American, State Champion, Region Champion, qualifying for the state championships, etc. It can be anything you really want to accomplish. Keep the dream, but break up the journey for dream like the steps on a ladder.

Each step on the ladder is a specific short term goal that will move you closer to your ultimate dream. Training goals or time goals are good examples of short term goals. The distance between each step on the ladder should be hard enough to require you to work hard and concentrate on attaining your goal, but realistic enough so they you truly believe you can achieve them. Being motivated to succeed depends on how you set your goals.



State your goal in a positive manner. "I will score in four events at the State Championships this year." Be specific and lock yourself in on the final result. Share your goals only with those who will help you to attain them; coach, friends, parents, etc. It is important to reset your goals as you approach or reach them.

Writing goals down and then putting them up where you can see them is important, but they must also be written in the heart and mind.

Avoid setting championship goals too early in the season, you may get caught up wondering how you are ever going to accomplish your goal in the early part of the season and then set lower goals.

Remember the steps of the ladder and conquer each step to your goal one at a time. "The man on top of the mountain didn't just fall there!" You must expect to do well.

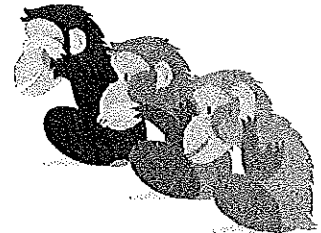
Approach each practice and meet with positive goals and expectations, expect yourself to be successful. You are the controlling factor as to whether you are successful or not.



Many times swimmers will go to their coach and want them to explain why they had a bad race. Knowing yourself and then being honest with yourself will help you to determine why you didn't swim as fast as you wanted to. The top swimmers understand and can explain their poor swims as well as their great ones. These people are a job to coach

Team Goals

1. We will display a **positive attitude** at all times
 - a. No **WHINNING**
 - b. **Service** doing kind things for other people without expecting anything in return
 - c. **Support** each other at meets and during practice
 - d. Be **friendly and courteous** to each other
 - e. **No backbiting**
2. We will display **team pride and identity**
 - a. **Participate** in team socials and activities
 - b. **100% effort** in practice, meets and in school
 - c. **Do warm-up and stretching together** before practice and meets
 - d. **Dress up** on meet days
 - e. **Wear team apparel**
3. We will **boost our team confidence**
 - a. **Set goals**, believe in them and **work** for them
 - b. **Cheer and support** each other in and out of the water
 - c. **Focus** on the positive
4. We will **supportive of each other**
 - a. **Respect** each other
 - b. Treat team members as **family**
 - c. **Don't take offense**
5. We will **improve the image of our team** in the community and school
 - a. Participate in **service projects**
 - b. **Be courteous** and display **good manners** at all times
 - c. **Support** other sports and activities at the high school
 - d. **Invite** people to come to our meets



A woman's husband had been slipping in and out of a coma for several months, yet she had stayed by his bedside every single day. One day, when he finally woke, he motioned for her to come closer.

As she sat by him, he whispered, eyes full of tears, "You know what? You have been with me through all the bad times.

When I got fired, you were there to support me. When my business failed, you were there. When I got shot, you were by my side. When we lost the house, you stayed right here. When my health started failing, you were still by my side.

"Do you know what I think?"

"What dear?" She gently asked, smiling as her heart began to fill with warmth.

"I think you're bad luck!"

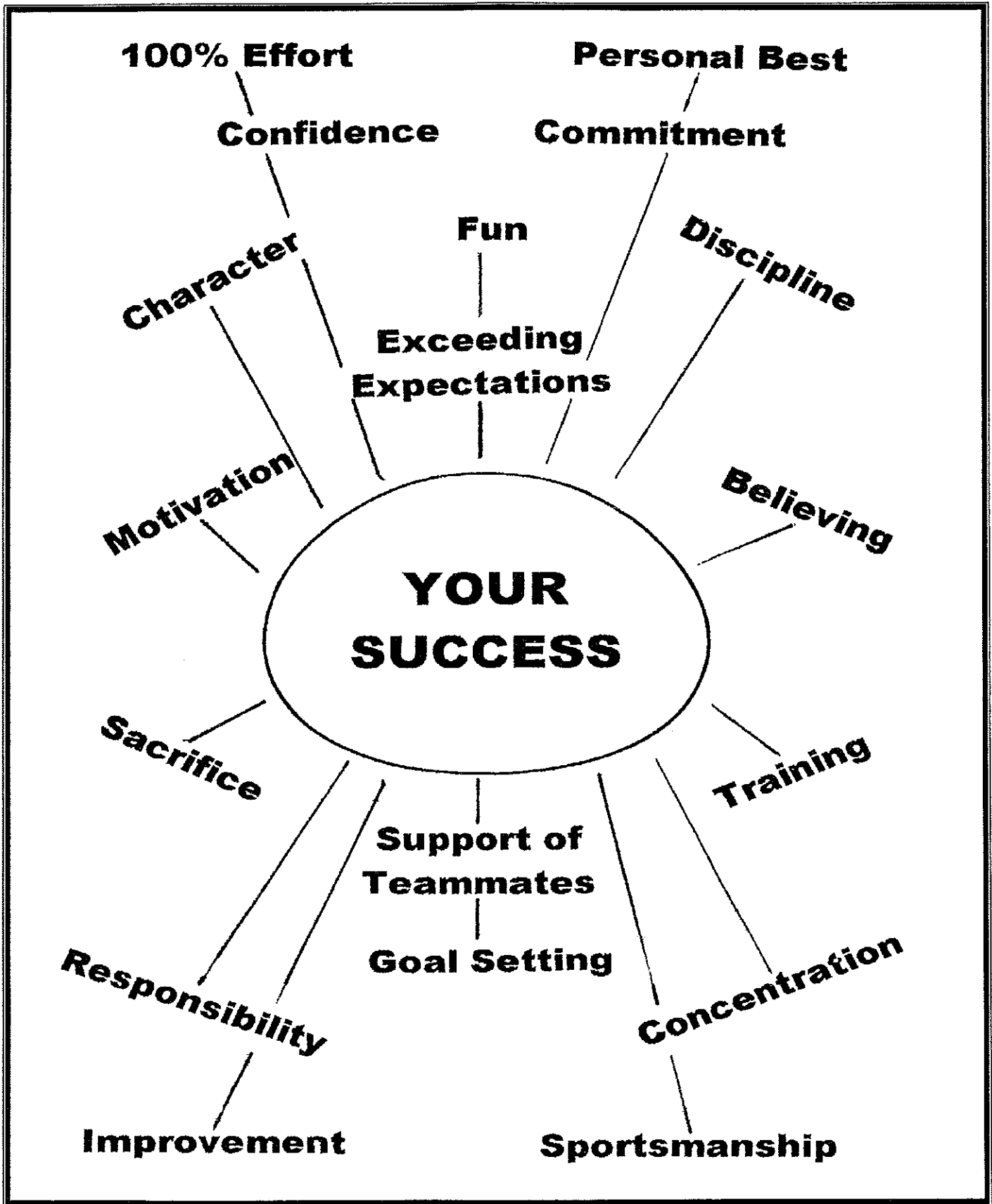


**Girls
Records and Goal Times**

	P & W Record	Varsity Record	~ "Q" Time	State 16th	State 6th	3A Record	State Record	All American
200 Med. Relay	2:05.58	1:55.54	2:18.70		2:01.87	1:53.16	1:46.81	1:48.70
200 Free	H. Kutz 2:26.42	N. Huffman 2:00.78	2:13.57	2:12.37	2:05.68	1:53.92	1:50.62	1:53.83
200 I.M.	H. Kutz 2:26.42	J. Rockwell 2:15.32	2:43.41	2:35.42	2:26.92	2:10.48	2:04.68	1:27.25
50 Free	L. Bridges 26:08	L. Bridges 26:08	29.25	27.80	26.48	23.25	23.25	23.86
100 Fly	H. Kutz 1:04.05	J. Rockwell 59.80	1:15.53	1:11.67	1:06.06	57.45	54.86	56.65
100 Free	N. Huffman 57.16	N. Huffman 54.55	1:05.94	1:01.81	58.87	51.24	50.77	51.55
500 Free	H. Kutz 5:51.41	H. Kutz 5:32.58	6:56.00	6:10.27	5:46.05	5:09.75	4:56.96	5:04.00
200 Fr. Relay	1:54.09	1:43.82	2:01.78		1:51.42	1:41.96	1:36.59	1:38.38
100 Back	H. Kutz 1:02.00	H. Kutz 59.28	1:12.60	1:10.71	1:05.72	56.11	56.11	57.19
100 Breast	J. Rimington 1:14.61	J. Shields 1:12.13	1:21.97	1:19.34	1:15.01	1:06.16	1:02.10	1:05.33
100 Fr. Relay	4:10.30	3:51.29	4:39.11		3:57.63	3:42.65	3:32.07	3:34.37

**Boys
Records and Goal Times**

	P & W Record	Varsity Record	~ "Q" Time	State 16th	State 6th	3A Record	State Record	All American
200 Med. Relay	1:49.60	1:41.25	1:56.58		1:48.63	1:38.96	1:35.99	1:36.66
200 Free	Sanderson 1:51.50	B. Parsons 1:46.83	2:01.40	1:59.05	1:53.19	1:42.22	1:39.84	1:42.37
200 I.M.	S. Smith 2:06.34	S. Smith 2:01.16	2:34.40	2:18.79	2:09.85	1:52.11	1:51.74	1:55.01
50 Free	K.Nobles 23.29	Richardson 21.69	24.65	24.05	23.26	21.17	20.60	21.17
100 Fly	J. Hartley 57.00	L. Seals 53.65	1:03.72	1:01.33	57.66	49.84	49.16	50.85
100 Free	Richardson 51.32	Richardson 47.68	55.68	53.54	50.91	46.07	45.56	46.32
500 Free	Sanderson 5:08.10	B. Parsons 4:51.10	5:54.75	5:34.59	5:11.07	4:34.08	4:33.00	4:40.89
200 Fr. Relay	1:41.13	1:31.55	1:42.91		1:35.75	1:29.49	1:25.94	1:26.90
100 Back	McEachern 55.89	McEachern 51.91	1:06.23	1:03.16	59.98	53.12	49.87	51.78
100 Breast	D. Perkins 1:00.45	D. Perkins 59.74	1:11.91	1:09.51	1:06.34	57.47	57.47	58.40
400 Fr. Relay	3:40.32	3:21.56	3:52.77		3:32.43	3:13.08	3:10.94	3:11.39



Achieving Your Potential

Your potential is made up of:

- Your natural ability and talent
- Your knowledge and education
- Your inner desire and motivation

I can! Maybe I just haven't learned how yet. It isn't what you have to know; it's what you do with your talent, skills, and knowledge that will determine your performance.

Don't allow being good to interfere with being great!

Talent, knowledge, desire, and potential are not enough to determine success. Some people have tremendous potential, yet choose to dwell on "Someday I'll..."

Start by eliminating the ugliest swimming word "can't" from your vocabulary.

1. Name one thing in your swimming day that is easy for you to do.

Why? _____

2. Name one thing in your swimming day that is hard for you to do.

Why? _____

3. How can you make the hardest thing you do easier?

4. What must you do every day to make this *harder thing*, easier?

5. Is it worth it? _____ Why? _____

6. Describe what a champion is to you _____
