

Core Beliefs of the Mountain View High School Swimming Program

Potential: Every person is capable of setting and achieving meaningful goals - not just the fastest and/or most confident.

The Big Picture: Our focus will always be **team** goals, **team** outcomes, and the **team** agenda. The **team** is the big picture.

Teamwork: We will accomplish what we do *together*. Good athletes work together and solicit help from one another. We will share our successes, failures, sweat, and disappointments. Don't let anyone fail alone. Celebrate together.

Niche: Every person on the team has a role to play, and every role contributes to the big picture. The goal is more important than the role.

Failure: You are not supposed to understand everything the first time around. Adversity is often the beginning of our most meaningful learning experiences.

Effort: Success is mainly determined by consistent, quality effort. Winning and/or personal bests can sometimes be elusive. There is often value in alternative assessments of individual performance.

Integrity: Honesty is greatly prized. We will strive to say what we mean, and do what we say.

Attitude: Attitudes determine our actions, for good or for bad. Good attitudes among athletes do not guarantee a team's success, but bad attitudes guarantee its failure.

Leadership: Leadership is unlocking people's potential to become better. The key to successful leadership today is influence, not authority. You don't need a title to be a leader.

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Excellence: Excellence is not an act but a habit. If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is the gradual result of always striving to do better.