



SWIM GYM SWIM TEAM SWIMMERS CODE

I **generate**: TRUST via Loyalty to country, to family, to team-mates and most important, HONESTY TO SELF!

I **know**: training is never complete; there is always room for improvement: MY GOALS are written and clear to ME!

I **cherish**: my WILL to SACRIFICE whatever it takes, to train harder and smarter, and my ABILITY TO CHOOSE the right thing!

I **treasure**: the TRUST I receive, and maintain it with HONOR and INTEGRITY in and out of the water!

I **react**: to HIGH ETHICAL STANDARDS, my Eyes and Ears are always open to heighten my awareness and will to learn!

I SWIM FOR HEALTH, I SWIM FOR LIFE...

Rough waters only make me stronger!

I _____ will be the best I can, I completely understand that: **'Best Behavior is Self-Imposed'**