

Tidal Wave Swim Team  
Boys & Girls Clubs of Union County

**Team Philosophy**

*Anytime when the Tidal Wave Swim Team (TWST) enters a competition we must compete with a focus on individual goals as well as team goal. It is important that all swimmers cheer and Support their teammates during individual events and relays. In addition to these specific performance goals, we must achieve the following three general or universal goals for all TWST competitions.*

**Goal #1: - To be a good ambassador for our Boys & Girls Club, our swim team and the sport of swimming.**

Our team will be representing our club and our community. It is the responsibility of each team member to project a positive image for our program.

This attitude should be reflected in our interaction with our competitors, the public, the media, the officials, our teammates and our coaching staff and other club personnel.

**Goal #2- To compete with a united, spirited, team effort.**

It is the responsibility of each team member to cooperate with and contribute to the overall team effort.

In order to guarantee the success of the team and enhance the probability of success of each team member, we may occasionally be required to willingly sacrifice individual privileges and preferences.

We cannot allow personal concerns to interfere with our positive support for our fellow teammates and our competition objectives.

To be a team high in spirit, is as important as to be a winning team. If we are high spirited, we will be a winning team!

Every swimmer must work smart and as well as hard. The goals of our teammates must become as important to us as our own goals.

**Goal #3 - To swim TOUGH!**

It is important, that all swimmers be aggressive and determined during all races.

Our race focus should be on technique, pace and mental toughness. The ability to respond to any circumstance just prior to a race should be a Boys & Girls Clubs of Union County and team trademark.

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If all team members are successful in achieving these three goals, our competitive experience is guaranteed to be much more rewarding and meaningful, regardless of the times posted on the scoreboard.

***Adopted from the USA National Team.***