



Team Philosophy

The Haverford High School Swimming and Diving Team dedicate themselves to the pursuit of excellence both in and out of the pool. Our goal each season is to provide an environment for all team members to set goals, work hard, improve as a swimmer/diver, and, more importantly, improve as a human being.

In order to accurately pursue excellence, the team demands 100% commitment from its student-athletes. This is perhaps the greatest hurdle in any quest of a higher standard; however, rewards are always the greatest for those who give the most. As Calvin Coolidge once said, *"No person was ever honored for what he received. Honor has been the reward for what he/she gave."* The Haverford Swimming & Diving Team asks that all team members sacrifice for the team – for the greater good of the team.

In order to maintain a high standard of excellence for the Haverford High School Swimming & Diving Team, coaches, student-athletes, and parents must set high expectations of themselves in each of their respective roles. Success is inevitable when a team sets its goals and then executes a plan to achieve them. Mediocre or low expectations will yield mediocre or low results; think 'more' and work 'better' to achieve goals.

The team requires the support of each individual member. Each member must hold themselves accountable for their actions. The team will succeed when all learn how to operate, cooperate, lead by example, and lead by voice. It is essential that all team members carry themselves like a champion from day one. Champions show respect for their peers *and* their foes. Champions demonstrate great sportsmanship in all phases of their lives. Champions sacrifice for the team because they love the team.

The team demands self-discipline within all of its members, especially with academics and social lives. All team members need to wisely budget their time in order to maintain a high standard of excellence not only with the team, but, more importantly, academically. Family and academics always come first; it is the responsibility of the team member to find a way within themselves to budget time for success in all phases of their lives.

Finally, the purpose of the Haverford High School Swimming and Diving Team is to provide an experience that will shape the futures of its student-athletes. Learning to function in a challenging yet rewarding sport will prepare swimmers and divers for many of the facets of life beyond swimming and diving. It is our hope that this team will provide a springboard to greater experiences both in and out of the pool in the future.