



# ***The Barracuda Aquatics Club***



## **System of Values**

- 1) **Fun**
  - We believe that in order to find your maximum potential you must enjoy what are you doing
- 2) **Participation**
  - We believe that the more you involve yourself into the program the more success you will have.
- 3) **Work Ethic**
  - The only road to success is through a daily work ethic. Everyday giving 100% of what you have that day.
- 4) **Leadership**
  - We believe that this is not just a coaches' responsibility. Without swimmer leadership the program and its' swimmers will not achieve their maximum potential.
- 5) **Long Term Goals**
  - We believe that swimmers should and can hit their maximum potential at ages 17 and older. Our program is designated to do just that.
- 6) **Technique Based**
  - We believe that sound technique skills are a must to achieving maximum potential. Without it a swimmer does not have the opportunity.
- 7) **Distance Based**
  - We believe that distance swimming at an early age is a must for success in later years. It also develops good work habits and breeds mental toughness.
- 8) **Versatility**
  - We believe that swimmers should work all strokes and events leaving the opportunity for many events to be successful at a later age.
- 9) **Facing Obstacles & Weaknesses**
  - We believe that swimmers will not ever be their best until they face and overcome their obstacles and weaknesses. The knowledge and confidence they gain will open the door for success.
- 10) **Developing an Inner Coach**
  - We believe to be successful in this sport an inner coach must be developed in the later years. The confidence to make adjustments on your own is one of the final stages to finding your maximum potential.