

## **Team Philosophy and Mission**

Our team operates as an extension of the school and our philosophy/mission as a competitive team is best characterized as follows.

- We strive to compete as individuals and as a team on the highest possible level, with the ultimate goal of achieving great things on the national stage.
  - To achieve that end, we strive to compete in regional and national level meets
  - Our team strives to train on a national class level
  - We regularly discuss the importance of aspiring to compete on the highest possible level for each of our girls, and focus on the importance of having high goals
- We strive to take an active role in helping our athletes grow as individuals and in creating a very meaningful experience for every athlete in our program.
  - As a team, we stress the importance of the group and acting as a team, rather than as just a collection of individuals
  - We encourage our athletes to take ownership of their experience with this team
  - We believe that athletes respond best to encouragement, but recognize that encouragement and constructive criticism are not mutually exclusive, provided that this criticism is communicated in a positive manner
  - As a team, we stress the importance of behaving responsibly and having respect for ourselves, our teammates, our team and other teams
- We strive to always provide an athletic home for any girl, regardless of her initially perceived athletic ability, who is willing to show up, follow our guidelines and do her best within the context of the caring team environment we attempt to provide.