**Fossil Ridge Swimming and Diving**

“Be a Sabercat Everyday”

* Strive for excellence in athletics and academics
  + Be on time
  + Have discipline and be disciplined
  + Be responsible for your decisions and actions
  + Do EXTRA
  + You control your attitude and effort - always be positive
* Be a teammate at all times
  + Put your team and teammates before yourself
  + Trust your teammates and be trustful
  + Value and support all teammates at all times
  + Celebrate your own, your team and your teammates achievements
  + Respect the commitment of your teammates and yourself
  + Be present when you are with your team and teammates
* Challenge yourself and your teammates
  + Strive to learn and improve everyday
  + Never be satisfied
  + Set goals
  + Seek to be challenged in workouts and competition
  + Challenge your teammates and help them improve
* Be Prepared
  + Have a plan to reach your goals
  + Prepare mentally and physically
  + Be ready to contribute



**Fossil Ridge Swimming and Diving**

“Be a Sabercat Everyday”

* Embrace the opportunity to compete
  + Treat training as an opportunity to prepare for competition
  + Do the work necessary to be successful
  + Expect to be successful
  + Display sportsmanship at all times
* Be a Leader
  + Of yourself and your teammates
  + Be loyal and humble
  + Display the highest level of character and integrity
* Be a servant
  + To your team
  + To your school
  + To your community
  + To your family
* BE PROUD TO BE A SABERCAT
  + Show your spirit
  + Wear your colors

“Once a Sabercat,

Always a Sabercat”

