**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”

