



A place where *EXCELLENCE* is valued, encouraged, supported, admired, protected, nurtured, respected, emulated...

This page is an explanation of the York YMCA Swimming Program's general philosophies. In the broadest terms, our philosophy can be summed up with the classical Greek concept of:

ἀρετή

Arete is often defined as excellence, virtue and goodness. However, a more appropriate meaning is striving for excellence in everything one attempts: life, work, school, relationships and of course, sports. We use competitive swimming to teach life lessons. These include the important ideas that "being the best you can be" and "reaching your highest human potential" are honorable and worthy pursuits.

The York YMCA Swimming Program Credo

YORK Y EXCELLENCE: *αρετη*

- =WE are committed to excellence. We have a burning desire to succeed.
- =WE believe that excellence is only achieved through commitment, self-discipline, and hard work. There is no easy road to excellence.
- =WE believe that excellence is a way of life. Swimming is one aspect of a life well and beautifully lived.
- =WE have high expectations of ourselves and of those around us.
- =WE can do anything we set our minds to.
- =WE believe in our own capabilities. We refuse to limit ourselves by thinking small.
- =WE are not normal, or average, or mediocre. And we will not pretend to be.
- =WE rise above the crowd. We are not afraid to distinguish ourselves.
- =WE never settle for mediocrity.
- =WE are never satisfied. We know it can always be done just a little better. We are in quest of perfection.
- =WE are improving every day: getting fitter, stronger, faster, tougher, smarter, better.
- =WE enjoy our excellence: working hard, testing ourselves, improving, excelling. We push the envelope daily.
- =WE become worthy by striving after high and worthy goals.

YORK Y PRIDE

- =WE are proud to be members of the York Y Swim Team.
- =WE all work to make York Y a team we can be proud of.
- =EACH swimmer is responsible for the success of the team.
- =EACH swimmer is responsible for the reputation of the team. So we carry ourselves with dignity, knowing our behavior and our words reflect on our teammates.
- =WE treat one another the way we wish to be treated, with respect.
- =WE behave like ladies and gentlemen.
- =WE don't whine when we lose, and we don't gloat when we win. We embody quiet confidence.
- =WE are confident because we have done everything right, we have done more than was asked, and we are physically and mentally stronger than the rest. We are York Y.

YORK Y SUPPORT/UNITY

- =WE support our own and our teammates excellence.
- =WE encourage positive peer pressure: we help our teammates to be their best.
- =EVERY swimmer on this team is important and has a role to play in helping the team to reach its goals.
- =WE respect one another. We value one another. We look for the good in one another.
- =WE know that teams only succeed when their members pull for one another and care for one another.
- =CHAMPIONS hang around champions.

YORK Y RESPONSIBILITY

- =WE set a good example for others to follow.
- =WE make no excuses.
- =WE take responsibility for our actions. We don't look for someone else to blame.
- =WE make things happen. We are in control of our destinies.
- =WE don't hope for miracles. We create them by hard work.
- =WE leave nothing to chance.

YORK Y PERSISTENCE & DEDICATION

- =WE are in for the long haul. We don't look for quick fixes or instant gratification. We know there is no substitute for hard work.
- =SUCCESS is determined by thousands of daily decisions to excel.
- =Anyone can set goals; we are special because we are willing to work to achieve our goals.
- =WE make our daily decisions guided by our long-term swimming goals.
- =WE embody consistent persistence. We finish what we start.

YORK Y COURAGE

- =WE relish challenges.
- =WE see opportunities everywhere. And we take advantage of them.
- =WE know that succeeding means taking risks. We are not afraid of losing, because we learn volumes from every loss.
- =WE value the Worthy Opponent above all others; he alone pushes us to our limits and shows us our weaknesses. He brings out our best, and helps us become better.