

*Aberdeen Aquaholics is a USA Swimming, coach owned, year round competitive swim team. We offer quality professional coaching and ongoing technique instruction for all ages and abilities. Every swimmer will reach his or her highest potential in our program. Burnout occurs when kids stop swimming faster. Our belief is that any swimmer can be an excellent swimmer with proper technique training and age appropriate conditioning.*

*Peter Andrew, head coach, member of the American Swim Coaches Association, and USA Swimming, have completed the most comprehensive training and certification program for youth coaches in the United States. Aberdeen Aquaholics provide assurances that the time children spend in swimming will be quality time. Responsible coaching is a major factor in preventing injuries and providing a safe and enjoyable environment for our swimmers. In order to ensure a culture of progressive excellence and to stay on top of our game, as the sport changes constantly, Aberdeen Aquaholics' coaches frequently attends clinics and swim conferences across the country to learn all about this wonderful sport.*

*We aim to concentrate on quality rather than quantity. Aberdeen Aquaholics are training young swimmers to maintain a well rounded competitive swim team as well as develop individual life skills. Swimming is a lifetime sports. Thank you for visiting us. We are looking forward to meeting you. Please feel free to contact Coach Peter with any questions you may have.*

## TRUTHFULNESS

*The successful athlete must be truthful with himself, with those who are there to help him achieve his goals, and with his teammates. Most of all, he must be truthful about his successes and failures, for only by being truthful here can he hope to achieve his full potential as an athlete and as a person.*

## COURAGE

*Courage is the ability to keep your composure in competition when it would be easier to fall apart. It is the fortunate athlete who has the ability to maintain composure in the face of extreme stiff competition or when competing in a hostile environment.*

## PERSISTENCE

*All athletes lose, but the athlete who fails is he who does not rise again and again and again. And, this is persistence; having the determination to turn every loss into a victory by standing back up with a renewed commitment to win the next time.*

## DIGNITY

*Any good athlete with the talent and determination to succeed will win. But it requires character to win with dignity just as it requires character to lose with dignity. This is something more than ability; it is the essence of sportsmanship.*

## SUCCESS

*Success is achieving one's highest potential. It is a combination of determination, rigorous training, coachability and experience. And, by improving each day, one can go from success to success. However, success is seldom achieved alone and failure is seldom the fault of others.*

*Dreams are our business.  
Discipline is our tool,  
Excellence is our pursuit.*

*In the being of one's best  
Lies the ultimate goal,  
Overcoming every test  
Fulfillment of the soul*

*In the striving of success,  
Win or lose who knows  
But it's following the dream  
Through excellence that shows.  
In the discipline of self  
To go the extra mile,  
In doing what it takes  
Each sacrifice worthwhile.*

*Knowing you are not alone  
Is the golden key  
To making right decisions  
For the best you can be.*

*Colleen Andrew*