**The Pyramid of Success by John Wooden**

**HARD WORK:** "I may be small. That's very true. But I succeed, and so can you. I move a mountain, bit by bit. It takes hard work--I never sit. I work and work throughout the day. My work comes first before I play. Success is yours, please understand, When you and Work go hand in hand." (John Wooden and Steve Jamison Perfection Learning Company copyright 2004)

This week's character is Axlerod the Ant. We hope the kids understand that we have not gotten to where we are today as a team without Hard Work. This is the first building block to success, and it gives us pride to know that our team works hard to earn what we have achieved!

**Enthusiasm**  “I sing my song with joyful heart. In your success, joy plays a part. Enthusiasm in your smile. Combined with work, you’ll find worthwhile. The energy and pep you show Will rub off on those you know. Don’t make excuses, complain, or whine. Enjoy your work and Success you’ll find!” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004)

This week’s character is Rhonda the Robin. We want the kids to know that enthusiasm for excellence is very contagious. When you have enthusiasm for the things you do in all of life, you will get much more out of all that you do!

**Friendship**  “My friends are like family. I share with them. They share with me. Respect your friends in all you do, and they’ll give back respect to you. You’ll find success if this you learn; The gift of friendship must be earned. To make a friend I do believe, that you yourself a friend must be.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004)

This week’s character is Charlie the Chimp. We want the kids to know that in order to be respected, you must be respectful! We always want all kids on our team to feel welcomed and safe. That stems from the friendships that they build with their teammates. Encourage your swimmer to be a friend, and in turn make a friend!

**Loyalty**  “I’ll wag my tail when you’re feeling bad. I’ll cheer you up if you’re kind of sad. I’m honest and fair, and my word is true. When others run out, I’ll be there for you. Loyalty’s a trait built upon trust. Others must see you as truthful and just. I’m telling you now, when the going gets tough, Loyalty’s important. No amount is too much.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004)

This week’s character is Shep the Sheep Dog. This week is all about loyalty and that requires swimmers to build trust with each other. Trust requires time and commitment. Trust can not be built in a day-nor can loyalty. As you and your swimmer build loyalty with the Bozeman Barracudas, we expect that you will walk away with a felling of safety and security knowing that your time with the Barracudas has made a positive impact for your future, the future of our team members, and their surrounding community.

**Cooperation**  “I’m one of millions in our hive. It looks confused as we all strive. We buzz around throughout the day. Cooperation’s our sweet way. Work as one in all you do. When you help others, they’ll help you. Seek to know what someone needs. Then pitch right in and you’ll succeed.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004)

This week’s character is Betty the Bee. This week is all about cooperation and how we can look around us to recognize how we can help those around us to make us ALL better. This requires that we pay attention to the needs of others, and then ACT! Cooperation is the best and most enjoyable way to get the job done!
**Self-Control:** “If Success is your great goal, You must practice Self-Control. Use common sense in all you do. Controlling emotions is helpful too. I knew a fish who took the bait. Good judgment gone, the hook he ate. My friend was fried upon the grill, with self-control, he’d be here still.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Tess the Trout. This week is all about Self-Control and being in charge of your own actions. We often blame others for things that go wrong, but how often do we look at our own choices to see if we could have had more self-control and made a better choice for our own good? This week, we hope the kids will focus on the choices they have and make a conscious effort to make GOOD choices, exercising their self control! Self control can be seen in daily choices like the foods we choose to eat, the activities we choose to do, and the hardest one for many...what we choose to say to those around us. Let’s see if self control can make us an even better person and teammate!

**Alertness:** “My ears are as tall as telephone poles. My nose is like a button with holes. I listen and look and sniff around. I stay Alert to sights and sounds. And one more thing that I should mention. Alertness means you pay attention To all the things that others share. You’ll learn so much if you’re aware.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Rascal the Rabbit. This week is all about alertness, meaning that you are conscious of your own actions and paying attention to what is happening around you. When you are alert you are in a constant state of purposefully making every move. You are also aware of those around you and are able to adapt to be a better friend and teammate. When you are alert, you are able to change bad habits into good ones and do better at all the things you attempt. As we look forward to the injury prevention talk for the next parent meeting, ask your swimmer if they have been “swimming alert” at practice-paying attention to the techniques the coaches are teaching and making changes to their strokes that not only make them a better swimmer, but also an injury free swimmer!

**Action:** “I scurry ‘round and ‘round each day. Taking Action is my way. I get up and go and give it my all. When Action’s needed, I never stall. And when I look for lunch to eat, I’m not afraid to risk defeat. Don’t fear failure. Try your best. Take some Action for Success.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Skittles Squirrel. Skittles teaches us that you must be willing to take action in order to find success. Fears will always be there in some shape or form, but if you let your fears prevent you from trying, you cannot find success. Take action! Try something new—a new event, a new healthy treat or talk to a new teammate, in action you will find that you can accomplish more than you thought! Be sure to take actions that are based on all the blocks of the Pyramid of Success that we have learned so far and you won’t be disappointed!

**Determination:** “Patiently I wait and wait. Knowing that a bug tastes great. Wait I will ‘til a bug is mine. Because Success, of course, takes time. It’s Determination I must show To get the bugs I need to grow. So when a bug comes whizzing by. I snap my tongue and good-bye fly.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Fred the Frog. We learn from Fred that success is not always an immediate result of our efforts. Determination is a characteristic that shows that we are “in it to win it” no matter how long it takes. In swimming and in life, it often takes more than one attempt to finish the job,
we need a determined spirit to stay the course and keep pushing in order to obtain our goals in the end.

**Fitness:** “To run a race and do my best, I exercise to pass the test. I get my sleep and eat good food. Healthy thoughts improve my mood. When I am fit to run the face, The other horses I outpace. Your Fitness level must be great. Success requires a healthy state.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Hugh the Horse. We learn from Hugh that success is based on our ability to run the race. Our mind and body are a working pair. If our bodies are not at a good fitness level, our mind will suffer too. By eating healthy, getting good sleep, and keeping our bodies in good shape, we will be more successful in all we attempt to do. In swimming, fitness requires both strength and endurance. After a long weekend of prelims/finals for our 11 and overs, there may be a better understanding of what it really takes to “run the race.” With good attendance and a desire to make each practice count, our swimmers will be in top shape not just for meets, but for all they do!

**Skill:** “To Weave a web demands great Skill, and snaring lunch is quite a thrill. Practice makes my web grow finer. I’m a top-notch web designer. I pay attention to each detail. I do it right so I won’t fail. I learned my Skill through hours of drill. To find Success, you must have Skill.” (John Wooden and Steve Jamison Perfection Learning company copyright 2004) This week’s character is Silky the Spider. We learn from Silky the necessity of having skill to be our personal best. We each have skills that come naturally, and others that we have to work harder on. The key element is that we should develop our skills through practice and drill. We do drills everyday to help kids learn and create good habits of technique. It is up to your swimmer to stay focused on I drills and let it help them to become better swimmers. This week, ask your swimmer to focus on how they are using the drill sets to develop skill in their swimming!

**Team Spirit:** “The Team comes first, I must confide. I’m always eager to help the pride. I’ll sacrifice my own desires And do for them what is required. Your Team is part of who you are. But don’t forget, the Teams the star. You help, support, and then you cheer it. To find Success, show strong Team Spirit.” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Louie the Lion. We learn from Louie that we are a part of something bigger than ourselves. Our Team is something special, and it is special as a whole because of each individual’s contribution. When we work together and show pride, or team spirit, in what we are all trying to do together, we will find much more success than when we try to just do it all on our own. So this week, swimmers-lets show each other some spirit and cheer each other on to make practices and the upcoming meets a huge success. **PARENTS- show your team spirit by logging onto the website to show support for our kids and team (YES-you too are a part of the Barracudas!) and sign up to volunteer for an upcoming event!**

**Poise:** “I’m Everett the Eagle flying free. There’s no one else who’s quite like me. And there’s no one who’s quite like you. So be yourself ‘cuz you are cool. With Poise you like the one you are. It gives you pride and takes you far. Poise is needed for Success. Just be yourself; “yourself” is best!”” (John Wooden and Steve Jamison Perfection Learning Company copyright 2004) This week’s character is Everett the Eagle who is proud to be who he is. We want the kids to understand that they should be themselves—because there is no one better to be! We live in a world where we are each our own individual, and we wouldn’t survive without each other. Each
swimmer on our team is special and important. With the end of the season coming to an end, we want all the kids to be proud of who they are—their gifts and talents both in and out of the water. We are the Barracudas—proud to be made up of every individual! Parents—show your poise and be willing to help us provide the best meet experience—sign up to help and show the kids how all our individual skills can create a GREAT swim meet experience!

Confidence: “Many are taller. Others run faster. To race with most would be a disaster. But I don’t care if they seem greater. I trust in me, the alligator. My Confidence is plain to see. I have learned to trust in me. The pyramid will teach you too. Be Confident; believe in you!” (John Wooden and Steve Jamison Perfection Learning company copyright 2004) This week’s character is Albert the Alligator. Albert teaches us that believing in yourself makes you the best you can be. Don’t worry about the things around you that you can’t control—like the other racers that may be faster than you. If you have put forth your best effort and you have confidence in what you have done all season to prepare for that race, you will be a success! The main Idea we hope you have learned over the course of this season, is well put by John Wooden: Success isn’t having trophies or toys. It isn’t a medal or friends of your choice. What is Success? That’s easy to see. It’s trying to be the best YOU can be! Don’t worry what others may have or might say. When trying your best, Success comes your way.

Always Do Your Personal Best!