

# CHAMPION'S CREED

1. Never underestimate your opponent.
2. Work on your weaknesses until they become your strengths.
3. Remember that a great effort is usually the result of a great attitude.
4. Dedicate yourself to a mighty purpose.
5. Win with humility, lose with grace.
6. Ignore those who discourage you.
7. Work to improve your moral and spiritual strengths as well as your physical ones.
8. Remember that how you conduct yourself out of the pool is just as important as how you conduct yourself in the pool.
9. Talent is God-given – be humble. Fame is man-given – be thankful.  
Conceit is self-given – be careful.
10. Don't ask to be deprived of tension and discipline – these are the tools that shape success.
11. Do what has to be done, when it has to be done, and as well as it can be done.
12. Remember that when you're not working to improve, your competition is.
  13. Always give your best.
  14. Practice like a champion.
  15. Swim like a champion.
  16. Live like a champion.