



NORTHBAY**AQUATICS**

North Bay Aquatics
Senior Team
2018

Tuna Grit

We are a team of diverse backgrounds, but we all share the same core values: a genuine enthusiasm for engaging in the NBA process, even when that process is demanding; a competitive fire; a willingness to bring our best to everything we do, even when no one is looking; and a team-first attitude.



determination strength
belief culture faith
incredible family bravery
perseverance support
enthusiastic
belief passion love
goals relentless
courage dedication
commitment team valor
fearless athlete







GRIT is a personality trait possessed by individuals who show passion and perseverance towards a goal.
- Alex



GRIT is taking initiative to do something without being asked or because others are. Taking control of your goals and pursuing them. It is your success. However, you must take charge. Sure, anyone could say I'm going to make a million dollars. Well, okay, you start a job and after a while you have \$200 in your bank account. Well this seems like a lot of work, maybe \$1000 instead. No one is there to keep you on your path and that's where your GRIT shows. Sticking to success of a long-term goal.

- Nicky



GRIT, enduring something uncommonly painful or
difficult everyday to achieve a goal.
- May

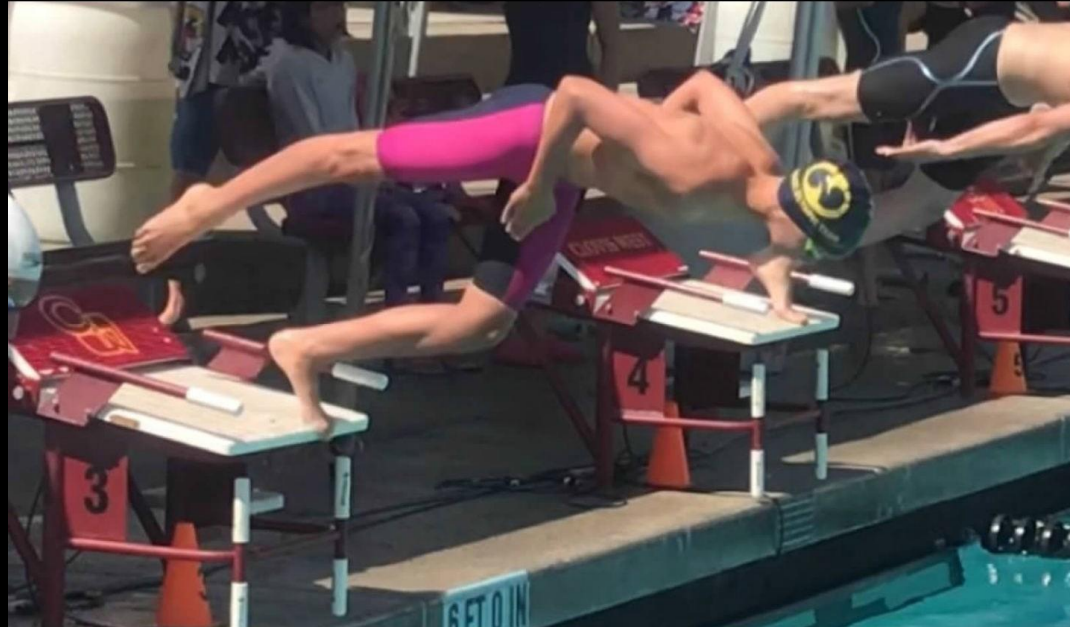


- Sydney



GRIT means the willingness I put into hard work. It means staying strong when I want to break down. It means lifting my teammates up no matter how hard and tired we are. It's the strength and courage we put into the process. It is the dedication we show when we lean into the hard work of the process. It is how we enable ourselves to reach success.

- Cat



GRIT is never giving up and doing whatever it takes to
succeed.
- Gavin



GRIT means showing up every day even though you could list several reasons not to. It means leading with love and influencing those around you to become the people they want to be someday.

It means putting on those goggles and leaving all of your stressors, worries, and conflicts behind you. It means following your heart every day until you can trust it without hesitation and are able to show yourself for who you are, and the passion you carry and provide. It is not about the meet you want to qualify for or the record you want to break; its about showing yourself that through persistence and the relentless effort you put in to your work, you can do anything you aspire to. So, the next time your legs can't keep on, or your heart feels completely sunk, show the world your GRIT. Make it about more than yourself. Because ultimately, GRIT isn't about you; it's about those you connect with, and those whose lives you strive to make a difference upon.

- Ethan





Throughout my time on NBA I have learned that for me GRIT means committing yourself to any challenge or goal with your entire mind and body. It means always seeking to achieve more and always working on bettering yourself as a swimmer and teammate.

- Natalia



GRIT is pushing through pain and the tears in the goggles and finishing the practice or race with all of your effort. GRIT is moving past bad races and injuries and focusing on the next step in becoming a better swimmer. GRIT is never giving up in life and in the pool.
- Alana



GRIT, There's no defense in swimming so you've
got to have a good offense.
- Charlie



GRIT: The passion of working hard towards
something knowing that it will show up one
day.
- Finn



GRIT is all the times.

All the times that I
worked hard. All the
times that I worked
hard and then worked
harder. All the times
that I failed. All the
times that I
triumphed. All the
times when I proved
them wrong. All the
times I followed in the
footsteps of my
mentors. All the times
I lead my peers. All
the times against all
odds. All the times I
was loved.

This is GRIT. I
always swim with
GRIT because I want
to be great and
because I love my
team.

- Jackson



GRIT means being able to be a part of something that is bigger than yourself and working to maintain that something through any obstacle you are faced with.
- Jane



GRIT gives us the opportunity to confront our failures with a smile. A warm smile; a smile that promotes a more successful future by keeping the heart and the mind a winner.
- Luca



GRIT is the power of passion and perseverance.
All GRIT no quit.
- Kyra



GRIT is when you set a goal and commit to putting in the work that will get you there, especially when the circumstances are not in your favor.

- Olivia

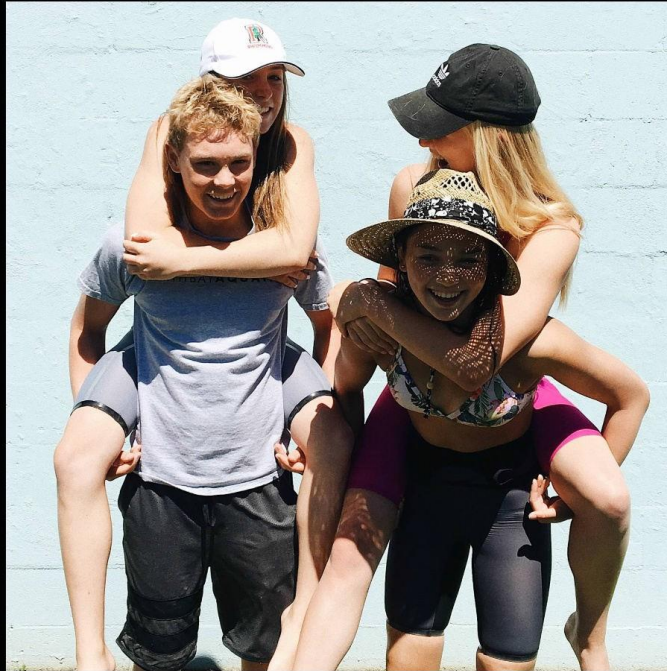


GRIT to me is keeping your head high always, even when things don't go your way. Bouncing back and continuing to put in the work will always be better than dwelling on the past.

- Zev



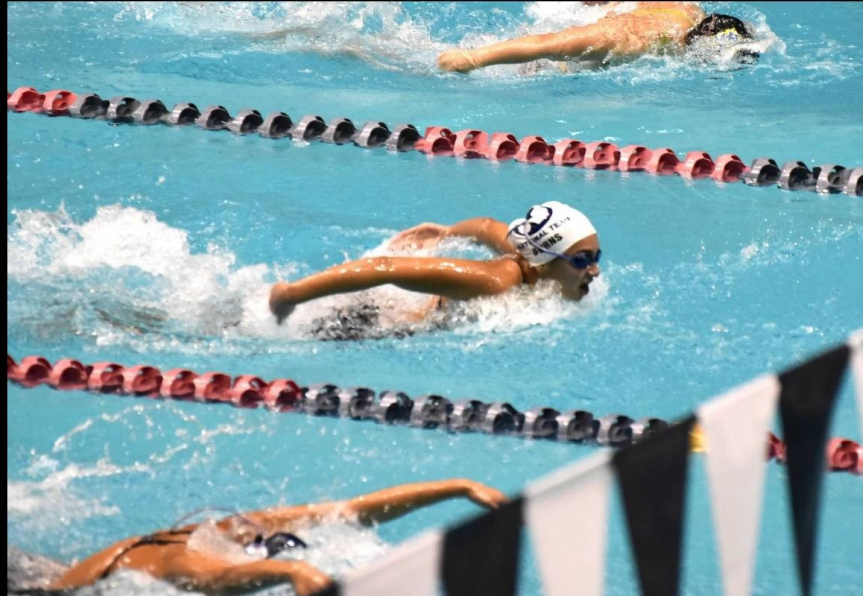
GRIT= the ability to keep going.
- Henry



GRIT is taking the time to become
apart of something and letting that lead
you to greater heights.
- Maddy



- Sophia



GRIT to me means to be persistent and
consistent when working your hardest.
- Reese



GRIT is doing something difficult everyday
for hours, not knowing when you will see
results, but having faith that something will
arise.

- Seaver



GRIT to me is having belief - belief in that whatever you are doing, no matter how trivial or questionable it may seem, will help you move towards your end goal. And more importantly, GRIT is executing those things right, and having the confidence to know that you are doing the right thing.

- Leo



For me I feel like GRIT is mental, it's not necessarily how fast you go or how physically hard you try during practice. It's the mental dedication, the commitment to work on the details, to swim correctly even when no one is watching. It's the decision to go to practice even when you don't want to, and swim correctly even if it's hard. It's the work that you put in that no one sees.

- Coco



GRIT to me means doing something over and over
again however uncomfortable it is in order to achieve
your goals.
- Ana



GRIT is love, a burning passion to transform your
distant dreams into goals and mold them into reality.
If you swim with GRIT, you will swim with your
dreams.
- Bruno



GRIT is pushing past the mental blocks,
telling yourself that you can in fact keep
going. GRIT is loving what you do and
sticking with it even when the cons seem like
they outweigh the pros.
- Elena



GRIT to me is the willingness to set high goals and
the resolve and determination to do everything in
your power to follow through on them.
- Bryce Roberts



An aspect of GRIT is the ability to sacrifice anything for your friends. Through practices, through relays, through anything that involves your teammates, a person's GRIT can be on display.

- Justin



GRIT to me means the true courage
of your true character.
- Max



GRIT is the constant commitment to everything I do. Whether I view it as important or not, GRIT reminds me to put my heart into every tiny little thing.
- Alex



GRIT includes biting the bullet while steering the horse.
- Gabriel



To me, GRIT means to have that perseverance and passion in you to help you achieve your goals and become successful. Having GRIT helps you to still be positive about your goals, even if you experience failures or setbacks along the way.

- Lena



GRIT, an opportunity to become
uncommon.
- Duncan



What GRIT means to me is continuing to give 100 % even when the odds are stacked against you and you feel like there's no reason to keep on fighting. When you feel like there's nothing left, you persist and find a way to keep going. GRIT is a mindset, one that can't be taken away from you and will never leave you.
- Elizabeth











