

*NORTH BAY AQUATICS*  
*TUNA EXCEL*

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***Tuna Excel***

“I commit to propelling my team to excel in pursuit of our goals through enthusiastic leadership of North Bay Aquatics”

*Tuna Excel* is a group of athletes inspiring their teammates to achieve at the pool and classroom through persistent commitment to North Bay Aquatics

Members for this group will be Senior Group swimmers in their Junior or Senior year of High School committed to leading an athlete driven culture at North Bay Aquatics. Acceptance into Tuna Excel is by application and approval. Selection is determined by previous dedication to swimming, academics, leadership, and team.

# *NORTH BAY AQUATICS*

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### ***Pillars***

#### Ownership

Ownership is taking accountability for your actions and how they directly affect your team's ability to achieve their goals. As leaders, you are obligated to accept your responsibilities and their impact on the outcome, no matter the end result. Leaders adapt and make changes to their process based on earlier outcomes to achieve a better result in the future. Good or bad, at the end of the day, you are the one that puts in the work which decides your finished product.

#### Curiosity

Curiosity is a quality related to inquisitive thinking such as exploration, investigation, and learning. Not only are great athletes curious about how to get better, but they enjoy stepping into the unknown and taking on a challenge. Leaders use these moments as growth opportunities for themselves and their teammates. Curious athletes constantly search for ways to improve at their sport.

#### Initiative

Initiative is the ability to act or take charge before others do. Leaders take initiative. They see an opportunity, whether it be to grow or achieve, and jump at it without needing encouragement. When difficulties arise, those with initiative continue to work to find a solution to conquer the setback. Taking chances will not always lead directly to the answer, but taking action is the first step in achieving a positive outcome.

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### ***Academics & Attendance***

#### The Importance of Academics

Members of Tuna Excel are students first - it is their number one priority. Being ahead on school allows you to bring your full attention to the necessary tasks at the pool every day. Tuna Excel expects a full commitment to the classroom before joining this group.

#### GPA

Tuna Excel members will maintain a 3.5 GPA. Coaches check GPAs at the end of each semester. There is a zero-tolerance policy for any GPA under 3.5. Any swimmer with a GPA under 3.5 at the end of a semester cannot participate in Tuna Excel events and trainings. Swimmers removed from the group due to substandard GPAs can apply to reenter Tuna Excel after a semester with a GPA above 3.5.

#### The Importance of Attendance

Athletes cannot improve at their sport without attending workouts regularly. The NBA staff plans seasons based on 100% attendance – consistently missing workouts leads to deficiencies in necessary skills and energy zones required of successful athletes. Tuna Excel expects a full commitment to attend practice before joining this group.

#### Attendance

Tuna Excel members will attend 90% of swim workouts. Coaches check attendance monthly. Swimmers who dip below 90% attendance for one month receive a probationary warning. Swimmers who dip below 90% attendance 2 months within one swim year (August-June) cannot participate in Tuna Excel events and trainings. Swimmers removed from the group due to substandard attendance can apply to reenter Tuna Excel after 3 consecutive months with attendance above 90%.

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### ***Elite Leadership Training***

#### Trainings

Every 2 weeks, Tuna Excel meets as a group to discuss topics and ideas needed to excel as student-athletes. Meetings will be about 40-60 minutes:

- Check in & review previous training concept(s)
- Read article, watch video, or listen to presenter on topic for the week & discuss the topic
- Assign task related to discussion topic to complete before next training

Coaches, NBA alum, and other professionals from outside the program will attend to discuss topics.

#### Training Attendance

Tuna Excel members must attend 80% of all Elite Athlete Trainings. Coaches check training attendance every 3 months. Swimmers who dip below 80% attendance in a three-month period cannot participate in Tuna Excel events and trainings. Swimmers removed from the group due to substandard attendance can apply to reenter Tuna Excel at the beginning of the next Tuna Excel season (October – June).

#### Meeting Dates (TENTATIVE)

September 17<sup>th</sup>

October 1<sup>st</sup> & 15<sup>th</sup>

November 12<sup>th</sup> & 19<sup>th</sup>

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## ***Service***

### Volunteering in the Community

Excel swimmers will organize a team event for all NBA Swimmers to volunteer within the community. It is a required event for all members of Tuna Excel and highly encouraged for all other members of NBA. Listed below are event ideas:

- Food Shelter
- Marathon/10k/5k/Triathlon
- Meals on Wheels Delivery
- Visit a retirement home
- Special Olympics
- Clean up a park, beach, road, etc.
- Make a Splash

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### ***Agreements***

#### GPA

GPA's are reviewed at the end of every semester. There is a zero-tolerance policy for any GPA under 3.5. Any swimmer with a GPA under 3.5 at the end of a semester cannot participate in Tuna Excel events and trainings.

#### Attendance

Attendance is reviewed monthly. Swimmers who dip below 90% attendance for one month receive a probationary warning. Swimmers who dip below 90% attendance 2 months within one swim year (August-June) cannot participate in Tuna Excel events and trainings.

#### Elite Athlete Training

Elite Athlete Training attendance is reviewed every 3 months (at the end of December, March, and June). Swimmers who dip below 80% attendance in a three-month period cannot participate in Tuna Excel events and trainings.

#### Volunteering in the Community

Excel swimmers must attend the group organized volunteer day. Athletes that do not attend the volunteer event cannot participate in Tuna Excel events and trainings.

#### Members

Members for this group will be Senior Group swimmers in their Junior or Senior year of High School

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**APPLICATION CHECKLIST**

To apply, athletes need to complete the below action items to Coach Max by September 10<sup>th</sup>:

- Read the entire TUNA EXCEL information packet
- Complete the North Bay Senior Group Goal sheet & return the completed sheet to Coach Max by September 10<sup>th</sup>
- Swimmer and 1 parent must complete the Athlete Protection Training for USA Swimming Safe Sport – the link is included in the email with this attachment. Send the completed certificates to Coach Max by September 10<sup>th</sup>
- Write what leadership means to you and turn this into Coach Max by September 10<sup>th</sup>
- Sign the pledge of agreements – turn this into Coach Max by September 10<sup>th</sup>



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**PLEDGE OF AGREEMENTS**

By my signature below, I pledge myself to act in accord with Ownership, Curiosity, and Initiative. I have read and understand the *Tuna Excel* Pillars, and I will abide by them. I acknowledge the agreements page and understand that to be a member of *Tuna Excel* I must fulfill those agreements.

Members of Tuna Excel can make decisions that propel North Bay towards our goals. They will be the leaders of our team and challenged to accept the consequences of their decisions.

Signed: \_\_\_\_\_

Printed: \_\_\_\_\_

Date: \_\_\_\_\_