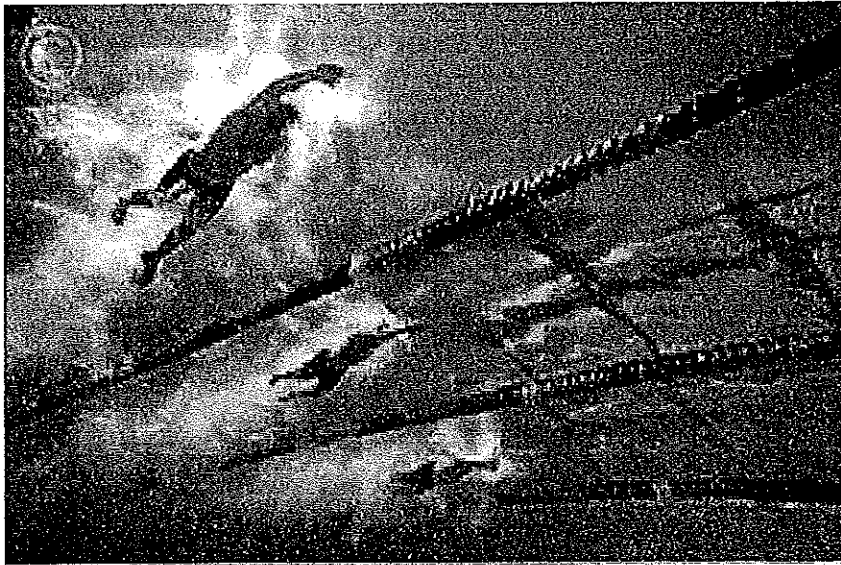


My Coach



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Tooele's aquatic center is named in honor of Coach Leigh Pratt. None of you ever had the opportunity of knowing him, but I did; and you should be aware of what he did for swimming in Tooele and Utah.

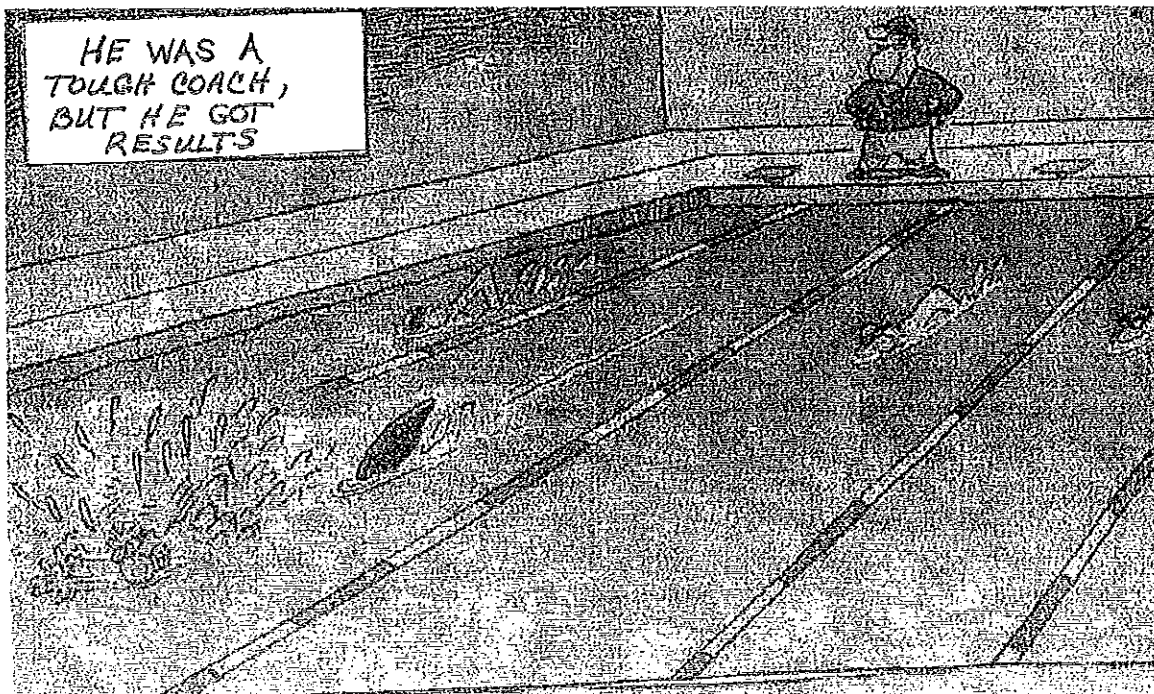
When the Tooele Memorial Swimming Pool was completed and opened in November of 1950, he was selected as the manager. This is a position he held for twenty years. Coach Pratt was a physical education and health teacher at Tooele Jr. High and the first swimming coach at Tooele High School. During his reign as coach, which ended in 1964, the team won 166 dual meets while losing only 9. Tooele won 9 straight state championships and were runners up twice. He developed Tooele as a power in Intermountain AAU swimming as well. The Tooele met held over the Easter weekend each year attracted teams from California, Montana, Arizona, Washington, Wyoming, Idaho and Nevada.

Coach Pratt had a tremendous record as a swimming coach, but he was much more than just a coach. I had the opportunity to swim for him from the time I was 12 years old and we remained friends until his death in 1984. I learned many valuable lessons from him including:

- **Hard work pays off** – Whenever I thought something was impossible, he only pushed me harder. He would put me in with the older and faster kids at practice and tell me to stay up with them. It paid off when I accomplished things I never thought I could.
- **The mind knows it all** – I never thought of being a champion swimmer. I just wanted to be on the team. He planted seed in my mind of being the best breaststroker on the team, a state champion, a national champion and earning a college scholarship. The seeds grew over the years and finally came to past.

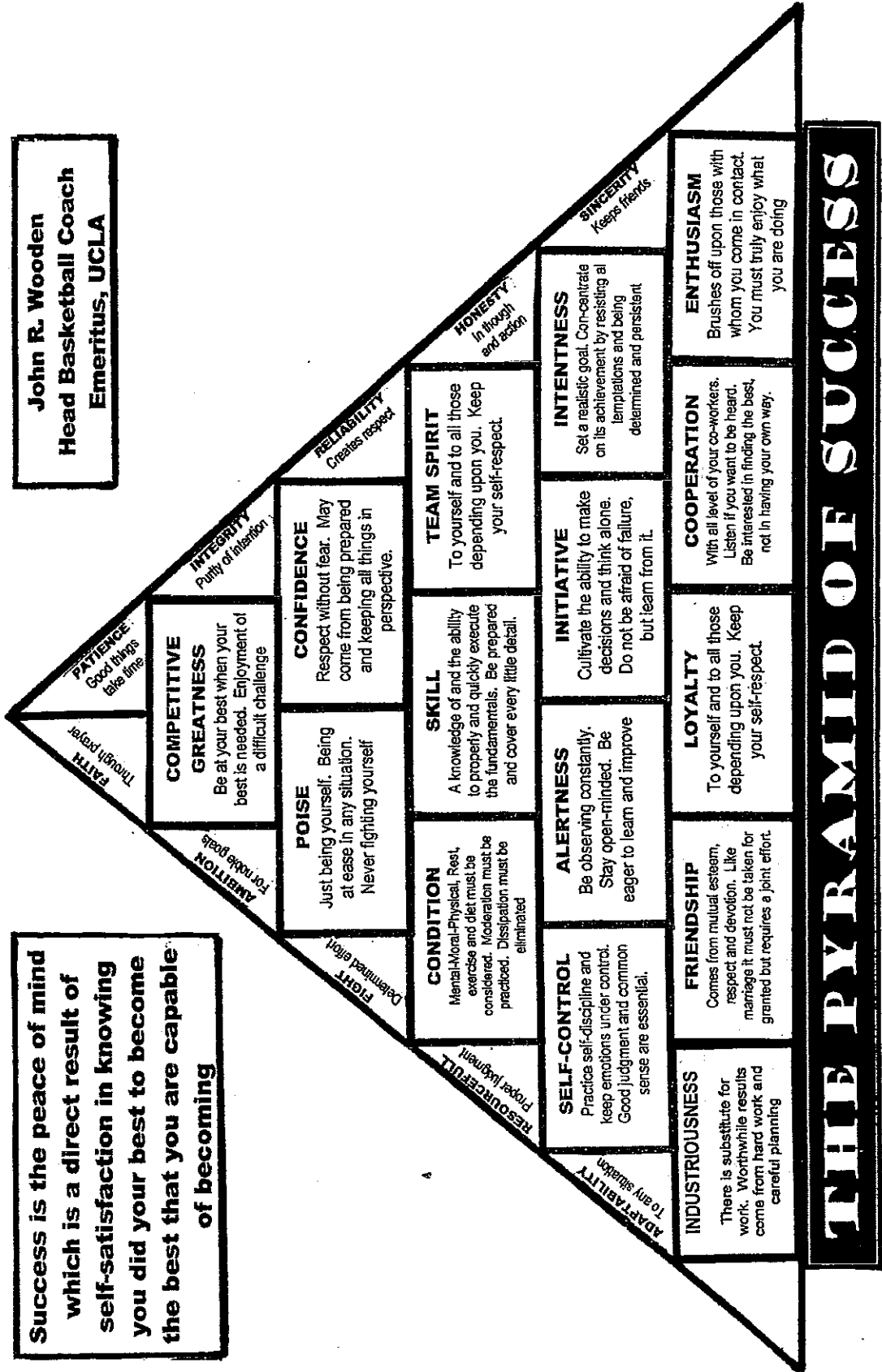
- **Never let down or give up** – When I won the national championship in the 100 yd breaststroke, it took the judges 20 minutes to finally come up the winner, there was no automatic timing system and stop watches only recorded to the 1/10 of a second. If I would have thought about anything other than doing whatever it took to get to the wall first, I would have come in second or third behind Nick Kirby of California and Bob Hooper of Texas and regretted not giving that race all I had for the rest of my life.
- **Winning isn't everything, but doing your best is** - Listening to what he said and then doing it took us to the top. Doing what he taught us earned us what we wanted. Goals are what gave us dreams and something to work for. When I missed achieving a goal and wanted to throw it all away, he would sit me down, tell me what I would have to improve on and encourage me to keep trying.
- **Enjoy what you are doing** – If you can't have fun being a swimmer, don't do it. Coach Pratt loved being a coach and it showed; his love for the sport helped all of us have that same feeling. I loved being on team, pushing myself in practice until I thought I would throw up, racing in practice, and the competition meets provided. Yea, I got scared and doubted myself before swimming; but knew that I would still do my best if I felt that way. I lost races I thought I was going to win, but won races I didn't think I would; it was all part of the sport and it is a part of life as well

We are all part of the legacy Coach Pratt established and realize why our facility carries the name of Leigh Pratt. Take pride in it and help maintain the tradition of Tooele Swimming



John R. Wooden
Head Basketball Coach
Emeritus, UCLA

**Success is the peace of mind
 which is a direct result of
 self-satisfaction in knowing
 you did your best to become
 the best that you are capable
 of becoming**



THE PYRAMID OF SUCCESS

Lettering and Awards

The "letter" represents your dedication to Tooele High School, to the sport of swimming and to our team. It is not easily earned and should be something you wear with pride. To earn a letter in swimming, you need to accomplish the following:

- I. Finish in the top 16 at the Region Championships (score) or
- II. Achieve a time that would qualify you for the State Championships or
- III. Participate in swimming for four complete seasons and
- IV. Attend 90% of the practices conducted during the season and
- V. Display a Positive Mental Attitude:
 - a. Towards your teammates at all times
 - b. Towards the coaches
 - c. During practices
 - d. During all socials and
 - e. At all meets



In an effort to recognize members of the team who improve and excel during the season the following awards are presented at the Awards Banquet:

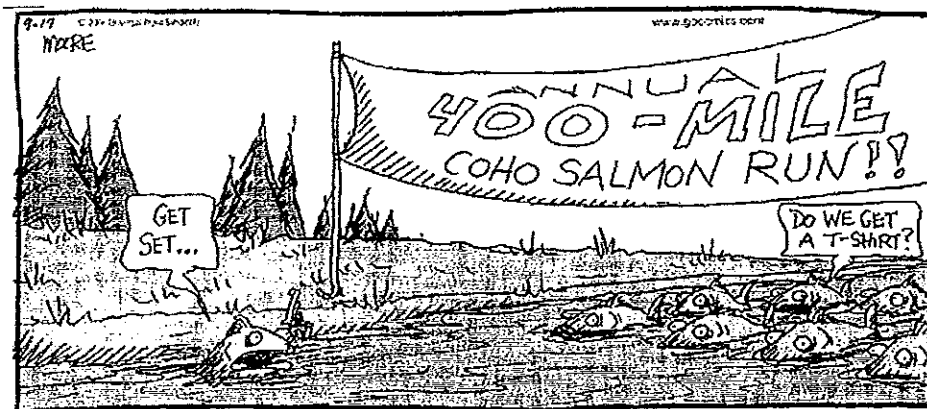
- **Swimmer of the Month** – Given for October, November, December and January. This award is based on:
 - Attendance at practices
 - Achievement of season and/or lifetime best performances
 - Support of their teammates at practice and meets
- **Most Valuable Team Member** – Presented to the girl and boy who scores the most team points at the invitational meets, Region Championships and State Championships.
- **Most Improved Team Member** – This award is selected by the coaches and team captains to the swimmer they feel made the most improvement during the season. This person must compete at the Region or State Championships.
- **Rookie of the Year** – Presented to the swimmer competing for the first year and scores the most points at the invitational meets, Region Championships and State Championships.
- **Andy Roberts Overachiever Award** – Andy was a longtime supporter of Tooele Swimming. He announced dual, region and state meets from 1954 – 1985. He also announced meets for the University of Utah, The Western Athletic Conference and the NCAA Championships. His family initiated this award in his memory to recognize the male or female swimmer they feel best exemplifies giving their all to become a valuable member of the team; an individual who never gives up or quits trying to attain their goals

- **Ted Pitts Memorial** – The entire team votes on this award. Ted was a member of the swimming and diving team for 1971 to 1975. During his career, Ted was elected captain his junior and senior years. He was the region champion in the breaststroke and when the team needed a diver during his senior year, he volunteered to work at diving and ended up finishing second at the region meet helping the team to the region championship.

Ted was also voted the "Most Inspirational Team Member" for two years. On April 28, 1977 while operating a front end loader at a construction site in Nevada to earn money for college, the machine rolled over and fatally crushed Ted under it.

At his funeral, it was announced that the "Most Inspirational Team Member" award would be changed to the "Ted Pitts Memorial" award. It is deemed the highest honor any Tooele High School swimmer can receive..

For each of our meets during the season we award the "Swimmer of the Meet" and "Most Improved Swimmer of the Meet" to the male and female swimmers the coaches and captains are the most deserving.

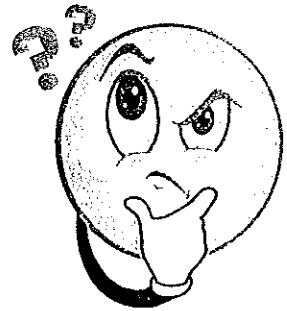


I'm not coming out! And I'm NOT
Going the morning practice!

Frequently Asked Questions

Why do I have to learn strokes that I don't like to swim?

- The more strokes you can swim, the more valuable you are to the team.
- Swimming freestyle and backstroke will develop every muscle in your body.
- Freestyle and Butterfly complement each other in developing speed
- Swimming one stroke all the time places undue stress on the muscles used, making them more susceptible to injury.



What happened to diving?



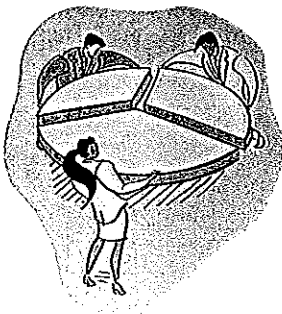
In 1995, the rule for the depth of water when conducting diving was changed to 12 feet. Coaches also had to be certified by taking classes and passing tests. Most of the pools in Utah had only 9 or 10 feet of water under the diving boards. As a result, many of the boards were removed for liability concerns and a lot of the coaches quit working with divers. Teams without diving did not feel it was fair to have to compete with teams that did have divers, so in 1996 diving was made a separate sport with its own meets and state championships. Tooele won the first four state championships even though we continued to practice in a pool only 9 feet deep. We dropped diving when the team had to practice outdoors at Deseret Peak. When the Pratt Aquatic Center opened in 2003, the diving boards and frames were not up to the quality needed to conduct a quality diving program with three high schools using the facility for practice, there just no time to conduct a practice for the divers.

How come we have so many home meets?

When the Pratt Aquatic Center opened we had traveled for two years and teams we had competed against owed us a meet at our pool. Once they had come to us and seen the type of meets our people are able to conduct, they wanted to come back again. Our meets start on time, they run smoothly, we have eight lanes and a number of other factors that other pools are unable to offer; so people like coming to Tooele for a meet.



Why do we have to share with Grantsville and Stansbury?



During negotiations between Tooele City and the Tooele County School District to use the new pool for a high school swimming team it was decided that the district would pay \$900,000 for 20 years to rent the facility 4 ½ hours a day. At the time, that would provide Tooele High School all the time we needed to maintain a quality program and a contract was signed by both parties. With the money from the school district, the city went from a six lane to an eight lane pool, increased the size of the dressing rooms, installed additional lockers, provided seating for 400 people, and added a "team room" to the plans.

While construction of the facility was taking place, the school district adopted the "block" schedule for high schools and Grantsville decided to have a swimming team using the Pratt Aquatic Center to conduct practices. This worked out OK because Grantsville used the class period Tooele High School didn't and their meets were either held in conjunction with Tooele or they had away meets.



When Stansbury High School was constructed, a pool was not included in the plans. They decided to have a team and use the Pratt Aquatic Center since the school district had purchased time for swimming teams, not just Tooele High School. At that time, there were plans for a fitness center to be constructed in Stansbury Park with a competitive swimming pool. The company that was going to build the fitness center has since decided not to build it.

Can I participate in other sports besides swimming?

Swimming is considered a winter sport, so you can do any of the fall and spring sports

- Yes** Fall Sports - boys and girls cross country, boys golf, girls soccer, volleyball, football, and girls tennis
- Yes** Spring Sports – softball, baseball, girls and boys track, boys tennis, boys soccer, girls golf and boys and girls water polo.
- No** Winter Sports – girls and boys basketball and wrestling



What is the difference between 4th period and 8th period swimming?

4th period is a semester class. It is primarily for freshmen and students who have not had a lot of competitive swimming. The first month is a teaching situation where students learn the skills needed for competitive swimming. As their skills progress they eventually do the same practices as 8th period.



It is a semester class so you can pick up the Participation Skills required for graduation during the 2nd semester. The swimming class would then fulfill the rest of the credit for Physical Education needed for graduation.

8th period is for students who have enough previous competitive experience to be able to perform starts, flip turns, ability to swim all four competitive strokes and can handle strenuous practices early in the year.

What's the purpose of dressing up on meet days?

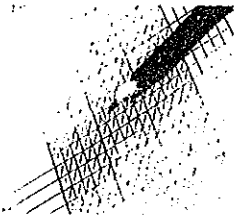
You should be proud to be a member of the team. Dressing up tells everyone in the school that we have a meet that day and draws attention to the fact that you are a swimmer.

Dressing up makes you feel better about yourself and helps prepare you to do your best at the meet.

If we are traveling to another school, you create a positive image of our team, school, and community the instant you step off the bus. They will know you are serious about being a swimmer.



Why did you make attendance at practice a requirement for Lettering?



To me, a letter represents your contributions to the team by swimming well, contributing to the team's success and helping each other towards our goals (teamwork.) People who do not attend practice, actually hurt the team no matter how good a swimmer they may be. Being blessed with exceptional ability and not developing it is frustrating to the coaches as well as the team. By attending 90% of the practices, you will show your dedication to the team and our goals.

What is the purpose of setting goals?

Swimming can be a grind – you come to practice every day, you are expected to work harder than you want, you are tired all of the time and you don't have all the free time other kids do. Goals give you a reason for doing all this

- **Give focus** – they grab your attention and give you something to work on in practice.
- **Make decisions easier** – You are faced with thousands of decision every day and having your mind on your goals you relieve the stress of decision making and make your life easier.
- **Generate self-respect and respect for others** – You become worthy by having worthy goals. You respect yourself more when you know you are going for something great.
- **Evaluate what you have done** – Times give you a way to chart your progress.
- **Help maintain a good attitude** – Goals make swimming a game. They make fast swimming and high achievement challenging and energizing, not frightening and anxiety ridden.
- **Liberation** – As your goals are continually being set and accomplished, the bar of self-expectation keeps getting raised.

Do the boys have to shave their heads?

In a word, the answer is NO?

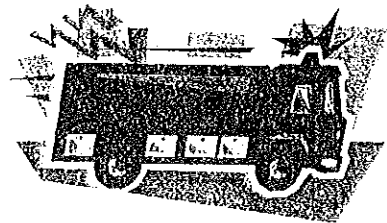
The team has developed a tradition of shaving for the championship meets (Region & State) as sign of team unity. We would like you to shave your arms and legs (for those who have hair) for the sensation of swimming fast and reducing the drag caused by hair for these big meets.



Uh, Coach, I've changed my mind about shaving for the meet.

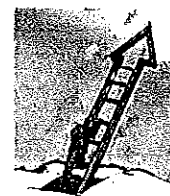
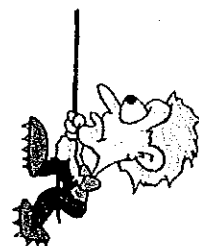
Why Fire Trucks are Red

Well, fire trucks have eight wheels and carry four men.
 $8 + 4 = 12$ and there are 12 inches in a ruler.
 Queen Elizabeth was a ruler and
 Queen Elizabeth was a ship.
 A ship that sailed the seven seas
 There are fish in the seas and fish have fins.
 The Fins fought the Russians.
 The Russians are red and fire trucks are always rushin'
 So fire trucks are red.



What is a Practice?

- ✓ A practice is 25% PERSPIRATION and 75% DETERMINATION. Stated another way, it is one part physical exertion and three parts self discipline. Doing it is easy once you get started.
- ✓ A practice makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit. When you practice regularly, your problems diminish and your confidence grows.
- ✓ A practice is a personal triumph over laziness and procrastination. It is the badge of a Winner – mark of an organized, goal-oriented person who has taken charge of their destiny.
- ✓ A practice is a wise use of time and an INVESTMENT in excellence. It is a way of preparing for life's challenges and proving to yourself that you have what it takes to do what is necessary.
- ✓ A practice is a key that helps unlock the door to OPPORTUNITY and SUCCESS. Hidden within each of us is an extraordinary force. Physical and mental fitness are the triggers that can release it.
- ✓ A practice is a form of REBIRTH. When you finish a good practice, you don't simply feel better. YOU FEEL BETTER ABOUT YOURSELF.



Things We Practice Other than Swimming

WE PRACTICE:

1. Appreciation – focus more on saying thank you
2. Real compliments – when you see something good, comment on it.
3. Calling people by their name or title – it's the sweetest sound
4. Spreading the glory – make sure everyone feels the warm glow of accomplishment
5. Raising people up – not cutting them down
6. Remembering that praise is power – make people feel good about themselves and there is no telling what they can achieve
7. Putting service first – all else flows from that. Zig Zigler says, "You can get anything you want in life, by simply making sure you help others get what they want in life."
8. Remembering that everyone has the right to be different – as long as the individual commits to, lives and enhances the central theme of the group, allow the little individualisms that make that person unique.
9. Remembering that no one is perfect – tolerance within limits is a skill to learn and practice.
10. Courtesy all the time – it make you and everyone around you feel better
11. Remembering that how you think when you lose determines how long it will be until you win – our reaction to failure is the key to overcoming and triumphing over that difficulty.

