

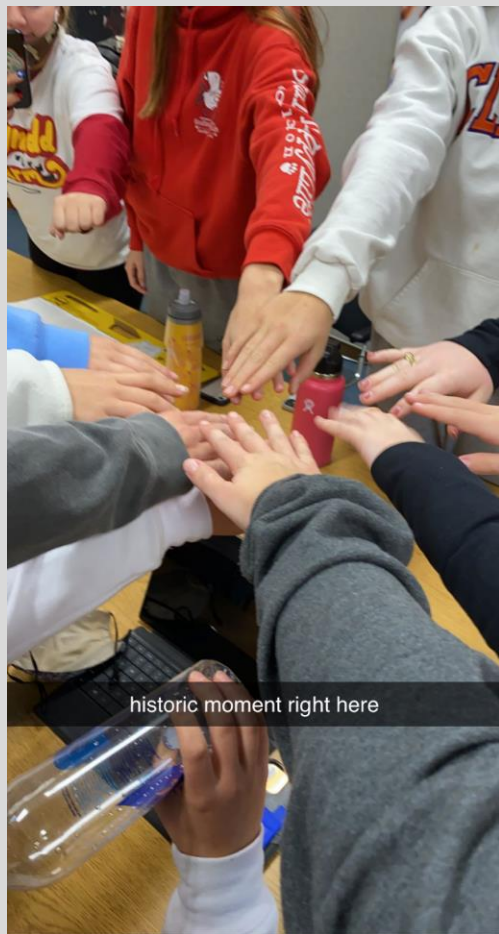


Gwynedd Mercy Academy High School

Crew Norms

Designed and established by twelve fabulous senior rowers

The Process




historic moment right here

Community

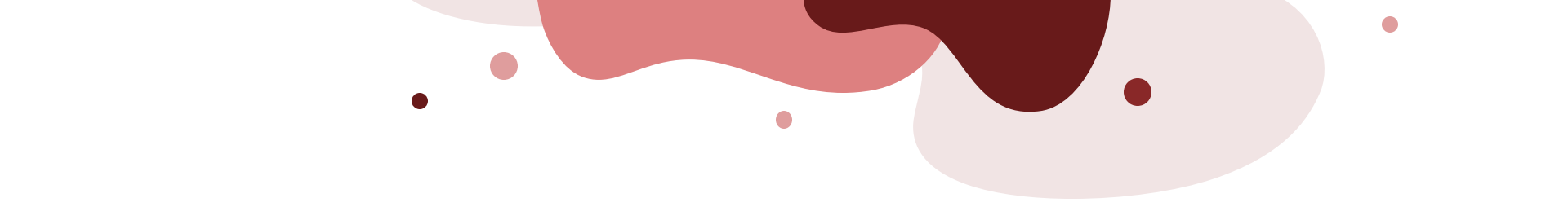




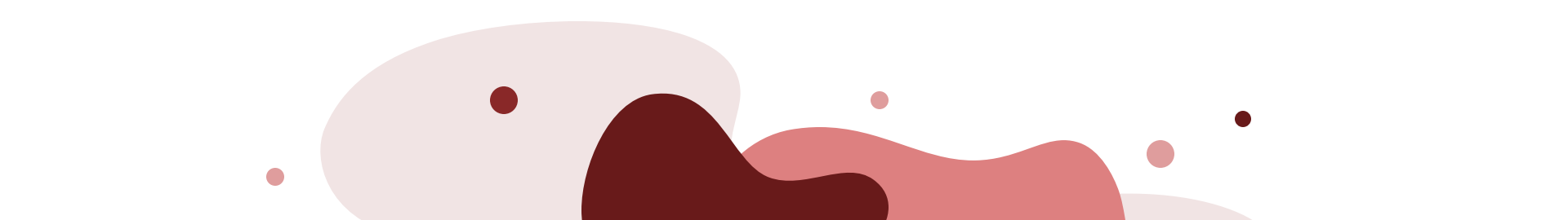
**• We are one team, one
family, and one sisterhood
rooted in mercy.**



**United by our passion and spirit for
the sport, we believe that to be
part of a team is to be part of
something greater than any one
individual.**



**We build each other up
and share in the success
of our teammates.**






Achieve

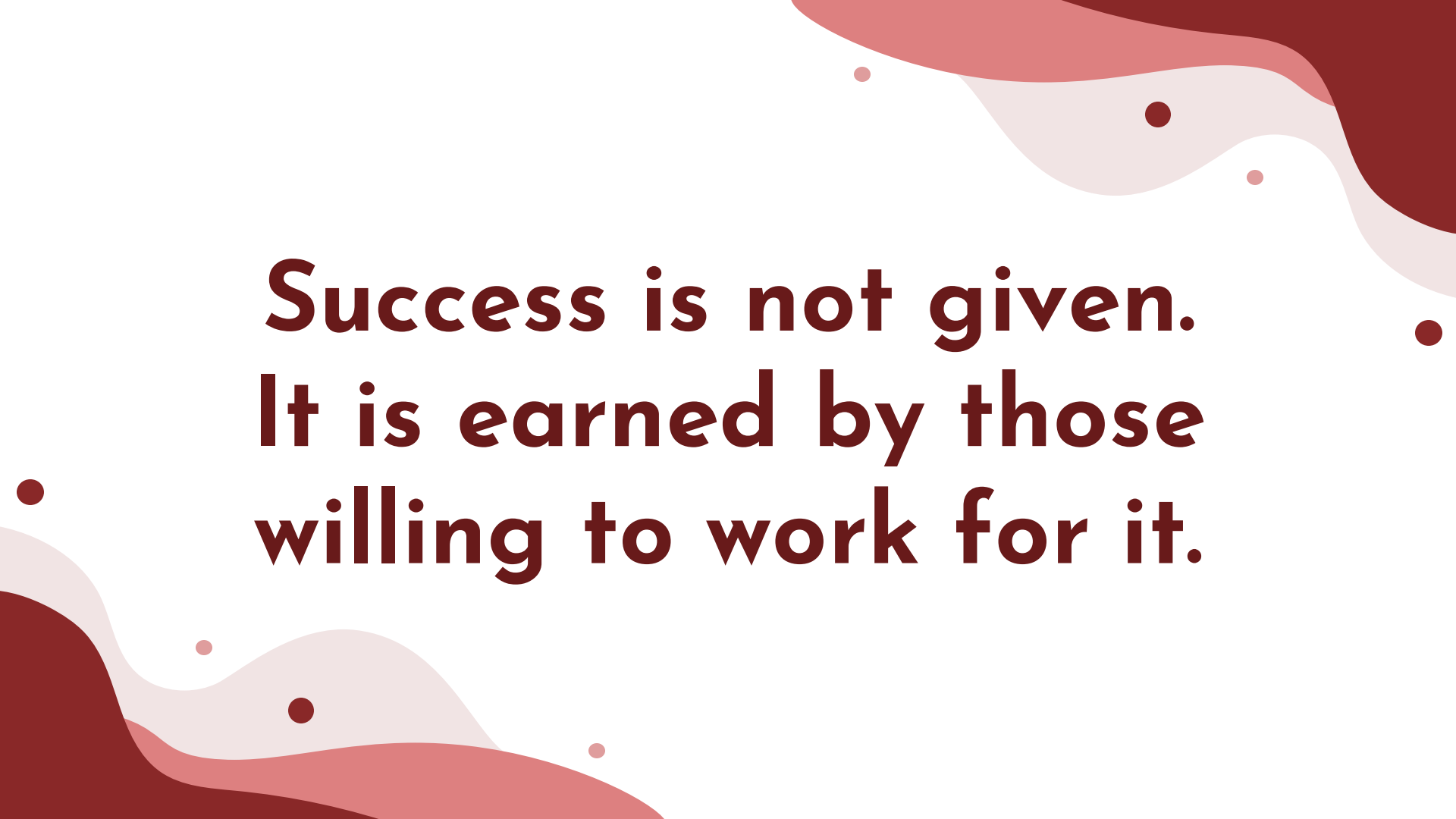




**We strive for our
personal and collective
best at all times.**



**• We approach challenges
with grit and use them
to better ourselves and
our team.**



**Success is not given.
It is earned by those
willing to work for it.**



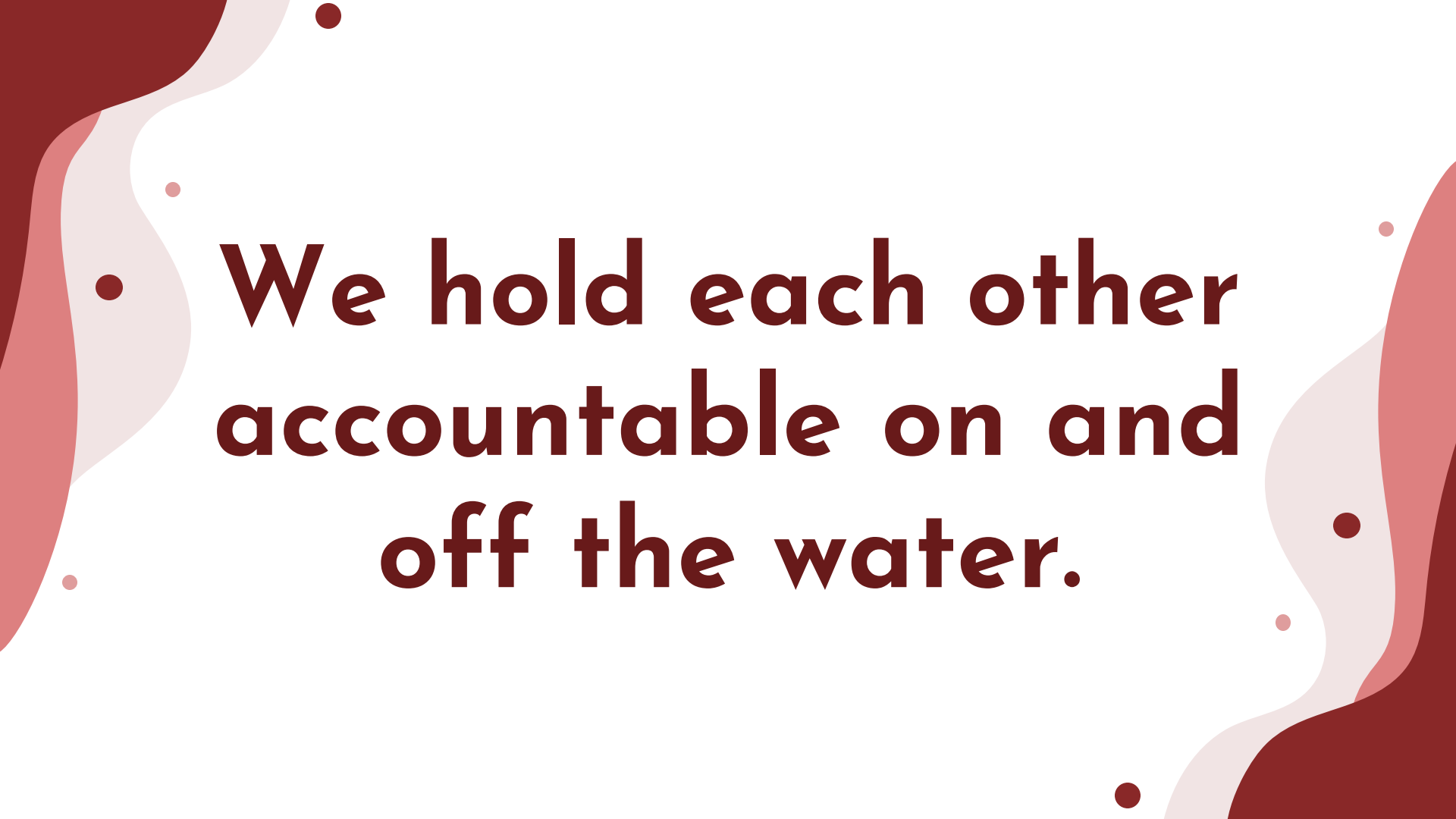
Respect



**It is our collective responsibility to
create a culture of inclusion where
all individuals feel valued and
respected.**



We always respect each other,
our coaches, our competition,
our equipment, time, and the
sport.



**• We hold each other
accountable on and
off the water.**

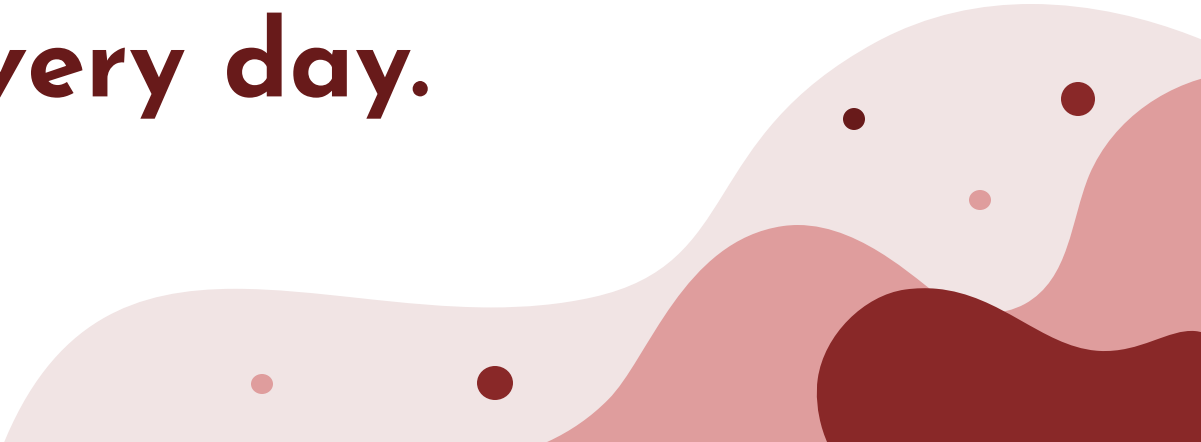


Evolve



**We embrace new
opportunities and obstacles
with an adaptive, growth
mindset.**

We set high expectations for ourselves and our teammates by constantly challenging each other to be the best we can be each and every day.





**We create a legacy of
excellence by leading
with honesty, integrity,
and hard work.**



For the love of our sport, our team, and each other.