

Ellis recruits local boys, a muscular, engaging bunch, plus a slight, sparky girl (Regine Nehy). And there's a shrimpy boy with a stutter, as go-for-it mascot. There is a ghetto thug for tension, and sweaty workouts alternate with urgent Ellis speeches like, "You either work as a team, or you're nothing."
For more inspiration, consider such song lyrics as: "Close your eyes and visualize / Nothing is impossible." Nothing, that is, but a clean break from cliche. The worst may be the racist coach of a very winning school called Main Line, which might as well be called White Power, given its function here.
RATINGS
4 STARS - Excellent.
3 STARS - Worthy.
2 STARS - Mixed.

1 STAR - Poor.
0 - Forget It (a dog.) Tom Arnold, who always seems an actor paid in beers, plays the smug whitey. He must be one of the very few performers who can deliver, straight, a swim meet speech like this: "We win this relay, and we're champions. We lose, and they're champions."
It certainly beats that old rouser about winning one for the Gipper. Even as the black swimmers improve and become competitive, the movie tends to dog paddle. Not even Howard's genuine appeal, or his can-do kids, can keep "Pride" out of the shallow end of the pool.
A Lions Gate Films release. Director: Sunu Gonera. Writers: Kevin Michael Smith, Michael Gozzard. Cast: Terrence Howard, Bernie Mac, Kimberly Elise, Tom Arnold, Regine Nehy. Running time: 1 hour, 45 minutes. Rated PG. 2 stars.
Movie Review: 'Pride' by David_Elliott