



Principles for Sport

Go For It

*Always rise to the challenge.
Discover how good you can be.*

Play Fair

*Play honestly and obey the rules.
Winning is only real when competition is fair.*

Respect Others

*Respect teammates, competitors and officials both on the field and off.
Win with dignity and lose with grace.*

Keep It Fun

*Have a good time.
Keep a positive attitude and contribute to a positive atmosphere.*

Stay Healthy

*Respect your body. Keep in shape.
Avoid unsafe activities.*

Give Back

Do something that helps your community.