



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.