



Athlete's Oath

I am an athlete and a winner

I strengthen my body through exercise, and by eating nutritious food.

I elevate my mind through positive thinking, reading and problem solving.

I uplift my spirit through daily reflection and by serving my community.

I compete in the spirit of friendship and fun.

I always do my best.

I respect my fellow athletes.

I congratulate others for a job well done.

I am an athlete and a winner