

Play Like a Champion Today means becoming a Champion on the playing field, in your school community, with your family and in your life. Take the CHAMPION COMMITMENT:

I can and will be a CHAMPION by:

- Thanking God for the opportunity to play sports
- Trying my hardest at every practice and game
- Setting Goals to improve myself in all areas
 - Physical skills
 - Mental focus: my effort and attitude
 - Sportsmanship values
 - Spiritual life
- Being a team player
- Showing respect at all times for
 - Myself
 - My coaches
 - My teammates
 - My opponents
 - The Officials
- Making responsible decisions on and off the playing field
 - Playing by the rules
 - Being a friend to everyone on my team
 - Standing up for others

I can help all the players on my team to be CHAMPIONS by:

- Encouraging others
- Supporting my teammates
- Building relationships on my team
- Respecting our coaches
- Thanking the officials
- Welcoming our opponents

I will live by the Catholic Cardinal Virtues in my behavior and attitude in all athletic events.

- Fortitude – having courage and perseverance
- Justice – showing fairness and respect
- Prudence – making wise decision
- Temperance – having balance and proper perspective

I WILL DO MY BEST TO “PLAY LIKE A CHAMPION TODAY”!

Sign _____

Date _____