

THE MARK OF A TRUE WINNER

Attitude is everything.

Get in the game.

Winning is as much mental as physical.

Master the fundamentals.

Few things come easy in life.

Be a team player.

Be ready on game day.

View obstacles as opportunities.

Always do your best.

Keep your perspective.

Be a leader.

Remain flexible and embrace change.

If you can't play fair, don't play.

Know your strengths and the strengths of others.

Look to the future rather than the past.

Quitting is not an option.

Accept responsibility for your actions.

Learn to forgive.

Know that losing doesn't make you a failure.

Support others in need.

Follow directions.

Compete against yourself.

Raise your game.

Say "no" to unhealthy behavior.

Be a good winner.