

# THE TRUE SPORT PRINCIPLES IN ACTION

# TRUE SPORT



## GO FOR IT

**Behavioural indicators** of someone who lives the Go For It principle include having a growth mindset, demonstrating perseverance when faced with challenges, and having a willingness to experiment with creative solutions or approaches.

### A PARTICIPANT WHO LIVES THE GO FOR IT PRINCIPLE:



- > Puts forth their best effort.
- > Does the right thing, even when unsupervised.
- > Challenges themselves.



- > Projects confidence.
- > Is goal oriented.
- > Is focused.



- > Perseveres.
- > Is passionate.
- > Is open to constructive feedback.

### A TRUE SPORT ENVIRONMENT THAT EXEMPLIFIES THE GO FOR IT PRINCIPLE:



- > Is energizing and motivating.
- > Is judgement-free and supportive.
- > Celebrates teamwork.
- > Thrives on clear communication.



- > Includes positive cheering by peers, coaches, and spectators.
- > Fosters helpful advice and conversations.

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