

True Sport Principles

Go For It

Rise to the challenge – always strive for excellence. Be persistent and discover how good you can be.

Keep It Fun

Find the joy of sport and share it with others. Remember what you love about sport and why you play.

Give Back

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

Play Fair

Understand, respect, and follow the rules. Play with integrity – competition is only meaningful when it is fair.

Stay Healthy

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

Respect Others

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

Include Everyone

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

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SPORT**
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