

THE ATHLETE'S CREED

AS I STEP ONTO THE SACRED FIELD OF PLAY

PREPARED TO KICK BUTT

I BELIEVE

THAT I WILL BE SAFE FROM MY FEARS

THAT I WILL TRUST MYSELF AND MY TEAM

THAT I WILL HONOR MY OPPONENTS

THAT I WILL MAKE NO EXCUSES FOR MY MISTAKES

THAT I WILL FORGIVE THE MISTAKES OF MY TEAMMATES, COACHES, AND REFEREES

THAT I WILL ACCEPT THE OUTCOME HOWEVER IT TURNS OUT

THAT I WILL RELISH THE MOMENT.

I BELIEVE, TOO,

THAT I WILL CARRY THE TRUE SPIRIT OF SPORTS

ONTO THE FIELD OF LIFE

ACCEPTING WHO I AM

AND SHARING WHAT IS IN MY HEART

AS A GIFT TO MY FAMILY, MY COMMUNITY, AND MYSELF