

# Spirit of the Games, Inspiration through Sport



## **DETERMINATION**

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

## **HONESTY**

Be honest with others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.



## **PASSION**

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

## **RESPECT**

Treat others politely, and with understanding. Accept life's 'ups and downs' with grace. Show respect every day, in everything you do and for everyone around you.



## **SELF-BELIEF**

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

## **TEAMWORK**

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each other's success. Be a good friend and a positive team player in school, sport and life.

