



Athlete's Creed

I will maintain a positive attitude in the gym, at camps, at competitions, and all other team related activities.

I understand that whatever I do also reflects this gym, my parents, and my team.

My being supportive of other teams as well as my own will demonstrate good sportsmanship as well as strong character

If I fall, I will get up. If my teammates fall, I will be there to lift them – physically and emotionally

We accept victory and defeat with equal graciousness, no exceptions