

**4HG** is a movement to create a healthy sports culture in our Catholic schools. We believe athletics, when done right, serve as an invaluable tool for developing well-rounded children.

As a **4HG** School, our student-athletes commit to abiding by the

## **4HG STUDENT CODE OF CONDUCT**

Whether at practice or in competition, our athletes pledge to:

- ✦ Have an attitude of **GRATITUDE**. Being thankful for the opportunity to participate in sports acknowledges the blessings that God has provided.
- ✦ Possess the **GRIT** necessary to stay the course. Always giving one's best effort, attacking each day with enthusiasm, and persevering through adversity honors the commitments of the athlete and the entire team.
- ✦ Choose to exhibit **BRAVERY**. Using the talents God has given to participate fully, try new things, and win or lose with class demonstrates faith in His plan.
- ✦ Play with **TEAMWORK** as a driving force. Representing the school properly, respecting one's name and legacy, and putting the team before self upholds charity to all.
- ✦ Act from a position of **HUMILITY**. Being coachable, allowing others to shine, and respecting opponents and teammates proves that our players understand the true purpose of athletics and commit to play them **FOR HIS GLORY**.

## **4HG ATHLETE PRAYER**

**My Jesus,  
I play for Your glory.  
Win or lose, may I always do my  
best and remember that my worth  
is always found in You.  
Holy Spirit, play through me.  
Amen.**