

Hard Work

Failing to prepare
is preparing to fail.

Enthusiasm

Make each day
special.

Friendship

To make friends,
be a friend.

Loyalty

Be trustworthy.

Cooperation

**Be more interested in
finding the best way,
not in having your way.**

Self-Control

Control yourself
so others
won't have to.

Alertness

What you learn
after you know it all
is what counts.

Action

Be quick,
but don't hurry.

Determination

Slow and steady
gets you ready.

Fitⁿess

Act, eat, and
think right.

Skill

Practice makes
perfect.

Team Spirit

Be eager to
help your team.

Poise

Just be yourself.

Confidence

**You must believe in
yourself if you expect
others to believe in you.**

Personal Best