









#### COMPETITIVE GREATNESS

Be at your best when your best is needed. Enjoyment of a difficult challenge.





#### POISE

Just being yourself. Being at ease in any situation. Never fighting yourself.

#### CONFIDENCE

Respect without fear. May come from being prepared and keeping all things in proper perspective.



#### CONDITION

Mental-Moral-Physical, Rest, exercise and diet must be considered. Moderation must be practiced. Dissipation must be eliminated.

A knowledge of and the ability to properly and quickly execute the fundamentals. Be prepared and cover every little detail.

#### TP AM SPIRIT

A genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.



#### SELF-CONTROL

Practice self-discipline and eep emotions under control. Good judgment and common are essential.

#### **ALERTNESS**

Be observing constantly. Stay open-minded. Be eager to learn decisions and think alone. Do and improve.

#### INITIATIVE

Cultivate the ability to make not be afraid of failure, but learn from it.

#### INTENTNESS

Set a realistic goal. Concentrate on its achievement by resisting all temptations and being determined and persistent





### INDUSTRIOUSNESS

There is no substitute for work. Worthwhile results come from hard work and careful planning.

#### FRIENDSHIP

mes from mutual esteem, spect and devotion. Like arriage it must not be taken or granted but requires a joint

#### LOYALTY

To yourself and to all those depending upon you. Keep your workers. Listen if you want to self-respect.

#### COOPERATION

With all levels of your cobe heard. Be interested in finding the best way, not in having your own way.

#### **ENTHUSIASM**

Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing.





"The worst things you can do for those you love are the things they could and should do for themselves."



## "What's your 40-pound cabbage?" (Katie Stagliano)









 Madi grew & donated 2,400 lbs

• 1 plant/kid: feed 6.5 million

# Michelle Akers

"We were playing for the future of the sport."













"New residents long for prison, where virtually nothing is expected of them."

~ Mimi Silbert



"I love them more than I ever have... and I'm tougher on them."

~ Mimi Silbert





