

FIND AND  
NURTURE THE  
BEST EFFORT  
IN EACH  
PARTICIPANT

ENCOURAGE STUDENTS  
TO STAY IN SCHOOL  
AND  
BECOME  
BETTER  
CITIZENS

PROVIDE  
HEALTHY  
LIFESTYLE  
INSTRUCTION

# HIGH SCHOOL ACTIVITIES...

CHALLENGE RACISM,  
SEXISM AND CLASSISM  
THROUGH THE  
PURSUIT OF  
TEAMWORK AND  
SCHOOL SPIRIT

DEMAND RESPECT FOR FAIR  
PLAY AND APPRECIATION  
FOR PROCEDURES AND RULES



**“WE HAVE FUNDAMENTAL, EMPIRICAL EVIDENCE THAT  
INTERSCHOLASTIC ACTIVITIES ARE A WAY IN WHICH TO CREATE  
HEALTHY AND SUCCESSFUL CITIZENS,”**

**- ROBERT B. GARDNER**

EXECUTIVE DIRECTOR, THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

